



MENTAL HEALTH SUPPORT TEAM

Parent Newsletter

**PARENT
EDITION 2
SUMMER
2022**

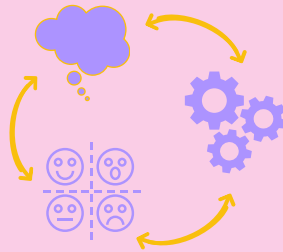
Meet the Team!

We told you last time that the MHST work across named schools with children and young people (CYP) aged 5-18 and that Cognitive Behavioural Therapy (CBT) based group work is our core offer. In this newsletter we will share more about what kind of practitioners make up our team...

A refresher on CBT

CBT: The idea that how we think, act and feel are all connected.

Noticing patterns and making small changes to how we think and act, can reduce feelings of distress, anxiety and low mood.



Cognitive Behavioural Therapists

The need for 1:1 CBT is assessed on an individual basis. Input at EMHP level would be the most common first line of treatment.

Offer: Full CBT, cognitive and behavioural strategies
Presentations Covered: moderate low mood, individual traumatic events, and anxiety (inc social anxiety and OCD)

Education Mental Health Practitioners

EMHPs work with our schools providing **early intervention** and delivering the bulk of workshops and groups.

Offer: CBT-based, mostly behavioural strategies
Presentations Covered: mild anxiety and low mood

Groups are the most common first line of treatment - the need for 1:1 work with an EMHP is assessed individually.

Specialist Practitioners

CBT isn't right for everyone. Specialist Practitioners support in these cases and come from a range of backgrounds such as SEND, nursing and social care.

Offer: Person-centred, evidence-based support and strategies
Presentations Covered: mild to moderate anxiety and low mood that would benefit more from a holistic approach

Parent Corner

Spotlight on Resilience

Research shows the ability to adapt to, work through and recover from challenge might be a key ingredient for happiness, success, and achievement.

This is known as Resilience

This doesn't mean being unaffected, instead that you can manage challenges when they do arise. Remember, we can't develop resilience without experiencing difficulty!!

Developing resilience can help us manage unexpected change, transitions, and daily stressors with confidence. Here are some handy resources...

[A video to watch with your child that explains the concept simply and gives top tips to build resilience](#)

[Best Start's "Building Resilience in Young Children" Parent Booklet](#)

[YoungMinds Parents' Guide To Looking After Yourself](#)



MENTAL HEALTH SUPPORT TEAM

Parent Newsletter



The Whole School Approach

All MHST Practitioners skill up and educate everybody in our project schools around maintaining wellbeing.

We identify need in our project schools through audit and consultation with staff.

This helps us to offer general workshops for staff as well as the pupils and parents who are not on our caseload.

For Staff

Basics of Pupil Wellbeing, Staff Wellbeing & Train the Trainer Workshops



For Pupils

Exam Stress, Peer Mentoring Scheme, School Transitions, Self-care, & Sleep

For Parents

Basics of Wellbeing, Understanding Your Teen, & Sleep



The Group Offer

Our first line of treatment following an individual referral is group work.

Below are the groups we routinely run via Microsoft Teams. Our groups run throughout the year - even during the school holidays.

Watch this space for future groups!

Parents:

Forever Families:

8 x 1.5 hours

Supporting parents to manage mildly challenging behaviours at primary age.

MAC (Managing Anxiety with your Child);

5 x 1.5 hours + two individual telephone calls.

Supporting parents to use a step-by-step approach to manage child anxiety and avoidance.

Young People:

Secondary Anxiety Group:

6 x 1 hour

Supporting children 11+ to understand and learn practical strategies to manage worry.

Referral Information

If you and your child could benefit from a referral for targeted work, either ask to speak to the Mental Health Lead in your child's school, or refer yourselves...



Follow this QR code for the online self-referral form.

Select that you are a Parent/Carer of a child at an MHST school and specify your child's school on the drop down.

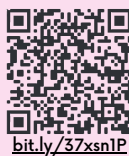
This helps the MHST get your referral as promptly as possible.

Find out more about the MHST and look at resources on our webpage: <https://bit.ly/37xsn1P>

Find Notts Healthcare Mental Health Services online...



bit.ly/37qtfoZ



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