

MENTAL HEALTH SUPPORT TEAM (MHST) IN SCHOOLS

P A R E N T S / C A R E R S



Dorset HealthCare
University
Foundation Trust



Dorset
Mental
Health
Support
Team in
Schools

N E W S L E T T E R

Welcome to our MHST Newsletter. We hope that the Autumn term has been good for both parents/carers and children. It still feels a bit like we are not quite to "normal" yet, but schools and students have been coping really well with the challenges of covid and we hope you all have a good break over the Christmas holidays.

MHST IN SCHOOLS

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:

- Delivering evidence based interventions for mild to moderate mental health issues through individual face to face work, group work for pupils or parents and group parenting.
- Supporting the school's mental health lead to introduce or develop their Whole School Approach to mental wellbeing.
- Giving timely advice to school and college staff, and liaising with external specialist services, to help children and young people to get the right support and stay in education.

There are currently three teams in Dorset: Bournemouth, Christchurch and Poole, Weymouth and Portland and North Dorset. All three teams are expanding and have recently recruited new staff which means they can all help even more students' in more schools across Dorset.

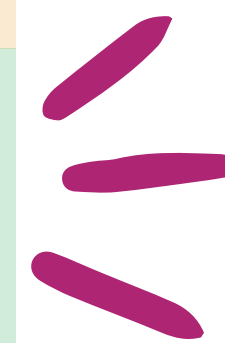
WHAT HAVE THE MHST BEEN UP TO?

The MHST have been in a lot of schools over the last few months delivering group sessions to Key Stage 2 students as well as Year 7 in their new Secondary Schools. The MHST teams have also delivered staff training, created new resources for students and staff about emotional wellbeing and run groups for parents/carers to support them with their child's anxiety.

We have also been seeing a lot of young people and their families for 1:1 Cognitive Behavioural Therapy (CBT) sessions. We support young people with symptoms of social anxiety, low mood, separation anxiety, panic, OCD and some specific phobias.

More information about our services can be found at: <https://camhsdorset.org/about-camhs/mental-health-support-teams-mhsts>

You can also speak to your school to find out more about how the MHST can support you and your child with their emotional wellbeing.



LOGO COMPETITION - WINNER ANNOUNCED!

The MHST in Schools are thrilled to announce that we have a brand new logo.

After a really tough competition with fantastic entries from a number of students across the Dorset area, all staff in the three teams voted and our winner was a design by a **Year 5 child at Downlands Community School in Blandford Forum**.

We will be using the winning logo on our reports and presentations, and will also be showcasing some of the other design entries in our work so that everyone can see how wonderful they were.

We are so grateful for all of the entries. It was wonderful to have the ideas and views of the young people we are working to improve emotional wellbeing in schools for.



SUPPORTING YOUNG PEOPLE AT CHRISTMAS TIME

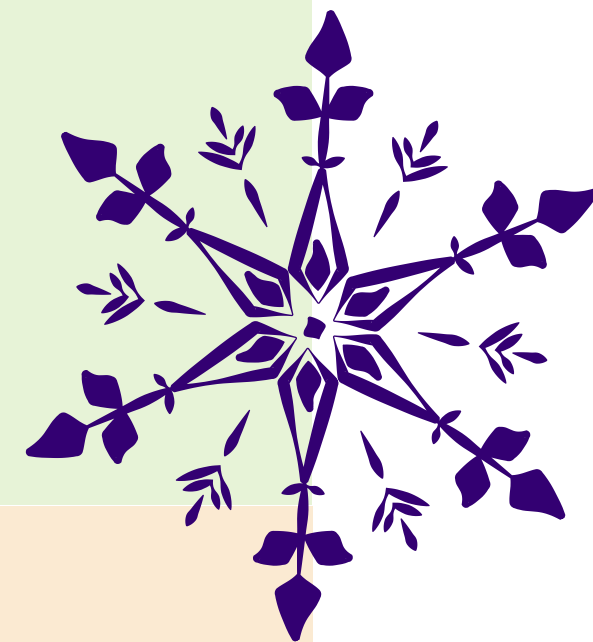
Christmas can be wonderful for some, but it isn't wonderful for all. Young people are facing more stress, grief and loneliness than ever. If you are looking for ways to support your child over the school break, they can access support from:

Young Minds - www.youngminds.org

Childline - 0800 1111

Shout! - 85258

In a mental health emergency where a young person is concerned about their wellbeing, or the wellbeing of anyone else, they can always contact Connection on 0800 652 0190 or call NHS 111 and ask for Mental Health. Support is available 24/7.



LOOKING AFTER YOURSELF AT CHRISTMAS TIME

Much like young people, parents/carers also need to take care of their own emotional wellbeing too and reach out if they are needing help. Take opportunities for you time for yourself and recharge your batteries where you can. Can you get out everyday and go for a short walk? Can you spend time doing activities you enjoy as well as giving to others in your life?

If you are over 18 and worried about your own mental health and emotional wellbeing, you can access support from Steps2Wellbeing - steps2wellbeing.co.uk

SOCIAL MEDIA

Our social media pages have really taken off in the last few months. We have covered topics including worries about returning to school, stress, sleep, supporting Trans friends and family, circles of control and much much more.

We now have 517 followers on Instagram and 354 followers on Facebook which has allowed us to reach over 8000 accounts across the two platforms. Our engagement levels are continuing to rise and the feedback we are getting from young people and their parents/carers is that our social media is a useful tool for improving their understanding of topics affecting young people.

Are you following us yet?

Check us out on:



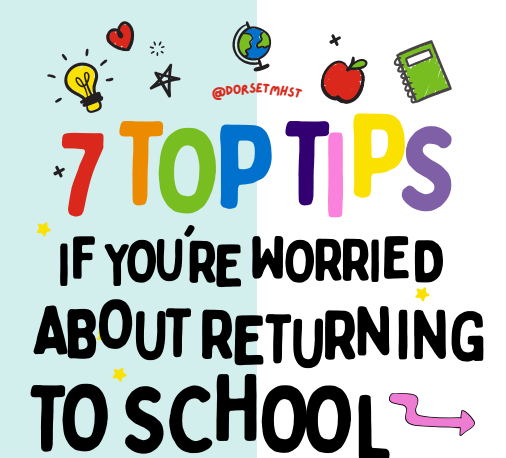
FACEBOOK
@dorsetmhst



TWITTER
@dorsetmhst



INSTAGRAM
@dorsetmhst



Your local team emails are:

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

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