

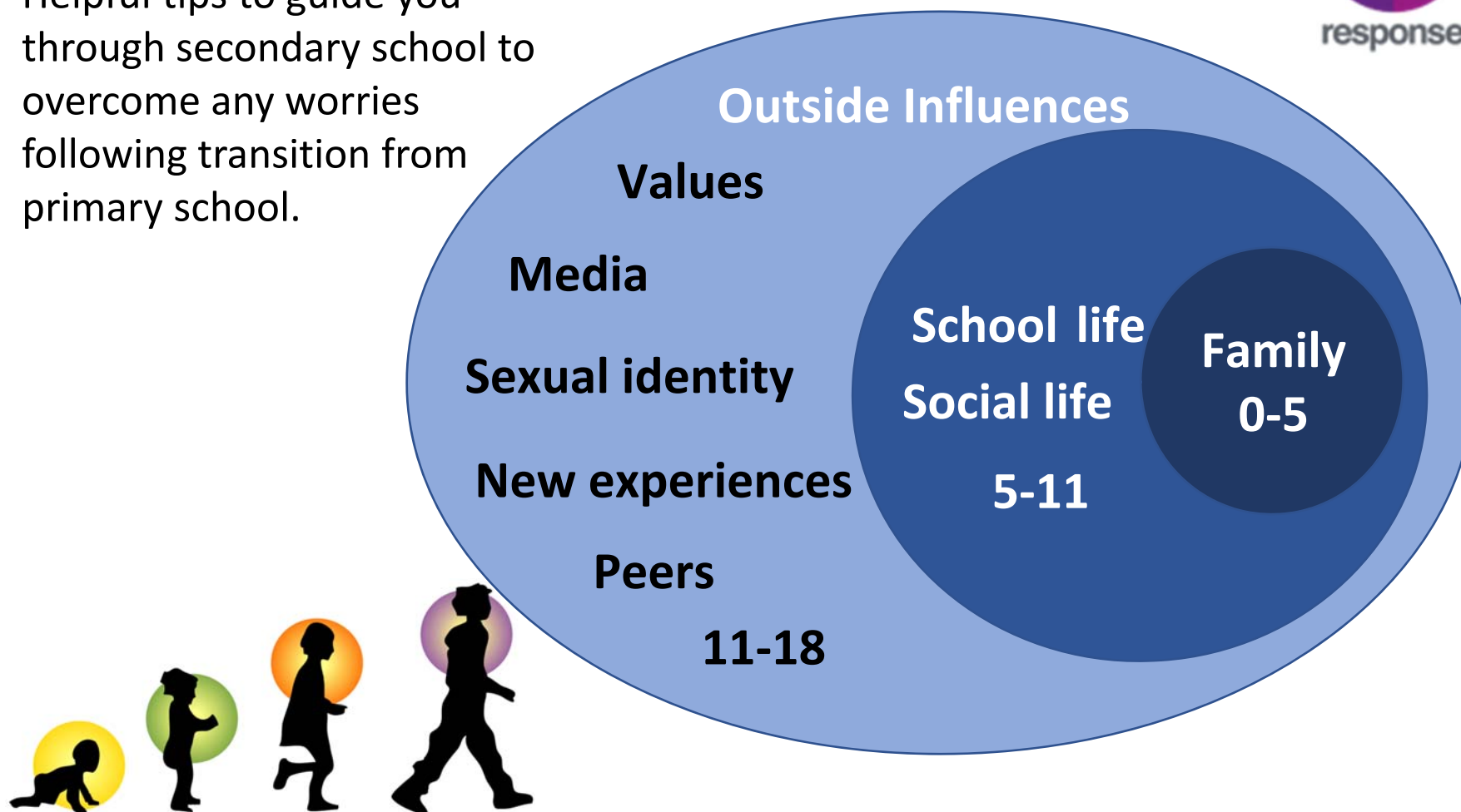


Transition to Secondary School

**Mental Health Support Team (MHST)
Response and Child and Adolescent Mental Health Service (CAMHS)**

The Road to Independence

Helpful tips to guide you through secondary school to overcome any worries following transition from primary school.



The Road to Independence



Baby → **Child** → **Adolescent** → **Independent Adult**

- **Build mature relationships**
- **Learn to be independent i.e. laundry, cooking, independent study, manage their own money**
- **Finish school, take exams and make plans for the future**
- **Feel OK with their body, how it is growing and hormones**

Firstly. Adolescence Brain Development



Encouraging Independence through Resilience



- 1. Being able to cope with the challenges that life presents**
- 2. Feeling Good Enough**
- 3. Bounce Back ability**
- 4. Having good relationships both with self and others**
- 5. Being on Track/Having the ability to focus**

Benefits of BUILDING resilience



CYP has 18/19 years to prepare for adult life

Experiences which serve as teaching situations for own preparation of life

Though sometimes painful, the pain attached causes CYP to remember and recognise the decision made at the time

As these memories build up they form as a memory bank which guides cause and effective thinking



Skills to develop/build on to promote resilience



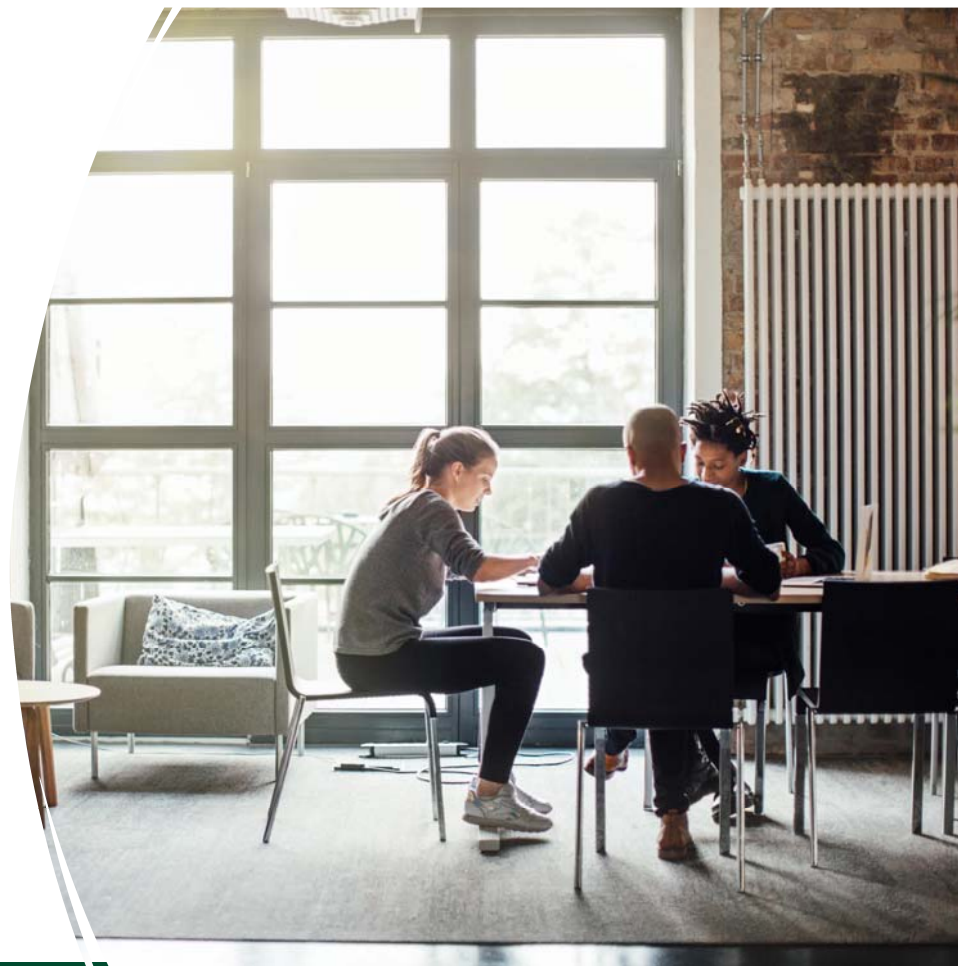
- **Communication and understanding emotions**
- **Overcoming challenging situations using Problem Solving**



COMMUNICATION



- **How can we encourage this ?**



NAME IT

Accepting & naming feelings helps communication & develop emotional awareness — an ability to recognize our own emotional states.



Children who can do so are less likely to reach the behavioral boiling point where strong emotions come out through behaviors rather than communicated with words

It allows child to show emotions to us and not mask them



Tips to encourage children/young people to share their feelings



We all have a basic need.... To be **listened** too
and **understood**

A useful method to ensure good listening is :

Labelling, Reflecting and Normalizing



Labelling

**Adult “You look / sound/
seem sad”**

Child “No-one talked to me”

Reflect

- **Repeat back**

NORMALISE



If you can “**NORMALIZE**” these feelings it will help them to accept their feelings and hopefully encourage them to share.

- Adult “ You seem worried/ sad/ annoyed”
- Child “ I am because”
- **Adult “You are feeling..... I guess I would feeltoo”**

Some indicators of possible stress/worry in children/young people



Physical complaints

Stomach aches or headaches

Sleep problems or difficulty concentrating

Behavioural changes

Moodiness, a short temper or clinginess

Development of a nervous habit, such as nail biting

Refusing to go to school or getting into trouble at school

Trouble concentrating or completing homework

Become withdrawn or spend a lot of time alone

2 types of worries/concerns



“What if’s”

Practical

Helping our children become independent



Teaching our children to be independent involves letting them make choices

Not all choices will be the right ones

Mistakes are learning opportunities !!

SO.....



Cutting out Reassurance



All parents reassure their CYP , it is a natural response

Your CYP needs to be able to feel that they can deal with their fears on their own

If they ask for reassurance, you need to have an alternative response ready!

Asking questions... (not giving answers)



- **Gets your CYP to think for themselves**
- **Helps your CYP to remember it better if they have done it for themselves**
- **Puts your CYP in control**

How can we determine whose problem it is ?



6 STEPS TO PROBLEM SOLVING



- 1. Identify the problem**
- 2. Think about why it's a problem**
- 3. Brainstorm possible solutions to the problem**
- 4. Evaluate the solutions to the problem**
- 5. Put the solution into action**
- 6. Evaluate the outcome of your problem-solving process**

Skills and Strengths being encouraged ?



Negotiating	Communication	Empathy
Listening	Assertiveness	Calmness
Resisting Peer pressure	Protective behaviour	Self Esteem
AND MORE	ALL BUILDING RESILIENCE	



Caring, safe and excellent

Oxford Health **NHS**
NHS Foundation Trust



Other ways to support

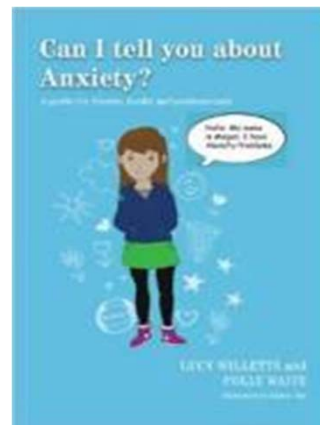
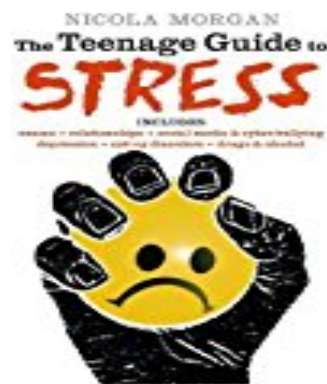
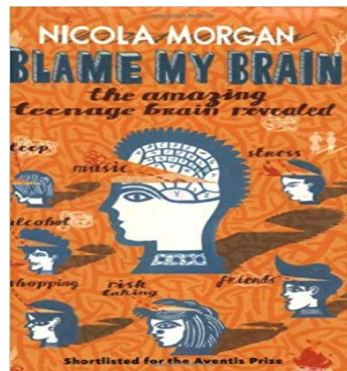
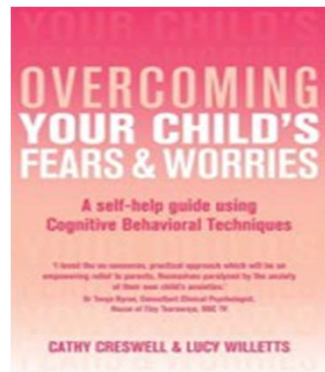
**Spend time
together**

**Provide a healthy
home base**

Key message



- **If we do not let our CYP make independent choices and learn from the consequences.....**
- **Then we are denying them the right to become an independent adult**
- **Let CYP learn from their own problems and the consequences**
- **Responsibility is ABSORBED not taught**



www.youngminds.org

www.andyresearchclinic.com

www.minded.org.uk

www.anxietyuk.org.uk

www.mind.org.uk

www.barnados.org.uk

<https://www.oxfordhealth.nhs.uk/camhs>

<http://www.nhs.uk/conditions/stress-anxietydepression/pages/improve-mental-wellbeing.aspx>

Thank you