

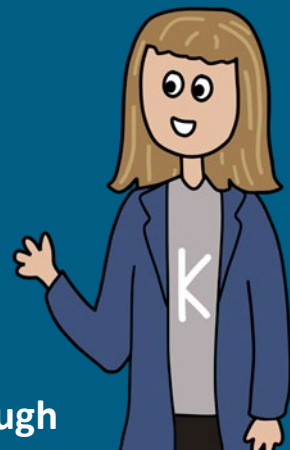


The Magic of Parent Carer Peer Support in CYPMH

February 2023



Wendy Minhinnett



Kathryn Pugh



About us

Charlie Waller was a strong, funny, popular, good-looking and kind young man, with a close and loving family. To the outside world, he had everything to live for. Yet in 1997, at the age of 28, Charlie took his own life. He was suffering from depression.

In response to this tragedy, his family founded The Charlie Waller Trust, to open up the conversation around depression, and to ensure that young people are able to understand and look after their mental health and to spot the signs in others.

Charlie sits at the heart of our story, our vision and our purpose.



Today we will cover

- Parent carer peer support story & vision
- The value of parent carer peer support
- How are we making this happen?
- What can you do?





b.u.



... be who you are

b.u.

© daisy arts



... be who you are



Online support Forums



Websites

contact
for families
with disabled children



ayph



CYP IAPT



Parent Support Groups





Our Vision

Every parent carer with a child or young person with mental health issues gets the support they need, where they want it and when they need it



- Menu of support
- Choice
- Accessible
- Recognised



PLACE Network



Always a place for parents and carers in CYPMH

- Parent/carer & professional support leads meet virtually on a monthly basis
- Interactive map-help people find support
- Share learning and experience
- Helping parent carer voices be heard

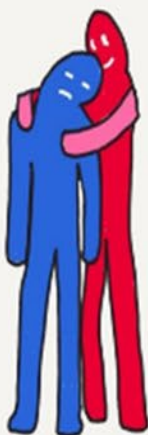
<https://charliewaller.org/parent-support/>



Parent and carer Support



Needing
Support



Feeling
Supported



Getting
Involved



Increasing
Understanding



Building
Resilience



Supporting
Others

The journey from needing support to supporting others



everything
starts with a

DREAM

@LeanneWalker



Rollercoaster Parent Support Model County Durham

Supporting parents to support children & young people with emotional and mental health issues

Parent Led, Professionally Supported

Support Groups

- 2 per month
- CAMHS partnership
- Multi-agency input

Advisory Work

- Parent voice
- Service developments & improvements
- Local & National

Digital Support

- E-Network
- Facebook-closed & open group
- Advice, information & signposting

Training

- Parent training around mental health issues
- Peer support training
- Signposting to E-learning
- Workforce training

Parent Led Professionally Supported



Our PCPS model

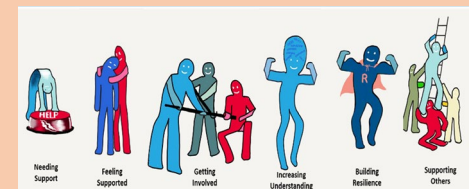


- 1-1 peer support via telephone, messenger or Facebook
- Coordinating parent/carer support groups (face to face & digital)
- Help families navigate CYPMH and community services and systems
- Work in partnership with CYPMH services – within NHS, VCSE, LA
- Co-facilitate parent/carer training sessions alongside CYPMH professionals

“Several years ago, my daughter was struggling with her mental health the impact on our family was huge. I felt lost, alone and totally out of my depth. I had to give up work as she was unable to access school, I lost me. I joined a support group and started volunteering to help - it was a lifeline. Fast forward to now- my daughter is in a much better place; family life is back again. I work as a Parent Peer Supporter, and I cannot begin to describe how proud I am to be helping and supporting families who are struggling just like I had”

“I’ve come full circle from needing support to supporting others and along the way I found me again”

Parent Peer Supporter



What a PCPS could do as part of the team



- 16 hour post
- Over one year
 - **1173** one to ones
 - **264** individuals
- Responsive, flexible, needs led & lived experience

Moral support

Neuro

Self harm

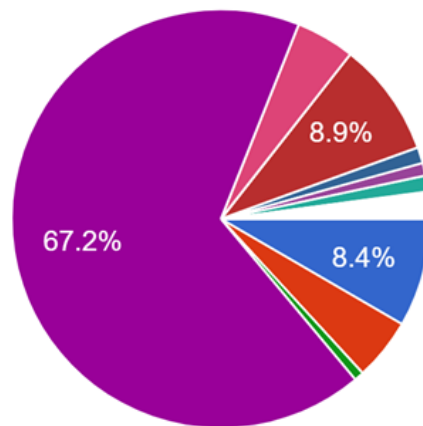
Education

EHCP

Anger

Location of session/enquiry

813 responses



- Face to face
- Zoom
- Facebook live
- Zoom + Facebook live
- Telephone
- Whatsapp
- Messenger
- Facebook room

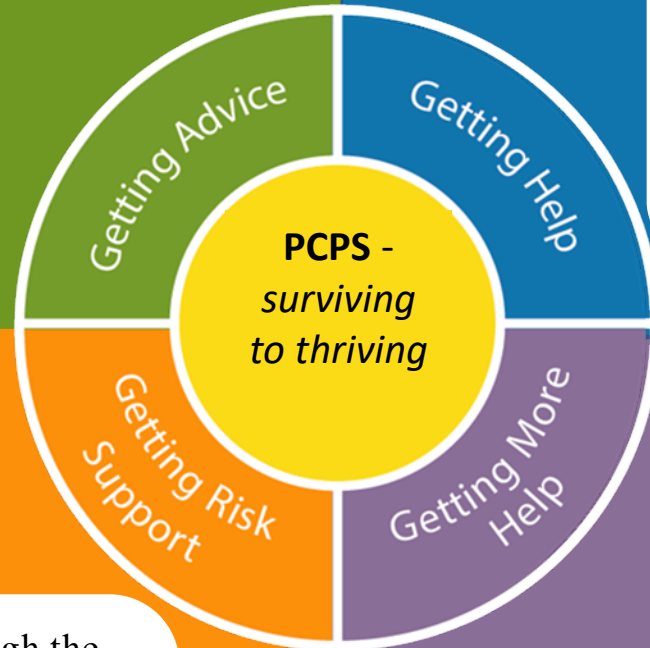
▲ 1/4 ▼

- Telephone enquiry
- Facebook support
- Email
- Self or professional referral
- Signposting
- Sharing self help ideas

“She give me advice and we have tried it and it works so well in my family thanks so much”

- Support groups (online or face to face)
- Walk and talk session
- Involvement/coproduction opportunities
- Mental health drop in/link with CYPMHS
- Referrals/support to navigate services

“Invited me to the support groups online and in person. Assured me that I do not have to speak if I don't feel comfortable. Also provided me with useful information going forward



- Safeguarding meetings
- CETR
- Crisis support

“I don't think I could of got through the past year with out her support it has meant so much and slowly is helping me changing the way I think and react to situations. I still get things wrong and make bad choices but can pick up on it a lot sooner which gives me the strength to pull control back a bit.”

- Link with mental health professionals
- Training
- One to one intensive support
- Multifaceted
- Supporting at TAF

“They have listened to my worries, have sign posted us to a CAMHS worker and gave us advice about anxiety and things that can help my daughter to ease her anxiety

CYPMH PCPS training is now available



Co-production @LeanneWaller

- PLACE members identified what parents/carers want and need and how PCPS could
- Pilot training & curriculum supported by Health Education England
- 18 PCPS and their supervisors trained from around the Country
- 2023- 2 more courses underway more dreams coming true!

I have learnt so much over the course. While I was 'aware' of many issues and topics covered, the course allowed me to delve a little deeper and think a little harder about it all. My portfolio is definitely something I will continue to refer to and add to in the future

PCPS trainee 2022

HOPE



Parent Led
Professionally Supported



Calm Connections	Parents of Revolution	Mental Health Support Teams Bradford	Breathe support Harrow
Derby CAMHS	Rollercoaster	Fresh+ CAMHS	Parental Minds
PEGIS	Parent Council National CYPMH Task Force	Parents Voices in Wales	CAMHS Network
North East & North West CYP IAPT Collaboratives	CHATS	Central NW London Foundation Trust	HOPE Project Define Fine
	Holding Space	Platform,	Parent-Carer Support Group Saddleworth

Co produced and delivered training at Reading and Northumbria Universities



We offer

- Training for learners and supervisors
- Grant to undergo the training £3495

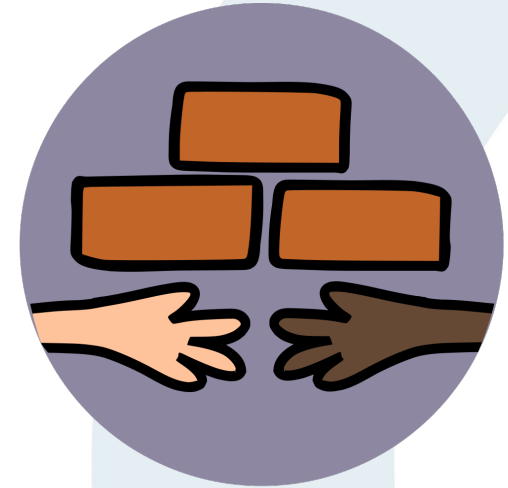
We ask for

- Visible partnership and commitment by service and PCPS learner

Our training includes

- Reflective practice and use of supervision
- Diversity and inclusion
- Understanding and navigating the children and young people's mental health system
- Managing groups
- Co-production and the shared lived experience
- Safety and self-care
- Endings, transitions and new beginnings

These are demonstrated with a portfolio assessed by course tutors



What gets measured matters



✔ Over 80 %agreed that a parent/carer peer support service knew how to help with their problems or were working together to help with their problems. *

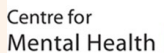
✔ 94%of parents agreed that “if a friend needed similar help, I would recommend that they use Rollercoaster”**

* Fothergill-Misbah et al, in press

✔ Formal Evaluation- Centre for Mental Health

✔ Testing outcome measures with PLACE Network members

“It just- it just means so much to know that there’s other people there that are in your situation and you’re not alone. And that if you need someone you can reach out and they will be there for you and you don’t have to go through things alone and there is light at the end of the tunnel”. Rollercoaster Evaluation



Needs of children, young people and Families

Parent led – professionally supported



- Mental Health advice
- Clinical supervision
- Safe & effective
- True Partnership

Working as a consultant psychiatrist in a busy community based CAMHS team, I saw the real day to day value of parent carer peer support.

It frequently promotes constructive self-agency, with cumulative benefits over time.

In my experience, working alongside families and colleagues from Rollercoaster was a truly collaborative endeavour.

Consultant Psychiatrist

I see parents come into the support groups feeling hopeless and 'broken'; after an hour or so of receiving the support of other parents who can offer their own knowledge and experience, parents leave the group with (in their words) a weight lifted from their shoulders, renewed hope and direction and strength to continue managing their challenges.

They work with parents with some of the most complex difficulties, often both in what their children are experiencing, but also the personal difficulties of the parents. The skills, experience and wealth of knowledge the peer supporters offer other parents in negotiating services for their children and accessing support for themselves is remarkable.

Community Matron

CYPMHS

Children & Young People's Mental Health Service

Co-production
@LEARNWELLER

everything
starts with a

DREAM



"You don't know the system or who to turn to. You speak to professionals and you don't understand their language. The professionals know the academic side but they don't feel the total exhaustion and emotion looking after your amazing children. Finding a parent peer support group is worth its weight in gold. They understand your emotions and how to navigate your way through the system, who you need to speak to and what to ask for. They also give you that bit of hope that things can get better, when you are rock bottom"

"Life savers no more words to describe the value of parent peer support."

Parent

Children and young people Voices



“The group has and continues to have a positive impact on me, mum and our relationship.

Before my mum began attending these groups I felt like she didn't understand my difficulties, which left me feeling less able to talk openly to about issues I was having. My mum has a much better understanding of what is going on and feels she is understanding me more which makes me feel more listened too, understood and less alone.”

Young person

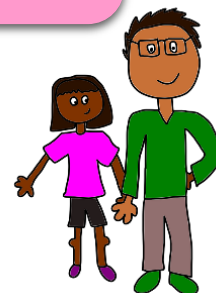


“The training has been such a vital tool in my recovery, without me even knowing it! it gave my mum tools to help me when I needed it”.

Young person

“It makes me feel better that you go to the group Mam, I'm pleased you are getting support, I know how hard it is for you”

Young Person





What do you think about what you have heard?



Any worries or wonders about PCPS?



Is it already happening & how are you connected?



What can you do to bring Parent carers peer support to your community ?

PCPS

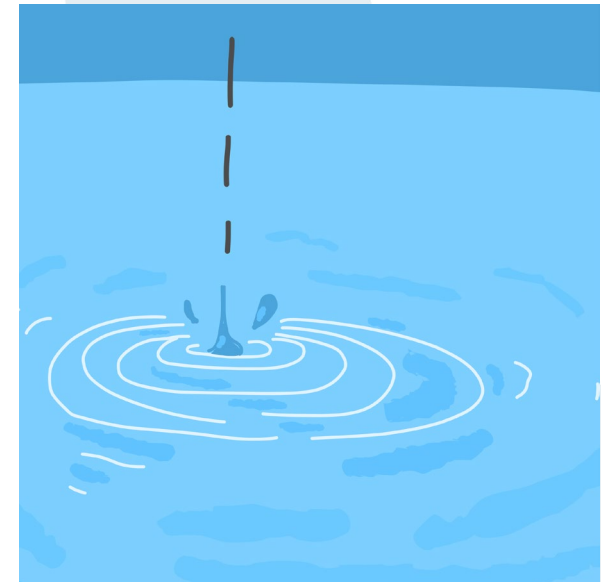
Parent Carer Peer Support in
Children & Young People's Mental Health
#CYPMHPCPS

Chatterfall



Top Tips to spread the PCPS Magic

1. Check if this is happening already
2. Talk to your peer support programme
3. Open your doors ! Talk to your local colleagues, parents and carers-would they like to be a PCPS?
4. Get in touch, join PLACE Network or a Charlie Waller Drop In
5. Talk to **just one** person about what you have heard-keep the PCPS ripples going!





Thank You!
@LianneWaller



PCPS

Parent Carer Peer Support in
Children & Young People's Mental Health
#CYPMHPCPS

