

Mental Health Support Teams in Schools

North Herts Newsletter

Issue No. 1
January 2023

Welcome

Welcome to our January newsletter. We hope everyone had a good Christmas and we wish you a Happy New Year and all the best for the new term. We look forward to sharing all the latest news and events about the Mental Health Support Team for North Herts.

Reflection on the Autumn term:

We would like to thank you all for engaging with our service throughout the last academic year. We have really appreciated the 'warm welcome' and joint working.

Meet the Team

Your North Herts MHST Team:

Education Mental Health Practitioners (EMHPs)



Jennie Walton
Team Leader



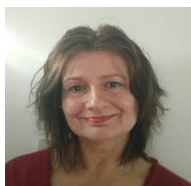
Sophie Brown



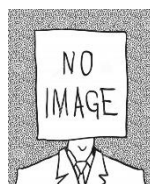
Sabrina Bakare



Amy Johnstone
Admin Support



Rebecca McCormack



Recruiting



Suzie Dart



Jackie Stuart

Interventions for Children and Young People

- ✚ 6-week Parent led 1:1 intervention for Child Anxiety or Behaviour
- ✚ 8-week Anxiety intervention
- ✚ 8-week Low Mood intervention
- ✚ Group work
 - Riding the Wave workshop: Aimed at young people to help manage their strong emotions and self-harm
 - Exam Stress
 - Anxiety Management
 - Brain Buddies or Emotion Explorers (Primary)
 - Managing My Emotions (adapted resource for SEN/SEMH)
 - Friendships
 - Settling in for Year 7 (4 weeks)
 - Exam preparations for Year 10 & 11 (4 weeks)

We are happy to accommodate a workshop on any topic where anxiety or low mood is a factor, please speak to your EMHP.

Sessions for Parents/Carers

- ✚ 5-week parent led child anxiety group
- ✚ 4-week parent led adolescent low mood group
- ✚ Separation Anxiety workshop
- ✚ Self-harm awareness workshop

Sessions for School Staff

- ✚ Staff wellbeing workshops
- ✚ Drop-in sessions for advice about supporting students (30 mins max)
- ✚ Anxiety, Low Mood and Self Harm awareness
- ✚ Spot the signs workshops
- ✚ Workshops around exam stress
- ✚ Workshops around transition
- ✚ SEN support
- ✚ Signposting

Services

- **Group work** - We require signed MHST consent forms for each young person attending any targeted group. (This does not include whole class Brain Buddies/Emotions Explorers). This will enable MHST to link together if a young person has had 1:1 intervention within the service. The school will be responsible for the completed MHST consent forms and to forward them onto their Mental Health Practitioner prior to the targeted group. If there are concerns with obtaining

consent from parents, please speak to your practitioner.

- **Termly Cluster Meeting: TBA.** Proposed date and times will be emailed to all schools.

- **Awareness days** - We are happy to assist with workshops or assemblies on a variety of awareness days where we know that anxiety and low mood can correlate. We will also be sharing a variety of resources developed by the MHST wider service.

Children's Mental Health Week	4 th -11 th February 2023
Mental Health Awareness Week	13 th -20 th May 2023
Men's Health Week	10 th June 2023
Parent Mental Health Day	27 th January

Please advise MHST of any other days

Referrals

The online referral system has resumed. Please use this for all direct 1:1 referrals
<https://clientportal.pcmis.com/HertCYP.html>

Please continue to discuss groups and workshops with your EMHP and use the group referral form which should be sent to our team inbox hpft.mhstnorthherts@nhs.net

Feedback

We welcome and value your feedback. Your feedback helps us develop and improve the service we provide. To provide feedback, please send an email to the MHST email address:
hpft.mhstnorthherts@nhs.net



Mental Health Support Teams for North Herts have a feedback survey for service users. Please click the link or scan the QR code: [Feedback Survey](#) and type **MHST North Herts** in the comments section.

Compliments received

“Amy has fitted in really well at Highfield and I am sure she is going to be a real asset to our Team. I wish you all every success going forward.”

I would like to say that we have been super-impressed both with Sabrina, our EMHP, and the efficiency of the whole system. Everything in the NHS seems to work so much more seamlessly than in Education, and we are so grateful to have Sabrina, with the support of the team, on board!

Sophie,

Thanks again for all your input and for getting stuck in straight away. We are very lucky to have you.

Spotlight on Signposting

We would like to bring to your attention: Kooth as a support organisation.



Kooth Mail - Kooth
January Newsletter.pc

Useful Webinars

Here are some useful resources/free webinars recommended by Reading University for parents and carers.

<https://www.mindedforfamilies.org.uk/young-people>
<https://charliewaller.org/what-we-offer/free-webinars/>
<https://www.dove.com/uk/dove-self-esteem-project.html>

New Schools Coming Onboard

- Hitchin Girls
- Hitchin Boys
- St John's Catholic School
- Wymondley Primary

Contact us

If you would like to contact us with any queries or suggestions, please do not hesitate to either call: 07866 201723 or email: hpft.mhstnorthherts@nhs.net between the hours of 9am to 5pm Monday to Friday

<https://www.healthyyoungmindsinherts.org.uk/news/2022/mar/schools-mental-health-support-teams-mhst>

