

NAME

Sarah Temple

ORGANISATION

EHCAP

POSITION

GP and founder of EHCAP

SUMMARY

EHCAP, a social enterprise, worked collaboratively with the **lead GP in Frome, Bath Spa University** and a **community social prescribing service** to develop a whole-family and holistic approach to child mental health. This required good leadership and a willingness to embrace new ways of working.

The project forms part of the **Somerset Children and Young People Health and Wellbeing in Learning Programme**. The project aims to deliver a programme of Emotion Coaching training to the children and young people's workforce across the five districts of Somerset.

So far, over 200 Emotion Coaching Champions have been trained and the project has had positive feedback from children, young people, parents and adults working with those groups. Feedback includes: increased empathic behaviours and understanding of a repertoire of emotions; increased self-regulation of behaviour; increased enjoyment and engagement in education settings; improved relationships and communication; and an increased culture of openness.

OVERVIEW AND REASON FOR CHANGE

Over the last four years EHCAP has worked collaboratively with **Public Health, Somerset County Council** and the **GP lead in Frome** to develop a multi-agency and whole family approach to supporting children.

The services that EHCAP provide meet a national need to facilitate greater access to and standards for children and adult mental health services (CAMHS) as outlined in the Department of Health's 2015 report, Futures in Mind on "promoting, protecting and improving our children and young people's mental health and wellbeing".

The report also highlighted the need for both greater coordination of services and improvement in meeting the needs of children and young adults from vulnerable backgrounds. EHCAP, based in Somerset is also looking to tackle this problem at a local level.

The 2014 Public Health England Somerset Children and Young People Survey reported concern about emotional health and wellbeing.

WHAT DID YOU DO?

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The project forms part of the Somerset Children and Young People Health and wellbeing in Learning Programme. The project aims to deliver a programme of Emotion Coaching training to the children and young people's workforce across the five districts of Somerset.

The key aims of the project were to:

- **increase understanding** of emotional health and wellbeing
- **enhance skills** in supporting children and young people's emotional health and wellbeing
- **facilitate the referral process** for children and young people
- and **improve access to services**.

WHAT HAPPENED?

DEMONSTRATING IMPACT

Parent M requested support for managing her daughter's emotions after attending a **"taster session" delivered by EHCAP for parents** on Emotion Coaching at a local Primary School. The six-year-old child lives with two loving parents at home. Relationships were strained, and the child was displaying oppositional behaviour at home.

The parents participated in 'Tuning in to Kids' **group-work course** and then **CAHMS work**. The School Emotional Literacy Support Assistant service collaborated on a **family plan**. They provided some emotional support/regulation activities for the child at school.

Personalised parenting sessions on emotion coaching reinforced learning from Tuning in to Kids and mindfulness. The parents were given **simple home tasks to practice** using Emotion Coaching techniques, including self-care over a 6-month time frame. The whole family have benefited and are now functioning more healthily and happily. The child's parents are no longer at risk of separating. Wider family relationships are improved and more harmonious.

Parent M has not needed to go on medication or access other health services. There are expected future savings in terms of **reduced need for CAMHS intervention** and greater

probability that the child will be well as an adult and contribute positively to society. This is a model that involves **integration of health, education and care services**.

FINANCE AND COMMISSIONING

Health Connections Mendip is funded by the **CCG** and the connector service is part-funded by **Frome Town Council** with Mendip District Council giving a day of their staff time. In August 2018 two of the Frome Health Connectors registered with EHCAP as **Emotion Coaching Wellness Coaches** and we will support them with online coaching. This will be the first primary care funded person-centred approach to children and young people with emotional and mental health difficulties in Somerset.

NEXT STEPS: SUSTAINABILITY AND SCALABILITY

Public Health, Somerset County Council are coming on board too. The joining of Local Authority and CCG staff in a project with a common purpose and vision enables sustainability.

REFLECTIONS: TOP TIPS FOR OTHER GPs CONSIDERING SETTING UP SOMETHING SIMILAR:

Emotion Coaching is based on the work of Gottman and Katz and colleagues (Gottman et al., 1996). Gottman has described Emotion Coaching as involving 5 steps:

1. **Be aware** of child's responses
2. Recognize emotional times as **opportunities for intimacy and teaching**
3. **Listen empathetically** and **validate child's feelings**
4. Help child to **verbally label emotions** – helps sooth the nervous system and recovery rate
5. **Set limits** while helping child to problem-solve

EHCAP's Emotion Coaching Project can be found [here](#).

- **Good leadership** and **collaborative working** are essential.
- The key mindset for this work is the coaching model where the **coach and coachees are equal** and **each hold expertise that they share**.