

# Active Monitoring for Young People

## A new primary care mental health service

We're Mind, the mental health charity.

We're your expert mental health partner in England and Wales. We help children, young people and adults to live well in local communities. Our local Minds bring focussed mental health expertise to the services they provide.

Delivered remotely by Mind Aberystwyth through telephone or video call, Active Monitoring for Young People is an evidence-based mental health and wellbeing service for 16-17-year-olds in Ceredigion.

Active Monitoring gives young people the skills to understand, protect and improve their mental health.



## What is Active Monitoring for Young People?

Active Monitoring for Young People is an early intervention service to support mental wellbeing as soon as a person needs it. It involves 5 short sessions with a trained practitioner to hear what support a young person needs and develop a wellbeing toolkit with them. Active Monitoring for Young People has been developed with young people and their trusted adults.

### ➔ What does the support look like?

Trained mental health practitioners deliver Active Monitoring remotely through phone or video call, unless the need for meeting in a community setting is identified. The first session is a 40 minute introduction to discuss what support the young person needs. A young person can involve a trusted adult in the introduction session and this decision is always the young person's. If both young person and practitioner feel Active Monitoring is appropriate they will have five 20 minute sessions using evidence based tools to develop a wellbeing toolkit. A young person can choose whether their trusted adult is involved in their five wellbeing sessions. The trusted adult must be the same person throughout all the sessions.

### ➔ Who is a trusted adult?

A trusted adult is an appropriate adult whom the young person trusts and can help to develop their wellbeing toolkit. Examples of a young person's trusted adult can be:

• Mum • Dad • Grandparent • Aunt • Older Sibling • Step Parent

### ➔ How does a trusted adult support?

As a trusted adult you are there at the request of your young person. Some Active Monitoring sessions will be one-to-one and only between your young person and the practitioner. The best support you can provide your young person is to practice their wellbeing toolkit with them. Your practitioner will always explain how you can do this, so no need to worry. If unsure always ask "how can I help with that?"



# One-to-one materials include information on:

- Loss
- Anger
- Fight, fright or freeze
- Low mood
- Self-esteem
- Anxiety and stress
- Worrying and unhelpful thinking
- Five ways to wellbeing
- Positive self-talk
- Mindfulness
- Being assertive
- Sleeping well



**Exercise 1**

Think about the ways that you communicate with other people. Are you more likely to be passive, aggressive or assertive? Does this change in different situations? For example, if you are in a group discussion about something you feel strongly about. Are you sometimes passive or aggressive? Do you think an assertive approach could be more effective?

**A closer look**

People can be passive, aggressive or assertive in different situations, depending on how they feel. Here are some examples of behaviours you might see in yourself or other people, when communicating in a passive, aggressive or assertive way.

Passive	Aggressive	Assertive
<ul style="list-style-type: none"> <li>• Avoids to speak up</li> <li>• Speaks quietly</li> <li>• Avoids looking people in the eye</li> <li>• Doesn't give much input in loud expressions</li> <li>• Slouches or withdrawn</li> <li>• Sheds or sits away from others, doesn't get involved</li> <li>• Agrees with others, even if feels differently inside</li> <li>• Values themselves less than others</li> <li>• Willing to hurt self to avoid hurting others</li> <li>• Doesn't achieve goals, may not know own goals</li> <li>• You're OK, I'm not</li> </ul>	<ul style="list-style-type: none"> <li>• Interrupts or talks over others</li> <li>• Speaks loudly</li> <li>• Glares or stares at other people</li> <li>• Intimidates others by staring or looking angry</li> <li>• Looks rigid, tense and may have some fidgeting</li> <li>• May invade others' personal space, control groups</li> <li>• Only thinks of self, ignores or makes demands of others</li> <li>• Values themselves more than others</li> <li>• Willing to hurt others to avoid hurting self</li> <li>• Achieves goals, but often by hurting others</li> <li>• I'm OK, you're not</li> </ul>	<ul style="list-style-type: none"> <li>• Speaks what they think openly and respectfully</li> <li>• Speaks calmly and in a normal tone of voice</li> <li>• Makes good eye contact</li> <li>• Uses facial expressions that match the way they feel</li> <li>• Relaxed and open posture, e.g. with open palms</li> <li>• Participates fully in groups, without dominating</li> <li>• Says own feelings, whilst listening to others</li> <li>• Values themselves and others equally</li> <li>• Tries to hurt no one, including themselves</li> <li>• Usually achieves goals without hurting others</li> <li>• I'm OK, you're OK</li> </ul>

# Active Monitoring sessions may go like this

## Booking an appointment:



You can self refer by contacting Mind Aberystwyth or ask your GP or other professional

## Session three:



This is where you will continue developing a toolkit of things to help. You can choose to have your trusted adult in the room for some of this session.

## Assessment and Introduction meeting:



You and someone you trust will come to a session to tell your story and see how Active Monitoring can help.

## Session four:



This is where you will continue developing a toolkit of things to help.

## Session one:



This is where you will start developing a toolkit of things to help. You can choose to have your trusted adult in the room for some of this session.

## Session five:



This is where you share your completed toolkit and celebrate completing Active Monitoring.

## Session two:



This is where you will continue developing a toolkit of things to help.

## Congratulations



You will be able to use your toolkit whenever you need to.

# Preparing for your introduction

What do I want to say?

What do I want my adult to say?

What have I tried before?

What has helped?



## 7/11 Breathing

Try this breathing exercise while you wait for your appointment to start.

➔ When we feel stressed or anxious, it can affect our breathing. We tend to take short, fast breaths from high up in our body, near our chest. Breathing too quickly can mean you take in too much oxygen, which can make you feel light headed and even panicky. If you notice that you are breathing quickly, or that you are starting to feel light-headed, then 7/11 breathing can help you to feel more calm.

Here's how to do it:

1. Breathe in and count to seven as you do so
2. Hold for two seconds
3. Now breathe out and count to eleven at the same pace
4. Keep doing this until you feel more relaxed

If you find the 7/11 pattern uncomfortable, you could try counting how long it takes you to breathe in deeply. Then hold your breath for five counts. Breathe out adding two extra counts to how long it took you to breathe in. Then hold for five counts. And repeat from the beginning.

# Appointments

Session: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Time: \_\_\_\_\_

Date: \_\_\_\_\_

As a trusted adult you may also want some support, here are some places you can go.

### Nationally:

Samaritans 116 123  
Papyrus 0800 068 4141  
NHS Call 0800 132 737  
Text SHOUT to 85258  
MEIC 080880 23455

### Local:

Your GP  
Mind Aberystwyth 01970 626225  
Hafal 01970 624756  
Area 43 01239 614556  
West Wales Action for Mental Health 01267 245572



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