



MENTAL HEALTH SUPPORT TEAM

Termly Newsletter

EDITION 1
AUTUMN
2021

Welcome to the first MHST Newsletter!

A termly snapshot reflecting on success, providing updates and sharing information.
We hope this will support future planning.
Enjoy!

Summer Term Successes



Involvement and Participation

The Young People Focus Group ensures young people's voices are heard as our service develops. Our first group meeting in June was a big success!

Rebecca Webster and Tracy Duke are our MHST Involvement and Participation Champions

Ministerial Visit with Vicky Ford (MP)

This was a great chance to hear inspiring stories, share feedback and showcase the hard work that the MHST do with young people.

Mental Health Awareness Week (May 2021)

We shared content for MHA Week about spending time in nature.

Here is a refresher video about why this is beneficial to wellbeing:
<https://bit.ly/3fOyNy4>

Autumn Term Theme

Mental Health for All

The MHST take a Whole School Approach to wellbeing. We encourage you to regularly check in with yourself and other members of staff about how you are feeling this term.



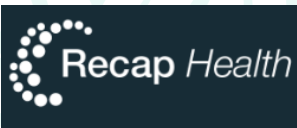
Bright
Idea

To create a culture of mental health for all use resources like the Whole Self MOT in pairs. To spread the conversation even further you can do this with a colleague you don't normally work with directly such as midday staff.



Mental Health First Aid's
My Whole Self MOT PDF

Staff Corner



Want emotional and wellbeing resources that complement the school curriculum?

Sign up to the Recap Health Service.

Talk to a member of the MHST to request tailored wellbeing resources to be shared with you via Recap.

You can also follow the link below for the Department for Education's June 2021 compilation of Mental Health and Wellbeing resources:

<https://tinyurl.com/3jp6mkvn>

School of the Term

Ashfield School

Well done for an amazing job supporting the Ministerial visit!



NEWS, FEEDBACK AND WHAT'S COMING NEXT..

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Exciting News!

Our Broxtowe, Bassetlaw, and Newark & Sherwood Teams' EMHPs are currently in training. They will be taking referrals and fully operational by February 2022!!

Feedback and Reflections

"...[the therapist] acknowledged that I worked full time, so fitting in sessions and the homework was a challenge, but she was really helpful and accommodating with this."

- Parent Feedback

"I feel like I have had a weekly guiding hand helping me through and that is invaluable. I am going to miss our weekly sessions so much and really hope that I continue to implement the changes at home"

- Young Person Feedback

Upcoming Groups and Workshops

Below is our group offer for young people and families with an estimate of when each will next run.

Groups for Parents

Forever Families
8 week group
November 2021

Managing your Anxious Child
7 week group
November 2021

Understanding Your Teen
Single Workshop
September 2021

Groups for Young People

Anxiety Group
5 week group (ages 11-18)
November 2021

Low Mood Group
8 week group (ages 11-18)
November 2021

Mental Health Leads
Please contact the MHST via email or send a referral form to the SPA to request spaces in groups (see Useful Contact Details at the bottom of this page)

Myth Busting

Early Intervention

There is no such thing as "too early" when it comes to MHST intervention.

Resilience building and guided self help are key aspects of promoting positive wellbeing so please keep referring in as soon as you identify students that would benefit from our support!



Exciting News!

We are running a pilot Peer Mentor Scheme for secondary schools in September 2021. The MHST will be in touch with more schools later in the year to discuss rolling the scheme out on a wider basis.

Find us online...



<https://bit.ly/37qtf0Z>



<https://bit.ly/37xsn1P>

Useful Contact Details

Call Us: 0115 876 0167

Email Us: CAMHSMHSTTrailerblazer1enottshc.nhs.uk

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