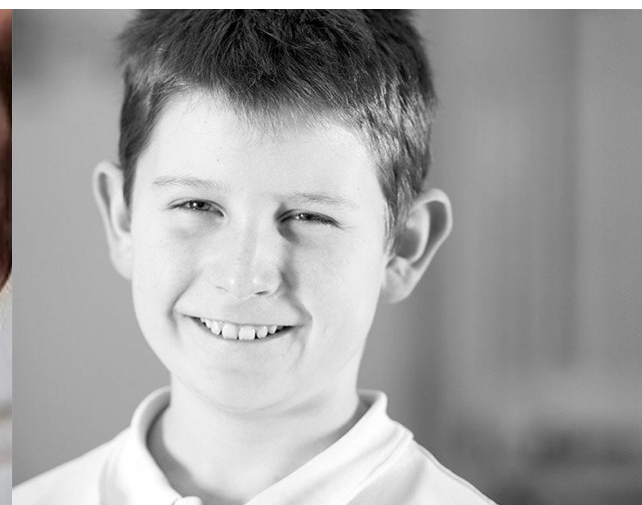




# Healthy Minds Team Service Update

## September 2022



South Tyneside Council



South Tyneside  
NHS Foundation Trust



**NHS**  
South Tyneside  
Clinical Commissioning Group



About the Team

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Aims of the service

---

The EMHP role

---

The three core functions

---

Case studies

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Other services and signposting

---

Training offer

---

Future plans

A close-up photograph of a hand gently holding a small green seedling with two leaves. The background is a soft-focus image of a maple leaf, with its silhouette overlaid in a dark brown color. The overall theme is growth and care.

# About the Team

- From the Trailblazer programme from the Governments Green Paper (2017).
- Designed to work with schools and colleges to provide a **whole school approach** to mental health support.
- Provide **early intervention** support to students; to **promote resilience**; deliver **evidence-based support**, care and interventions to ensure our young people receive the right support at the right time.
- In South Tyneside, **our children and young people named** the Mental Health in Schools Team, **the Healthy Minds Team**.
- The Healthy Minds Team **are an additional resource**, working alongside mental health services which already exist. **The Healthy Minds Team do not replace support which is already available**, either via commissioned services or which school buy-in.
- South Tyneside have **whole school coverage**.

# Aim of the Service



To improve mental health and wellbeing amongst children and young people, improve quality of life and functioning in all aspects of life – leading to better educational outcomes and improved prospects into adulthood.



Positive experiences for children, young people, parents / carers of the therapeutic journey and engaging with mental health services, improving knowledge and confidence in dealing with mental health issues.



Improvement in appropriate referrals to all Mental Health services, through early identification and assessment. Identifying needs at an early stage can help prevent those difficulties escalating to what would have previously then required specialist interventions.




Education settings feel better equipped and supported to help children and young people to look after their own mental health, and encourage them to seek help, and gain a better understanding of mental health and emotional wellbeing needs.



Support schools to develop a whole school approach to mental health.

# The EMHP Role

- The Healthy Minds Team is mainly made up of a team of Education Mental Health Practitioners (EMHPs).
  - Each school in South Tyneside has an allocated EMHP.
  - Each EMHP in the team typically works across five schools (one per day).
  - EMHPs work across both primary and secondary schools.
  - EMHPs deliver a balance of 1:1 support, whole school approach workshops for young people, group work, consultations and staff training.
  - EMHPs are trained in low-intensity cognitive behavioural therapy (CBT).
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# The three core functions

The Healthy Minds Team and (other mental health support teams) have three core functions:

- To deliver evidence-based interventions for mild-to-moderate mental health issues.
- To support the senior mental health lead (where established) in each school or college to introduce or develop whole school or college approach.
- Give timely advice to school and college staff, and liaise with external specialist service to help children and young people to get the right support and stay in education.



# Core functions

## ***1. 'To deliver evidence-based interventions for mild-to-moderate mental health issues.'***

The Healthy Minds Team offer **evidence based**, effective, brief interventions for children, young people and families experiencing a range of **mild – moderate** mental health issues including:

- Low Mood / depression
- Generalised anxiety
- Social anxiety
- Mixed anxiety and low mood
- Behavioural and emotional difficulties
- Panic disorders
- Separation anxiety

These interventions are typically six to eight sessions long, are guided self help and are based on low intensity CBT.

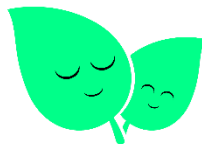


# Evidence-based interventions

Our purpose is to work with young people at the earliest possible opportunity, to prevent problems from escalating.

1:1 work is only a small part of what we do, we are also commissioned to:

- Deliver preventative workshops.
- Offer group interventions which focus on building emotional resilience.
- Offer workshops to parents and families.



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# Core functions

***2. 'To support the senior mental health lead (where established) in each school or college to introduce or develop whole school or college approach.'***

A whole-school approach defines the entire school community as a single unit and involves coordinated action between three components:

- Curriculum, teaching and learning
- School ethos and environment
- Family and community partnership

NICE guidelines, DfE and Public Health England have also recently published guidance on how to implement a whole school approach to mental health and well-being.

This can be achieved via weekly consultations with the senior mental health lead and/or wider pastoral team.

## Core functions

***3. To give timely advice to school and college staff, and liaise with external specialist service to help children and young people to get the right support and stay in education.***

The Healthy Minds Team does this by:

- Having regular consultations with senior mental health leads and/or pastoral teams.
- Delivering staff training.
- Signposting to other suitable services.
- Working alongside other services e.g. early help, school nurse team.
- Referring onto other services e.g. CYPS, EDICT if the presenting problem exceeds the mild to moderate range we work with.

# What the team cannot support with

There may be times where we are not able to offer direct support to children and young people. This may include:

- Where a child or young person is **already accessing** / or waiting for support through another mental health service, such as CYPS.
- Where the mental health needs of a child or young person **sit above** the threshold of a mild-moderate presentation, where there is **complexity**, or **high risk** and their mental health needs are **best met** with a specialist provision.
- In these instances the HMT **are able to support** those children within a whole school approach / generic wellbeing workshops / whole class / year group work.
- All referrals must be discussed with the EMHP who is based in your setting, so that appropriate referrals are made.



# What does a typical low-intensity CBT session look like?

The structure of a low-intensity CBT session is usually as follows:

- Check in
- Risk check
- Goals
- Review of home task and recap of previous learning
- A main activity and/or activities
- Home task
- Any questions
- Book next appointment

Sessions are usually 35 to 45 minutes in length.

## The journey so far...



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Significant increase in whole class, preventative workshops being delivered since 2021

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Increased interest in staff training (Icamhs)

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Continued interest in group work

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Strong engagement from parents and carers

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Mental health champions within schools – child's voice/coproduction

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EMHPs continuing to develop a strong presence in schools

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Increased presence across different school events e.g. summer school, parents evenings

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Proactive -v- reactive

# Case study - Summer School



- The Healthy Minds Team delivered The 'Five Ways to Wellbeing' to promote positive mental health and wellbeing, teaching strategies that pupils can use daily to maintain positive mental health.
- **Connect** – this provided children with the information to know who to talk to when they start school. For example, transition worries and what staff deal with this. It helped signpost the children to the support they might need and who they could talk to.
- **Be Active** – This provided an opportunity for the link at school to find out what sport and activities the children did and to inform them of what sporting/exercise they can get involved in at school. The children did the Mexican wave together which connected them as a group.
- **Take Notice** – Group meditation to understand 'being present in the moment'
- **Learn** – The children learnt the 'five ways to wellbeing' in Spanish. The link informed them of all the creative clubs that they can get involved in.
- **Give** – The children decorated a heart to give to someone and discussed that things they do at home and school to help others.

## Case study

- The LGBTQ+ Pride Event was held at Boldon School on Friday 1<sup>st</sup> July 2022.
- Secondary schools across the borough were invited to the event.
- Young people attended workshops delivered by a range of services, including the Healthy Minds Team.
- Our workshop was aimed at educating young people about the physical symptoms of anxiety. Young people completed a practical activity of labelling physical symptoms on a gingerbread template.





# Appropriate support to consider

EMHPs may also signpost to other services who may be better placed to support children and young people. Examples may be:

- Early help
- Toby Henderson Trust
- Humankind
- Kooth
- Safer Hands and Impact Family Services
- Escape Interventions
- Kayaks
- Waves
- Bright Futures
- Matrix
- ARFID
- Lifecycle
- CYPs
- EDICT




# How schools can support the Healthy Minds Team

- Ensure room bookings are kept.
- Ensure the room is confidential so that the young person feels safe to talk.
- Discuss all requests for support with your link worker.
- Highlight to young people, parents and carers the importance of attending appointments.
- Update EMHPs on any incidents that have occurred in school which may have had an impact on the young person.
- Invite EMHPs to any multi-agency meetings that may take place with other services.
- Treat EMHPs as a member of the school workforce and not a visitor.



# Training Offer

Training has been developed to support the academic year, topics such as:

- Mental health training – iCAMHs.
  - Anxiety / exam stress / transitions (teacher, child, parent options).
  - Whole school approach – mental health workshops including Living Life to the Full.
  - Bespoke options – discuss with your link worker from the HMT.
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# What's Next?

- HMT will continue to support schools to develop a **whole school approach** to mental health.
- The team can provide support at events in schools such as:
  - ✓ Parents evenings
  - ✓ Activity days (such as sports days)
  - ✓ Transition days



# Thank you

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