

Dorset Mental Health Support Team in Schools



N E W S L E T T E R

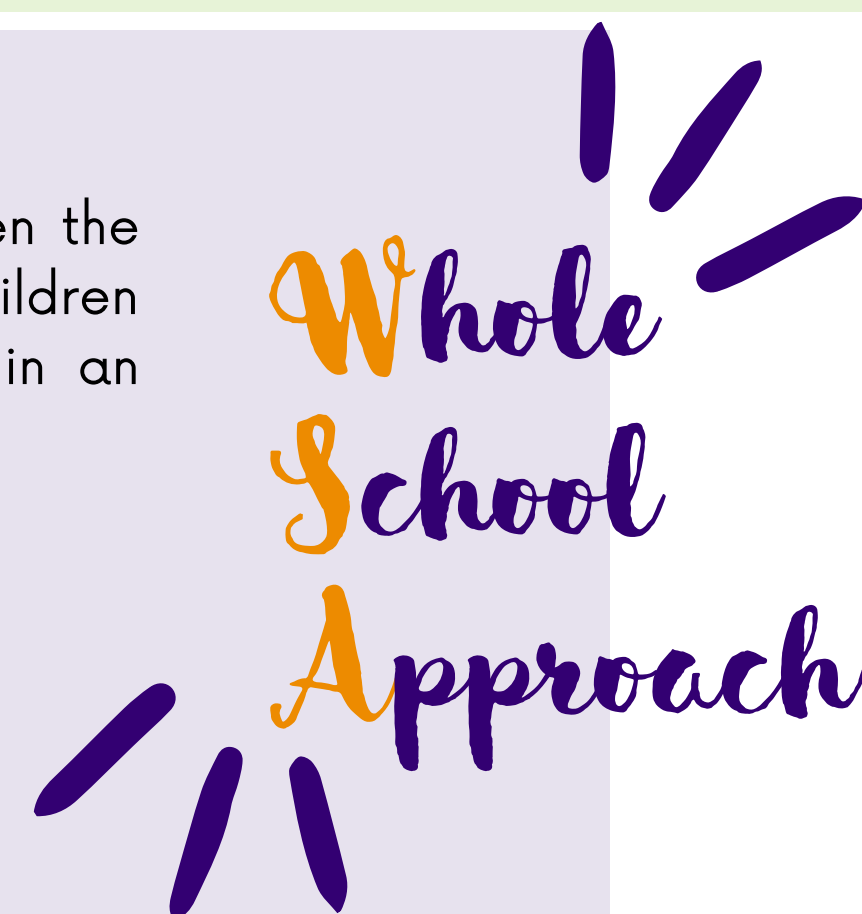
Welcome to the fifth MHST Newsletter which aims to keep you updated on significant developments in the MHST in Schools project as well as facilitate regular communication between participating pilot schools and other agencies who may become more actively involved with the team in the future.

ABOUT US

Mental Health Support in Schools Teams (MHST) are part of a joint national initiative between the Department of Education and NHS England to improve access to psychological therapies for children and young people presenting with emerging low mood and mild to moderate anxiety within an educational environment.

The 3 core functions of the teams are:

- 1** Evidence based interventions for mild to moderate emotional and mental health issues
 - Individual/face to face
 - Group work
 - Group parenting classes
- 2** Supporting the designated Mental Health Lead in each school/college to introduce or develop a whole school/college approach to emotional wellbeing
- 3** Giving timely advice to school and college staff, signposting and liaising with external specialist services to help CYP get the right help and support



BOURNEMOUTH, CHRISTCHURCH AND POOLE TEAM UPDATE

Since the last newsletter in December, we welcomed our 8 trainee Education Mental Health Practitioners out into practice. They are still working part time at University but have enjoyed starting work with children, young people, families and schools. We have also started to welcome some new schools into the programme, with more coming on board this term. We have continued to work with small groups of children and young people who are needing some extra support with their emotional wellbeing, as well as beginning to think about how we can support our parents and carers through some groupwork.

In February, we joined up with AFC Bournemouth's Community Sports Trust to introduce the importance of good physical wellbeing and its impact on good emotional health. We were lucky enough to have two of the female AFC Bournemouth Team players work alongside two groups of children and young people from Kings Park Academy and Oak Academy, putting them through their paces and answering their questions about overcoming adversity and developing resilience.

This term we are focussing on working with some of our schools to undertake an audit of what they are already offering to support children and young people's emotional health, and thinking with them about how we can help them to make things even better. We will also be spending time with our Year 6's before they move up to Secondary School, giving them some top tips and support around this transition, with our Year 11's looking at managing exam stress and with the young people who attend Bournemouth and Poole College offering them a drop in where they can discuss any worries they may have and receive extra support if they need and want it.



NORTH AND EAST DORSET TEAM UPDATE

North Dorset have congratulated two of our trainee EMHP's who are now qualified and have been meeting their new link schools. We are really proud of them and the contribution they are making to the team. Our EMHP's have successfully delivered Emotional Wellbeing workshops (EWW's) to children in key stage 2 and 3 during the Spring 2022 term which have been positively received. This work will continue during the Summer 2022 term alongside support for year 6 pupils transitioning to secondary school.

With regards to the East, we have enjoyed introducing the MHST to our allocated Schools. Our trainees are working very hard and progressing well with completing assessments and intervention cases alongside all the university deadlines. We are really looking forward to being more present in schools to be able to develop relationships further and continue positive joint working.



WEYMOUTH, PORTLAND AND WEST UPDATE

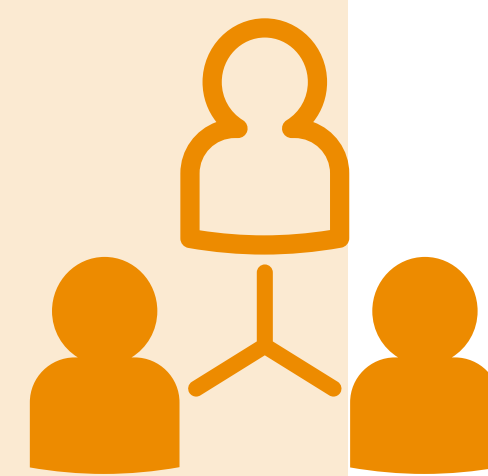
It has been a busy, but exciting, Spring Term in the Weymouth, Portland, & West MHST. As part of the expansion of our offer across the area, we have been able to meet with new schools and build new relationships with school staff. Similarly to across the service, our Education Mental Health Practitioners who started their training in September have been able to join us full time, utilising their knowledge and expertise in providing individual interventions for children and young people across our schools.

As part of our whole-school approach to supporting wellbeing within schools, we have been able to offer a range of different 'Wellbeing Workshops' including psychoeducation around friendships and anxiety, and developing independent problem-solving skills. We are eager to deliver sessions around Transition across our primary schools in the new term too! We have also started to support the school wellbeing audit process in a small number of our schools; the audit is part of an evidence-based approach to support staff, lead change, and engage with parents, carers, and the community to meet children and young people's needs.

Although predominantly we use a low-intensity CBT approach, we have been fortunate to access training around Acceptance and Commitment Therapy, and Compassion Focused Therapy – we are all looking forward to using these evidence-based concepts in our work with schools, parent/carers, and our young people. We have also been thrilled to welcome Kate, our Low-Intensity Counsellor, to the team!



Wellbeing Workshops



SOCIAL MEDIA

Be sure to follow us on our journey where you can meet our amazing team, hear more about what we get up to, get access to our resources and ideas on how to look after yourself and boost your wellbeing. Do feel free to share our posts and tag us! @dorsetmhst



Your local team emails are:

Bournemouth, Christchurch & Poole (BCP): dhc.mhsteam.bcp@nhs.net

North & East Dorset: dhc.mhsteam.northandeastdorset@nhs.net

Weymouth, Portland & West: dhc.mhsteam.weymouthandportland@nhs.net

