



NEWS

The topic for our May *Walking With You* parent support group was Anxiety, Emotional Regulation and Violent Behaviours. Amanda Wilson, Mental Health Nurse and Dialectical Behavioural Therapy Lead, Kris Gach, Crisis Team Lead, Vicky Melhuish neurodevelopmental Lead and Ashley Green Operations Lead came along from CAMHS to present, support and answer any questions from our parents and carers.

Dialectical Behavioural Therapy (DBT)

Amanda talked about Dialectical behaviour therapy (DBT) which is a type of talking therapy. It is based on cognitive behavioural therapy (CBT), but is adapted for people who feel emotions very intensely. It can help to regulate emotions and unhelpful behaviours.

T – Temperature: Altering the temperature of the body can calm emotions. Either splashing cold water on the face or running the cold tap on hands can reduce body temperature and calm emotions. Alternatively having a hot bath that warms the body at times of very low mood/depression can soothe emotions.

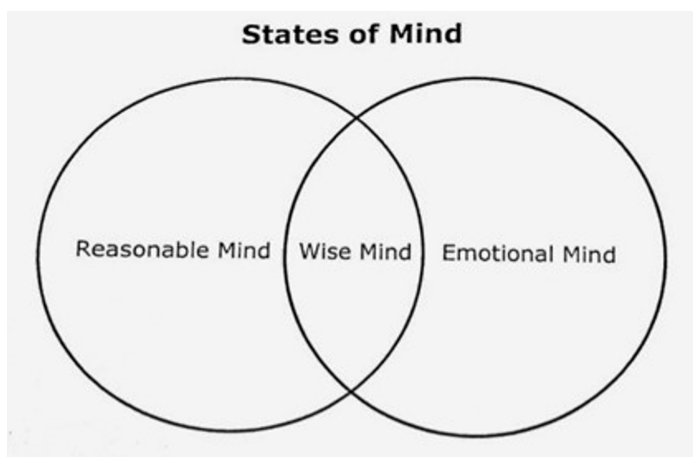
I – Intense exercise: Get the muscles moving by maybe doing some star jumps, skipping or putting some music on and dancing.

P – Paced breathing: Paced breathing can really help to calm emotions.

P – Progressive muscle relaxation: Tense all the muscles in the body and then slowly release them again starting with the head.

The Wise Mind

The Wise Mind which explains how emotional dysregulation can impact our thoughts and behaviours.



Reasonable mind

- Make logical decisions
- Able to adjust to change
- Calm and regulated emotionally
- In control of emotions

Emotional mind

- Anxious
- Agitated
- Angry and upset
- Nothing making sense
- Overwhelmed
- Not sleeping
- Not eating properly
- Struggling to accept change
- Feeling or behaving out of control

Wise Mind

- Balanced thought processes
- Able to take calm logical steps

Zones of regulation

Zones of regulation is a technique that can be used to help identify how our children/young people are feeling and support them with their emotions and behaviours. It can also be used as a communication tool if they are struggling to verbalise how they are feeling.

What are the different Zones of Regulation:

- **Blue Zone:** low level of arousal; not ready to learn; feels sad, sick, tired, bored, moving slowly.
- **Green Zone:** calm state of alertness; optimal level to learn; feels happy, calm, feeling okay, focused.
- **Yellow Zone:** heightened state of alertness; elevated emotions; has some control; feels frustrated, worried, silly/wiggly, excited, loss of some control.
- **Red Zone:** heightened state of alertness and intense emotions; not an optimal level for learning; out of control; feels mad/angry, terrified, yelling/hitting, elated, out of control.

Tips for Zones of Regulation

- Understand yourself and how you react in difficult situations as this can help when supporting your child's behaviours.
- Identify and try to help your child/young person identify their sensory threshold.

- Becoming aware of your child's triggers can support them in recognising their emotions and cope with difficult situations.
- Being consistent with your child/young person can help to feel reassured and manage their behaviour, such as being consistent with the use of language.

Parent suggestions:

- When talking to your child/young person after a busy day in school maybe try to talk about something other than asking how their day was such as, if the sky is a lovely blue colour. This can help them to calmly process their day by distracting from anxious thoughts and feelings. Asking them what their favourite thing was about their day can help them to think more positively.

CAMHS Single Point Access (SPA) – contact: BucksCAMHSSPA@oxfordhealth.nhs.uk tel: 01865 901951. You can refer into the CAMHS via school, the doctor's surgery or self-refer either by phone or via the website, young people who are 16 years and over can also self-refer. It is also possible to simply call the Single Point Access for advice.

Agencies and organisations for support

- ***Freedom programme (linked to women's aid)*** - www.freedomprogramme.co.uk helpline: 01942 262270. The Freedom programme is a domestic violence programme which was primarily designed for women as victims of domestic violence. The Freedom programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.
- ***Bucks Family Support Services*** – Emergency duty team: First response and short-term intervention: ascfirstresponse@buckinghamshire.gov.uk tel: 0800 137915 or out of hours Emergency Duty Team: 0800 999 7677.
- ***Bucks Family Information Service*** - www.familyinfo.buckinghamshire.gov.uk. Free parenting courses
- ***Police custody*** can be used as a place of safety to detain individuals in crisis under S.136 of the Mental Health Act. This applies to individuals over the age of 18 and that their behaviour poses an imminent risk of serious injury or death. A health care professional must be present and available throughout the period in which the individual is detained at the police station.

- **Police** - If you call the police in a time of crisis notifying them that your child is autistic
- **Yvonne Newbold** - www.newboldhope.com. Yvonne Newbold MBE is an expert-by-experience in Learning Disability and Autism. Newbold Hope provides help, support and training to parents and professionals who care for SEND children and young people who behave in difficult and dangerous ways.
- **Action for youth** - www.action4youth.org. Action4Youth is a Buckinghamshire based ambitious, and proactive charity focused on driving forward the youth agenda.
- **Action for Children** - www.services.actionforchildren.org.uk Action for Children run short breaks for children aged 5–18 years, with ASD and other special needs and disabilities.
- **Barnardo's short break care** - www.barnardos.org.uk. Gives young people an opportunity to have fun, share experiences and socialise outside of their home life. It also gives their parents or carers time to recharge their batteries.

Our short break support includes:

- overnight care for children in approved carers' homes
- holiday leisure and activity programmes
- after-school and Saturday clubs
- outreach workers

- **Disability Living Allowance (DLA) for children** – www.gov.uk. For children under 16, for over 16 apply for Personal Independence Payment (PIP)

- **Free hotel breaks for carers** – www.carefreespace.org. Hotels donate 1-2 night breaks for a carer and their companion (adult or child). Twin or Double room. There is no charge for the accommodation. To qualify for a break you must be:

- aged 18 or over
- full-time unpaid carer (30+ hours per week)
- able to arrange interim care
- able to pay for extras (admin fee, transport, food, travel insurance etc.)

- **Everlief** - www.everlief.co.uk. Everlief work with all areas of emotional and behavioural difficulties in children aged 0-18.

Everlief can offer support for:

- behavioural difficulties including anger issues and anger management.

- emotional problems such as anxiety, OCD, worry, low self-esteem, depression, fears or phobias.

- developmental issues such as ASD, ADHD, toileting problems or poor eating.

Theyarethefuture (TATF) and Parent Clubs

Theyarethefuture (TATF) is the first place to visit when looking for guidance. TATF provides a comprehensive set of articles, courses and two parent “clubs” for those who would like to access live and on-demand workshops.

Everlief Parent Club (EPC) is an online membership for parents, brought to you by the team at Everlief. There are two parent clubs for parents of primary school aged children and secondary school aged children.

Inside the private members' area you will have exclusive access to:

- a live workshop EVERY month, plus on-demand library of previous workshops

- “Ask Us Anything” expert sessions by video in your portal

- a private community forum within your secure portal

Alumina (was self-harm UK) – selfharm.co.uk. Alumina is a free, online 7 week course for young people (11-19's) struggling with self-harm. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. You don't need an adult to refer you or sign you up, and no-one will see or hear you during the sessions – you'll just join in via the chatbox. We want to help you to find your next steps towards recovery, wherever you are on your journey.

Please note: groups and external services included in this newsletter are not endorsed by CAMHS

Next meeting: Friday 23rd May 10-11.30am – Topic: Transitions – CAMHS to AMS, School, University, apprenticeships, workplace. This is a face-to-face meeting at Princes Risborough Golf Club, Lee Road, Princes Risborough HP27 9NX

Please contact Oma at ekeoma.nwajiuba@barnardos.org.uk if you would like further information, or would like to come along to this session.