

Murray Hall Community Trust:
Emotional Wellbeing Services & Support During COVID 19

“You are not alone”

Creative Therapeutic Services: aka CTS

CTS has been solution focused in its approach to service delivery during the start of COVID 19. CTS have continued to offer ‘distance therapeutic intervention’ for 1 to 1 services, including assessments for new referrals. All referrals are carefully screened and assessed before being triaged to the most appropriate service either in house or externally.

During the Covid 19 crisis, CTS has launched a variety of new support services for our active clients, referrals pending, the local community and professionals. These services overarch our current support projects which are still active, other than our paid service # Breaking Barriers (school based).

Breaking Silence:

The project provides personalised Counselling & Creative Therapeutic Support to children, young people and their families affected by self-harm in Sandwell and aims to promote recovery and encourage safe alternative methods for coping. Breaking Silence is primarily a self-referral service, although we take referrals from other organisations and agencies where the young person has given their consent to be referred. The project offers self-harm awareness workshops for parents, carers and professionals. These workshops help to improve parents/carers/professionals understanding and knowledge of self-harm and provides them with positive ways to help support their children and young people.

- Referrals are still being received and triaged.
- Where appropriate assessments are being undertaken through ‘distance intervention’ (telephone/ video calling).
- 1:1 therapeutic intervention is continuing through ‘distance intervention’ (tel or video calling based on the CYP’s preference)
- Creative empowerment groups will be launched from w/c **27th April 2020** and will be facilitated through the use of video calling.
- Supportive positive coping mechanism videos are available to stream/ download inclusive of mindfulness techniques.

Looking Forward:

Looking Forward supports Children & Young People between 5-18 years who have experienced any form of Domestic Violence, Abuse, Loss & Separation or those that are a Looked After Child. Referrals for Looking Forwards must be submitted by a professional service such as educational establishment, Children’s Centre or a GP.

- Referrals are still being received and triaged.
- Where appropriate assessments are being undertaken through ‘distance intervention’ (telephone/ video calling).
- 1:1 therapeutic intervention is continuing through ‘distance intervention’ (tel or video calling and dependent on the CYP’s preference)
- Creative coping groups will be launched from week commencing **27th April 2020** and will be facilitated through the use of video calling.
- Supportive positive coping mechanism videos are available to stream/ download inclusive of mindfulness techniques.

Black Country Impact:

Providing Counselling and Therapeutic Support to NEET young people (registered with Black Country Impact) between the ages of 15-29 years across the Black Country.

- 1:1 therapeutic intervention is continuing to be undertaken through 'distance intervention' (tel/video calling dependent on the young adult's preference)
- Supportive positive coping mechanism videos are available to stream/ download inclusive of mindfulness techniques

#Breaking Barriers:

Is our newly-developed service that provides a wide spectrum of support ranging from trauma-based and self-harm counselling through to behaviour intervention. Using creative therapy through alternative methods underpins the fundamentals of our work and forms the basis of our services. Breaking Barriers is a 'paid service' which is currently still accepting expression of interest for any paid requirement of therapeutic provision either private intervention or for organisations to purchase.

- Please contact CTS@murrayhall.co.uk for further details.

Creative coping group:

Is designed for young people whom would benefit from learning about different coping strategies to help them to better cope with difficult situations which they may come across on a day to day basis. Sessions encompass a variety of arts based crafts inclusive of the creation of a 'coping box'. A coping box can include items such as positive affirmation stones, sensory bottles, journals, etc. The contents are developed by each CYP to make their coping box unique to them.

Our Creative Coping programme is designed to enable young people to:

- Actively engage in coping skills workshops to create their own coping box.
- Creative packs shall be created for collection to enable clients to participate.

Creative Empowerment Workshops:

Are designed to enable individuals to reflect upon and manage their emotions and feelings. The sessions support to build relationships, improve communication, boost confidence and self-esteem whilst developing the ability to implement coping strategies and balance feelings and behaviours. Focus is on the CYP's coping strategies which encompass a wide variety of strategies which can be tailored to each CYP's unique requirements. Overarching within each session there is the opportunity to engage in Mindfulness techniques which reinforce the CYP's ability to sustain any future coping strategies. Paying attention to the present moment enables CYP to improve their overall mental health. The sessions include a variety of different arts, music and performance, all designed as ways in which to help individuals to reflect upon and manage their emotions, feelings, while developing effective coping strategies.

Our Creative Empowerment programme is designed to enable young people to:

- Evaluate their coping strategies
- Sustain 'positive' coping mechanisms
- Acknowledge their ability to influence their life experiences

Additional CTS services as a result of COVID 19:

In addition to the above services CTS has as introduced the following to support individuals with their emotional wellbeing.

Telephone support service, currently 1 day a week but can be increased based on demand:

Wednesdays 10am-2pm. If you are a child/young person/parent or professional and need some emotional wellbeing support and guidance please contact us via telephone on CTS line: 01902 826 308 alternatively you can contact us by email on: cts@murrayhall.co.uk

Youth Champion mentoring:

CTS are enabling young people aged 16yr+ to become active in supporting other young people at this time of crisis through an online mentoring programme.

Virtual support for parents:

'virtual cuppa sessions' which will include live discussion groups and support for parents/carers who have CYP engaged in anyone of the above services.

Emotional well-being videos: do we put link in here?

CTS have produced a wide variety of videos which individuals can access at any time. Each video shall enable the viewer to engage in positive coping mechanisms/ empowering strategies, for example:

- Mindfulness activities / experiences
- Worry doll activities
- Sound bath healing
- Hand breathing mindfulness
- Body scan videos
- Anti-stress activities when in self-isolation
- Positive affirmation animations
- The creation of safe spaces
- Relaxation / good sleep techniques

These videos can be accessed through the following links:

<https://www.murrayhall.co.uk/what-we-do/counselling-creative-therapeutic-support/>

<https://www.facebook.com/Murray-Hall-Community-Trust-554625771335624/>

<https://twitter.com/murrayhallct?lang=en>

Statement of support:

If you are not currently receiving support and feel you may fit the criteria for any one of our services then please contact us, we are continuing to take and assess new referrals. Please see our CTS page on our website for further information regarding each service, if you are not sure please do email us and we will ensure we do all we can to help you.

Children's Centres: Tipton & Rowley

- *We are continuing to accept referrals and to offer structured 1 to 1 family support and direct work with young people via video calls and telephone calls. Some parents have shared that their children are feeling more and more anxious as time goes on, **therefore we are now offering an additional telephone support line daily during the week for cyp/families living in Rowley and or Tipton***
- *Sharing arts & crafts activities via social media for young people to complete at home. We are also offering to drop activity packs off to families at their doorsteps to enable them to complete the activities if they do not have the resources. **(Tipton and Rowley only)***
- *Sharing a virtual classroom and homework advice line to support families to enable them to complete homework at home if they do not understand how to complete it but also upskilling parents to be able them to support their children's learning and lower anxiety/pressure within the home during this challenging time.*
- *Unfortunately, we are not seeing the number of referrals from schools as we would normally see due to the current situation but we are receiving telephone calls from DSL's within Hub schools for support and advice for families and safeguarding support.*
- *We are beginning to see an increase in referrals from Children's Services and COGS over the last week for support for families who are subject to plans or the Early Help process. Some of the support requested for families is around behaviour management support, SEN needs and parental conflict.*
- *We are seeing a big increase in the number of families who are in need of Food Bank Vouchers and we are utilising the Salma Food Bank in Smethwick for this, we are dropping vouchers to families who can access the local foodbanks for themselves.*

GO Play: Rowley & Oldbury

- *Undertaking doorstep visits including dropping activity packs to vulnerable families who we have identified residing in Oldbury or Rowley*
- *Working closely with partnership organisations such as COGS to identify families who will benefit from an activity pack to help keep children active and entertained.*
- *Completing on line activities for young people aged 6-12 years to be shared via Social Media.*
- *Liaising with other organisations to promote CC's for families who are in need of support at this current time.*
- *This service has seen a huge increase in demand from GO Play providers and other partnership agencies requesting activity packs for young people in Rowley and Tipton.*

We will continue to promote our timetable of activities, services and support for all families via our Facebook page and website.

In addition, MHCT has offered to support the CCG and LA by deploying some of our staff to support statutory services where we can.

Keeping Communities Connected Safely