

# 2013 WaMH in PC Bursary

<b>Personal Details</b>
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Name of Individual / service / organisation apply for the bursary: Sian Lee Powys Bibliotherapy Co-ordinator/ Primary Mental Health Bibliotherapy Schemes Partnership between CAMHS and the Children and Young Peoples Partnership (local authority) in Powys
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If you are successful, WaMH in PC will require you to:

- Showcase your Grant Project at a WaMH in PC event
- Provide a short abstract describing your Grant Project for inclusion on the WaMH in PC website

Please tick the box if you are happy for your Grant Project to be promoted in this manner

<b>Application Form for 2013 WaMH in PC Bursary</b>
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Please fully complete all sections. We are unable to process your application if details are missing.

**Application Categories**

Please tick the appropriate boxes to indicate which category/categories you are applying under.

Note: If you are applying for more than one category please tick the relevant boxes

<b>Category 1 – To improve the experience of dementia patients and their carers.</b> <i>To apply for a category 1 bursary, individuals and/or organisations must:</i> <ul style="list-style-type: none"> <li>○ Work within, or be associated with, the provision of primary care mental health services in Wales</li> </ul>	<input type="checkbox"/>
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<b>Category 2 – to support the local delivery of Part 1 of the Mental Health (Wales) Measure 2010</b> <i>To apply for a category 2 bursary, individuals and/or organisations must:</i> <ul style="list-style-type: none"> <li>○ Work within, or be associated with, the provision of primary care mental health services in Wales</li> </ul>	<input checked="" type="checkbox"/>
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<b>Category 3 – to raise awareness of mental health, or impact on mental wellbeing or improve mental health promotion.</b> <i>To apply for a category 3 bursary, applicant(s) are invited from services and organisations from both within and outside the NHS and must:</i> <ul style="list-style-type: none"> <li>○ Evidence a demonstrable link and benefit to primary care mental health in Wales</li> </ul>	<input type="checkbox"/>
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**Details of Project**

<b>1. Title of proposed project for which you are seeking funding:</b>  <b>Powys Children and Young Peoples Bibliotherapy Scheme Reading Buddy Intervention</b>
<b>2. Summary of Project</b> <i>In this section 'Summary of Project' we are asking for an <b>overview only</b> of your project. This information should be clear and concise and contained within one side of A4.</i> <i>The overview should include</i> <ul style="list-style-type: none"> <li>• The aim of your project i.e. what you are trying to achieve</li> <li>• The outcomes of your project</li> <li>• The total cost of your project</li> </ul>

- *The application category/categories relevant to your project*
- *Evidence of the three hallmarks of positive relationships*

**1 The aim of this project is to produce a prescription Bibliotherapy Scheme and to facilitate a Reading Buddy Intervention**

**(Bibliotherapy is defined as, the guided use of reading: “access to self-help material with a therapeutic outcome in mind through an increase knowledge and understanding”)**

**The first task was to select and purchase appropriate books for the Powys Children and Young Peoples Bibliotherapy Scheme.**

**See book list.**

**The second task is to recruit the “READING BUDDIES” and to offer training workshops and afterwards consultation. Task number two has began colleagues are showing interest. The Reading Buddies could be the children and young people who have already read these books or are school peer counsellors. Parents and Carers**

**General Practitioners, community paediatricians and psychiatrists**

**Teachers, youth workers and school health nurses**

**Social Worker and family support staff**

**Parent counsellors and mental health specialists**

**Primary Mental Health Practitioners**

**Psychologists, play and family therapists**

**Educational Welfare Officers and complementary learning specialists**

**The third task and this we require funding for is to supply the “READING BUDDY”, with resources to enable them to undertake guided reading with the child/ young person. Also for them to promote the Powys Bibliotherapy Schemes books purchased (self-help materials)**

**The Reading Buddy would be given a Canvas Bag which would carry the selected book/s, a poster, copy the intervention’s book list, recording sheets, along with a pen, pencil and rubber; (to record the use of the books by the child or young person).**

**To raise awareness and promote fidelity all items would have printed on them design logs of the Powys Children and Young Peoples Bibliotherapy Scheme.**

**It is for this third task we require funding.**

**2 The outcomes are to empower the children and young peoples to communicate more effectively their thoughts and feelings and make changes to improve mental health well-being.**

**3 The total cost of the project to date has been £5, 000 which was used to purchase the books however, to provide resources for the Reading Buddy Intervention to support clinical work and materials to raise awareness of the intervention; £2,500 would be required.**

**4 The Powys Children and Young Peoples Bibliotherapy Scheme and Reading Buddy will be an constituent part of the sentiment behind Category B; improving support locally to delivery of Part 1 of the Mental Health.**

**5 Evidence of three hallmarks of positive relationships**

**Features of the Powys Children and Young Peoples Bibliotherapy Scheme are four of the books chosen have been written by children and young people. The other books were particularly selected for their narratives which related to emotional and mental health matters seen in childhood and adolescence. Two Welsh language books are amongst the selection.**

**Second hallmark best use of the Child and Family Bibliotherapy Scheme 2007 in Powys**

(designed in Gwent and endorsed by the Welsh Government). March 2012 there had been approximately 1200 recommendation and prescription made. The local authorities "Powys Children and Young Peoples Partnership" adopted a system to collect this data. This same tried and tested system would be used to collect data from the Powys Children and Young Peoples Bibliotherapy Scheme and Reading Buddy Intervention.

Third hallmark much encouragement has been taken from Professors Neil Freud work in this field and the Gwent Psychology team lead by Dr V Norris. Particularly in supporting the principal of make the process person centre; discussing and selecting the most appropriate book from the list with the reader firstly. Since October 2009 I have been given task of coordinating this approach--7½ per week

### **3. Background to the proposed project:**

*Applicants are required to detail, in this section:*

*Why there is a need for your project?*

*What evidence/research do you have which supports the need for this project to be implemented?*

*What existing services / strategies have informed the development of your project?*

*How will your project link into and support/enhance new/existing services/strategies?*

*What benefits will be achieved through the implementation of this project?*

**The need is seen in the Mental Health and Well-Being Priority Plan 2012-2014**

- Improving availability of advice and information
- Tool for early intervention and prevention

Powys is a rural part of Wales with a low density population, a Bibliotherapy Scheme is portable and not so reliant on a specific setting; therefore the endeavour is to enable as many children and young people as possible equality of access.

**To Conform with the UN Convention on the Rights of the Child**

Article 17 State Parties recognize the important function performed by the mass media and shall ensure that the child has access to information and materials from a diversity of nation and international sources, especially those aimed at the promotion of his or her social, spiritual and moral well-being and physical and mental health. To this end State Parties shall:

(c) Encourage the production and dissemination of children's books;

(The United Kingdom of Great Britain and Northern Ireland ratified the Convention on the Rights of the Child on 16 December 1991).

**Parity with Adult Mental Health Bibliotherapy Scheme**

The evidence/research to support the need for a Children and Young Peoples Bibliotherapy Scheme with addition efforts to make it accessible comes from: - Doll and Doll (1997) Bibliotherapy with Young People. Englwood, Colorado Libraries Unlimited Inc

Pardeck JT and Pardeck JA (1997)

Books for Helping Young People Deal with Social Development Problems. Early Childhood and Care 139 57-63

The existing services/strategies which have informed the development of this project has Professor Neil Freud work in producing and revising the adult Bibliotherapy Schemes in Wales. Also the work accomplished in Gwent by the psychology team which produce the Child and Family Bibliotherapy Scheme 2007.

This project will link into existing strategies such as in schools "the guided use of reading" a tool pioneered to enhance the literacy hour in England and Wales by Professor Ted Wragg. The books are mainly fictional, designed to stimulate the children and young people's imagination to empathize with the characters and realise the narrative message. Therefore could be used either in play therapy or Circle Times at different setting.

A newly commissioned service is the Integrated Intensive Family Service; they have been asked to include *The Parent Puzzle* by . We have copies this book and some of the recommended books for the parents to read with their children.

Action for Children published a document 2007, "Stuck in the Middle .....the importance of supporting six to thirteen year olds" They noted 25% of children say they were lonely and 13% of children feel like an outside and left out of things

The benefits of the Reading Buddy Intervention alongside the Bibliotherapy Scheme would be to make all practitioner aware of these facts. The benefits of the Reading Buddy Intervention would be to reduce this sense of loneliness and isolation.

#### **5. Planned Outcomes for dissemination, sustainability and evaluation**

*How will you evaluate the success of the project?*

*What are the main outcomes and successes?*

*How have you actively raised awareness of your project?*

We plan to evaluate the success of the project numerically as we are presently doing; collect anecdotal evidence. The Reading Buddy would be asked to collect specific data such as the child or young persons school attendance rate. Plus if they have seen the child or young persons contributing more through friendship and groups activities.

The main outcomes are to improve the chance of the children and young people being treated successfully and to gain confidence. Extra would be the practitioners, children and young people would feel they have good resources to work with---they are valued. To help to create the opposite effect as one of stigma.

To actively raise awareness two work shops have already happened and the participants were given information regarding the books purchased for the Children and Young Peoples Bibliotherapy Scheme. The concept of the Reading Buddy was discussed.

Using the books with children, one girl took a book about being mean to school during the anti-bullying week. Her classmate who was good at reading, read to the class. The child I was working with put the book, "The Highway Rat", by Julia Donaldson in the middle of their anti-bullying display. I went into the school to see the display. Later I told the child I had been working with that she was a good Reading Buddy, she understood the concept without much explanation from me and was proud of her actions.

**7. Commencement Date: 1<sup>st</sup> March 2013**

**8. Completion Date: 31<sup>st</sup> March 2015**