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Zoom: 93%
Screenshot

What does Place2Be do?

- Place2Be is a leading children's mental health charity with 25 years' experience of working within schools and local communities.
- We work with 639 primary and secondary schools across the UK, providing mental health services which reach over 364,000 children and young people.
- Last year over 300 schools participated in our in-depth Mental Health Champions trainings
- This year over 1,661 child counsellors have taken up one of our accredited qualifications from entry level to Postgraduate Diploma and Masters


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Whole-School Approach


Supporting parents and carers

- Parent partnership
- Signposting and multi-agency working
- Parent counselling
- Parenting skills




Integrated approach

- Care pathways with CAMHS and specialist agencies
- Clinical supervision
- Extensive training for staff and counsellors on placement
- Evaluation to assess impact and regular reporting on outcomes




Supporting children and young people

- Place2Talk sessions open to all pupils
- Referral and assessment
- One-to-one counselling
- Therapeutic group work
- Whole-class work




Focus areas

- Safeguarding
- SEN and disability
- Hidden harms (domestic violence, addiction & family mental health)



Supporting school staff

- Training for teachers and school staff
- Expert advice and consultation
- Working with school leadership
- Working with governors



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Children's Mental Health Week
3-9 February 2020

FIND YOUR BRAVE

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Something about me

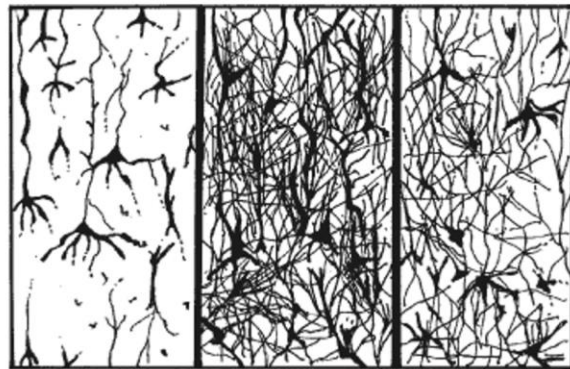




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AGES AND STAGES OF CHILD DEVELOPMENT

The developing brain



at a child's birth

at 7 years of age

at 15 years of age

Types of attachment

I am safe and lovable. I know where to go for help if I need it. The world is a mostly pretty safe place



Types of attachment

I am safe and lovable. I know where to go for help if I need it. The world is a mostly pretty safe place



I am not sure what is going to happen next and I'm worried. I might tell you to go away but be very clingy.



Anxious

Go away! Leave me alone. I don't need you and I don't care about anything or anybody. If you come too close or if I'm in danger I might lash out.



Anxious avoidant

Internal Working Model

I am safe and lovable. I know where to go for help if I need it. The world is a mostly pretty safe place

Relationships are great.

I am not sure what is going to happen next and I'm worried. I might tell you to go away but be very clingy.

Relationships can be great but they can be horrible as well. You just never know

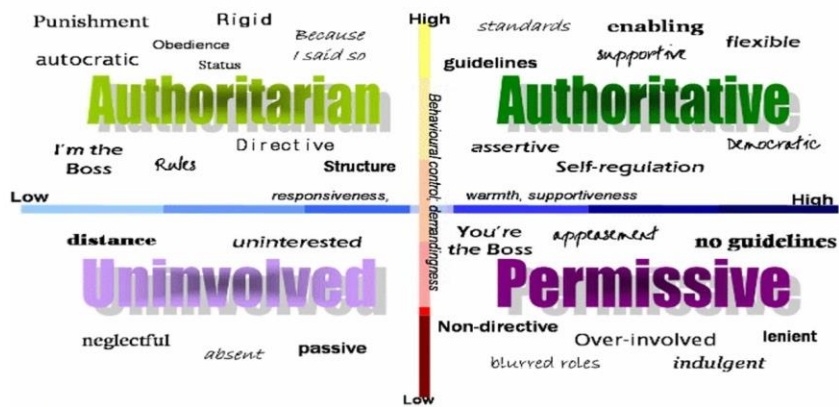
Go away! Leave me alone. I don't need you and I don't care about anything or anybody. If you come too close or if I'm in danger I might lash out.

Relationships are way too unreliable and are sometimes downright dangerous

FAMILY CULTURE



Parenting styles



FINDING YOUR BRAVE

Unhelpful Thinking Habits That Undermine Bravery(1)

- Social comparison (aka the self-hater): comparing yourself to others in an unhelpful, negative way
 - Black and white thinking (aka all or nothing thinking): thinking in extremes and forgetting the range of possibilities inbetween
 - Catastrophising (aka but what if...): over-estimating the likelihood of something bad happening and underestimating your ability to cope
 - Negative filtering (aka looking through gloomy goggles): dismissing and discounting the positives
 - Perfectionism (aka unreal ideal): striving for perfection becomes more about fear of failure than doing your best
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Unhelpful Thinking Habits that Undermine Bravery (2)

- Personalisation (aka over-owning it): thinking you're to blame for everything
- Mind Reading (aka filling in the gaps): second guessing other people's motives
- Emotional Reasoning (aka feelings rule, ok!): feelings take over – if you feel it, you believe it must be true.

Notice unhelpful thoughts – let them come and go
accept (or agree with them)
rate them
play around with them



Key take-home points

- A key component with children and young people is making time to listen to them in a non judgemental way.
 - Talk about difficult subjects – social media, drugs and alcohol, sex – before they become critical: before you are having a row about them. Guide rather than lay down the law.
 - Keep the door open to talking and listening to your children, even if it means biting your tongue and swallowing some of your own hurt feelings. Especially during adolescence, they will need to win key battles. This is after all about them separating from you. You need to survive that, rather than win.
 - Always listen – for longer than you're used to probably - rather than provide solutions too quickly. Children often find their own solutions once they've been allowed to unburden themselves.
 - Worry less. You've probably spent however many years providing your children with the necessary fundamentals to navigate their lives well.
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Further reading and resources

- A Life's Work – Rachel Cusk. An powerful and thought provoking account of a new mother's first few months with her daughter (publ. Faber and Faber)
- The Mental Health And Wellbeing Workout for Teens – Paula Nagel. (publ. Jessica Kinglsey, 2019) – essential reading for combating those unhelpful thinking patterns
- Stop, Breathe and Think Kids app – <https://app.stopbreathethink.org>
- Think Good – Feel Good. A CBT workbook for Children and Young People – Paul Stallard. (publ. Wiley, 2003)



<https://www.place2be.org.uk/>