

Anxiety Tool Kit

A multi-agency approach to identifying and addressing anxiety in children and young people

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Why create an anxiety toolkit?

- Recent research concluded that 1 in 6 young people will experience an anxiety condition at some point in their lives – Anxiety Uk 2016
- One in ten children aged between 5 and 16 years has a diagnosable mental health problem, and further 15% are potentially at risk
- Anxiety can get missed - it is important to consider underlying reasons for behaviour

Why create an anxiety toolkit? cont'd

- Stopping unnecessary distress
- Improving educational and life outcomes
- Evidence of increase in need - Hertfordshire schools, professionals and parents report significant increase in young people's anxiety levels
- Anxiety is normal – but can become a problem if it starts to get in the way of their day to day life

Common sources of anxiety for children

- *Tests are identified as a major source of concern to many children, and the overall prevalence of test anxiety appears to be increasing, possibly due to increased testing in schools and pressures associated with this (McDonald 2010)*
- *Health Related Behavior questionnaire (2016), reports exams and bullying as key areas of worry for children and young people*
- *Other common sources of anxiety include secondary school transition and bullying*

Who was involved?

- A number of professionals formed a working group aiming to create quality assured resources for schools, parents and young people.
- Professionals from; Clinical Commissioning Groups, Public Health, ESMA, School Attendance, Schools, CAMHS, Local school partnerships, School Nurse Service, Step 2 and Educational Psychology and parents.

The Approach

- The tool kit will have 3 target audiences; young people, parents and schools
- It will provide information and advice on low and mid-level anxiety, self help tools and signposting for more severe issues.
- The online funded resource will be hosted on the Healthy Young Minds in Herts – CAMHS Transformation website.

The Tool Kit

- The Tool kit has 2 elements
- A covering document which provides general information and advice on anxiety
- The second element is a series of practical resources with user information for each.
- The resources can be used by staff and parents to provide early support to children/young people.

Examples of the resources

Young People

- Advice on Anxiety and leaflet on coping strategies

Parents

- Top Tips for parents on a range of issues which schools can provide through parent mail
- Practical advice and activities to reduce anxiety
- Quality assured Materials for primary and secondary school parent workshops

Schools

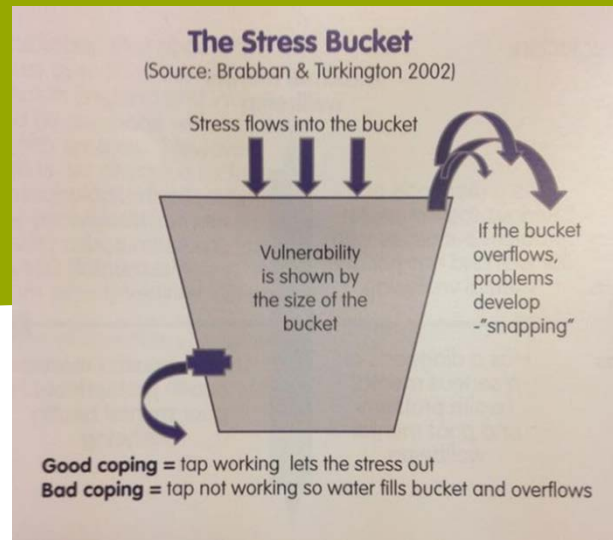
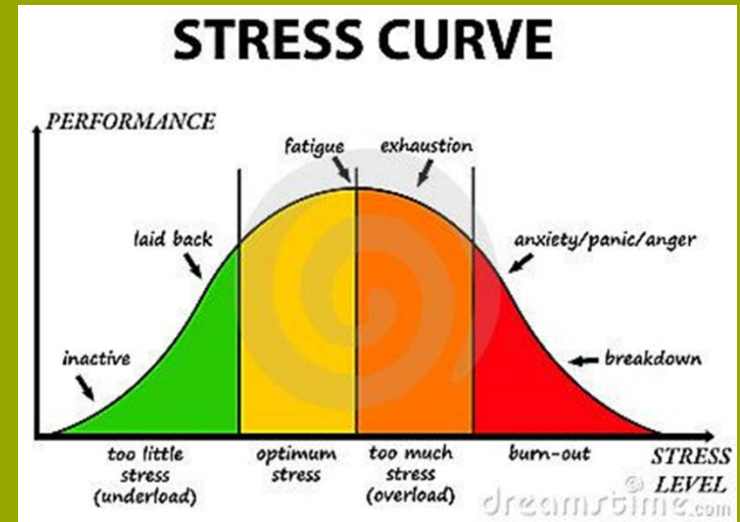
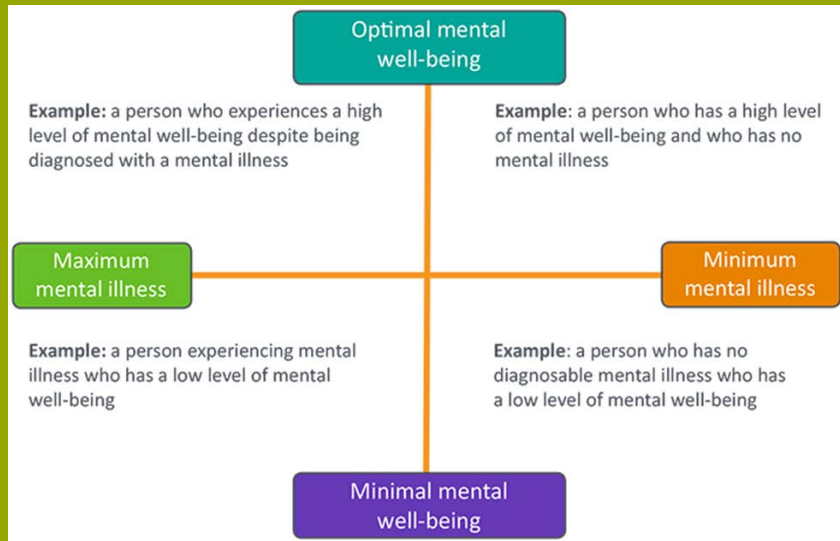
- The resources above can be used by school staff with pupils and to provide to parents.

Top Tips for Parents Example

- How to help your child stay emotionally healthy
- Anxiety is normal we all experience it at times, it is needed to help us function, explaining this to your child can help reassure them and encourage further conversations.
- **Five Ways to Wellbeing**– 5 ways you can help your child stay emotionally healthy by making sure they do normal things.

- 1. Spend time with family and friends. Enjoy doing things together. Talk to family, friends or teachers if you have lots of worries.
- 2. Stay active, Exercise is good. It makes you healthy, and makes you FEEL GOOD! You need proper rest and avoid digital devices (phones, x-box, PlayStation, etc.) for at least an hour before bedtime.
- 3. Try something new. Try a new hobby, visit somewhere new or make a new friend.
- 4. Take a break to see how you feel. Relax and look around you or listen to music, take a few deep breaths.
- 5. Do something for a friend or relation/adult, as well as making them feel good, it can make you feel good too!
- Maybe parents could try some of these tips too!

Exam Stress Workshops for Parents



Supporting Anxiety

ISL SEND Specialist Advice and Support Service Education Support for Medical Absence

- Can provide support to schools & families
- A course to help parents recognise and positively respond to anxiety with solution focused strategies

Planning
Preparing
Responses

ISL SEND Specialist Advice and Support Service

How Can We Help - Tips for Schools –

- Teach how to relax when frustrating situations are encountered
- Teach Resilience
- Develop social skills and empathy to form relationships

How Can We Help - Tips for Parents

- Support self-awareness
- Help them to enjoy their own company
- Help develop the skills to deal constructively with setbacks that face everyone from time to time (gain perspective)
- *'I'm anxious about school but.....*
 - *I can still.....*
 - *I can change this by.....'*

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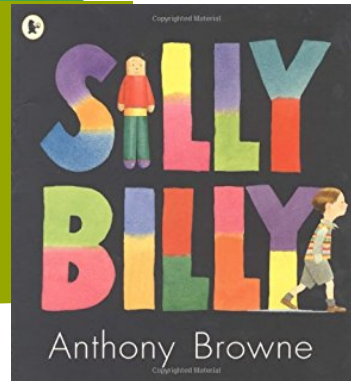
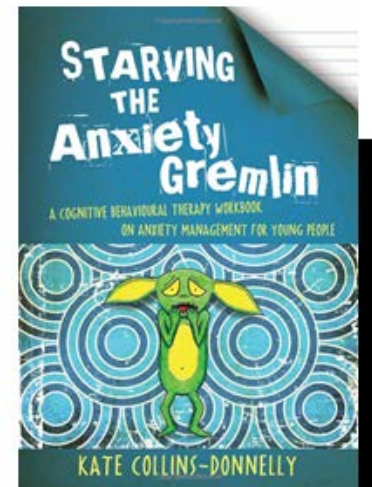
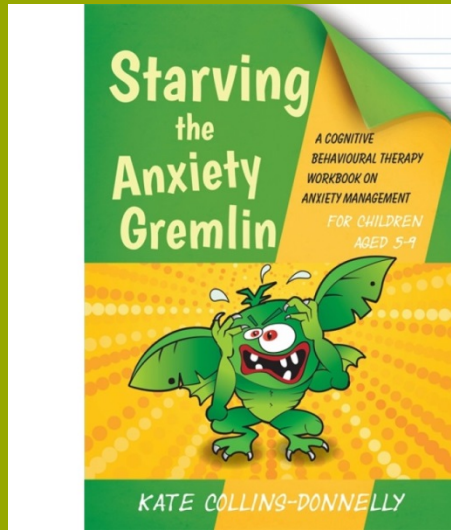
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Key Medics (eg Dr Brownlie) have highlighted the false economy of not investing in children and young people's mental health:

'If we invest in young people and support their emotional resilience, lifelong health and wellbeing, it will save money further down the line.'



CBT Workbooks for Primary and Secondary School Pupils



Information and tools

- Healthy Young Minds website <http://www.healthyyoungmindsinherts.org.uk/>
- Five ways to wellbeing
- Mindfulness Techniques
- Kooth <https://kooth.com/>
- Health for Teens website <http://www.healthforteens.co.uk/>
- Chat health
- Local community counselling services for YP
- Young minds website <https://youngminds.org.uk/>

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