

Centre for Paediatric Spiritual Care Newsletter

Birmingham Children's Hospital NHS Foundation Trust

May 2016



The Centre for Paediatric Spiritual Care is a unique resource for anyone working with sick children and their families.

We aim to support and encourage research and resourcing for multidisciplinary spiritual care.

If you think you could contribute to our Centre by adding a resource, writing a blog or contributing to our research please contact bch-tr.cpsc@nhs.net.

Take a look at our website to see more of our research and resources:

www.bch.nhs.uk/cpsc

@BCH_CPSC



10% of 5-15 year olds have some form of mental disorder, and there has been a large rise in the number of young people admitted to hospital because of self harm¹. With this in mind, it's important for spiritual care practitioners to consider how to care for children and young people with mental health conditions, either on a dedicated mental health ward or on a general paediatric ward. Mental Health Awareness week is 16th-22nd May, so this month we are thinking about mental health and spiritual care.

How can spiritual care help?



People with a mental illness may feel that they lose their purpose or meaning, their identity, or their sense of value. Many people feel that they have no hope. These are all things that spiritual care aims to address.

Spiritual care practitioners can take the time to build up trusting relationships with young people with mental health issues. It is important to show acceptance of the young person and their illness. Young people who have self harmed can worry about being blamed for their actions, and those with a religion sometimes express worries that they will be punished. Spiritual care practitioners and chaplains can help encourage them to understand that this is not the case.

What do we do? Some examples...

You can read one of our blog posts this month about our new Peaceful Space at our mental health site. This is a room for young people and staff to take some time out, relax and reflect.

Lots of our activities can be used with patients with mental illness, but we have added one to our website specifically to be used to talk about mental health. This is an adaptation of one of our existing resources, the spiritual care bracelet.

Other useful resources:

The Royal College of Psychiatrists (RCPSYCH) page on spirituality and mental health: <http://www.rcpsych.ac.uk/mentalhealthinformation/therapies/spiritualityandmentalhealth.aspx>

The RCPSYCH spirituality interest group: <http://www.rcpsych.ac.uk/workinpsychiatry/specialinterestgroups/spirituality.aspx>

A link to a useful leaflet: <http://www.bsmhft.nhs.uk/service-user-and-carer/service-user-information/spiritual-care/>

¹http://www.youngminds.org.uk/training_services/policy/mental_health_statistics

Multi faith Celebrate Project—May Dates:

Yom HaShoah - Jewish - 4th May (evening) - 5th May

Ascension Day - Christian - 5th May

Lailatul-Barat - Muslim - 14th May

Pentecost - Christian - 15th May

Activities are available [here](#).

Featured Article:

Cernvall, M., Carlbring, P, Ljungman, G. and von Essen, L (2013) Guided Self-Help as Intervention for Traumatic Stress in Parents of Children with Cancer: Conceptualization, Intervention Strategies, and a Case Study: *Journal of Psychosocial Oncology*, 31, 13-29.

<http://www.tandfonline.com/doi/pdf/10.1080/07347332.2012.741095>

Parents of children with cancer can react with symptoms of traumatic stress, depression, and reduced quality of life. The authors present a conceptualization in which experiential avoidance and rumination are suggested to contribute to increased levels of traumatic stress and suboptimal adaption. Based on this, a recently developed intervention for parents of children with cancer, in the form of guided self-help, is presented. Finally, the authors present a successful case study as an example of the application of this intervention. Clinical implications and suggestions for future research are discussed.

New Resources

We have previously made our instructions for making a spiritual care bracelet available online. This is a version of the bracelet adapted by a nurse at Birmingham Children’s Hospital. Each bead that can be chosen for the bracelet represents issues that are specific to mental health, and so offer an opportunity for children and young people to express problems that they may be having.



All resources are available to download [here](#).

Blog Posts



This month, we have written about the opening on the new spiritual care room at Parkview Clinic, our mental health site. The launch event was held in April and was a really positive step forward. We explain the process of choosing what to put in this room, and what having this space will mean to us.

Christine Williams, a grandmother whose grandson was diagnosed with cancer, tells us about her experiences. She gives a family members perspective of looking after a sick child and explains what healthcare professionals can do to help support the whole family.

All blog posts are available to read in full [here](#).

Upcoming events and training

Participation day – see the CPSC approach to spiritual care
13th July 2016.

Cost: £35 (including resource bag), or £44 to include the book ‘Spiritual Care with Sick Children and Young People’ (normally £12).

Please [email](#) us if you would like any more details or for a booking form.