


# Welcome and outline for the day...



09:45	Registration & coffee
10:15	Welcome
10:30	Keynote - Promoting Emotional Wellbeing
11:15	Workshops 1A, 1B, 1C, 1D, 1E
12:00	Lunch & discussions
12:30	Workshops 2A, 2B, 2C, 2D, 2E
13:15	Panel Discussion ( <i>change to original prog</i> )
14:15	Close



# Promoting Emotional Wellbeing .. Parents and Carers

Gemma Fieldsend

*Raising awareness fighting depression*



## About CWMT - Vision

A world where people understand and talk openly about depression, where young people know how to maintain mental wellbeing, and where the most appropriate treatment is available to everyone who needs it.

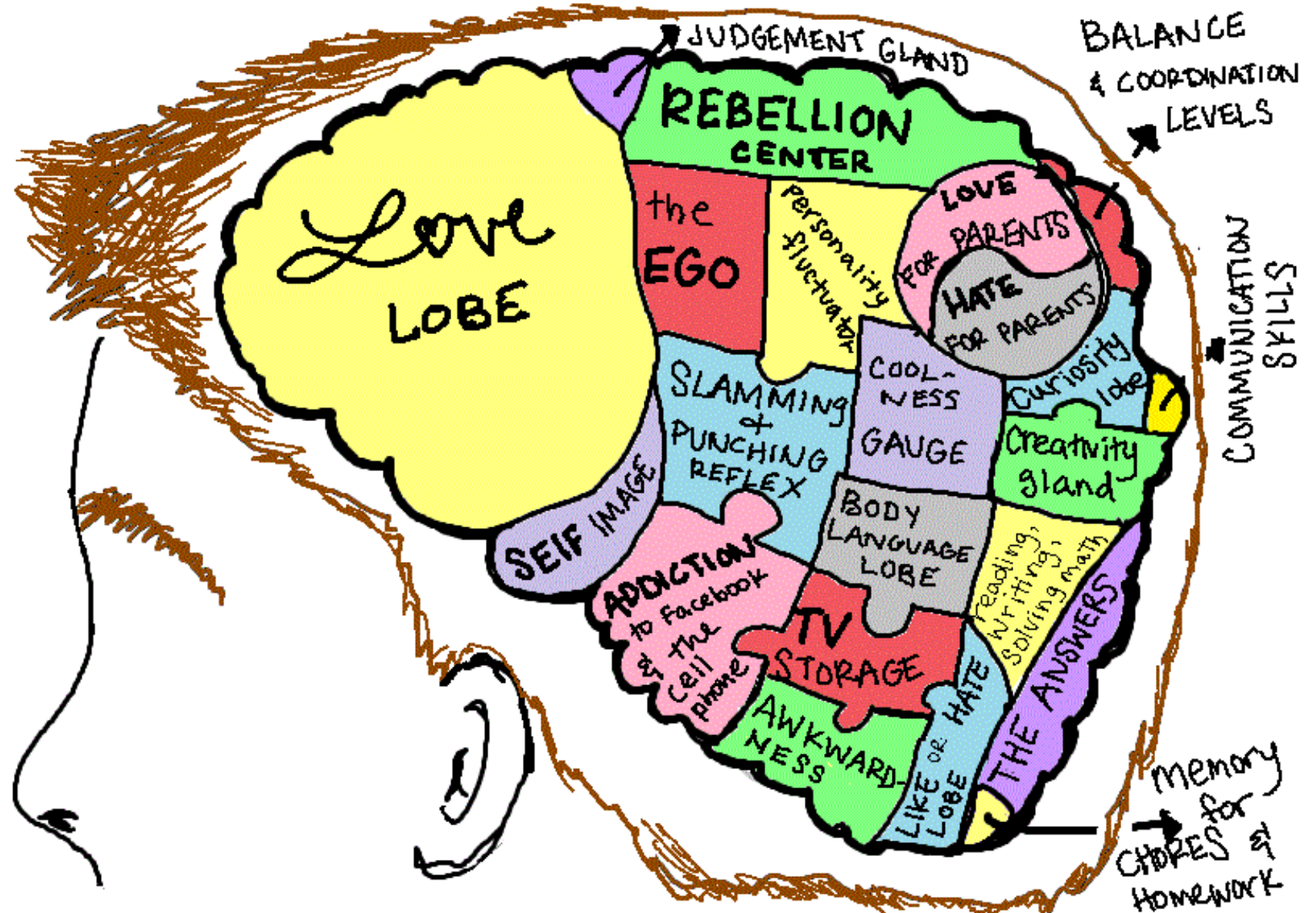
# Aims

- Factors that impact on young people's wellbeing
- The warning signs that your son or daughter may be finding things difficult
- How to promote and support the wellbeing of our children
- Useful resources, tips and strategies



“Believing in our children and staying positive whatever they might say or do”

# THE AVERAGE TEENAGE BRAIN





# Open letter

- Parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow, and to help them learn to be independent, it can also be really hard work.
- If you think your child is unhappy or if you are worried about their behaviour, it's easy to be hard on yourself and think you aren't doing a good job.
- **Open letter from a parent**

**def·i·ni·tion** n. 1

The teacher gave  
of the new words  
of an image (pic  
a TV screen





**A state of wellbeing**


**We can realise our potential**

**We can cope with normal stresses**

**We can contribute to our  
community**

**We can sustain healthy  
relationships**





**Young Minds surveyed 2000 young people  
in January 2014 to see what impacted on  
their emotional wellbeing**

Fear of  
Failure

Bullying

Trying to  
look good

24/7 online  
climate

Sexual  
pressures

Bleak  
employment  
prospects





# The challenges faced

- Even though mental illness can be more common for people with autism than in the general population, the mental health of people on the spectrum is often overlooked.
- For young people with autism their emotional state often captures the essence of the day. A student who is confused, scared and anxious cannot focus on the teacher's tasks or their own learning.
- They can't often clearly articulate their emotional predicament, and may communicate their discomfort in more basic ways such as hitting out, screaming, avoiding situations, running away or closing down.



# What parents/carers say

- “I have tried everything”
- “I am scared of making things worse”
- “I feel like a failure as a parent”
- “I feel so guilty”
- “There is no hope”
- “I can only think about their illness”
- “How can I fix them?”

**The last thing on their mind is self care**





# Meanwhile Sufferers are Thinking

- “Nobody listens to me”
- “My parents don’t trust me”
- “My family is ashamed”
- “Everyone nags and criticises”
- “I don’t feel I will ever get better”
- “I feel worthless”
- “I feel guilty”
- “I feel isolated”
- “My only friend is my eating disorder”





A hand holding a black smartphone. The screen of the phone is white and displays the text "Know the warning signs" in a bold, black, sans-serif font. The background of the entire image is white, with a faint, large, circular watermark on the right side that reads "CHARLIE WATKINS MEMORIAL CWMF TRUST".

Know  
the  
warning  
signs



The background of the slide features a close-up of a lit matchstick. The match is held in a white, textured holder, and a bright orange flame is visible at the tip. In the upper right corner, there is a faint, circular stamp or seal. The stamp contains the word "WALLER" at the top and "WALLER" at the bottom, with a central emblem. The overall background is dark, and the text is presented in white on green rounded rectangular boxes.

Low self-esteem

Feelings of failure

Hopelessness



**Falling  
Grades**

**Obsessive  
about school  
work**

**Lateness or Absence**





Self  
Neglect

or

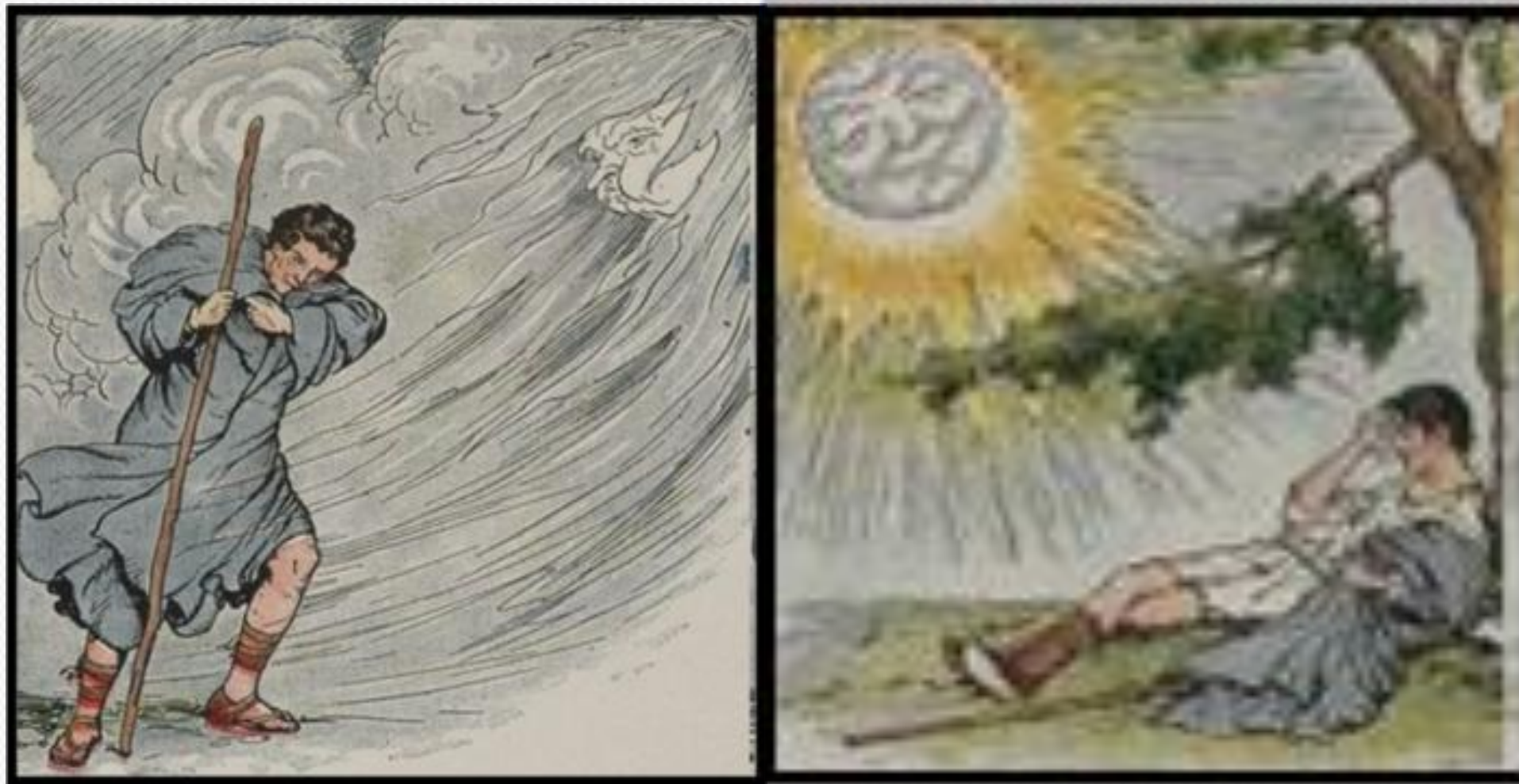
Self  
Harm

Isolation or withdrawal



# How Does Change Come About?

Aesop – The Battle of Wind and Sun





# 9 steps to promoting your child's wellbeing

**'Get' what  
worries  
them**

**Support  
good sleep  
habits**

**Help your  
child get  
active**

**Be a  
positive role  
model**

**Put social  
media in  
context**

**Make time**

**Find other  
trusted  
adults**

**Know the  
warning  
signs**

**Care out  
loud**

A hand holding a black smartphone. The screen is white and displays the text "Support good sleep habits" in a black, sans-serif font. The background is white with a faint, large, circular watermark on the right side that reads "CHARLIE WATKINS MEMORIAL TRUST CWM".

Support  
good  
sleep  
habits




A person with glasses is lying in bed, looking at a laptop screen. A digital clock is visible on a bedside table. The scene is dimly lit, suggesting a bedroom at night.

Teenagers need 8-  
10 Hours sleep

Less than 15% get  
enough





**Sleep deprivation  
lowers both our  
physical and  
mental resilience**





Is your child  
getting enough  
sleep?

If not, are there  
any clear causes?

How might these  
be overcome?

Offline  
time

Regular  
routine

Diet and  
exercise

Stress &  
worry



A hand holding a black smartphone. The screen of the phone is white and displays the text "Make Time" in a black, sans-serif font. The background is a light gray gradient.

Make  
Time





It's also important not to dismiss...



# But I don't have time to listen.....

- “Good listening isn't about how much time you've got. What matters is the quality...of your time” Families are often very busy and time spent listening may have to be boundaried, partly because the listeners are busy people....., and partly because even when people are distressed, they have to learn to wait their turn.”
- “ A good uninterrupted four minutes is better than forty minutes of being distracted”
- Nick Luxmore - Essential Listening Skills for Busy School Staff

# Useful tips

Gentle nudging and guidance  
Open questions, listening and reflecting  
Praising the effort (and not criticising the behaviour)



# Communication in the family

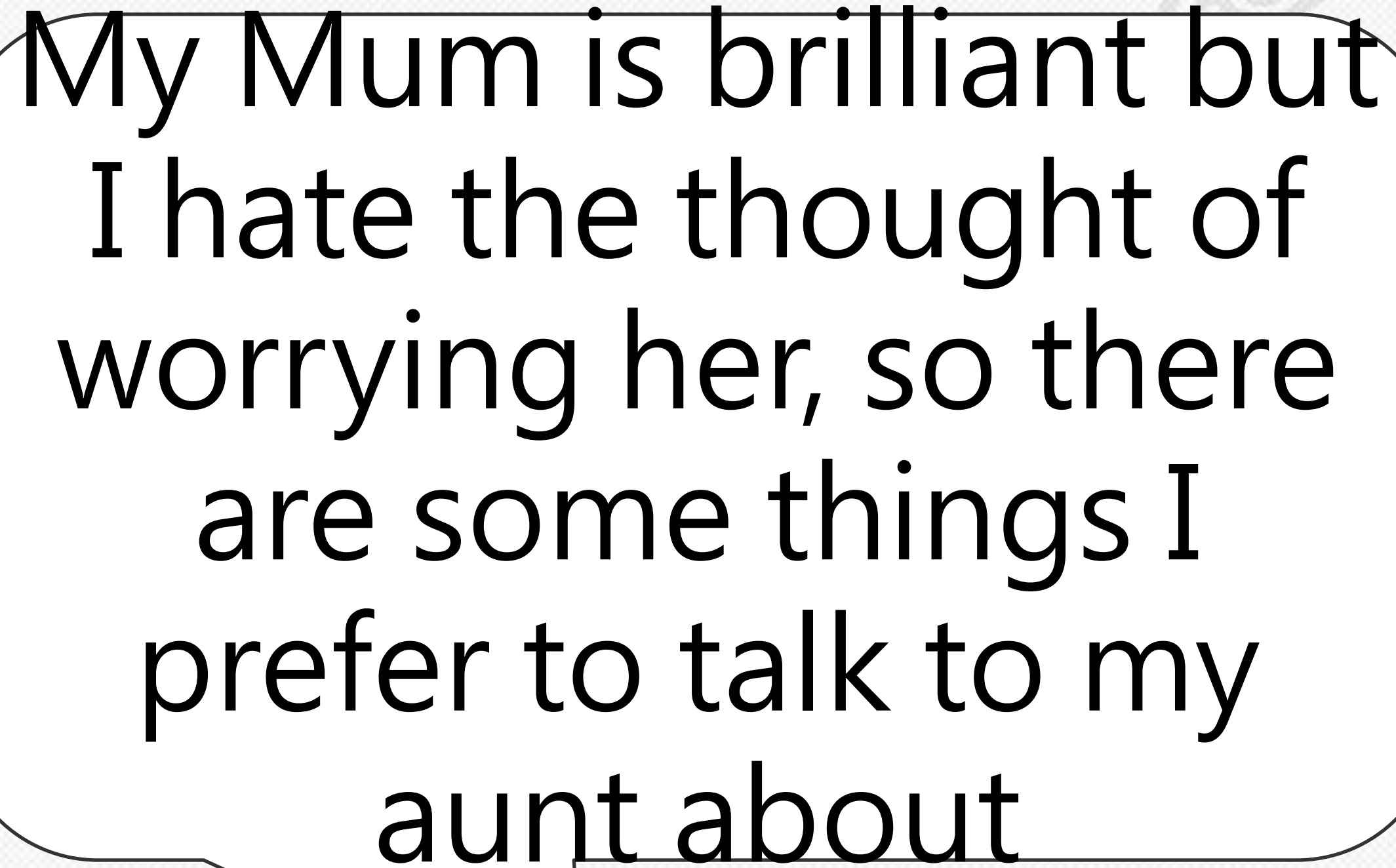
- Talk about mental health openly – it is common and treatable
- Talk to the person not the illness
- There is no shame in asking for professional help
- Practice praising the effort rather than the absolute result
- Encourage creativity and risk taking
- Lob in the unexpected now and then
- Explore learning from mistakes and dealing with failure
- Encourage curiosity and contingency planning
- Invite your child to give you feedback regularly

# What if your child won't talk?



- Are you the best person?
- Start with small stuff
- Don't get angry
- Go for a walk / drive
- Signpost other support



A large, white speech bubble with a black outline is centered on the page. Inside the bubble, the text "My Mum is brilliant but I hate the thought of worrying her, so there are some things I prefer to talk to my aunt about" is written in a black, sans-serif font. In the background, to the right, is a faint, circular logo for "JUST CHARLIE" featuring a stylized "M" and "J".

My Mum is brilliant but  
I hate the thought of  
worrying her, so there  
are some things I  
prefer to talk to my  
aunt about

# DON'T GO IT ALONE

School



GP



Helplines



Forums





# MindEd for Families

*online advice and support you can trust*

Trusted information  
and advice for families  
with concerns about  
their children's mental  
health

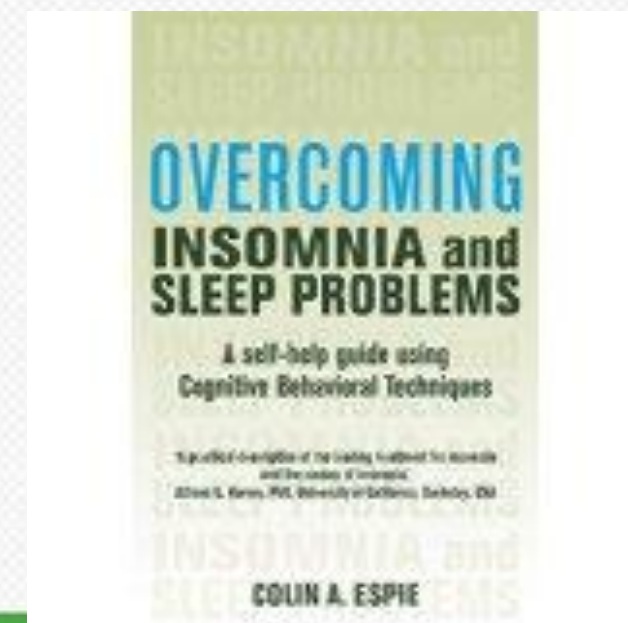
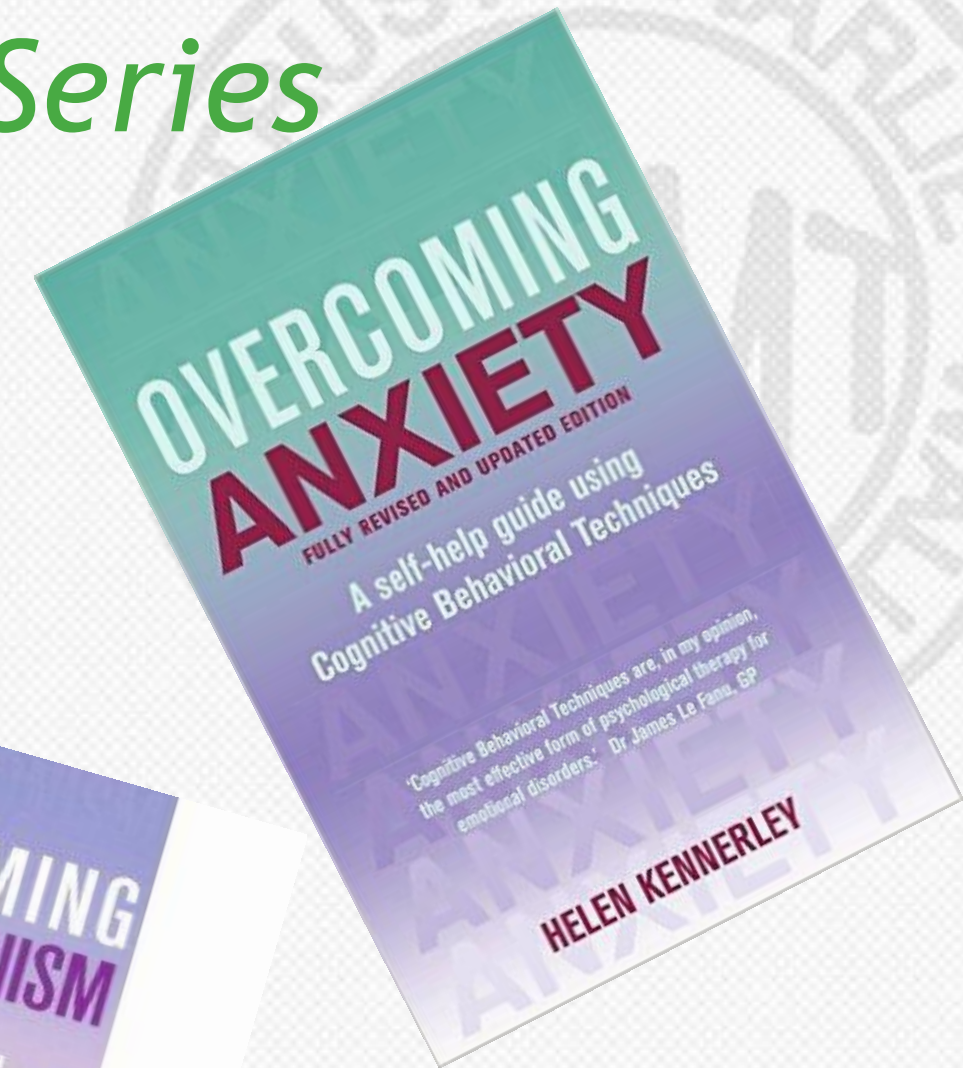
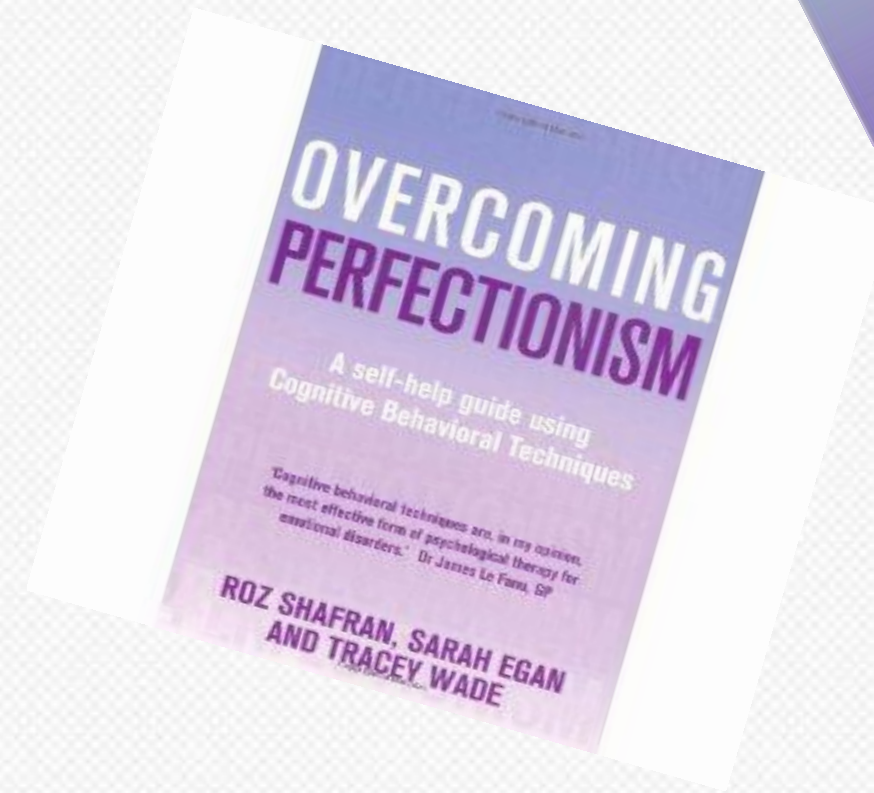




# Further reading - The Overcoming Series

[www.overcoming.co.uk](http://www.overcoming.co.uk)

- The Overcoming self-help books offer courses of highly effective **Cognitive Behavioural Therapy (CBT)** in book form. **CBT** is recommended by the NHS for the treatment of many emotional and psychological problems





# Remember to practice self-care

- When a child experiences mental health difficulties it can be difficult as a parent, make sure you access the support you need, this may be going to your GP if things are really getting on top of you
- Asking for some support from your doctor or a referral to a counselling service is a sign of strength
- You can't help your child if you are not being supported yourself

# And finally .. Young Person's Road to Recovery





# Further Sources of Support

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.mind.org.uk](http://www.mind.org.uk)

[www.cwmt.org.uk](http://www.cwmt.org.uk)

[www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)

[www.inourhands.com](http://www.inourhands.com)

# Thank you to CWMT!

- Charlie Waller Memorial Trust
- Provide materials and information about depression
- Deliver training and talks for young adults and young people and those who work with them
- Sponsor research and teaching about evidence based therapies at the Charlie Waller Institute at the University of Reading