



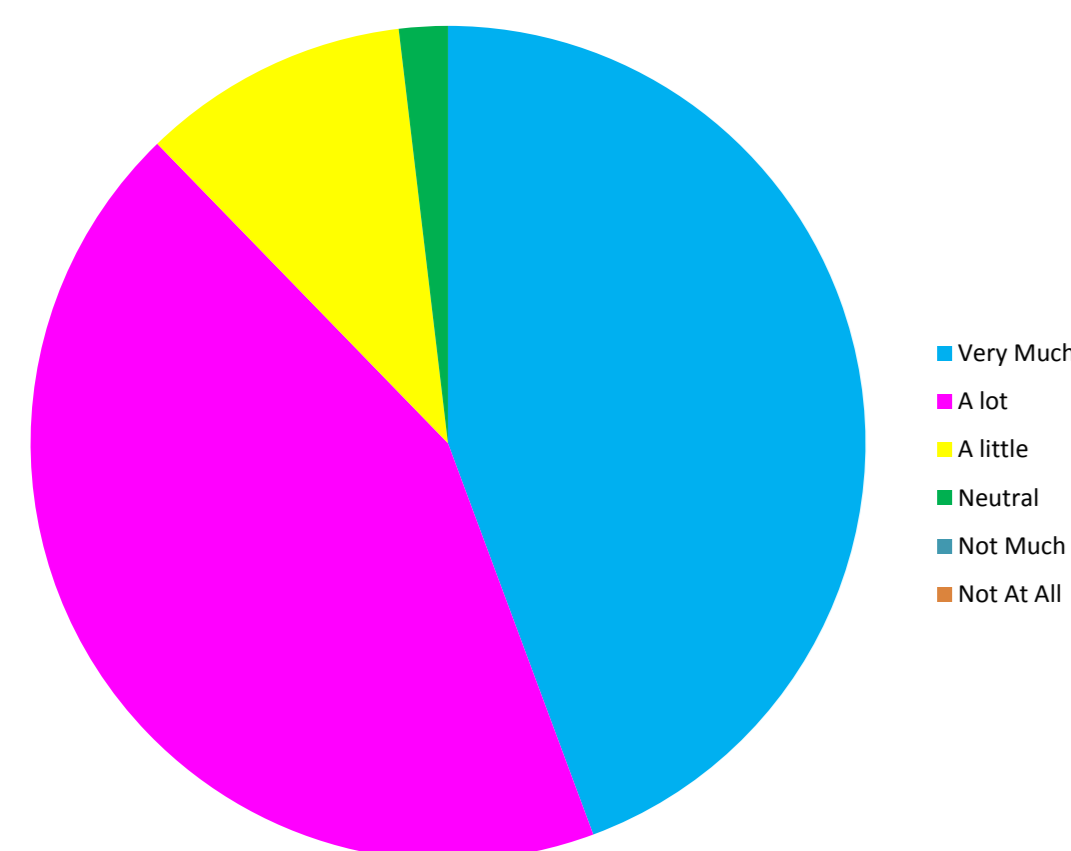
# Hampshire CAMHS RESPECT Project

The RESPECT Project was a series of LGBTQ+ focused activities run by Hampshire CAMHS in December 2019 celebrating and respecting one another whatever our preferences. This particularly emphasised the need for respect for our youth LGBTQ+ community. This was a project for EVERYONE to get involved with!

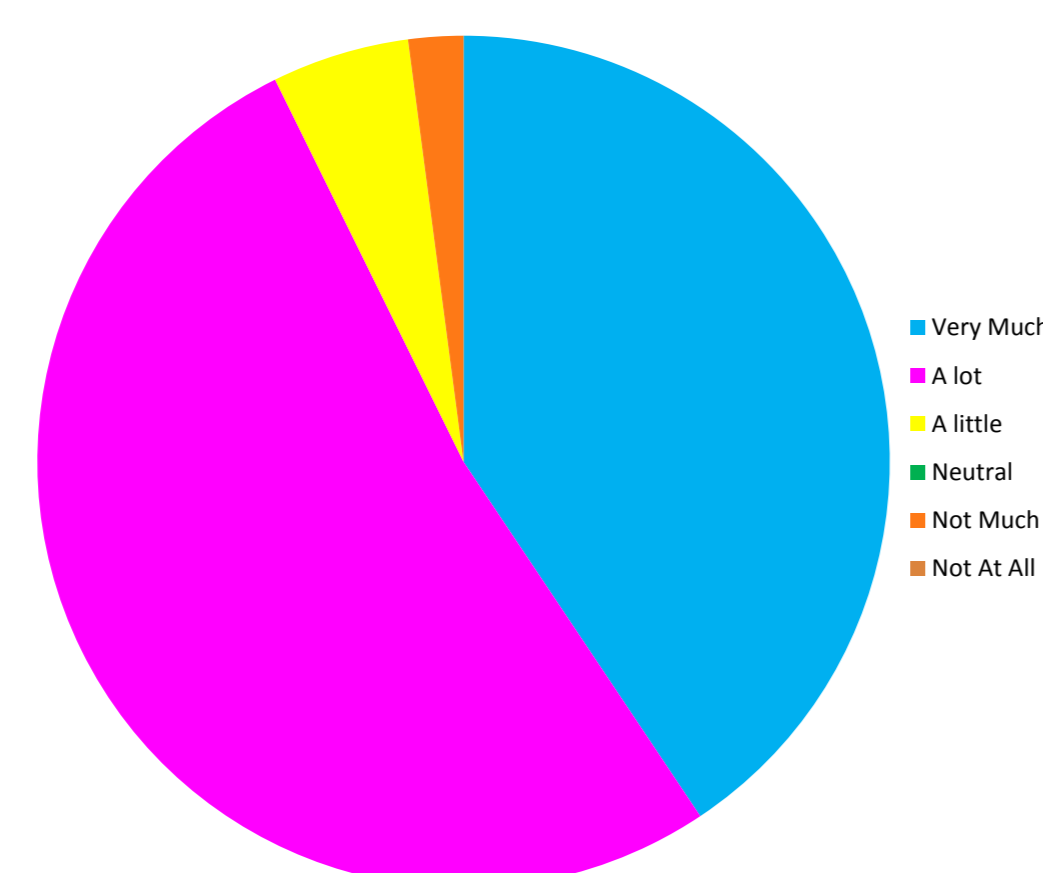
## Professional Training- LGBTQ+ awareness and mental health suicide and self-harm

- Three external training days were hosted by Hampshire CAMHS clinicians for professionals working or supporting young people
- Each training day provided an interactive, informative and thought provoking face-to-face workshop designed and delivered by clinical staff within Hampshire CAMHS
- The objective of the training; To improve the ability of organisations, teams who work with the LGBTQ+ community to identify individuals who are suicidal or whom deliberately self-harm

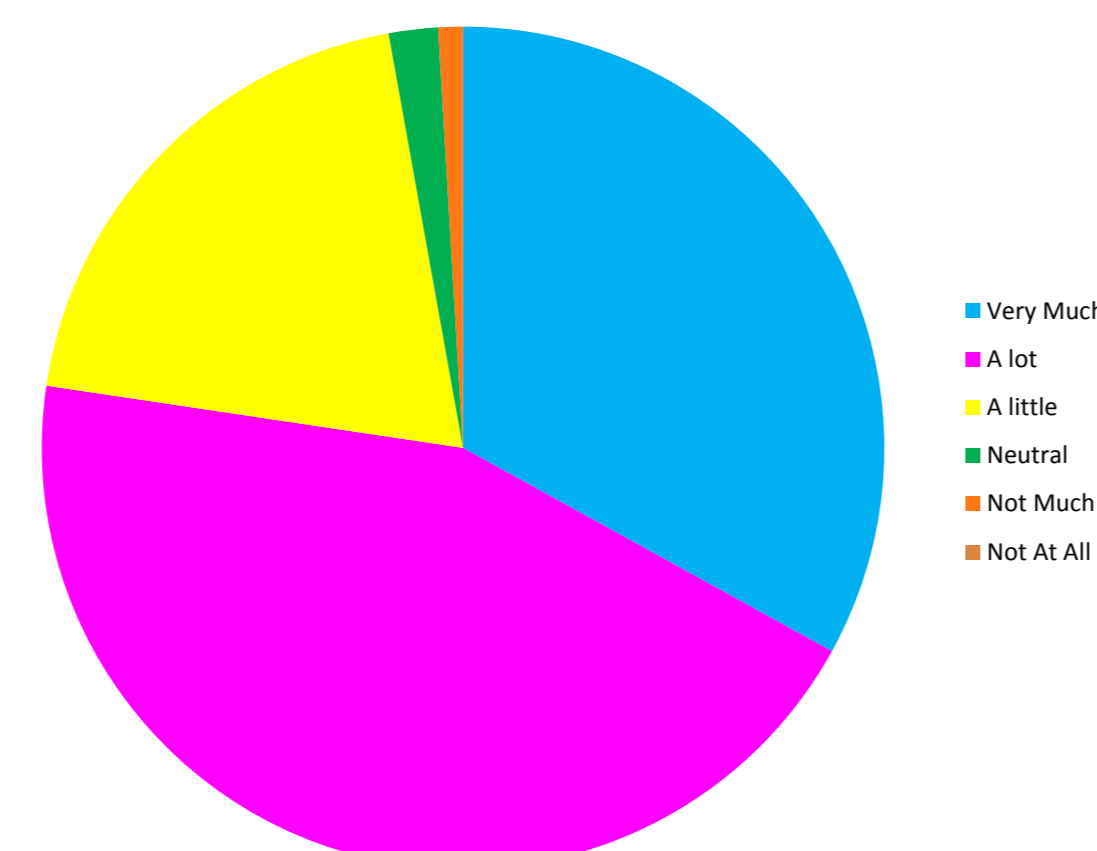
A pie chart to illustrate how much the training helped to increase knowledge and awareness of issues, challenges and difficulties of young people identifying as LGBTQ+



A pie chart to illustrate how much the training helped to increase attendees confidence in supporting and working with young people identifying as LGBTQ+



A pie chart to illustrate how much attendees learnt skills and strategies that could be used within their roles



This training really promotes openness, discussion, curiosity in a non-judgemental and respectful way

Made me reflect on issues I have previously overlooked or taken for granted. Thank you for opening my eyes

Opportunities to learn about other organisations and how we can all work together to support young people and their support systems

The afternoon session was fantastic- so many resources/ ideas/ ways to guide and support students

A carefully thought out training day which covered many salient topics in a short amount of time in a useful and engaging way. Thanks

## The National NHS Rainbow Badge Scheme

The National NHS Rainbow Badge Scheme began at the Evelina Children's Hospital in London in 2018. The purpose and function of the Rainbow Badge is to:

- Send a positive message of inclusion
- Contribute towards reducing stigma and inequality
- Signify that badge wearers have undertaken specific LGBTQ+ Awareness Training and have made a pledge to be open, non-judgemental in their practice and work towards creating an inclusive and safe place for young people identifying as LGBTQ+ and their families
- Help young people and families identify staff that are approachable, competent, willing and able to 'Talk To Me' about LGBTQ+ issues. The badge wearer may not know all the answers but will be a friendly, accepting and supporting ally to listen and signpost to further support if needed.



In order for Hampshire CAMHS staff to be issued with an NHS Rainbow badge, they must have:

- Completed the in- house LGBTQ+ Awareness Training
- Made a personal pledge to commit to the aims and purpose of the badge

## Hampshire CAMHS Staff Rainbow Mufty Day

On Friday 6<sup>th</sup> December, Hampshire CAMHS staff took part in an in-house LGBTQ+ awareness event. Staff were encouraged to wear rainbow colour clothes and donate a minimum of £1 with proceeds being donated to the local LGBTQ+ Youth Charity, Y-Services.

Clinics were also encouraged to take part in other fundraising and awareness raising activities such as;

- Displaying information and resources in clinic waiting rooms
- Bake Sales
- Games (such as guess the weight of the Christmas pudding, guess how many Skittles are in the jar)
- Sale of handmade ceramics and Christmas decorations

## Parent and Carer Evening

On Thursday 5<sup>th</sup> December, three Hampshire CAMHS staff facilitated an open to all, parent and carer evening. The purpose and aim of the evening was to provide a safe and supportive environment for parents and carers to discuss living with or supporting a young person who may be experiencing LGBTQ+ issues, challenges, dilemmas or difficulties. A total number of 6 parents and carers attended the evening. Although the evening was not formally evaluated, all parents reflected they had found the opportunity helpful and supportive.

## Digital Download and School Resource Packs

A number of resources were developed including; Resource packs for secondary schools. Packs included; Information about Hampshire CAMHS (e.g., website, SAFE cards, Coping Strategy Leaflets), information about Hampshire based LGBTQ+ organisations, print out of posters (printed with permission from The Proud Trust), a glossary of terminology as well as details of opportunities for young people, parents and carers and professionals relating to the RESPECT project as well as other CAMHS based initiatives.

The Hampshire CAMHS Website ([www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)) was updated to include more information with the Help Section on Sexuality and gender identity. This included written information, links to trusted sources of information and other organisation sites and uploads of videos as well as podcasts that have been created by Hampshire CAMHS featuring a number of different speakers including young people themselves.

## A Performance by Grace Petrie

Grace Petrie is a folk singer, songwriter and LGBTQ+ activist. She is a Mojo Top 10 album winner in 2017 and 2018; she played on the Acoustic Stage at Glastonbury Festival in 2019 and regularly has tours and sold out shows across the UK. In 2019 Grace was nominated as Musician of the Year in the Diva Awards.

Hampshire CAMHS worked in collaboration with Grace and the Ashcroft arts centre to provide an opportunity for Hampshire young people (aged 13-25years) to attend a free performance.

