

# FRIDAY 3RD FEB 2023

*With Lavinia Donling*

## CHILDREN'S MENTAL HEALTH WEEK

It is Children's Mental Health awareness week as of the 6th of February. There are some exciting things happening throughout February

- Launch of our Wellness Journal (10.50 incl P+P)
- An interview with Graeme Stevens talking about his petition for our SEN children to Government
- Launch of our 'Unveiling the Mask' chat group for women keen to explore their Autistic and/or ADHD traits - commencing Thursday 16th of February
- Lavinia is public speaker again for Laird Communications on the 24th February
- First training of the year with 'The Emotional Blueprint' - commencing 24 February
- Our second round of discussions with our only publisher on the island



## THE DREAM TEAM

This week the SEN Ninja and I had a professional meeting for one of our families. My concern was that our young person was deteriorating with his mental health despite only being able to attend school for a few minutes at a time. Trying to get further help as been problematic for the parents, but with Sair and I onboard, things changed dramatically where the school tried their hardest to provide support, often with incredibly challenging situations in the vain hope that some learning for the young person could take place. With so much tried, and exhausted, we were able to meet with TLP and put the case to them, who have agreed to take the young person on. This means great excitement in some respects as it will allow a form of learning at home to take place and allow the young person to not be triggered with their anxiety, and hopefully this support can continue until a specialist school is found.



One of my families contacted me to advise that I should be sitting down before I read their next text. Fortunately, I was seated at the time, only to read that our young person has not only achieved all family members in their bedroom through a lightning storm, including the dogs, but then felt able to stroke one of the dogs - something they have not been able to do for many months due to be germ phobic and being very OCD in their actions around washing and cleaning. And then volunteered to have a bath and brush their own teeth!

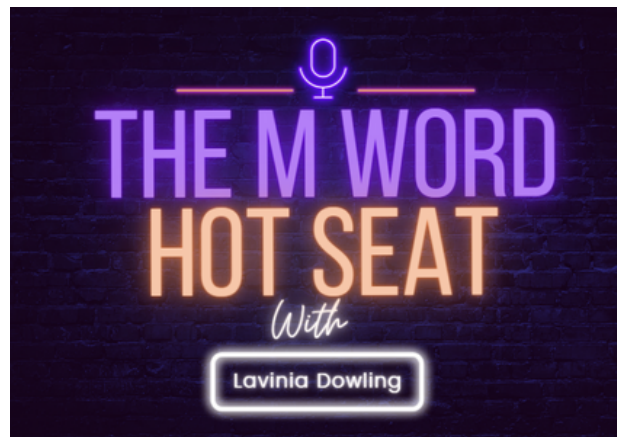
I also have two young people very similar in age where parents are worried about the transition post 16 yrs and wishing for their teenager to somehow get it together and start college. The stress is extended to the young person to somehow get their head around returning to an educational establishment. Their behaviour is often meltdowns, aggressive behaviour, spending more time in their bedroom and the atmosphere is charged with tension. Parents begin to worry. I need to remind parents that you must not feel under pressure to conform to others expectations. Whilst the country is driven to expect 16yr olds to attend school or college at 16yrs, some young people are simply not ready to attend at the expected transition age, or just not suited to the educational environment. If you struggle to hear a teenager's voice, look at their behaviour of arguments, increased tension in the house, the heightened levels of anxiety - it is all there. In the cases of both my young people - they are simply not ready and so we need to remove the expectation and argue for a further year of EOTAS given the success of EOTAS to get them to a possibility of attending college.



I have also completed a Mental Health assessment and Initial Screening where a young teenager has been struggling. They have asserted they have traits of Autism. It has simply floored parents to find that the Mental Health assessment showed raised indicators of Autism and ADHD with a PDA profile evidenced by the Initial Screening. Their child has profusely masked for years, and only now is beginning to relay how incredibly difficult it is to maintain the mask any further as they are no longer coping. This young teenager has shown considerable strength and courage to internalize their difficulties and attempt to problem solve and fly well below the radar for years, but, simply has run out of being able to do this. Parents feel raw with emotion and the new news, yet the teenager has known for some time and simply feels relieved they are not going mad, and their assertions have proved correct. Again, we need to listen to what our children do know and understand about themselves.



Next week I am having a discussion with Graeme Stevens who has been encouraging SEN parents to sign a petition to support our SEN children with a variety of needs within education. He is incredibly proactive and passionate about supporting his children as well as other SEN young people. Given my meetings with schools who are under pressure to put in right codes for attendance, and rated on attendances, and mental health rarely accepted as authorized absences, this is rather timely with Childrens' Mental Health awareness week. So, Yasmin will put this out to listen to on Friday.



Hot Seat Interview with Graeme Stevens  
Available on YouTube now

Have a lovely weekend!

*Lavinia*





TO Be Myself Wellness Journal £10.50  
To get your own copy email us at [info@the-m-wordcic.co.uk](mailto:info@the-m-wordcic.co.uk)

*Unveiling the Mask*

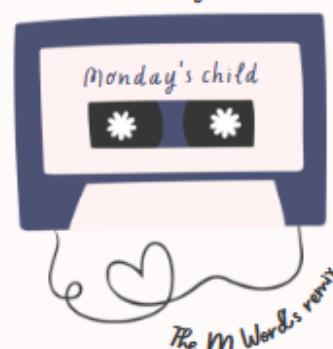
NOT JUST SUPER HEROES WEAR A MASK - PLENTY OF WOMEN DO TOO.

#AUTISMINWOMEN #ADHDINWOMEN

MANY WOMEN HAVE TO PUT ON THEIR MASKS TO BE THE WARRIOR, THE ADVOCATOR, THE PROTECTOR. BUT THEY ALSO PROVIDE THE SAFE SPACE, COMFORT ZONE, PUNCH BAG. DO YOU CONSIDER THAT, WITHOUT THE MASK, YOU DISPLAY TRAITS OF AUTISM AND/OR ADHD?

TICKETS COST 7:50 PER SESSION. STARTS 20:15 TO 21:45 FORTNIGHTLY ON THURSDAY THE 16TH OF FEBRUARY. PLEASE PURCHASE YOUR TICKETS THROUGH [INFO@THE-M-WORDCIC.CO.UK](mailto:INFO@THE-M-WORDCIC.CO.UK)

Children's Mental Health Week  
6-12 February 2023



Children's Mental Health Awareness week.  
Keep an eye out for The M Word's remix of  
'Monday's Child'

£7.50 per session from 20:15-21:45 starting Feb 16th