

Our Time - KidsTime Workshops

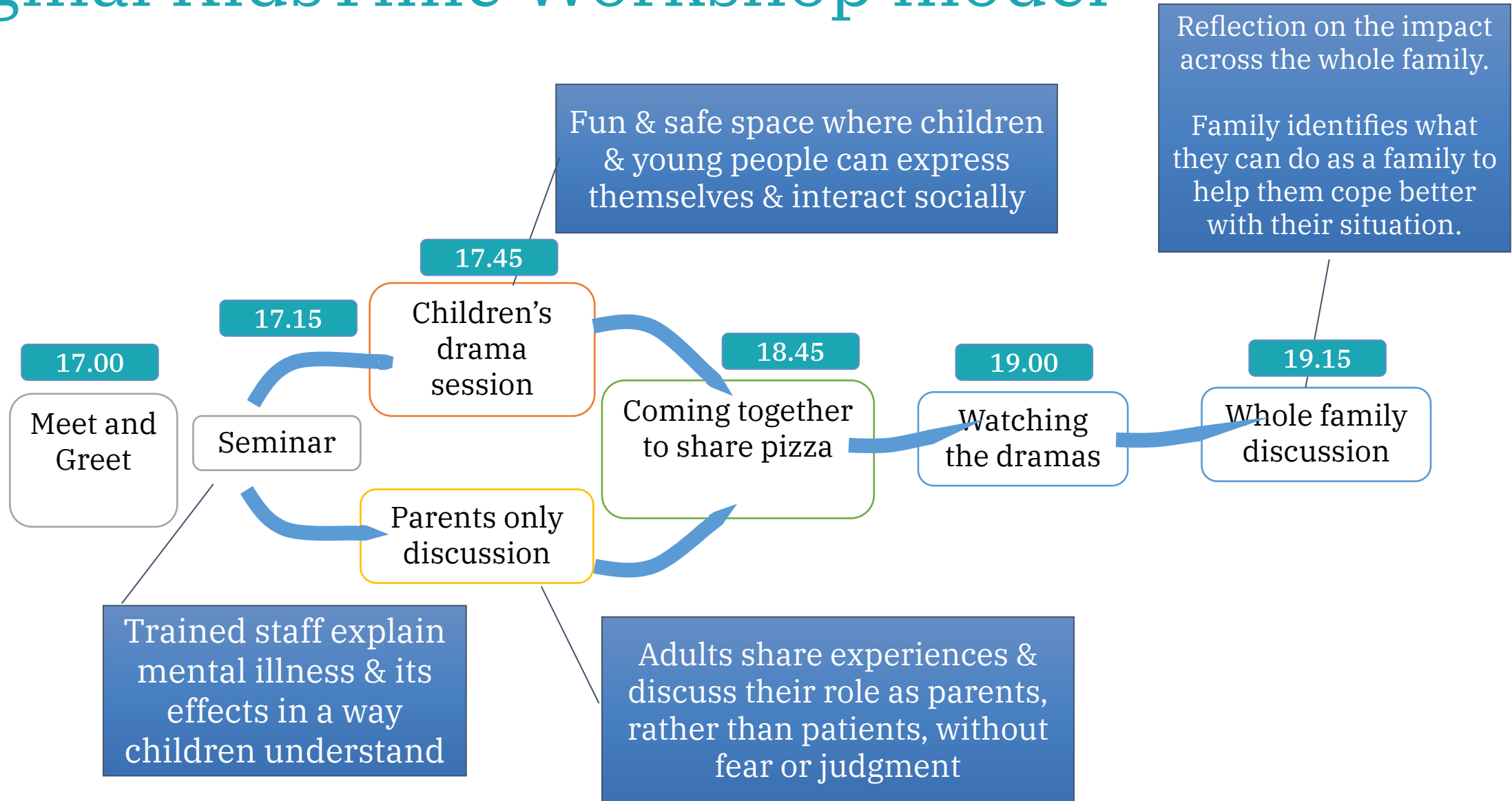
Tips for virtual delivery

2020/2021



Helping young people affected by
parental mental illness

Original KidsTime Workshop model



Key principles



1. Systemic - relationships
2. Psycho-education – not therapy
3. Voluntary – active community
4. Stress reduction - drama
5. Voice
6. Psychological separation – attachment
7. Language and thought
8. Focus on the children



Maintaining the KidsTime ethos online

- Coming into the space and **settling down**
- **Psycho-education** - maintain focus on mental health and mental illness (can be subtle)
- Create and **protect a space for children and young people**
- **Maintain the community feel** (pizza, parent coffee mornings, creative projects, group check-ins, ice-breakers)
- Think about how you will enable whole family and **group reflection** (e.g. watching a film that the children have made)
- **Good team communication, planning and debriefing** - have a plan, but be prepared to tear it up if needed!
- **Keep young people at the centre** - ask them how they are finding it and what they want to do
- Understand families may be hesitant to talk online in non-confidential situations
- **Patience** - some families not familiar with using tech

The logo for 'Our Time' is written in a stylized, hand-drawn font. The word 'Our' is in black with a white outline, and 'Time' is in a teal color. The letters are connected and have a casual, sketchy appearance.

Delivery options

- Break it up into blocks
- Might split the workshop across two evenings
- Timing of parents' session

Day 1	Day 2
17.00-18.00	17.00-18.00
<p><u>Seminar</u> (Whole team)</p> <p>Check-in, ice-breaker, set theme. Psycho-educational video, group activity.</p>	<p><u>Children's group</u> (Drama Facilitator + Volunteers)</p> <p>Settling down, games, drama, creating a story/playlet.</p>
20.00-21.00	18.30-19.00
<p><u>Parents' group</u> (Workshop Lead & Coordinator)</p> <p>Run like a normal parents' group.</p>	<p><u>Community session</u> (Whole team)</p> <p>Share learning/feedback Watch children's film Pizza</p>

Day 1	Day 2
16.30-18.00	20.00-21.00
<p><u>Seminar & children's session combined</u> (Whole team)</p> <p>Check-in, ice-breaker, set theme. Psycho-educational video, group activity.</p> <p>Children's games & drama, creating a story/playlet.</p>	<p><u>Parents' group</u> (Workshop Lead & Coordinator)</p> <p>Run like a normal parents' group</p>

Tips for online delivery

Safety

- No private chat
- Physical space - ask young people to clear their space
- Wellbeing - follow up any concerns mentioned in the session

Engagement

- Keep families at the centre
- Keep plans fluid, have a few activities up your sleeve
- Trust and rapport allow young people to express themselves

Logistics

- Send out invite the week before
- Send out a reminder the week of the session
- Joining instructions
- Explain what's going to happen in the sessions and who they are for, so that families know what to expect
- Consider family living situations and access to technology

Our Time

Psycho-education resources

- Anna Freud Centre - <https://www.annafreud.org/on-my-mind/understanding-treatments/>
- Maudsley Learning platform - <https://open.spotify.com/episode/3b6NmPdjdDFwhQEbUZmxSRm>
- Future Learn/Mental Health - <https://www.futurelearn.com/subjects/psychology-and-mental-health-courses>
- BBC Teach - <https://www.bbc.co.uk/teach/childrens-mental-health-week/zk37bdm>
- MindEd (RCPsych learning platform) - <https://www.minded.org.uk/>
- Harvard Centre for the Developing Child - <https://developingchild.harvard.edu/resourcetag/mental-health/>
- Emerging Minds (Australia) - <https://emergingminds.com.au/resources/library/>
- Our Time website – www.ourtime.org.uk/resources

Referrals and outreach

- **Contact preferences** - When/how do families prefer to be contacted?
- **Online Q&A session for new referrals** - really successful in Hackney.
- **Relaxed, 30 minute sessions** to meet the team and to get an idea of the KidsTime Workshops, without committing to a workshop - existing families to attend.



Safeguarding

- Safeguarding policy
- Online guidelines (health & safety, privacy & security, parental consent)
- Don't jump to conclusions
- Team debrief



Activity

During an online session, one of the young people taking part messages you to tell you that another young person is bullying them on a private message, sending them hurtful and offensive messages.

How would you handle this situation?



Thank you

For more information visit

www.ourtime.org.uk

Search @ourtimecharity on Twitter, Facebook and Instagram and find us on LinkedIn and YouTube as Our Time



Helping young people affected by
parental mental illness