



# MENTAL HEALTH SUPPORT TEAM

Termly  
Newsletter

EDITION 4  
AUTUMN  
2022

## Welcome back

We hope you all had a restful and enjoyable summer and that you found time to recharge your batteries ready for the new term.

## Summer Term Successes

### Whole School Approach

Peer mentoring (part 2!) has begun in Ashfield; mentors are looking forward to meeting their mentees soon.

We are running the scheme in Toot Hill and Christ the King this term too.

### Summer Groups

We ran Understanding Worry and Managing Anxiety With Your Child remote groups for children and parents on our caseloads.

We are passionate about providing support to our service users year round!

### GCSEs and A-Levels

Well done to all staff, GCSE and A-Level Students in all of our schools on making it through exam season.

We hope everyone got the results they worked for!

### Outwood Results Day

EMHPs Vicki and Gemma visited Outwood Academy Valley on results day to offer staff and students emotional support and some basic calming strategies.

Thank you for letting us share such a special day!!

## Autumn Term Theme

### Taking Care of Everyone

Equality is ensuring that every individual has an equal opportunity to make the most of their lives and talents.

We have linked with some additional resources below to help you champion equality for some of your vulnerable groups of pupils.

#### Ethnicity

Improving School Staff Knowledge and Confidence around Racism  
Anna Freud

#### SEND

Supporting CYP to participate in their EHCP  
CDC

#### Refugee Status

Welcoming Refugee Children to your School  
NEU

#### Sexuality and Gender

Inclusive RSHE  
Stonewall  
Trans Inclusivity Resource List  
Gendered Intelligence

#### Risk of Criminal Exploitation

Keeping Safe Out and About Lesson Plan (Primary)  
Healthy Schools London  
County Lines Toolkit  
Children's Society

#### Young Carer Status

Improving the identification and support of young carers  
Carers.org

## Staff Corner

September is all about settling back in, and getting to know new cohorts.

We have linked some resources below to support this process for you and your new pupils.

### Assembly and Class Based Resource Packs from Place2Be

Secondary  
Primary

The activities focus on developing self-efficacy, hope, gratitude and connectedness when coming back together for the new school year

### Animation and Teacher Toolkit for Secondary School Transition from Anna Freud

An animated video, lesson plans and resources to help you support your new year 7s!

### Self Care Inspiration Webpage from Anna Freud

As ever, we strongly encourage you to look after yourself first.

**Note: Senior Mental Health Leads, you can still book a place on the MHST Wellbeing Day on Monday 10th October if you act fast!!**

Email: [CAMHSMHSTrailblazer1enottshc.nhs.uk](mailto:CAMHSMHSTrailblazer1enottshc.nhs.uk) for more info

## School of the Term

### Toot Hill School

Toot Hill School have been working their socks off, collaborating with the MHST to trial the Peer Mentoring Scheme in their setting since Summer Term 2022.



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**Date for your Diary - 10th October 2022**

## YoungMinds #HelloYellow Celebration of World Mental Health Day

"Getting involved is simple. All you need to do is wear yellow on 10 October and donate to YoungMinds to show young people how they feel matters. This may seem like a small thing, but when you're struggling with your mental health and feeling alone, knowing that others are supporting you can make all the difference."

More Dates.....

Awareness Events	Dates	Theme
World Suicide Prevention Day - International Association for Suicide Prevention	Saturday 10th September	"Creating Hope Through Action"
World Mental Health Day - WHO	Monday 10th October	"Mental Health as a Global Priority"
National Stress Awareness Day - Rethink Mental Illness	2nd November 2022	"Early Management"
Anti-bullying week Anti-Bullying Alliance	14-18th November 2022	"Reach Out"
Children's Mental Health Week - Place2Be	6-12th February 2023	TBA
Time to Talk Day - Mind	Thursday 2nd February 2023	TBA
Stress Awareness Month - Stress Management Society	April 2023	TBA
Mental Health Awareness Week - Mental Health Foundation	13-20th May 2023	TBA

Myth Busting

## Expectations

**We wish there was a magic wand that could fix everything, sadly, it doesn't exist!**

Referral to the wrong service with unrealistic expectations creates a bad service user journey, which:

- Disrupts engagement
- Causes frustration and disappointment
- Stops people from returning for help in the future

The MHST have a specific remit (low intensity CBT) so remember as much as we love to help, we might not always be the right service for all of your pupils.

### TOP TIPS FOR MANAGING EXPECTATIONS

#### Make Appropriate Referrals

We will offer consultation this academic year to support schools with this.

#### Give Accurate Information

MHST information sheet enclosed to give a clear overview to families when discussing referral.

#### Create Clear Expectations

To get the most out of work with the MHST, it is best to have:

- A specific goal that can be addressed with LICBT
- Readiness and willingness to make change
- Understanding that we offer guided self-help (this means completing tasks between sessions!)

## The Mental Health Support Team offer 6-8 sessions of low intensity Cognitive Behavioural Therapy based work.

Group work and parent work is our first line of treatment, particularly for younger children on caseload that are suitable for work with our service.

In cases where a young person would benefit more from a space to talk, we are happy to signpost you towards local counselling services.

Find Notts Healthcare Mental Health Services online...



[bit.ly/37qtfoZ](https://bit.ly/37qtfoZ)



[bit.ly/37xsn1P](https://bit.ly/37xsn1P)

### Useful Contact Details

ChildLine: 0800 1111  
Samaritans: 116 123

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:

CAMHS Crisis Team: 0115 844 0560  
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies