**North LAG Mental Health Working Group**

**(Virtual Teams meeting)**

**11 October 2023**

**In attendance:**

Rev’d Mary Gubbins, Sturminster Newton (Rev MG)

Laura Everett-Coles, Health Programme Advisor, Public Health Dorset (LEC)

Karen Johnson, Social Prescriber, Gillingham Surgery (KJ)

Susan Quigley, DHUFT (SQ)

Lauren Thomas, EDAS (LT)

Jamie Keast, Homestart (JK)

Morna Spence, DHUFT (MS)

Caroline Stanford, Blackmore Vale Partnership (CS)

Emma Board, St Mary’s Primary (EB)

Cllr. Carole Jones, Vale Pantry (Cllr. CJ)

Amanda Conolly, Service Manager, Education & Early Help (AC)

***\*If email is detailed below, please feel free to contact direct for further information***

Introductions made and background to the working group provided by AC. Limited attendance to date so really great to see so many here today.

Previous activities undertaken at LAG Networking event around need/areas of concern so want to focus on update from each participant as to what is available in North Dorset. To then identify up to 3 achievable next steps to take work forward.

**LEC (Public Health Dorset)** [**laura.everett-coles@dorsetcouncil.gov.uk**](mailto:laura.everett-coles@dorsetcouncil.gov.uk)

* World Mental Health Day 10 October – resources shared via Comms
* Responsible for Suicide Prevention Plan for Dorset – PHD funding 80 places on Suicide Prevention First Aid course, usually £400 per person. Open to any organisation, statutory, voluntary or Health Champions for example, expression of interest to be submitted. 3 x 2 hour modules, March 2024.
* Mens’ Health Fairs – third year running – Gillingham event recently which was well attended. Patient Participation Group organise these. Next one to take place at The Crown Hotel, Blandford in June 2024. Event is usually held on a Friday 12 – 7 pm.

**JK (Homestart)** [**jamie@homestartblackmorevale.org.uk**](mailto:jamie@homestartblackmorevale.org.uk)

* Organisation supports parents and children. Approx. 50% of requests cite mental health, yet probably nearly to 100%. Social anxiety, depression, isolation of new parents.
* Running 2 Mothers in Mind peer support groups. Open to all on a Monday morning in Sturminster; open to service families on a Thursday morning in Yeovil. Hoping to be able to expand and open to all.

**KJ (Gillingham Surgery)** [**karen.johnson@dorsetgp.nhs.uk**](mailto:karen.johnson@dorsetgp.nhs.uk)

* Supporting those with mental health who are patients of Gillingham surgery. Noticing increase during term time.
* Work closely with the schools and would like to co-facilitate group sessions with MHST.
* Aware that North Dorset Parent Support Group currently running from Stour Connect Centre on a Monday morning, have received LAG funding to start up additional group meeting in Gillingham. FB – North Dorset Parent Carer Support Group. SEND TM, Christian Newby attends and can provide additional information [christian.newby@dorsetcouncil.gov.uk](mailto:christian.newby@dorsetcouncil.gov.uk)

**SQ (DHUFT)**

* Part of NHS Care Team – seeing increase in hospital admissions for children, involved in discharge planning meetings. Overdose and significant harm, increase in neurodiverse CYP who are not able to keep themselves self, dysregulation leading to risk taking responses.
* Frequent Attendees Plan for those CYP who keep returning.
* CAMHS Crisis Team offer up to 6 weeks of visits after discharge and child becomes open to core CAMHS Team.
* Attending CAMHS Transformation groups – ongoing project so there is ‘no wrong door’.
* SQ will obtain data around potential pockets/areas of need in North for next working group.

**MS (DHUFT)**

* MHST – in 47% of schools in East and North, ahead of national rollout. Funding more training places to be able to expand.
* Now in Sturminster Newton High as well as Gillingham and Blandford. Will be in Shaftesbury from the new year, all include some feeder schools.
* 1:1 referrals up so using whole school approach to support, working well; groups/assemblies.
* Q1 0 Apr-June – reached 3,000 CYP in North and East; Q2, July-Sept, reached 1900 CYP – have seen reduction in 1:1 referrals.
* Yr 6 transition work, with follow up in Year 7.
* 16+ can self-refer.
* Primary work is parent led.
* Appointed Nikita Adams as Participation Worker.

**LT (EDAS)** [**lauren.johnson@edasuk.org**](mailto:lauren.johnson@edasuk.org)

* Allocated Keywork covering North Dorset.
* Breaking down stigma of mental health in schools.
* Involved in CAMHS Transformation Group and YAR.
* Group work around substance misuse provided following death of young girl.
* Significant increase in vape usage, increase in reported anger – possible withdrawal symptom. Ketamine and cocaine use increase – first under 18 in North in residential detox.
* Involved in 10 year Substance Misuse Reduction Plan.
* SSCT have provided support around ‘fear’ for our CYP and knife safety/knife crime.

**Rev’d MG**

* Social isolation reduced through local toddler group at St Mary’s.
* Links to the Catholic and Anglian churches so can share advice/information.

**Cllr. CJ (Vale Pantry)** [**cllrcarolejones@dorsetcouncil.gov.uk**](mailto:cllrcarolejones@dorsetcouncil.gov.uk)

* Seeking funding for a part-time Suicide Prevention Counsellor.
* Moving to new premises which will give Vale Pantry more space, kitchen area for community to come and chat to others.

**Next steps/actions**

* **SQ** will obtain data around potential pockets/areas of need in North to share.
* **LEC** will ask the Public Health Comms team if there are any Comms they can put out targeted at YP around vaping and the effect it has of developing a nicotine addiction in non-smokers.
* **KJ and MS** to discuss potential nurture group sessions.
* Discuss at LAG meeting whether North would like to run a project in High Schools with MHST for parents on how to support teenagers with mental health (parents evening event).
* **AC** will obtain information from YAR and Dorset Police around disruption they are undertaking in relation to drug usage. Following up as a working group with our concerns if North would like to see more done.

**Next meeting 10 January 2023 @ 2 pm (virtual Teams meeting)**

**All welcome**