

lightbulb moments

the SHINE MHST newsletter |

Issue number 15 | January 2024

Welcome to the 15th SHINE MHST Newsletter and the first one of 2024, which aims to keep you updated with significant developments in the SHINE Fylde Coast MHST. We take this newsletter to welcome in the New Year and wish you all a prosperous 2024!

The Newsletter provides updates about ongoing work in Education Settings, as well as facilitating regular communication between young people, parents, carers and school staff.

Mental Health Support Teams (MHST) partner with Schools and Colleges in Blackpool, Fylde and Wyre to support mental health and emotional wellbeing. Our focus is on early intervention, prevention and promotion, for young people who are not thriving, coping or would benefit from getting help.

We will continue to offer a co-ordinated and evidence-informed approach to mental health and wellbeing in educational settings in 2024 and we look forward to supporting you in this coming year.

CHILDREN'S MENTAL HEALTH WEEK 2024

Help give a voice to children and young people across the UK in Children's Mental Health Week from 5-11th February 2024.

Children's Mental Health Week is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK.

Everyone can take part in Children's Mental Health Week! Download our free resources for schools and families and find out how you can take part to raise vital funds and awareness for children's mental health.

Children's Mental Health Week was launched in 2015 and each year hundreds of schools, children, parents and carers take part. Now in its 10th year, our theme is 'My Voice Matters'.



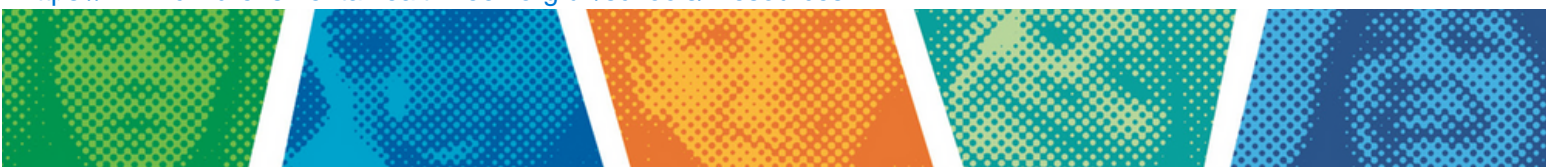
Click on the Link for further information

A mentally healthy school is one that adopts a whole-school approach to mental health and wellbeing. Please get in touch, if you would like us to support a future school event, assembly, workshop or group during Children's Mental Health Week.

<https://www.childrensmentalhealthweek.org.uk/schools/#resources>



Children's Mental Health Week
Place2Be's Official Children's Mental Health Week shines a spotlight on the importance of children's and young people's mental health.



We are soon to move into our third year at SHINE MHST . It seemed fitting to offer a little recap of our core functions and remind ourselves of what low intensity CBT is and how it benefits students, parents & carers we support.

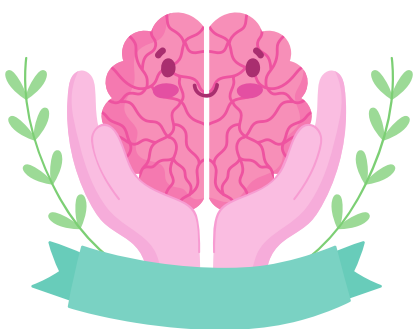
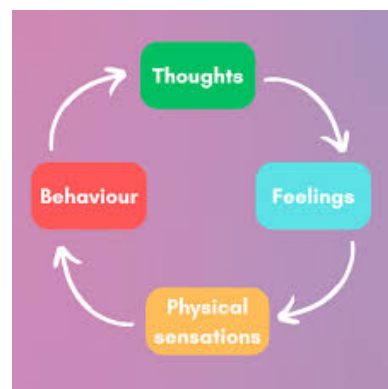
MHSTs have three core functions:

1. To deliver evidence-based interventions for mild-to-moderate mental health issues;
2. Support the senior mental health lead (where established) in each school or college to introduce or develop whole school or college approach.
3. 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 to thrive in education.

What is Low Intensity CBT ?

CBT involves the EMHP working with the individual to focus on their mental health concern, in particular their thoughts and feelings, and the impact it is having on them. The EMHP will work with the young person to develop a toolkit of practical strategies and coping mechanisms to help them deal with difficult situations when they arise.

CBT is a talking therapy based upon the understanding that thoughts, feelings, physical sensations and actions are interconnected. It suggests that negative thoughts and feelings can trap the individual in a cycle and helps to identify ways to break that cycle.



What does Low intensity CBT Mean?

Low intensity means treatment that uses fewer resources. This means that sessions may be shorter (usually 45-60 mins) or involve a smaller number (6-8) of individual face to face or telephone sessions.

Offering low intensity treatment first means we are able to:

- Offer psychological help to more young people
- Offer psychological help in a more timely way
- Offer early intervention, before problems build up

Low intensity interventions are:

- Often more convenient for the young people and families we support
- Based on evidence of effectiveness
- Based on a teaching skills model thus contributing to longer-term wellbeing





Support and Help IN Education
Fylde Coast Mental Health Support Team

What is an EMHP

Education Mental Health Practitioners (EMHPs) work across education and healthcare settings to provide mental health support for children and young people in schools and colleges.

They are trained to help children and young people manage common mental health problems, particularly mild to moderate symptoms of anxiety and depression, and behavioural problems.

EMHPs are the core workforce of MHSTs and are specifically trained to provide: Evidence-based interventions for mild-to-moderate mental health and emotional wellbeing issues. Support to the senior mental health lead in each school or college to introduce or develop their whole setting approach.

Meet Our New Trainee EMHPs Blackpool & Wyre



Name : Emma

Role : Trainee Educational Mental Health Practitioner (EMHP).

Background before you started the role : I have worked at CAMHS helping children and young people with their mental health and I have also worked in a SEND school.

Fun fact about you? I'm good at baking. I enjoy making chocolate fudge brownies the most!

What do you enjoy doing in your spare time ?

I enjoy all sorts of arts and crafts and like to try new things like painting or bracelet making. Currently I am learning to Crochet.

What do you most look forward to when working in schools ?

I am looking forward to meeting all the different young people in schools and getting to know them better.

Name: Elizabeth

Background: I used to work as a Children and Young Person's Social Prescriber for Fleetwood Primary Care Network where I provided sessions to CYP for low level social and emotional difficulties, with a focus on encouraging social activities for mental health and wellbeing.

Pronouns: She/Her

Fun fact about me: I have a freckle on the back of my eye.

What I enjoy doing in my spare time: I enjoy reading, walking and spending time with my family and friends.

What I most look forward to about working in schools ?

I can't wait to learn from the Children and Young People within the school environment. I am excited to build relationships and make a difference in this role.





We now accept Self-Referrals from Young people, Parents and Carers

SHINE MHST now accepts self-referrals from parents/carers and students who attend our **Blackpool Fylde & Wyre** settings.

However, consultations between mental health leads in school and SHINE MHST remain the service's first point of contact for referrals, as this continues to maintain and build the relationships between education settings and EMHPs. By offering the self-referral option to students, parents and carers, we are giving students a further way to access support from SHINE MHST and increasing access to early intervention and support in order to improve mental health and wellbeing.

It must be remembered that SHINE MHST only supports students with mild to moderate mental health difficulties through time-limited intervention, where symptoms have been present for less than 12 months.

Should presenting needs be unsuitable for low intense therapy, SHINE MHST can offer signposting to other specialist child and adolescent mental health services.

SHINE MHST is not an urgent response service.



We now accept Self Referrals from Young people, Parents and Carers



SHINE MHST supports children and young people, currently attending education settings, noted below. From ages 11 to 18 years, with mild to moderate mental health difficulties through time-limited intervention, where symptoms have been present for less than 12 months.

SHINE MHST is not an urgent response service

How to self refer to the Team

Call us directly to self-refer, and our administration team will arrange for our duty practitioner to make a consultation call to parent/carer/young person and complete a self-referral form to establish whether SHINE is the best service to offer support to the young person.

0800 121 7762 (Option 4)

If you have any further questions, do not hesitate to contact us directly and one of our team will respond to you.

Did you know you can follow us on social media ?



- If you attend the following schools we now accept Self Referral's**
- Armfield Academy
 - Athena
 - Blackpool Aspire Academy
 - Blackpool & Fylde College
 - Brookfield
 - Cardinal Allen Catholic High School
 - Educational Diversity
 - Fleetwood High School
 - Garsington Community Academy
 - Great Arley School
 - Highfield Academy
 - Highfurlong SEN School
 - Hodgson Academy
 - Lotus School
 - Millfield Science and Performing Arts College
 - Montgomery
 - Park School
 - Pigeons
 - Redmarsh
 - South Shore Academy
 - St. Aidens Church of England High School
 - St. Mary's Catholic Academy
 - Unity Academy
 - Woodlands

How to self-refer to the Team ?

Parents, carers & young people can call us directly to self-refer and our administration team will arrange for our duty practitioner to make a consultation call to parent / carer /young person and complete a self-referral form to establish whether SHINE is the best service to offer support to the young person.

Get in touch

If you have any further questions, do not hesitate to contact us directly and one of our team will respond to you.

0800 121 7762 (Option 4)
bfwh.shine-MHST@nhs.net

Did you know you can follow us on social media ?



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Fylde Coast Mental Health Support Team

