

# NEWSLETTER

## CAMHS Eating Disorders Team



## Welcome

July 2020

Welcome to our quarterly *Child and Adolescent Mental Health Service (CAMHS) Eating Disorders Team Newsletter*. This is a publication for young people and families within our service, and focuses on the journey of recovery from eating disorders. We hope it will keep you up to date with current news and research. We would love your feedback about topics that you would like us to cover.

This summer, we have been reflecting as a team on the past few months, and the many changes that have taken place within and outside of our service, for the staff, young people, and their families. With voluntary transport temporarily stopping, schools closing, social-distancing measures and quarantine enforced, it has been a particularly challenging time. So it is with even greater pride and confidence that we can look back and continue to focus our efforts on ensuring that those who need our service are still able to access the help that they require. The 'face' of Mawson House has already changed somewhat, most notably that face is now wearing a mask, gloves, aprons and new staff uniforms, but we remain committed to providing the best care possible.

It is certainly not an easy time for our young people and their families, and we have been so impressed with the way in which everyone has tried to continue as best they can to make use of the service, whether that means coming in and donning some gloves and masks for face-to-face contact, or setting up remote ways of working, and braving the technological difficulties that inevitably crop up!



### This edition includes :

- ⇒ Displays at Mawson House
- ⇒ Meet the Team
- ⇒ Supporting a child returning to school after lockdown
- ⇒ Ways to deal with Coronavirus linked Anxiety
- ⇒ Black Lives Matter – Facing Up To Equality And Diversity
- ⇒ Support on Social Media

You will find a feedback form at the back of this newsletter —we welcome your comments to ensure that the content is right for you.

Please return completed forms to the feedback box in reception or email to [edtadmin@leicspart.nhs.uk](mailto:edtadmin@leicspart.nhs.uk)

Thank you.

# Displays at Mawson House

## A Personal Touch

Young people and families who are coming into Mawson House may have noticed recent changes to the decor. At the end of treatment, we ask young people for messages of hope and support which can be passed on to those who are at the beginning of their journey.

We asked young people to choose their favourite and most inspiring messages. With the support of charitable funds, we have been able to transform those chosen messages into wall stickers. These are now displayed in various places around the building.

Thank you to everyone who was involved in choosing their favourites.

We are keen to continue receiving feedback regarding the building.

We are aware that there are further changes we can make to ensure it feels welcoming, safe and inclusive. We are particularly interested in ideas and suggestions for how we can make the decoration in the building more reflective of young people's interests.

If you have any feedback or ideas you would like to share, please discuss these with your clinician or contact Leah Pemberton at Mawson House.



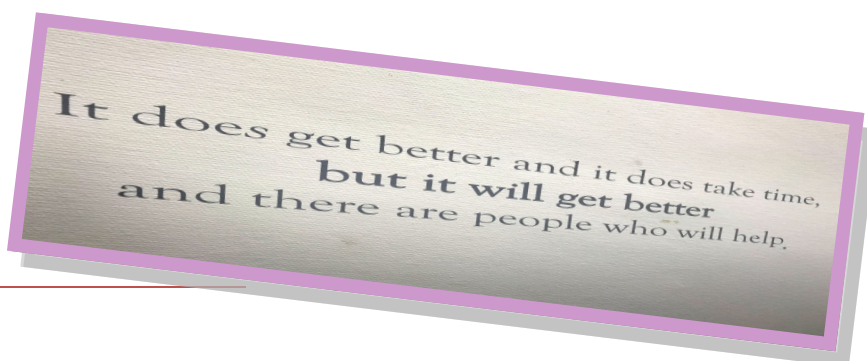
## Meet the Team

We would like to take this opportunity to introduce the dedicated group of people who form the CAMHS Eating Disorders Team.

We are aware that at such an overwhelming and difficult time, it is important to know what support is available and the various roles that people might have in your treatment.

We are a specialist eating disorder team, where staff are selected with young people and carers to ensure they have the skills and values necessary to work in this area.

Our team include staff from Psychiatry, Psychology, Nursing, Psychotherapy, Family Therapy and Admin. We also support students in these professions.



### Aaron Burke: Trainee Child and Adolescent Psychoanalytic Psychotherapist

Hi, I'm Aaron and I'm the new trainee child and adolescent psychotherapist in the Mawson House Team. Before joining this team last September, I was working in adolescent inpatient units and schools, and I now have a split post between Mawson House and the Generic Outpatient CAMHS here in Leicester. I feel very privileged to be part of such a fantastic group of people here who are so dedicated and passionate about the work they do, and I look forward to learning and experiencing a variety of things from my colleagues and the young people I meet and work with in the unit.

# Black Lives Matter – Facing Up To Equality And Diversity

In 2013, the BLM movement began with the hashtag #BlackLivesMatter on social media after the acquittal of George Zimmerman in the shooting of African-American teenager Trayvon Martin in February 2012. On 25 May 2020, George Floyd, a 46-year-old black man, was killed in Minneapolis, during an arrest for allegedly using a fake \$20 dollar bill, reigniting the BLM protest movement.

The result has been marches and protests in hundreds of cities across the world, raising awareness of the systemic racism experienced by many people from the Black and Minority Ethnic (BAME) community in the USA but also in the UK and other countries across the world.

Alongside colleagues around the world, we have been reflecting on our practice, personally and professionally, within the CAMHS Eating Disorders team and within the wider setting of LPT.

**BLACK  
LIVES  
MATTER**

## Mental Health And BAME Communities

We know already that people from BAME backgrounds access care differently than white people and that there are differences in treatment pathways and outcomes.

Research shows some of the differences in approaches and risk:

- There is a greater risk of self-harm in young black women - Chavis 2016
- In black communities the stigma around mental health means that people are often silent about their mental illness even to close friends and family - Adegoke & Uviebinené 2018
- Black girls are the least likely to receive assessment or specialist care for self-harm and young black women may not communicate their feelings to staff and are less likely to admit to depression – Cooper 2010
- 93% of BAME community members with mental illnesses have experienced discrimination, yet 80% feel unable to speak about these experiences – Slay In Your Lane, Adegoke & Uviebinené 2018.

## Current Procedures

We have some standard procedures in place designed to ensure fair delivery of services, for example:

- Ensuring access to interpretation and translation services.
- Staff participated in unconscious bias training in the beginning of 2020.
- We are working with school nurses to ensure that the number of referrals and patients from BAME communities reflects the demographics of Leicester, Leicestershire and Rutland.
- In the current Covid-19 epidemic, we are offering the option to people in higher-risk groups, including BAME families, to use phone or video conferencing to continue their care.
- Staff from the equality and diversity department came to our team meeting to update us on their work and how they can support us to ensure our service is equally accessed by all.

## Future Plans

To take our commitment to equality further, we set up a working party to consider equality issues in 2019. This has led to various initiatives which are having or will have an impact on our service. Our commitments:

- To gather data on whether there are differences in what our service offers to all our patients and exploring the data on admissions, extra care, diagnosis, differences in care, and differences in outcomes. The outcome of this data collection will form part of our annual report produced in Summer 2020.
- We will give further emphasis to attracting a broader range of patients to take part in our service user participation group.
- We are including issues of equality and diversity in feedback on patients' and families' experience of our service, including in the service evaluation questionnaire and during meetings with our service leader, Alison, which is offered to all patients and families at the end of treatment.
- Team members will be attending the trust BAME support group to ensure that we are aware, alert and responsive to issues that are being raised in the trust.

## Staffing and HR Approaches

In terms of the team's staffing, we are aware that our staff group is mainly white and female and that this lack of representation of people from other groups has become more of an issue in recent years. We have taken action and, our recruitment panels always have BAME representative to encourage diversity in our decisions.

We have tried also to show our commitment to inclusivity in other areas, for example, we wear badges to signal that as a team we are LGBTQIA+-friendly.

We have already begun our data collection for BAME referrals from the Eating Disorders Team (2019-2020). So far it has shown that 17.6% of all referrals to our service were from non-white ethnic categories and for those patients, the combination of treatments and their duration were comparable to the service as a whole.



# Supporting a child returning to school after lockdown

## Strategies for parents and carers *(informed by [www.youngminds.org.uk](http://www.youngminds.org.uk))*

At the time this newsletter is prepared, it is not compulsory for parents/carers to send their child back to school. Deciding whether your child should go back to school is not an easy decision to make. Balancing risks and benefits is important and you may benefit from having discussions as a family. You may also find helpful to discuss this with your Lead Professional.

If you have decided that you would like to send your child back to school, here are some tips on how you can support your child to transition back to school life:

**1. Talk to your child** about how they are feeling about going back to school and try not to make assumptions. It is likely to be an ambivalent experience, feeling both worried and excited about such prospect. No matter how your child feels, let them know that it is completely normal to feel a mixture of emotions and that everyone is likely to be in the same boat.

**2. Provide them with as much information about their new routine and school day as you can.** You may find helpful to liaise with your child's school to get up to date and accurate information. Receiving and in turn offering accurate and clear information is likely to be reassuring. However, it is important to acknowledge that this a rapid changing situation which means that changes to what we know and what we can/ plan to do is likely to change.

**3. Re-establish a routine to help ease the transition back to school life.** During lockdown it is understandable that your family's routine may have changed. Children and young people are likely to have been waking up later or going to bed later. To help them get ready for school, try to gradually get them back into their usual morning and bedtime routines as they get closer to their return date.

**4. Don't put too much pressure on yourself.** The transition back into school is likely to take some time. Lots of children will experience ups and downs. Try your best to support, reassure and comfort them, without putting pressure on yourself to make sure their homework is done or they settle into a new routine straightaway.

**5. Think ahead.** As well as reflecting on what has happened during the past few months, it is important to help children develop hope and a sense of excitement for the future. At a time like this, it can be hard to feel positive, but identifying the things that they can look forward to will help them to realise that the current situation won't last forever and their feelings will change.

**6. Seek support if you need it.** Transitioning back to school after being in lockdown is no easy task. You may find that your child struggles to get back into school or experiences difficulties while they're at school. If this is the case, reach out to your child's school as soon as you can so that you can make them aware of the challenges and work together to support your child. If you are concerned about your child's mental health and you think they need professional support, speak to the school and your GP about the best next step. In particular for young people under the care of the EDT, it is important that you discuss those concerns with your Lead Professional.



# Ways to deal with Coronavirus linked Anxiety

## Strategies for young people *(informed by www.healthforteens.co.uk)*

**1. Focus on the Facts!** There is a lot of information online and on social media which may not be true. To make sure your facts are not fake news, stick to NHS and Government websites. The health risk of coronavirus is considered low for most young people.

**2. Think about your Triggers.** This could be you being bored, being alone or reading about coronavirus. When you know what your triggers are, you are more likely to be able to combat these with a list of things you can do instead at these times.

**3. Eat and Drink well.** Doing this at regular times in the day will help keep up your energy levels and ensure you keep your body fuelled.

**4. Get a balance sleep.** Get into a healthy sleep pattern; going to bed and waking at the same time each day can really help to improve your mood and provide you with a routine, even though other events will have changed.

**5. Be creative.** Taking up a new hobby or skill can help relieve boredom, and also gives you a boost of self-confidence and self-esteem.

**6. Relax and make time for yourself.** Allow time to chill and relax. You can also try breathing exercises and practice mindfulness. Working on your breathing can really help to keep you calm when feeling worried or anxious.

**7. Remember the adults too!** This is a worrying time for everyone, and adults can also get just as anxious so help them out by explaining to them what you have found helpful.

### The National Eating Disorders Association



NEDA



@NEDAstaff



National Eating Disorders Association

## Support on Social Media

### Young Minds



youngmindsuk



@YoungMindsUK



YoungMinds

### Body Image Therapist



bodyimage\_therapist

### Rethink Mental Illness



rethinkmentalillness



@Rethink\_



Rethink Mental Illness

### Project UROK



projecturok



@ProjectUROK



Project UROK

### Body Posi Panda



bodyposipanda

### BEAT Eating Disorders



beatedsupport



@beatED



BEAT

### Kooth



kooth\_uk



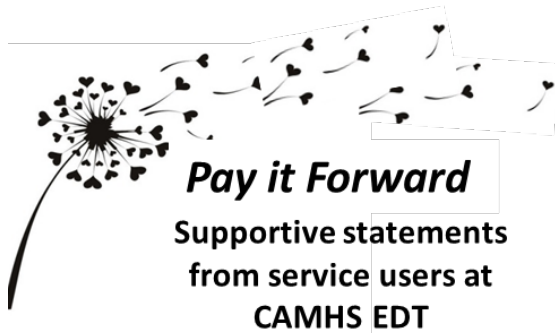
XenZone\_UK



XenZone



www.kooth.com



*Fighting your ED is very difficult but completely worth it, so keep fighting, you are doing so well*

Don't be afraid to talk! People are always going to listen. You are never alone!  
Believe in YOURSELF!

Life is beautiful and we only get one. Don't waste it wishing for things you can't have. Beauty comes from within so realise your worth, put on a smile and live your best life.

**YOU GOT THIS**

**Your mind and body work together to give you the best possible life, trust in them and you will come out the illness with a smile on your face.**

**Give yourself time and remember what you are working towards**

**Please use the space below to make suggestions about topics that you would find helpful to include in our next newsletter.**

**GIVE US YOUR  
FEEDBACK**

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