

S.M.I.L.E COUNSELLING

Active West Lothian

WHO ARE S.M.I.L.E COUNSELLING

- Free Counselling service based in West Lothian
- Created as a response to experiencing the limited access to mental health services for young people in West Lothian
- Offer free, bespoke counselling to 11–24-year-olds
- School's counselling
- Counselling and Mental Health Training



OUR AIMS AND OBJECTIVES

- Our aim is to offer a free, bespoke counselling service to children and young people across West Lothian
- To ensure that no child or young person is left behind and they get the support they need when they need it
- We want to take away the luxury that counselling is for the affluent
- Feedback from S3 children – change constitution



S.M.I.L.E IMPACT ON LOCAL COMMUNITY

We celebrate our 6 year anniversary in June 2021

- Supported over 550 individuals with 1-2-1 counselling
- That's around 3800 counselling hours in total
- We have delivered group work to over 1500 young people
- Reached over 12,000 local children during lockdown with mental health resources



IMPACT OF COVID-19 ON CYP MENTAL HEALTH

- In 2020 S.M.I.L.E have seen a 130% increase in referrals
- 1 in 4 of these referrals have presented as high risk with suicidal thoughts / ideation with the majority being under 16
- Over 40% of these referrals have come from areas of multiple deprivation throughout West Lothian

COUNSELLING IN SCHOOLS

S.M.I.L.E Counselling now deliver counselling services in one third of the high schools in West Lothian

- James Young High School
- Broxburn Academy
- Saint Margaret's Academy
- Whitburn Academy



OUR TRAINING DIVISION

- We know that our sustainability cannot rely solely on grants funding forever.
- In Aug 2020 we launched our S.M.I.L.E Training Division delivering a professional counselling certificate accredited by COSCA.
- Our Training Division will create a source of income for our core service of delivering free counselling to CYP. As a result, all training fees charged will go directly back into counselling for CYP in West Lothian





Our Training Courses



www.smilecounselling.org.uk/training



OUR TRAINING DIVISION

- As well as delivering the COSCA professional counselling qualification we have also written our own Mental Health Training Course through 2020.
- S.M.I.L.E Mental Wellbeing and Health (M.W.A.H) Training
- M.W.A.H Training encompasses 2 qualifications, one in safeguarding level 2 and also an SCQF Level 7
- Our training and support can also be contracted in to have a bespoke approach to your requirements
- Our aim is to increase knowledge, skills and understanding of topics many of us may encounter but not know how to approach



OUR TRAINING DIVISION

Mental Wellbeing and Health (M.W.A.H) Training

- ❑ Pre-course module 1 - Safeguarding Level 2 (required to be completed online 7 days prior to beginning the taught element of the course).

- ❑ Module 2- Wellbeing & Recovery
- ❑ Module 3 - Depression & Mood
- ❑ Module 4 - Suicide Awareness
- ❑ Module 5- Stress & Anxiety
- ❑ Module 6 - Understanding Young People & Self-harm
- ❑ Module 7 - Child Sexual Exploitation & Online Safety
- ❑ Module 8- Attachment & Relationships
- ❑ Module 9 - Bereavement & Loss



INTRODUCTION TO MENTAL WELLBEING

What is mental health and wellbeing?



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MENTAL HEALTH DEFINITION 1

Mental health is emotional and spiritual resilience which enables us to enjoy life and survive pain, disappointment and sadness. It is a positive sense of well being and an underlying belief in our own and others worth” (World Mental Health Day campaign)

MENTAL HEALTH DEFINITION 2

Mental health is about ..”being confident and positive and able to cope with ups and downs of life....(it includes emotional health which is) about sleeping well, feeling energetic, creative, safe accepted and concerned for others...”

(Saving lives: Our Healthier Nation White Paper)



MENTAL HEALTH DEFINITION 3

“What mental health means to me, is the ability to fully participate within the community, and not to be isolated through undue stress or anxiety”

(Community mental health worker)

INTRODUCTION TO MENTAL WELLBEING

GROUP ACTIVITY



INTRODUCTION TO MENTAL WELLBEING

WHAT DO THESE ATHLETES HAVE IN COMMON?



INTRODUCTION TO MENTAL WELLBEING

- Mental Health problems are common. 1 in 4 people will experience mental health problems in a lifetime (NHS Health Scotland 2015, Time to Change)
- When we look at the 11–19-year-old group rather than population wide, 1 in 8 will experience a mental health problem (approx. 3 in every classroom)
- Two thirds of people in mental distress never seek help from a professional
- Minority groups are more likely to experience challenges in mental health
- Mental Health problems are further worsened by poverty, discrimination, stigma, deprivation, racism



INTRODUCTION TO MENTAL WELLBEING

Myths and Facts:

- Only a professional can help?
- People with Mental Health problems can't work?
- People with mental health problems are violent and unpredictable?
- Once you have a diagnosable mental ill health problem, you cannot really recover?

INTRODUCTION TO MENTAL WELLBEING

So... what makes adolescence years vulnerable to experiencing problems with their mental health?

- Physical Development/changes
- Emotional/social Development
- Life Risk Factors – poverty, abuse, violence
- Critical period to develop generalised healthy lifestyles (sleeping, developing coping mechanisms, exercise, problem-solving skills)
- Brain development



HAVE YOU NOTICED

- Mental Health Problems
- Mental Well being
- Mental ill health

So what's the difference?.....

RECOVERY



RECOVERY

- 60% of people with diagnosable depression do recover with access to anti depressants and talking therapies (WHO)
- Clinical recovery and personal recovery
- Recovery is often described as a journey

RECOVERY

- Taking steps to get closer to where you would like to be
- Feeling part of the local community.
- Achieving something that you found difficult to do. Such as getting out of the house.
- Feeling able to look in the mirror and feel comfortable with who and what you see.
- Liking yourself.
- Thinking more positively.
- Feeling settled with your treatment plan.
- Feeling in more control of your emotions.
- Having a better social life.
- Being able to have a healthy relationship.
- Having hope for the future.

(Re think mental illness, 2020)



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SELF CARE?

- Be Active – you don't have to go to the gym. Take a walk, take the stairs, dance, cycle, play football. Find an activity that you enjoy and make it part of your daily life
- Connect – connect with people around you, family, friends, colleagues and neighbours. Spend time developing these relationships – they take work
- Keep learning – learn new skills can give you a sense of achievement and a new confidence. What about cooking something different, learning to play a musical instrument do a crossword, maintain your bike, play a new game or figure out how to fix your bike.



SELF CARE?

- Gives to others – the smallest acts can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering, improves your mental well being and a feeling of connectedness.
- Take notice – be more aware of the present moment, including your feelings and thoughts, your body and the world around you. For example, which bit of your foot is touching your shoe or what's your breathing like; fast, slow, shallow, deep? Some people call this awareness mindfulness, it can positively change the way you feel about life and how you approach challenges.



WELLBEING & RECOVERY

<https://www.youtube.com/watch?v=Tedjw6nslrU>

Scottish Recovery Network



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WELLBEING & RECOVERY

Conclusion

- To provide you with a better understanding of who S.M.I.L.E Counselling are and what we do
- To provide you with a better understanding of wellbeing and recovery
- Understanding of wellbeing and recovery from a universal perspective



S.M.I.L.E COUNSELLING

Thank you for your time ...

Questions ...

