

HEALTHY MINDS TEAM

# Menu of Support for Primary Education Providers



# Introduction

The Healthy Minds Team is a Mental Health Support Team based in South Tyneside and provided by South Tyneside & Sunderland NHS Foundation Trust.

We offer early intervention to help children, young people and their families who are struggling with mild to moderate anxiety and/or depression.

The team comprises of Education Mental Health Practitioners, Primary Mental Health Workers and Primary Mental Health Specialists who provide a range of emotional, behavioural and psychological support services to children, young people, parents and professionals in Sunderland.

Our team will be linked with schools and colleges across South Tyneside promoting a Whole School Approach to Building Resilience and Promoting Positive Wellbeing.

## Name of Model??



# Helping You To Help Them

## Offer to School Staff

Offer	Delivery	Access
<p><b>Consultation</b> Practical advice for school staff pre Request for Support</p>	<p>Face to Face in Education Setting</p>	<p>Arranged with Healthy Minds Team Link Worker</p>
<p><b>I CAMH-Mental Health Awareness &amp; Training</b> (Risk &amp; Protective factors, Child Development / Attachment, Common Mental Health Problems)</p>	<p>4 sessions (face to face in school or webinar) Can be delivered as a whole day, half day or 4 x 1.5 hours</p>	<p>Arranged with Healthy Minds Team Link Worker</p>
<p><b>Enhanced Training</b> Introduction to the MHST, Supporting Exam Stress, Transition Support, Emotional Based School, Anxiety, Trauma Awareness</p>	<p>Available to all school staff. Delivered face to face within your education setting</p>	<p>Arranged with Healthy Minds Team Link Worker</p>
<p><b>Bespoke Training</b> To be discussed in consultation and based around identified school mental health needs</p>	<p>Available to all school staff. Delivered face to face within your education setting</p>	<p>Arranged with Healthy Minds Team Link Worker</p>



# Helping You To Help Them

## Offer to Parents and Carers

Offer	Delivery	Access
<p><b>Parent Led CBT</b> Teaches parents cognitive behavioural strategies that they can use with their child to overcome anxiety</p>	<p>6 x 1.5 hours sessions Held virtually and locally in a group setting</p>	<p>School staff to identify children, between 5 and 12 years of age who are suffering with mild to moderate symptoms of anxiety. Request for Support required</p>
<p><b>Guided Self Help Parenting</b> Understanding emotional and behavioural problems and helpful strategies</p>	<p>6 x 1.5 hour sessions Held virtually or locally but not necessarily onsite</p>	<p>School staff to identify children, between 6 and 12 years of age who are struggling to manage their behaviour. Request for Support required</p>
<p><b>Transition Support</b> Understanding and normalising the anxieties that come with school transitions.</p>	<p>2 x 1 hour sessions available via webinar</p>	<p>Eventbrite links available from Healthy Minds Team Link Worker No Request for Support required</p>
<p><b>Bespoke Training</b> To be discussed in consultation and based around identified school mental health needs</p>	<p>Available to all school staff. Delivered face to face within your education setting</p>	<p>Arranged with Healthy Minds Team Link Worker</p>

# Helping You To Help Them

## Whole School Approach

Offer	Delivery	Access
<p><b>We Eat Elephants</b> Helping children understand their feelings and make changes to how they feel using evidence based CBT methods</p>	<p>6 x 1 hour weekly group session Held within school. Staff member from the school must be present during these sessions</p>	<p>Education setting to identify target year group and request from their Healthy Minds Link Worker. For Years 1 – 6</p>
<p><b>Everyone Worries</b> Aims to support Year 1 pupils' entry to formal education by normalising anxiety and strategies to manage everyday worries</p>	<p>1 hour session delivered to the whole class. Staff member from the school must be present during these sessions</p>	<p>Specifically for Year 1. Request from Healthy Minds Link Worker</p>
<p><b>Transition Support</b> Understanding and normalising the anxieties that come with school transitions</p>	<p>2 x 1 hour sessions delivered to the whole class. Staff member from the school must be present during these sessions</p>	<p>Specifically for Year 6. Request from Healthy Minds Link Worker</p>
<p><b>Assemblies</b> Introduction to the Healthy Minds Team Mental Health Awareness linked to national events</p>	<p>World Mental Health Day Children's Mental Health Day Alternatives to be discussed individually</p>	<p>Arranged with Healthy Minds Team Link Worker</p>

# Helping You To Help Them

Continued....

Offer	Delivery	Access
<p><b>Winning at Wellbeing</b> Aims to support pupils' capacity to change and to increase wellbeing by successfully navigating stress and challenges</p>	<p>2 x1 hour session delivered to the whole class. Staff member from the school must be present during these sessions</p>	<p>Education setting to identify target year group and request from their Healthy Minds Link Worker Key Stage 2</p>
<p><b>Five Ways to Wellbeing</b> Helping pupils to find and practice simple things which can boost mood and promote happiness</p>	<p>1 hour session delivered to the whole class. Staff member from the school must be present during these sessions</p>	<p>Education setting to identify target year group and request from their Healthy Minds Link Worker Key Stage 2</p>
<p><b>Psychoeducation</b> Understanding the physical feelings associated with worry and low mood and strategies to help</p>	<p>1 hour session delivered to the whole class. Staff member from the school must be present during these sessions</p>	<p>Education setting to identify target year group and request from their Healthy Minds Link Worker For Years 1 – 6</p>

# Helping You To Help Them

Direct Help and Support

Offer	Delivery	Access
<p><b>Individual Low Intensity CBT</b> To support young people who are experiencing Generalised Anxiety, Social Anxiety and Separation Anxiety, Panic, OCD</p>	<p>1:1 Support for young person Sessions lasting between 30-40 minutes over a period of 6 – 8 weeks within education setting</p>	<p>Mental Health Lead to work with school staff to identify pupils who will benefit from intervention. Request for Support Required</p>
<p><b>Behaviour Activation</b> To support young people who are experiencing low mood with evidence based support</p>	<p>1:1 Support for young person Sessions lasting between 30-40 minutes over a period of 6 – 8 weeks within education setting</p>	<p>Mental Health Lead to work with school staff to identify pupils who will benefit from intervention. Request for Support Required</p>
<p><b>Fun Friends</b> Helps build the social and emotional skills of young children by using fun, play-based activities</p>	<p>Delivered in a group to targeted young people 8 x 1 hour weekly sessions. Co-delivered by Healthy Minds Link Worker and School Staff</p>	<p>School staff to identify Key Stage One pupils who will benefit from this intervention Request for Support Required</p>
<p><b>Friends for Life</b> A social skills and resilience curriculum that has been recognised by the WHO as an effective tool set to prevent anxiety for children</p>	<p>Delivered in a group to targeted young people 8 x 1 hour weekly sessions. Co-delivered by Healthy Minds Link Worker and School Staff</p>	<p>School staff to identify Key Stage One pupils who will benefit from this intervention Request for Support Required</p>

# Helping You To Help Them

## Further Information

- **In the first instance you should always try to contact your link worker from the team for advice and support, however, you can also:**
- Complete the Request for Support Tool (please speak to your school senior mental health lead to discuss and ask them to discuss the case for advice during their consultation slot).
- You can also send the completed form to: [stsft.mhadminteam@nhs.net](mailto:stsft.mhadminteam@nhs.net)
- If your link worker is not available and you need advice, please contact the Single Point of Access at Lifecycle on: 0191 2832937

### Healthy Minds Team

 | 0191 424 7385

 | [Hr.Training@southtyneside.gov.uk](mailto:Hr.Training@southtyneside.gov.uk)

 | [www.southtyneside.gov.uk](http://www.southtyneside.gov.uk)

 | [www.facebook.com/STynesideCouncil](http://www.facebook.com/STynesideCouncil)

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If you know someone who needs this information in a different format, for example large print, Braille or a different language, please call Marketing and Communications on 0191 424 7385.