

**EZine 20      11th Sept  2020**

*YouthPact have compiled some links to resources, training and tips for our new working from home life for your information.  If you have something to share with your Peace4Youth colleagues, send these to our administrator Seana Carmichael (**Scarmichael@cooperationireland.org**) and we can compile a further e-newsletter.*

**Education Authority Youth Restart**

New guidance, 'Youth Restart' has been produced by the Education Authority Youth Services department to guide the resumption of generic youth services.  This document has been produced in line with current Public Health Guidelines from the Northern Ireland Executive and provides useful policy and health information relevant for youth worker and managers of generic or targeted services.  It also provides helpful links to public safety medical advice regarding young people and staff presenting with covid-19 symptoms or positive test results.

<https://drive.google.com/file/d/1kf68xwVBlwnH8w2bzeO8qe2nZ9xjy7fP/view?usp=sharing>

**World Suicide Prevention Day**

In the week that held [World Suicide Prevention Day](https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day/), this edition of our [EZine](https://www.cooperationireland.org/youthpact-resource-page%22%20%5Ct%20%22_blank) focusses on [mental health](https://www.mentalhealthireland.ie/five-ways-to-wellbeing/), [mental wellness](https://medium.com/thrive-global/neuroplasticity-mental-wellness-continued-b9ff4edecd23) and [mental well-being.](https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/)

<https://www.iasp.info/wspd2020/>

**Minding Your Head**

Working Together to Promote Mental Wellbeing is a social media campaign to promote positive mental and emotional and wellbeing of people across Northern Ireland.  The campaign will run for a five week period (commencing 7 September 2020) and will focus on looking after the mental and emotional wellbeing of self and others by promoting, for example, the [Take 5 Steps to wellbeing](https://www.mindingyourhead.info/sites/default/files/publications/coronavirus_take_5_a5_4pp_final_07_20.pdf) and the [FLARE Daily Self-Care Challenge](https://www.mindingyourhead.info/sites/default/files/publications/flare_ambassadors_50_days_of_self-care.pdf) - and other resources that will help no matter what part of the island you are in.

<https://www.mindingyourhead.info/>

**Suicide and Self-harm - a guide for parents**

[PAPYRUS](https://www.papyrus-uk.org/) have launched a new guide for parents who are supporting a young person struggling with thoughts of suicide or self-harm. The guide offers practical and professional advice on talking openly and safely, that may help break the silence that often exists around the issue.

<https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf>

**Emerging Evidence: Coronavirus and children and young people’s mental health**

In collaboration with the Child Outcomes Research Consortium, the Evidence Based Practice Unit at the Anna Freud Centre and UCL has launched Emerging Evidence, a series of rapid reviews to search for evidence from around the world during the current coronavirus pandemic. The series aims to help us understand the impact of the pandemic on children and young people’s mental health, by exploring some key questions:

1. What are the key mental health challenges for children and young people during the coronavirus pandemic?
2. Are there any particularly vulnerable groups?
3. What might help children and young people to manage these challenges?

 This report is the third in a series and was published on 26 August.

<https://www.annafreud.org/media/12234/coronavirus-emerging-evidence-3-final.pdf>

**Child & Adolescent Mental Health Resources**

The Association for Child and Adolescent Mental Health ([ACAMH](https://www.acamh.org/)) invites you to take a look at their growing catalogue of evidence-based resources, research and advice in relation to COVID19’s effect on child and adolescent mental health. As the landscape changes you can stay up to date with the rise of remote interventions, research and analysis of the impacts of lockdown and practical tips from leaders in the field.

[https://www.acamh.org/blog/covid19-resources-on-child-adolescent-mental-health/](https://www.acamh.org/blog/covid19-resources-on-child-adolescent-mental-health/%20)

**Up to date research on the known and emerging needs of young people through COVID-19**

This paper builds on the insights from the ‘Out of Sight?’ research report, on the known and emerging needs of young people through COVID-19, published by the National Youth Agency (NYA) in April 2020. We explore the impact of the pandemic on young people’s health and the role of young people’s services in support of vulnerable young people, in particular. The report draws on desk research carried out in July 2020 and valuable insights from Brook health practitioners and NYA team of specialist youth workers.

[https://nya.org.uk/wp-content/uploads/2020/08/Inside-Out-NYA-Brook-2020-1.pdf](https://protect-eu.mimecast.com/s/YXPNCp22qhzq0lTP7Vd-?domain=nya.org.uk)

**3 Ways Creativity Can Help Mental Health**

In a recent episode of [TIME for Health Talks](https://time.com/collection/time-for-health-talks/), the musician [Jewel](https://jeweljk.com/) and her friend [Dr. Blaise Aguirre](https://twitter.com/blaisemd?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor" \t "_blank), assistant professor of psychiatry at Harvard Medical School, spoke about creative ways for young people to take care of their mental health during stressful times. This three-minute read captures the essence of that discussion and distils it down into three key points, 1) Create something, 2) Don’t dismiss the small things, and 3) Notice negative thoughts and change the script.

<https://time.com/5875144/jewel-mental-health-creativity/>

**Struggling to focus?**

Months into the COVID-19 pandemic, many of people are still learning to live with an ambient thrum of stress, anxiety, fear, grief and anger. For many people, especially those recovering from the virus or juggling work and child-care, brain fog and inattention have been collateral damage.  The six tips in this Time magazine article (14/08/20), on how you can [improve your concentration](https://www.psychologytoday.com/gb/blog/memory-medic/201102/12-ways-improve-concentration#:~:text=Be%20more%20aware.,concentration%2C%20change%20how%20you%20feel.) and attention span, have been circulating from early in the pandemic, so here's a timely reminder…

<https://time.com/5878780/how-to-focus-covid-19-pandemic/>

**Welcome to I Am Here**

[I Am Here](https://www.pulselearning.com/blog/pulselearning-launches-new-mental-wellness-initiative-iamhere/) is an initiative supported by [The Wheel](https://www.wheel.ie/about-us), Ireland's national association of community and voluntary organisations, charities and social enterprises.  [I Am Here](https://iamheretribe.com/about-us/) is described as 'an evidence-based initiative that trains employees to become ‘Mental Wellness Ambassadors’ and act as a signpost to connect people with the help and support they may need'. The wheel invites you to explore the I Am Here courses and resources for yourself via the following link: <https://lms.iamheretribe.com/the-wheel/>

**Self-care**

Self-care is about the things we can do to look after our own mental health. This piece from the Anna Freud Centre focuses on supporting and [empowering young people](https://www.annafreud.org/on-my-mind/) to make informed choices about their own mental health and well-being. It provides links to a whole suites of resources, [tools](https://www.annafreud.org/media/12101/final-selfcaresummer-secondary.pdf) and strategies - including [advice for young parents and carers](https://www.annafreud.org/media/12208/selfcarepc-final.pdf) on looking after their wellbeing.

<https://www.annafreud.org/on-my-mind/self-care/>

**How philosophy can help children cope with uncertain times**

This article offers one way to help children respond constructively to future existential threats is by teaching them philosophy. The article proposes that in the face of uncertainty, critical thinking skills that can assist with ethical decision making and reasoned argumentation are vital.

[https://theconversation.com/how-philosophy-can-help-children-cope-with-uncertain-times-140122](https://protect-eu.mimecast.com/s/N3yqCqZZruOny4HXtiqs?domain=theconversation.com)

**Children reveal what they really think of adults**

‘Out of the mouths of babes...’ may be biblical in origin and even has a 2007 mention in the [Urban Dictionary](https://www.urbandictionary.com/define.php?term=out%20of%20the%20mouths%20of%20babes), but this article from [The Conversation](https://theconversation.com/uk) brings that idiom right up to date. The results of this study, which engaged children as research allies, shows "that children believe that adults think they should know everything. But children know that they don’t."  That's a finding that will chime with many youth workers and hopefully come as a relief - especially at this time of uncertainty. Much is written about the idea of getting [comfortable](https://www.psychologytoday.com/gb/blog/are-you-aware/201904/how-get-comfortable-being-uncomfortable) with being [uncomfortable](https://www.huffpost.com/entry/getting-comfortable-with-_2_b_10802278), owning [uncertainty](https://www.psychologies.co.uk/long-read-how-deal-uncertainty) and how saying, ['I don't know'](http://zebrastrategies.com/2020/01/21/owning-uncertainty-how-to-say-i-dont-know/), can be the first step in [understanding](https://medium.com/better-programming/get-comfortable-not-knowing-745aa7c6d4c5) - personally and for the young people you work with.  The article includes links to further reading on how children relate to a classroom, the pressures on children today and the (so called) snowflake generation.

<https://theconversation.com/children-reveal-what-they-really-think-of-adults-in-their-own-research-paper-144025>

**Realism is the key to wellbeing**

New [research](https://journals.sagepub.com/doi/full/10.1177/0146167220934577) published in July 2020 investigated whether it is optimists, pessimists or realists that have the highest long term wellbeing. The headline may be a clue to the findings but this short-read outlines why it seems "realists do best".

<https://theconversation.com/why-realism-is-the-key-to-wellbeing-new-research-139717>

**Escape Your Chair Challenge**

This September the Irish Heart Foundation are inviting you to join in the ‘Escape Your Chair’ challenge.  To help you take part in the ‘Escape Your Chair’ challenge they have developed a range of resources including a new movement idea for each working day of the month which can include anything from marching on the spot to heel taps, high knees, and jumping jacks - but don't be alarmed apparently you'll benefit from a little as one minute of movement each hour…

<https://irishheart.ie/campaigns/escape-your-chair/escape-your-chair-challenge/>

**Just for fun**

Visual illusions  Rabbit V Duck.  Can you find both? Rabbit is looking to the right and duck to the left (Anonymous, inspired by Joseph Jastrow).

   

YouthPact do not necessarily endorse any of the materials or links in this ezine.

If you would prefer not to receive our newsletter please email STOP and your name in the subject heading to *scarmichael@cooperationireland.org*

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