



Supporting children & young people to develop effective social and emotional wellbeing

Elizabeth A Holmes & Claire Monteith
Education Inclusion Service



EAST RIDING
OF YORKSHIRE COUNCIL

East Riding of Yorkshire Council
County Hall Beverley
East Riding of Yorkshire HU17 9BA
Telephone 01482 887700 • www.eastriding.gov.uk

Today we will

- Talk about why the emotional wellbeing of your child is important
- Tell you what the Education Inclusion Service is doing to help support your child
- Try out some mindfulness techniques



Your hopes

What are you hoping to get from this one hour session



EAST RIDING
OF YORKSHIRE COUNCIL

East Riding of Yorkshire Council
County Hall Beverley
East Riding of Yorkshire HU17 9BA
Telephone 01482 887700 • www.eastriding.gov.uk

What is emotional wellbeing?

Emotional wellbeing refers to a state of positive mental health and wellness.



Activity

What words come to mind
to describe a child or young person
with
good emotional health and well being?



What words come to your mind?

optimism

confidence

happiness,

vitality

self-worth

achievement,

having meaning/purpose

engagement

enjoying life


learning

Supporting/ satisfying relationships

understanding and managing own emotions

responding to others' emotions





“A state of wellbeing in which an individual realises his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”

(World Health Organisation 2014)



EAST RIDING
OF YORKSHIRE COUNCIL

East Riding of Yorkshire Council
County Hall Beverley
East Riding of Yorkshire HU17 9BA
Telephone 01482 887700 • www.eastriding.gov.uk

VIDEO – wheel of wellbeing

- <https://www.youtube.com/watch?v=uhm2p2yerUc>



How does emotional wellbeing develop?

- Seb skills development cm



What if emotional wellbeing is not good?

- Stress
- Burnout
- Anxiety
- Depression
- Attachment /relationship difficulties
- Behavioural problems



Risk of Mental Health Problems for our Children

1 in 10 have clinically diagnosed mental health disorder and or/ emotional problems

50% of lifetime mental illness starts by age 14

- Anti-social behaviour (over 5%)
- Anxiety (4%)
- Depression (4%)
- Self-harm (10% of teenagers)
- Eating disorders
- Suicide

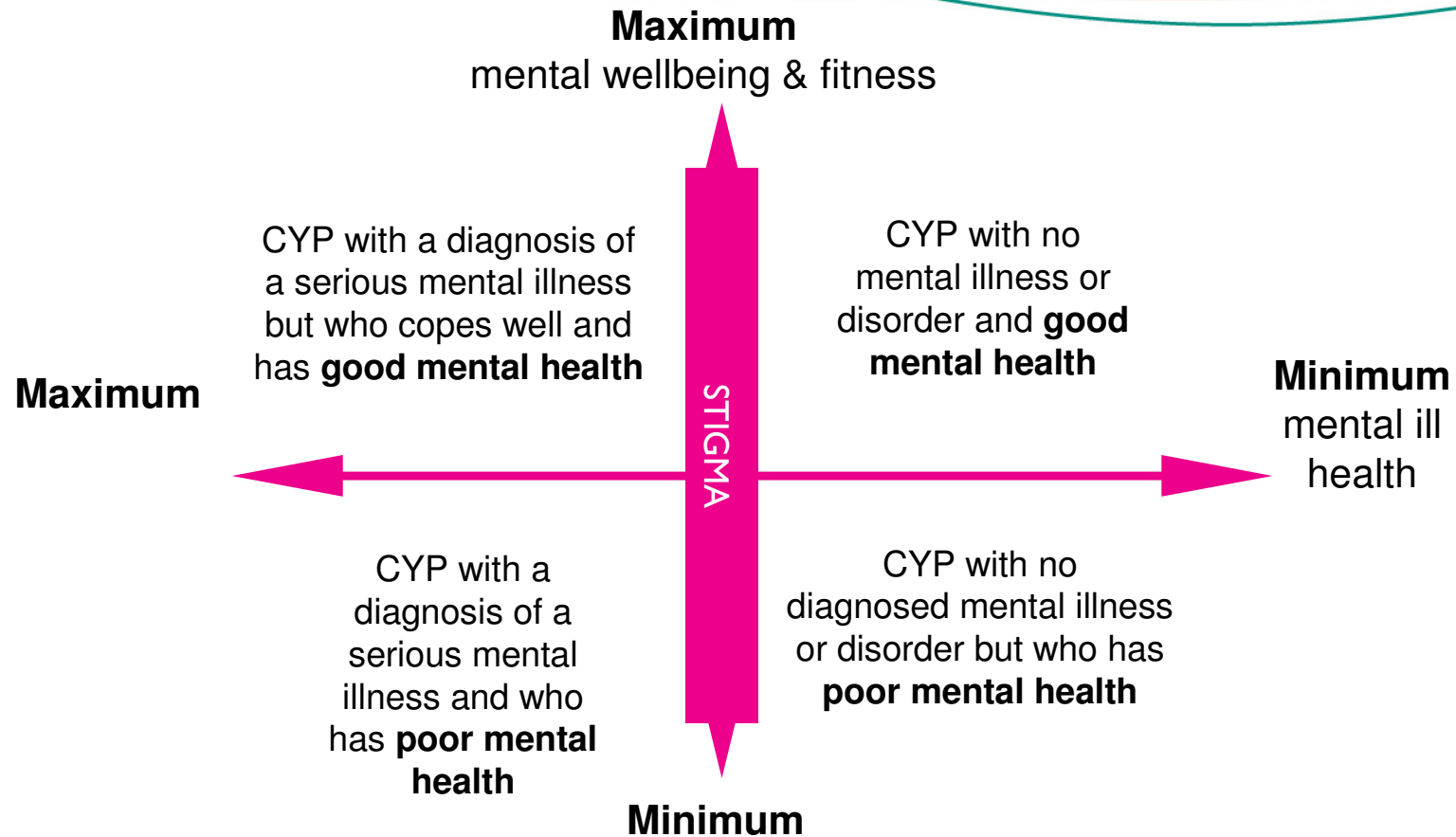



Table 5 – CAMHS current caseloads by pathway

	Sep 2014	Oct 2014	Nov 2014	Dec 2014	Jan 2015	Feb 2015	Mar 2015	Apr 2015	May 2015	Jun 2015	Jul 2015	Aug 2015
Autistic Spectrum Condition	17	26	25	16	21	22	23	22	24	24	27	25
Attention Difficulties (ADHD)	144	157	159	173	174	174	176	174	177	183	184	187
Conduct	38	42	44	41	40	41	38	40	37	39	42	45
Contact Point	33	44	60	66	35	111	169	175	160	118	119	60
Eating Disorder	42	39	39	45	44	42	43	43	43	41	43	45
IAPT									2	3	3	3
Learning Disabilities				2	3	3	28	27	26	14	12	6
Mood	190	209	213	204	214	219	224	238	244	265	268	267
Primary Mental Health (Early Intervention)	36	23	21	15	13	14	15	17	14	14	12	18
Psychosis	2	2	2	2	2	3	4	5	5	6	5	6
Self-harm	33	38	37	33	35	43	44	41	52	54	47	48
Youth Justice Service	1	1	1	1	1	1	1					
Total	536	581	601	598	582	673	765	782	784	761	762	710



Mental Health Continuum





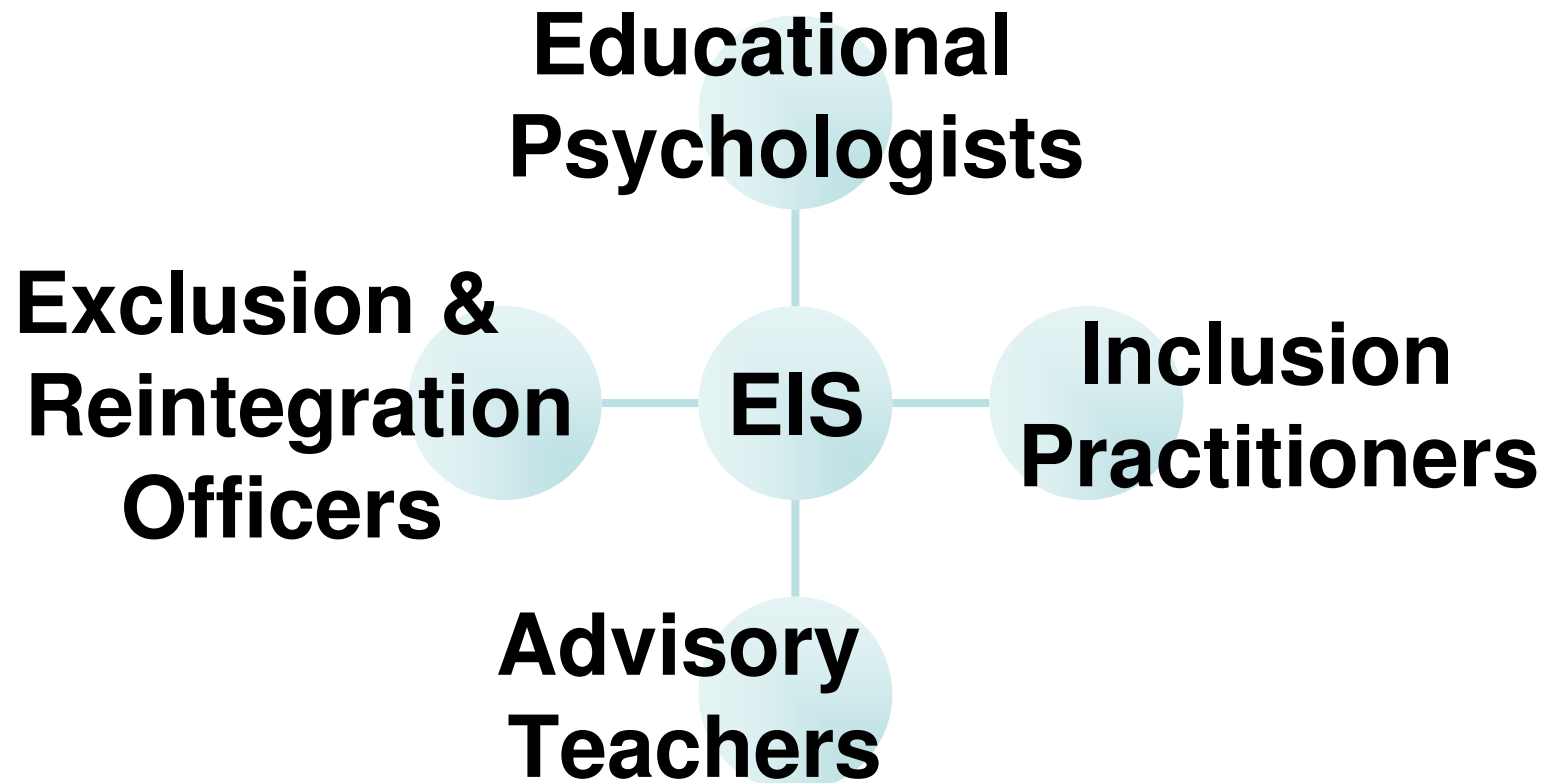
What we do
within the
Education Inclusion Service (EIS)
to help support your child



EAST RIDING
OF YORKSHIRE COUNCIL

East Riding of Yorkshire Council
County Hall Beverley
East Riding of Yorkshire HU17 9BA
Telephone 01482 887700 • www.eastriding.gov.uk

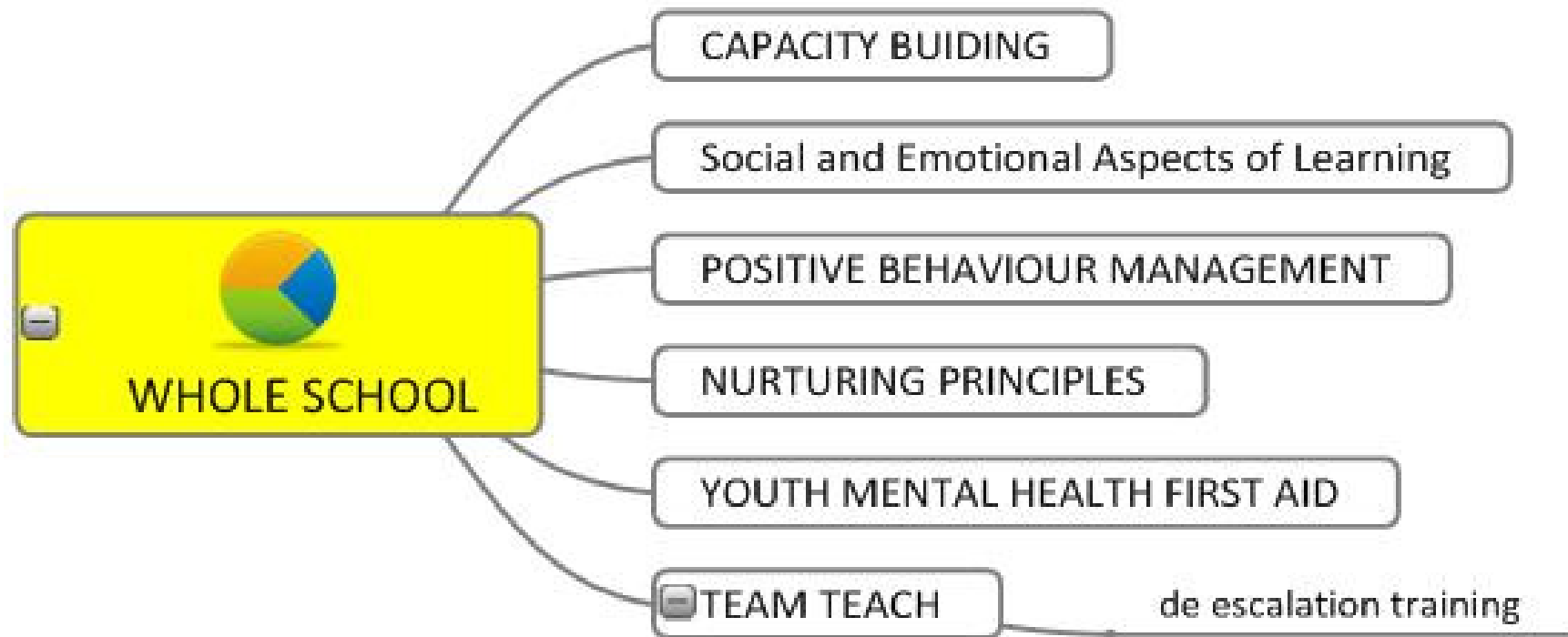
EIS – Who Are We?

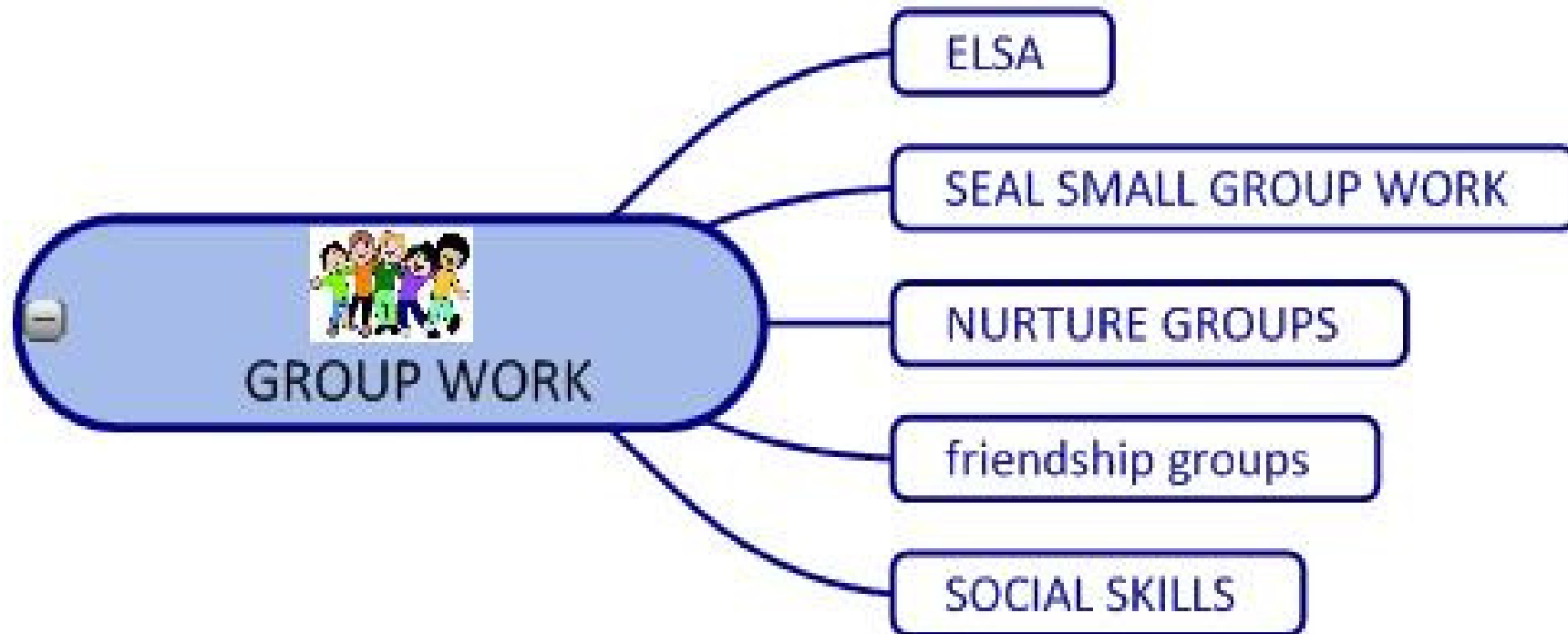


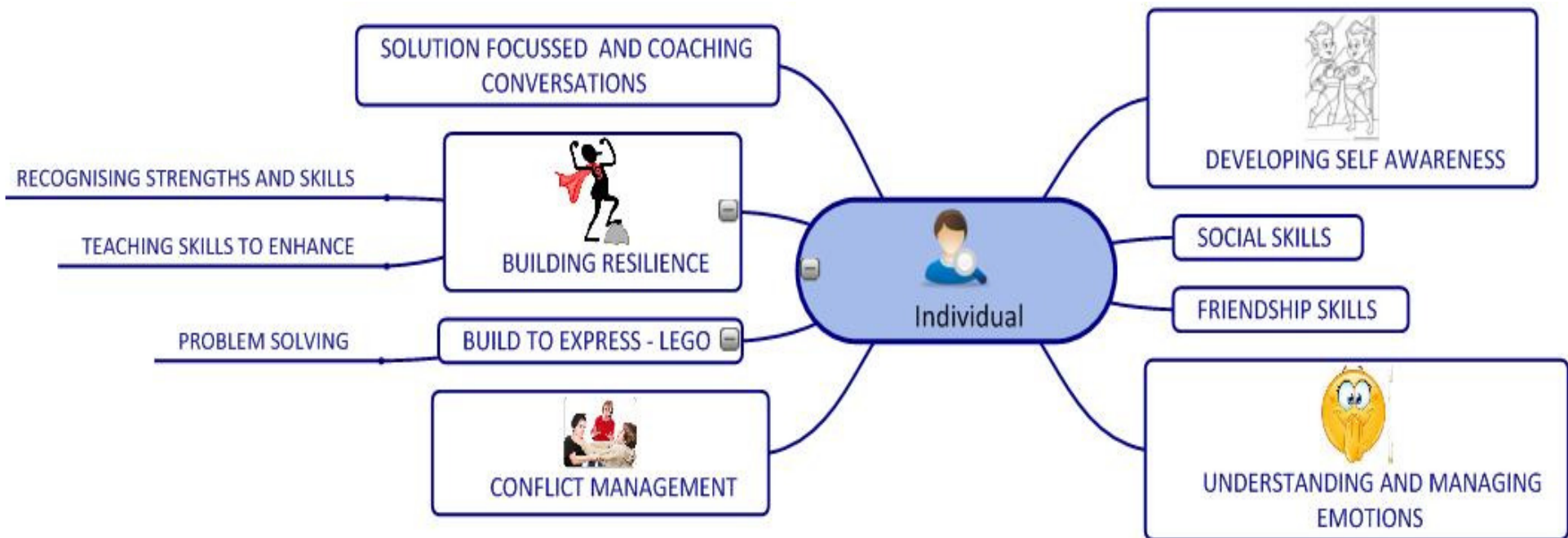
East Riding Transformation Plan



MAPS







WHAT CAN PARENTS DO



EAST RIDING
OF YORKSHIRE COUNCIL

East Riding of Yorkshire Council
County Hall Beverley
East Riding of Yorkshire HU17 9BA
Telephone 01482 887700 • www.eastriding.gov.uk

Mind Full...or Mindful?



Definition – Mindfulness is:

paying attention...

on purpose

in the present moment

with curiosity and kindness

to things as they are.

(Jon Kabat-Zinn)



Mindfulness in the Classroom

- Early Years. Primary, Secondary, FE
- Staff development
- Circle time/PSHE/tutorial time/SEAL
- Supporting pupil needs – ADHD, anger, anxiety
- Exam preparation & stress reduction



Mindful Senses

Mindful senses
Write down.....

5 things you can see...



4 things you can hear...

3 things you can touch or feel...



2 things you can smell or taste...

Now take **1** deep breath



Mindful Breathing

- <https://www.anxietybc.com/resources/audio/mindfulness>





Thank you for listening and for all your
contributions



EAST RIDING
OF YORKSHIRE COUNCIL

East Riding of Yorkshire Council
County Hall Beverley
East Riding of Yorkshire HU17 9BA
Telephone 01482 887700 • www.eastriding.gov.uk