

A very big thank you again to the Black and minority ethnic children and young people – and the people you trust – who took part in tanc’s work for CAMHS in Nottingham South.

Here is a summary of the different things you said about emotional support.

Q. What helps you to feel OK? These are your strengths:

- **Your relationships** with friends, family and extended family, and other people you respect and trust such as your learning mentor, Connexions personal advisor or youth worker
- **Feeling included**, making friends and being part of a group
- Learning about and celebrating **your culture**, including your religion, language, music, art and food
- Spending time with other people from **the same culture** as you
- Relaxing and doing fun or new **activities**, including music, dance, sport and visits away from home
- School and other **places where you learn**: enjoying school, feeling that you belong and achieving
- **Talking about racism**: being able to talk about your experiences of racism and learning about what racism means

Q. What makes life difficult for you? These are your difficulties:

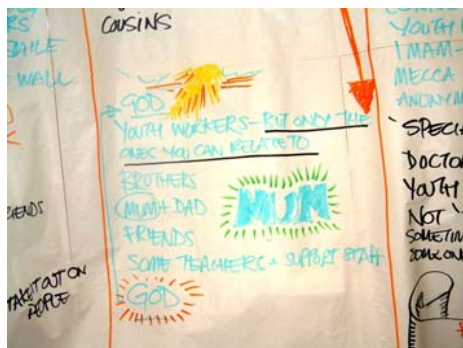
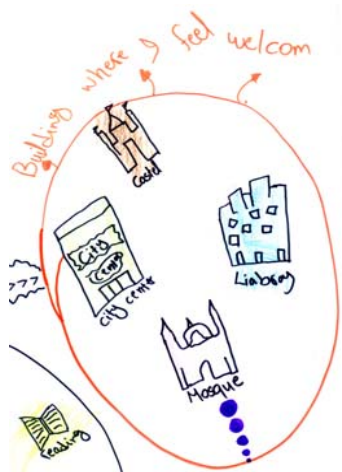
- **Experiencing racism**, being **stereotyped**, being **left out**, and **not being listened to**
- Not having a father, or not having **role models** from the same cultural background as you
- The **difference** between home and school
- Being **bullied** and being **stereotyped by teachers** at school
- The **pressure** of exams and coursework at school

Q. What do you do to cope when life is difficult?

Q. If you felt a bit sad, angry or worried, who would you talk to?

These are your coping strategies and your support network:

- Spending **time on your own**
- Writing a diary, praying, taking a bath and listening to music
- Spending **time with friends, family and other people** you trust
- Getting angry, crying and talking to someone who cares about you
- **Doing activities**: something you’re really interested in, something you’re really good at, something that de-stresses you



If you ever needed to talk to someone with special skills (if your family or your friends didn't know how to help you) about things like your identity, relationships, bullying, exams, the future, or the death of someone close to you...

Where would you prefer to go? Who would you prefer to talk to? *These are your preferences for services.*

The **type of person** you'd want to talk to:

- Someone who is respectful and caring
- Someone who can relate to you on your level
- Someone from the same cultural background as you or someone who understands what your life is like
- Someone who is flexible and not afraid of doing things differently in order to help you

The **style of services** you'd want:

- It's informal
- The door is open, you can just drop-in
- You don't have to go if you don't want to
- Your school and other people get together to talk with you and help you to decide what type of help you want
- You can choose where you go and who you want to talk to
- You can bring a friend with you
- You can keep going to see someone for more than just a few weeks or months



The **type of services** you'd want:

- It's a safe place where you can talk, someone will actively listen to you, you can be yourself, express yourself, and be understood
- You can do activities which make you feel better and feel stronger
- Other children, parents, school and people in your neighbourhood and community will take responsibility for helping you
- People acknowledge racism and tackle it
- Your family can get help as well with their problems, because this will help you

The **type of building** you'd go to:

- It's a place in school, near your home or in other buildings you know and go to, or it's somewhere private that's easy to get to
- It's safe, welcoming and warm, and there's music playing
- It doesn't look like the doctor's or the hospital
- It reminds you of the way your home looks and has the type of food you eat at home
- There are people working there and visiting there who are from the same cultural background as you
- The building is used for different things, so people won't know why you're going there

Want to **read the whole report?**

Go to our website www.tanc.co.uk (go to about tanc, think tanc, previous work, and see 'Understanding the emotional wellbeing and mental health needs of BME children and young people in Greater Nottingham', or go to the link <http://www.tanc.co.uk/reportPDFs/CAMHSReport.pdf> or come to tanc and read our copy. If you have any questions about the report, get in touch with Kate Dumbleton at tanc: kate@tanc.co.uk or tel. (0115) 9509 684.

What about action?

In August (2006), the CAMHS BME subgroup will decide what to do with the recommendations from this report. To find out about their action plan or to get more involved by joining a CAMHS BME reference group, email or phone Rob Green at Connexions: robert.green@cnxnotts.co.uk, tel. (0115) 912 6611. (Rob is the Joint Chairperson of the CAMHS BME subgroup.)