## **HEALTHY MINDS TEAM**

# Menu of Support for Secondary 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.

## **The 3 functions of The Healthy Minds Team**



## Helping you to help them

- Training for School Staff
  - Training for Parents / Carers
  - Link Worker for Advice & Consultation

# Resilience & Wellbeing

preventative programmes aimed at groups and whole class delivery

# Direct help & support offer

Graduated offer of direct support

# **Helping You To Help Them**

**Offer to School Staff** 

## Offer

## **Delivery**

## Access

#### Consultation

Practical advice for school staff pre Request for Support Face to Face in Education Setting

Arranged with ealthy Minds Team Link Worker

### I CAMH-Mental Health Awareness & Training

(Risk & Protective factors, Child Development / Attachment, Common Mental Health Problems) 4 sessions (face to face in school or webinar)
Can be delivered as a whole day, half day or 4 x 1.5 hours

Arranged with Healthy Minds Team Link Worker

#### **Enhanced Training**

Introduction to the MHST, Supporting Exam Stress, Transition Support, Emotional Based School, Anxiety, Trauma Awareness

Available to all school staff.
Delivered face to face within
your education setting

Arranged with Healthy Minds Tean Link Worker

#### **Bespoke Training**

To be discussed in consultation and based around identified school mental health needs

Available to all school staff.

Delivered face to face within your education setting

Arranged with Healthy Minds Tean Link Worker

# **Helping You To Help Them**

## **Offer to Parents and Carers**

## Offer

## **Delivery**

## Access

#### **Parent Led CBT**

Teaches parents cognitive behavioural strategies that they can use with their child to overcome anxiety

Held virtually and locally in a group setting

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

### Guided Self Help Parenting

Understanding emotional and behavioural problems and helpful strategies

Held virtually and locally in a group setting

School staff to identify children, between 5 and 12 years of age who are struggling to manage their behaviour.

#### **Parent Carer Peer Network**

Monthly online support forum. Sessions based around common mental health problems and Q&A

1 hour session monthly available via webinar

TEAMS links available from Healthy Minds Team Link Worker

No Request for Support required

#### **Bespoke Training**

Topics can be discussed and agreed with the link worker / via parent carer network Available to all school staff.

Delivered face to face within your education setting

At parent carer networks

# **Helping You To Help Them**

## **Whole School Approach**

### Offer

## **Delivery**

## Access

### **Anxiety**

Aims to support young people to understand and normalise anxiety and self-help strategies

1 hour session delivered to the whole class. Staff member from the school must be present during these sessions Education setting to identify classes that may benefit from this support and request support from their Healthy Minds link worker.

For Years 7- 13

#### Low Mood

Aims to support young people to understand and normalise low mood and learn practical strategies

1 hour session delivered to the whole class. Staff member from the school must be present during these sessions Education setting to identify classes that may benefit from this support and request support from their Healthy Minds link worker.

For Years 7- 13

### **Bespoke Sessions**

Sessions identified in consultation as beneficial to whole school mental health

Face to Face – timings to be agreed with topic Arranged with Healthy Minds Team Link Worker Subject to availability

### Living Life to the Full

Providing simple, practical skills for coping with stress, problem solving, boosting your mood, and busting bad thoughts Whole Class Delivery
8 x 1 hour weekly session
Co-delivered by
Healthy Minds Link Worker
and School Staff

School staff to identify year group who will benefit from this intervention.

www.southtyneside.gov.uk www.southtyneside.gov.uk

from this intervention.

Year 7 -11

# **Helping You To Help Them**

Continued....

## Offer

## **Delivery**

## **Access**

#### **Assemblies**

Introduction to the Healthy Minds Team

Mental Health Awareness linked to national events

World Mental Health Day Children's Mental Health Day

Alternatives to be discussed individually

Arranged with Healthy Mind:
Team Link Worker

#### **Psychoeducation**

Understanding the physical feelings associated with worry and low mood and strategies to help 1 hour session delivered to the whole class.Staff member from the school must be present during these sessions

Education setting to identify target year group and request from their Healthy Minds Link Worker

For Years 7 -13

# **Helping You To Help Them**

**Direct Help and Support** 

### Offer

## **Delivery**

## Access

### **Individual Low Intensity CBT**

To support young people who are experiencing Generalised Anxiety, Social Anxiety and Separation Anxiety, Panic, OCD 1:1 Support for young person
Sessions lasting between
30-40 minutes over a
period of 6 – 8 weeks
within education setting

School staff to identify pupils via Request for Support

#### **Behaviour Activation**

To support young people who are experiencing low mood with evidence based support

1:1 Support for young person
Sessions lasting between
30-40 minutes over a
period of 6 – 8 weeks
within education setting

School staff to identify pupils via Request for Support

#### **Friends for Youth**

Programme designed to build emotional & social resilience and address depression, self-esteem & anxiety Delivered in a group to targeted young people 8 x 1 hour weekly sessions. Co-delivered by Healthy Minds Link Worker and School Staff

Mental Health Lead to work
with school staff to identify
pupils who will benefit from
intervention.
Request for
Support Required

# **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
- 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 283 2937



stsft.mhadminteam@nhs.net

Q www.healthymindsteam.co.uk

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.

