

Parent and staff MH sessions OBA

Report Card

March 2021

Health and Wellbeing Service

Context and background

Northern Area Children and Young People's Strategic Partnership (CYPSP) Locality Planning Groups (LPGs) carried out a needs survey with children/young people and parents (CYP) in 2020. In this children/young people and parents CYP identified mental health/emotional wellbeing as their top need.

NHSCT Children's Department approached us wanting to support children's wellbeing. After sharing the results of our children/young people and parents survey CYP survey with them it was decided in partnership to deliver mental health awareness sessions in an encompassing way to children/young people, staff working with families and parents/guardians by Action Mental Health (AMH). This was done to support children and young people directly, to aid parents/guardians to support their children's mental health as their primary caregivers and staff that work with families that may be struggling with poor mental health or emotional wellbeing concerns.

The staff and parents sessions took place first online with plans to have children's sessions face to face, Covid restrictions depending, to meet safeguarding needs.

CYPSP Outcomes

This aligned with CYPSP Outcomes, in particular:

- Children and young people are physically and mentally healthy

How much did we do?

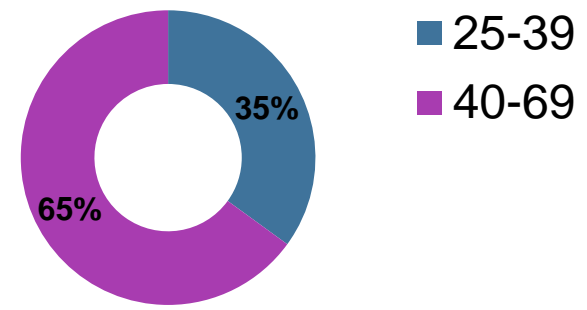
We coordinated parent and staff mental health sessions delivered online by Action Mental Health

120 registered for the parents sessions
73 registered for the staff sessions

41 parents and 44 staff attended the sessions.

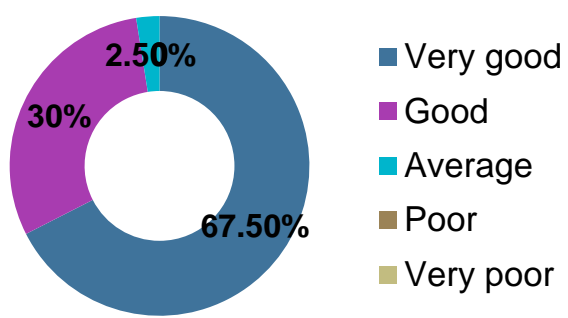
47% of participants completed the evaluation

Age range of those completing evaluation

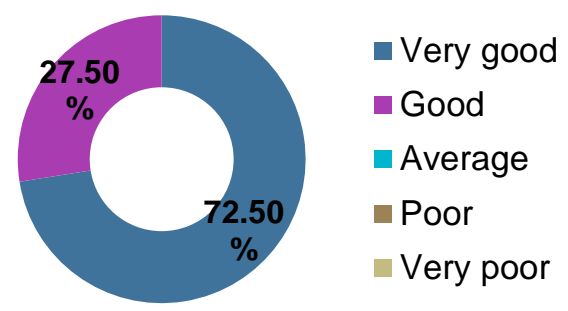


How well did we do it?

How would you rate training content?

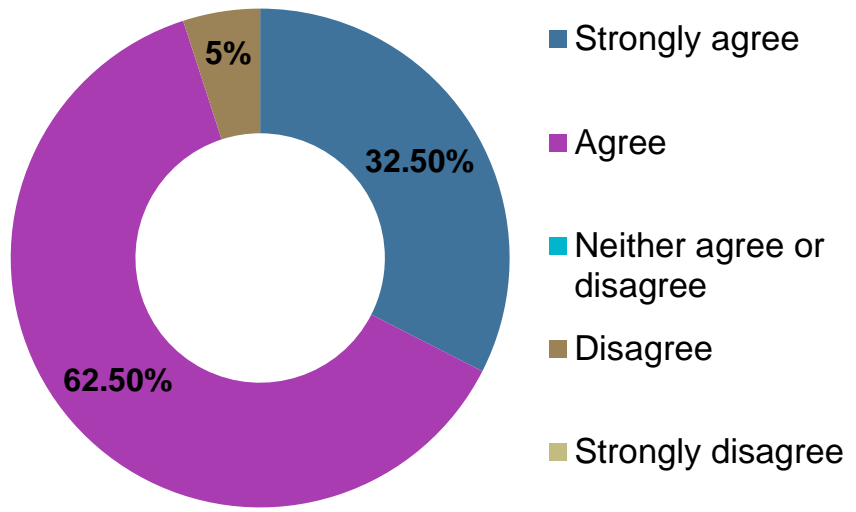


Trainer delivery

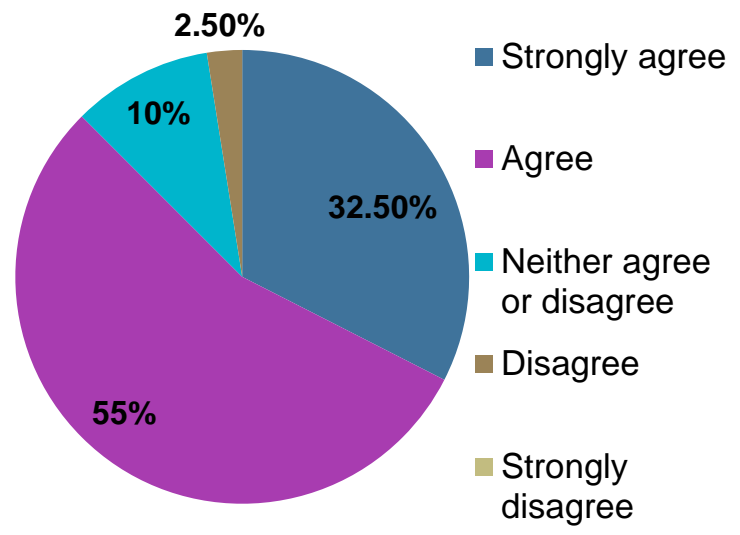


Is anyone better off?

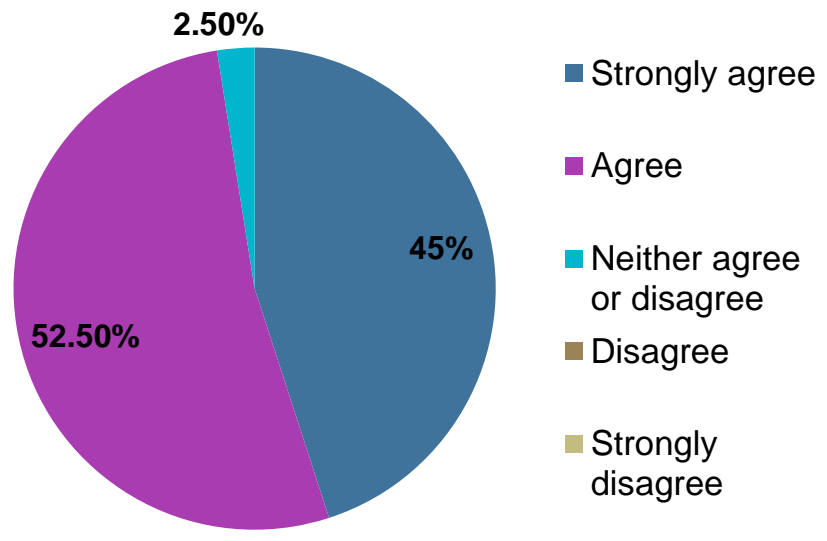
Has your knowledge increased?



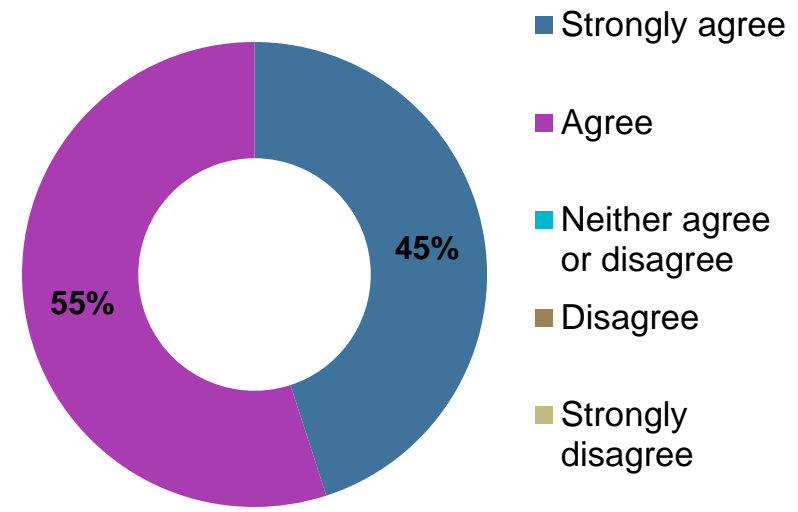
I have learnt about relevant coping skills to build resilience



I feel more confident about seeking help for myself/others



I have a greater awareness of sources of support and information available



Comments

“Very informative talk - useful information and good to know where to get help if needed. Thank you very much for taking the time to deliver it to us :-)”

“Session was very informative and helpful.”

“Very useful and informative”

“Thanks for a very succinct and informative session”

“Thank you for the session it has been very valuable and I really enjoyed it”

“Very worthwhile”

Conclusion

- Training was very positively evaluated with people finding it useful and increasing their knowledge, awareness, confidence in mental health and coping skills
- There was a noticeable reduction in participants attending from registration to actually attending sessions
- Some people had connection issues which affected the value people got from the training
- There may be benefits in a mixed delivery method going forward with online and face to face sessions