

'Kind Minds' Newsletter

Issue 1: September 2020

Welcome to the 1st issue of the '**Kind Minds**' newsletter.

This newsletter has been produced by several partner organisations across Staffordshire & Stoke-on-Trent with the aim of pulling together useful information about children & young people's mental health and emotional wellbeing.

We plan to produce a newsletter every half-term and **we would welcome your thoughts on the types of information that would be most useful to you.**

Please contact sarah.newton@staffordshire.gov.uk.

In this 1st issue we focus on:

- **Services** available to support children & young people
- **Training** for parents / carers and education colleagues

Last, but not least, please don't forget **World Mental Health Day** on the **10th October 2020!**

Supporting the wellbeing of young people as they return to education

The **DfE** has recently announced a new national project for schools & colleges; called '**Wellbeing for Education Return**'.

This project involves national training to support education staff and will involve 'local experts' adapting the national training materials to the local context.

The training will focus on the wellbeing of education staff, children & young people, and their parents / carers.

A small project team has been established across Staffordshire & Stoke-on-Trent; which **would greatly**

Mental Health Support Teams



Mental Health Support Team – East Staffs

In Staffordshire & Stoke-on-Trent we have MHSTs (previously known as 'trailblazers') in Newcastle-under-Lyme, Staffordshire Moorlands, Stoke-on-Trent and East Staffordshire. In January 2021 we look forward to welcoming a new team in the Cannock Chase locality.

benefit from some representatives from education!

Local authorities expect to receive the national training materials in early September.

Contacts

- Staffordshire:
Karen.coker@staffordshire.gov.uk
- Stoke-on-Trent:
Peta.curno@stoke.gov.uk

School Nursing Service

As pupils return in September the school nursing services across both Stoke on Trent and Staffordshire are here to support with health queries that effect schooling, or if you require general advice regarding public health, training, immunisations etc.

Access to all of our services is through our Hubs which means a much quicker response for you and parents.

Please see our websites for further information regarding the services that we offer locally, resources that may be of use to you, and contact details for the service:

<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing>

<https://www.healthforteens.co.uk/?location=Staffordshire%20%26%20Stoke>



The MHSTs are a new service, part of a national pilot, designed to help meet the mental health needs of children and young people in schools and colleges. They are comprised of therapists and Education Mental Health Practitioners (EMHPs).

The teams support children and young people to help prevent more serious problems developing by providing low intensity support for mild/moderate difficulties, focusing particularly on low mood, anxiety and behavioural difficulties.

The teams in North Staffs & Stoke have been fully operational for nearly a year. **We hope to share updates on their work in an upcoming newsletter.** East Staffs started training last year and will launch in September 2020 with a week of online activities.

Follow the team activities on twitter:
@MhstNorth
@BurtonUttoxMHST

Staffordshire County Council & Clinical Commissioning Group commissioners and Midlands Partnership NHS Foundation Trust colleagues at the East Staffs MHST information event (below).



Training

Workshops from the Midlands Partnership NHS Foundation Trust (MPFT):

MPFT are advertising some exciting new workshops for parents / carers / teachers.

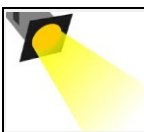
There are three workshops that will be taking place covering the following themes:

- Anxiety - <https://tinyurl.com/y2gg3ig8>
- Low-mood - <https://tinyurl.com/y5tdqdfb>
- Building a stronger relationship with your child (aimed at parents of primary-school aged children) - parentingworkshop@mpft.nhs.uk

Free online mental health training:

MindEd has e-learning applicable across the health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist and are **FREE** (<https://www.minded.org.uk/>).

YouCan: Discover a wealth of practical, engaging online video courses empowering everyone who works with or cares for children to develop their skills – anywhere, anytime. **FREE** modules updated weekly and available for a week. Paid subscription (of £5 per month) opens up more options (<https://elearning.creativeeducation.co.uk/>)



Spotlight on...Relationships, Sex and Health Education (RSHE)

The teaching of RSHE becomes compulsory from September 2020.

Public Health colleagues are keen to hear about the ways in which they may be able to support schools to deliver the new curriculum in order to give information to pupils which enables them to make good decisions about their own health & wellbeing. Please contact louise.andrews-gee@staffordshire.gov.uk (Staffordshire schools) or peta.curno@stoke.gov.uk (S-O-T schools).

World Mental Health Day 2020 – 10 October 2020

The theme for the 2020 World Mental Health Day is Mental Health for All: Greater Investment – Greater Access. Mental health is a human right, and should be available for everyone, everywhere.



For World Mental Health Day 2020, the children and young people's mental health charity **YoungMinds** are **encouraging schools, offices, community groups and individuals to join their #HelloYellow campaign, and wear yellow on Friday 9 October 2020 to support young people's mental health.**

Schools can sign up to the campaign to receive a free #HelloYellow fundraising kit with ideas to help make the most of the day, along with **mental health lesson plans**, and wellbeing activities for the workplace or home.

Service to support children & young people in Staffordshire (excl. Stoke-on-Trent)

Staffordshire has a new Emotional Health and Wellbeing Service delivered by Action for Children.

The service will work with children / young people from 5 to 18 years (up to 25 for those with an EHCP or Looked After by the Local Authority) and their families where there is mild to moderate emotional / behavioural difficulties around emotional wellbeing.

Referrals should be considered where needs are below the threshold of CAMHS but above the level of need which universal services can support.

There are 4 main elements to the service; direct, digital, intensive and community support.

For more information or if you require support please contact:
StaffordshireEWB@actionforchildren.org.uk
 or phone 07811 023194.
<https://www.staffordshire-ewb.actionforchildren.org.uk/>

Good News Stories: Mental Health Support Teams

“Could I just take a moment of your time to thank you and your team for the great support you are continuing to offer. It is very much appreciated both from the staff and parents of the boys you are supporting” (Loxley Hall School, East Staffs)

“They helped me through a tough time in school and were even more helpful when quarantine started” (pupil, North Staffs / Stoke)

“Our mental health practitioner was lovely, so friendly, approachable had a great rapport with our daughter who was happy & looked forward to seeing her. When I first approached the team at school they were supportive and encouraging.

Accessing the service was pretty straight forward and school were great at working together with me to get the application done” (parent, North Staffs / Stoke)

Feeling confused? Below is a summary of who can access which service (of those featured above):

Emotional Health & Wellbeing Service (Action for Children)	C&YP with mild to moderate emotional / behavioural difficulties around emotional wellbeing C&YP aged 5-18 (up to 25 for those with EHCPs / 'looked after' within Staffordshire, excl. Stoke-on-Trent)
Mental Health Support Teams	C&YP with mild to moderate difficulties; focusing particularly on low mood, anxiety and behavioural difficulties. C&YP aged 5-18 *within Newcastle-under-Lyme, Staffordshire Moorlands, Stoke-on-Trent, Burton & Uttoxeter, <i>Cannock Chase coming soon!</i> *participating educational settings only
School Nursing (MPFT)	C&YP aged 5-18 years within Staffordshire & Stoke-on-Trent

