SUPPORTING OUR YOUNG PEOPLE WITH TICS

Psychology in Schools Team

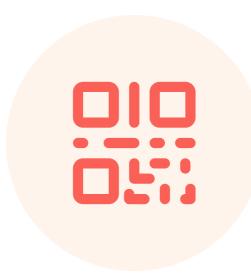
CONFIDENTIALITY AND PERSONAL INFORMATION

Slido will be used as our main interaction tool. We will not be able to use the Q&A function or answer raised hands.

Slido is anonymous, but other users will be able to see what you have written. When answering questions please **do not** include personal or sensitive information such as names or anything that can identify you or your child.

By using Slido, you are consenting to your anonymised responses being used in possible service evaluation, research projects, publications and/or promotional material.

Our workshops are recorded and uploaded to YouTube, please be aware than anything shared on Slido may be included in a publicly accessible recording.



Join at slido.com #2754442

What age is your child/ren

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Have you attended one of our workshops before

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Where are you from?

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How would you rate your knowledge of tics?



How confident do you feel with understanding and supporting your child?

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Norfolk and Suffolk NHS Foundation Trust

PSYCHOLOGY IN SCHOOLS: FREE LIVE WORKSHOPS AND VIDEO RECORDINGS

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workshops on mental health

www.nsft.uk/workshops Eventbrite



Supporting your child with big feelings (24th March 2025 12.00) Understanding tics in children (25th March 2025 12.00)

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 Social Media, OCD, Exam stress,
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Childhood Neurodiversity Workshops:

Access recorded workshops here:

Parent workshops | Norfolk and Suffolk

NHS

Topics include:

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- Supporting Social Relationships
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And More!

OVERVIEW

What is Tourette's Syndrome

What are tics

How can we support our young people

How young people can support themselves

Useful resources

What do you know about Tourette's syndrome?

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WHAT IS TOURETTE'S SYNDROME?

Tourette Syndrome is a neurological condition

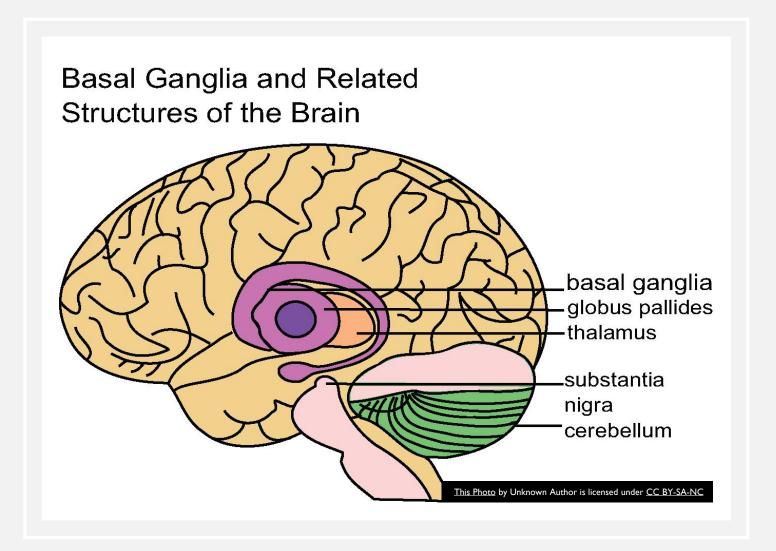
Those with TS have tics

Tics are involuntary movements or sounds – The person can't help doing the tic(s)



HOW DO YOU GET IT?

- Exact causes unknown
- Inherited condition
- Mixture of genes and environment



PREVALENCE OF TS

300,000 people in the UK

In the UK one out of 100 school children

Emerges around the age of 5 or 6

Get worse before puberty (10-12) Can often reduce by adulthood

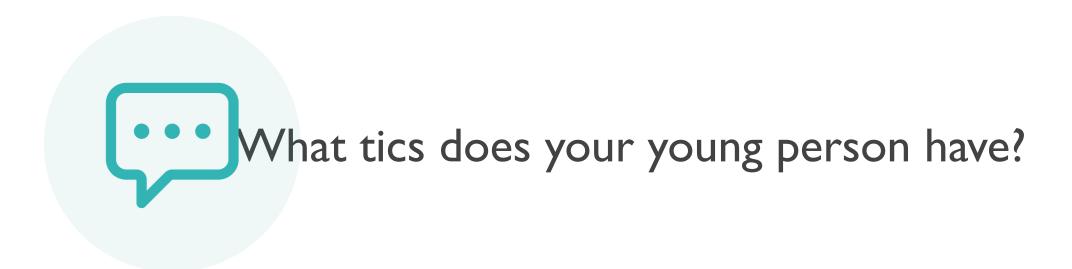
Most common in boys







WHO HAS TS?



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WHAT ARE TICS?

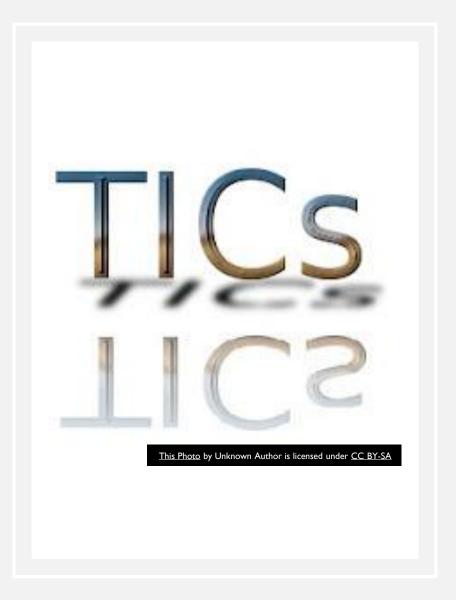
Muscle movements (motor) or noises (vocal)

Involuntary

Repetitive

They can change overtime

Simple or complex



WAXING AND WANING

Tics come and go

Overtime, they change in severity

And in frequency



TIC ALERT



Are you aware if your child has a tic alert?



CONTROLLING TICS

HOW CAN WE SUPPORT OUR YOUNG PEOPLE WITH TICS?

Learn as much as we can

Be understanding and kind

Ask them how we can help

It's not fair to ask a person to stop ticcing



How do tics effect the family?

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How do your child's tics make you feel?

WHAT MAKES TICS BETTER OR WORSE?

Worry, stress, excitement, hunger, tiredness and change make tics worse

Down time: Doing things that they enjoy or that distract them make them better.

Sleep and routine

Relaxation techniques can also help



What makes tics worse for your young person?

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What makes tics better for your young person?

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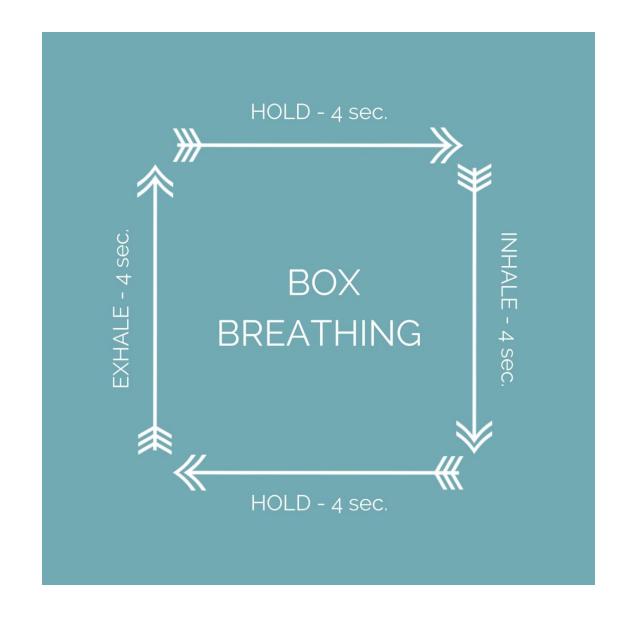
WHAT CAN
YOUNG PEOPLE
DO TO HELP
THEMSELVES?

Physical exercise

Focus on a specific activity

No caffeinated or sugary drinks

RELAXATION TECHNIQUE



REDUCING ATTENTION ON TICS

- Watch Starving Tics Attention video: via this link <u>Leaky Brakes</u>:: <u>Tic Management Toolbox</u>
- Key messages:
 - Tics love attention (positive or negative)
 - Don't react when a tic comes out
 - Don't change your behaviour because of a tic
 - Think about how to minimise tic reactions
 - This doesn't mean you can't talk about tics or get support with them

ENVIRONMENTAL CHANGES WHICH MIGHT HELP

Reducing:

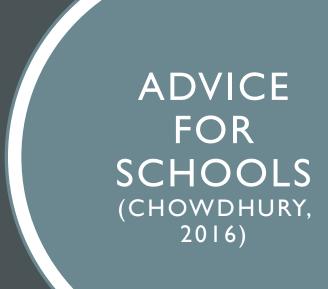
- Reduce situations that increase tics when possible
- Reduce things that might unintentionally reinforce tics

For tic-prone situations that are hard to change:

- Reduce the impact of that situation
- Use scheduled breaks Remember down time
- Use other things which might help (i.e., relaxation)

Reduce the impact of the tics on your YP:

Educate peers, teachers and relatives about the tics



- Provide education
- The importance of where a child is seated in the classroom
- The importance of who they are seated with
- Having a space to tic
- Not avoiding activities but having more support if needed

School can also provide education to other pupils

THE TAKE HOME

Tourette's Syndrome is a neurological condition

There are different types of tics

Learning about tics and being kind and understanding can help

The value of down time

Changing the environment in which tics occur can be useful





- Tourette's Action <u>Tourettes Action (tourettes-action.org.uk)</u>
- TA Events <u>Tourettes Action events (tourettes-action.org.uk)</u>
- GOSH website <u>Tourette syndrome | Great Ormond Street Hospital</u> (gosh.nhs.uk)
- Leaky breaks resources: https://www.leakybrakes.ca/brake-shop-virtual-clinic/
- Useful videos:

Things people say to someone with Tourette Syndrome

Tourettes Action talks to Caspar Lee

- CBBC program: My life what makes me tic
- https://www.youtube.com/watch?v=aTkrPJy3Bn0
- Podcasts
 - In Conversation... Tourettes Syndrome ACAMH
 - Resource library BMJ podcast about Tourette Syndrome (tourettes-action.org.uk)

BOOKS

- Can I tell you about Tourette Syndrome: A guide for friends, family and professionals. Mal Leicester. Kingsley Publishers. Great for the child with Tourette's.
- U, Chowdhury (2016) *Tic Disorders: A guide for Parents and Professionals.* Jessica Kingsley Publishers.
- Murphy & Millar (2019) The Tourette's Survival Kit. Tools for Young Adults with Tics.

RESOURCES FOR YOUNG PEOPLE

- <u>1487860486_TS--the-simple-truth---A-guide-to-TS-for-children-and-young-people.pdf</u> (tourettes-action.org.uk)
- Yellow and Salmon Autism Event Poster (tourettes-action.org.uk)
- <u>1579041759_Factsheet---Managing-Exam-Stress.pdf</u> (tourettes-action.org.uk)
- Your TS videos (tourettes-action.org.uk)

RESOURCES FOR SCHOOL

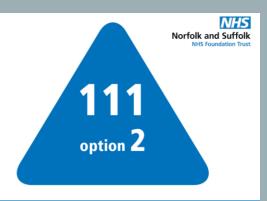
- Support in school (tourettes-action.org.uk)
- Presentations yp can use to share with school (one for Primary & Secondary)
- 1583409432_tourettes-action-key-facts-for-teachers_Feb2020.pdf
- 1399472453_TS-Passport-Final.pdf (tourettes-action.org.uk)
- TA Social Story A5.indd (tourettes-action.org.uk)
- 1600265722_ta-factsheet-ts-in-school-v3.pdf (tourettes-action.org.uk)
- Tourette Syndrome: Key facts for school staff and ways to support (short video from PST)

WHERE TO SEEK SUPPORT

- Find events and online support groups via Tourette's Action: <u>Tourettes Action</u>
- If you are concerned your child may be struggling with their mental health in relation to their tics, then you can refer to mental health services via:
 - **GP**
 - The Emotional Wellbeing Hub (Suffolk): <u>Suffolk</u>
 <u>InfoLink | Children and Young People's Emotional</u>
 <u>Wellbeing Support in Suffolk</u>

KEY RESOURCES IF YOU ARE WORRIED ABOUT YOUR YOUNG PERSON

If you need urgent mental health help, call 111 and choose option 2



Mental health crisis support 24/7 for people of all ages in Norfolk and Suffolk

- Young Minds parent helpline 0808 802 5544 (9am -4.30pm M-F) and webchat service: https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/
- III, option 2 crisis support
- Papyrus Prevention of Young Suicide
- Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org)
 - Psychology in Schools Parent
- Workshop: Understanding Self Harm in Children/Adolescents
- Understanding Self-Harm in Children/Adolescents (youtube.com)
 - MIND urgent help

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I have found this session helpful

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Two things I will take away from this workshop are...

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One thing that would improve this workshop is...

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THANK-YOU

HOW IS IT DIAGNOSED?

A specialist asks questions about the person's symptoms and family history (GP can make referrals to paediatricians)

Sometimes scans or blood tests are used to rule out other conditions

Both movement and vocal tics must be present for at least 12-months

Within this time there may be breaks from symptoms for up to 3-months

Many children have tics for several months before growing out of them, so a tic does not necessarily mean your child has Tourette's syndrome

CO-OCCURRING CONDITIONS

- Those with TS can experience cooccurring conditions
 - Anxiety
 - Low mood
 - Attention Deficit Hyperactivity
 Disorder
 - Obsessive Compulsive Disorder
 - Autism Spectrum Disorder

MYTH BUSTING FROM U, CHOWDHURY (2016) TIC DISORDERS: A GUIDE FOR PARENTS AND PROFESSIONALS. JESSICA KINGSLEY PUBLISHERS

'If my child holds his tics in, wont they just all burst out later when he stops?' Study show that practising holding tics in reduces them overall and even if we measure tics after a child has held them in for a while, we don't see a rebound

'If my child stops one tic, wont his other tics just get worse?' The opposite is true, learning to control some tics actually makes all tics slightly better

'If my child is busy fighting tics, won't be find it difficult to pay attention to anything else?' Controlling tics takes effort, but the more that YP practise, the effect on their attention is small and probably fades as the child gets better at controlling them