

# NEWS

Our October 16th Walking With You, parent support group meeting, was based on issues surrounding Complex Needs and Challenging Behaviour.

Amanda Wilson, Mental Health Professional (CAMHs), Viv Pollard (CAMHs Spa manager) and Molly Curtis, Educational Mental Health Practitioner (MHST), were on hand to support the group discussion and to answer questions.

## **Pathological Demand Avoidance (PDA) – tips and suggestions for in the home:**

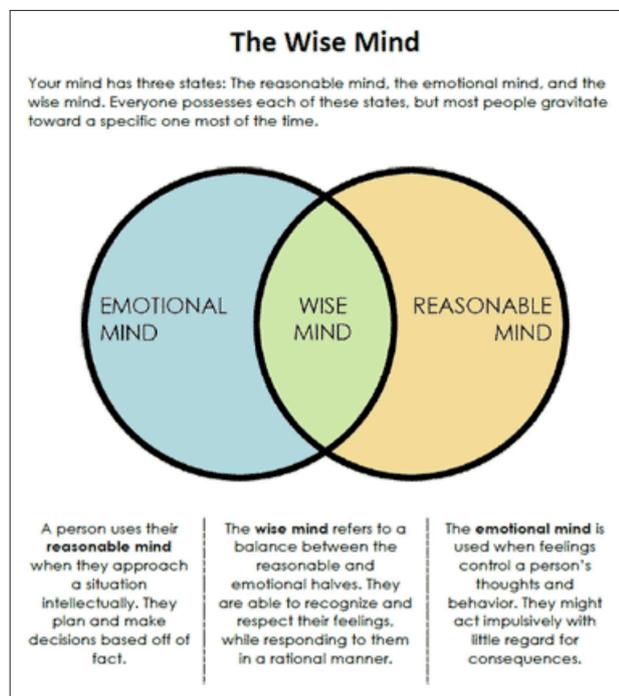
- It might help to explain to other siblings that you have to do more for their brother/sister in terms of brushing teeth, getting ready for school ect
- If they are 'tech' driven, try using an app such as ClipArt to show them what is going to happen next in the day
- Give them a choice of how they go about their daily routines, which would they like to do first?
- Create a reward chart of things you know they will want
- Try to establish boundaries, it can make a young person feel safe
- Zones of regulation – see website section

Local PDA Group: [PDAGroup@harveys-home.me.uk](mailto:PDAGroup@harveys-home.me.uk)

## **Trying to calm behaviour**

- Make a self-soothe box they can fill it with all of their favourite things. Maybe a photo from a fun day out or a favourite book/toy or simply something they like the feel of. Decorate the box!

## **Wise Mind**



## **Apps**

Headspace

## **Books**

*Nonviolent Resistance* by  
Haim Omer

*The Explosive Child* by  
Ross W Green

## **Websites**

*Zones of regulation:*

[zonesofregulation.com](http://zonesofregulation.com)

*KOOTH (on-line counselling  
service):* [kooth.com](http://kooth.com)

*The Autism Toolbox – Bucks  
family information service :*  
[bucksfamilyinfo.org](http://bucksfamilyinfo.org)

*National Autistic Society:*  
[autism.org.uk](http://autism.org.uk)

*Autistica:* [autistica.org.uk](http://autistica.org.uk)

*The girl with the curly hair:*  
[thegirlwiththecurlyhair.co.uk](http://thegirlwiththecurlyhair.co.uk)

*Smira (selective mutism  
information and research  
association*

*Oxford mindfulness centre:  
offering on-line mindfulness  
sessions and introductory  
courses – 01296 3837854*

*[www.oxfordmindfulness.org](http://www.oxfordmindfulness.org)*

## **You can self-refer!**

*CAMHS contact -  
self-referral e-mail:*

[oxfordhealth.](mailto:oxfordhealth.bucksCAMHSSPA@nhs.net)

[bucksCAMHSSPA@nhs.net](mailto:bucksCAMHSSPA@nhs.net)

*You can simply fill in an  
online parent/carer  
referral via the CAMHS  
website or you can call  
SPA to complete the referral  
or get some advice  
over the phone.*

## **Other SPA Services**

*Our SPA Manager is  
available to deliver talks on  
anxiety into schools.*

*Tel: 01865 901951*

## **Stone Flake on the lake! – Sit comfortably, eyes open or closed:**

Imagine you are a piece of stone chipped off by a wave, from a high up rock. Swirling around and around, floating down and down until you reach the surface of the sea.

The surface of the sea is choppy and rough, but as you float down through the water it becomes calmer and calmer. You go further and further down, floating around until you land on the soft flat sand at the bottom of the ocean. It is cool and calm at the bottom of the sea. Try to carry that feeling with you for the rest of the day.

### **TIPP:**

T - Temperature: Ice Dive

I - Intense Exercise: Cardio

P - Pace Breathing: Gentle breathing exercises

P - Paired Muscle Relaxation: Tense and relax

### **Ice Dive**

*Plunge face or hands into very cold water. By changing our body temperature we can quickly decrease the intensity of an emotion.*

### **Intense Exercise**

*By engaging in intense cardio/aerobic exercise, we engage our physical body in a way that de-escalates intense emotion*

### **Paced Breathing**

*Try to slow your breathing down to 5 or 6 breaths per minute.*

### **Paired Muscle Relaxation**

*Practice tensing your muscles as you breathe in 5-6 seconds. Notice that feeling. Then relax them as you breathe out, paying attention to how that feels as you do it. Notice the difference between the feeling of tension and the feeling of relaxation.*

### **Mindfulness**

• Posture: Feet placed flat on the floor, eyes open or closed. With one finger, draw around the fingers of your other hand. Gently breathe in and out keeping focus solely on your hands, pausing at the base of each finger.

or

• Star Breathing. Imagine or draw around a star shape. Follow it around, breath in, hold, breath out. Repeat until feel you more calm.

## **Next meeting: Friday 27th November – via Microsoft Teams (meetings not recorded)**

If you would like to join our session or would like further information, please contact Roxy Uritescu – Participation Lead, Barnardo's Bucks CAMHs & Oxford Health NHS Foundation Trust at: [roxy.uritescu@oxfordhealth.nhs.uk](mailto:roxy.uritescu@oxfordhealth.nhs.uk)