

Mental Health in Education Newsletter

Issue 5 – January 2023

Welcome

Welcome to our January 2023 Mental Health in Education newsletter.

Happy new year and welcome to our January 2023 newsletter. The aim of this newsletter is to share in updates and useful information that will support your setting with work to promote the mental health and wellbeing of your school community.

Please share this newsletter with your school staff and display it in your staff rooms. If you would like to contribute anything for future newsletters, make suggestions or requests please email claire.gwyer@stockport.gov.uk (including to request this newsletter in digital form if you are reading a paper copy).



Childrens Mental Health Week

Childrens Mental Health Week takes place during the week of 6th – 12th February.

'Place To Be' have resources online for schools to use during this week, which can be accessed here: <https://www.childrensmentalhealthweek.org.uk/schools/#resources>

Beacon Counselling are very busy organising a week of after school activities for children and young people, focussing on the 5 ways to wellbeing. These will be online and at an in-person event. Please share the flier sent with this newsletter with your pupils, parents and carers to that they can register their interest and be sent more details about all of the events once they are confirmed.

You can also register for information by completing this online form: <https://forms.office.com/e/HtXVuWqHcu>

CHILDREN'S MENTAL HEALTH WEEK EVENT SOS
Monday 6th February 2023 - Thursday 9th February 2023
The week will have a range of sessions online and in-person between 4:30pm-6:30pm. The event will focus on the 5 ways of Wellbeing.

Connect Learn Give
Be Active Take Notice

Special Guests announced soon!
More details to be confirmed.

Find out more
sos@beacon-counselling.org.uk

Mental Health in Education Newsletter

Mental Health Support Teams Mythbusters



We know that there has been some confusion about what Mental Health Support Teams are and what they are able to offer. Therefore, we have put together these 'mythbusters' below:

What exactly is an MHST?

A Mental Health Support Team (MHST) is a new service designed to help meet the mental health needs of children and young people and help prevent more serious problems developing. MHST's are funded by and accountable through the NHS. They are co-delivered by Department for Education and Health Education England. They work with, and in, schools and colleges.

What service does an MHST Provide?

1. Delivering **evidence based interventions** for mild to moderate mental health issues
2. Supporting the senior mental health lead in each school or college to introduce or develop their **Whole School Approach**
3. 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 **Signposting**

Will all schools in Stockport have an MHST practitioner in their school?

The Government's National plan, which all MHST's must adhere to, is to cover **30% of schools** in each borough. For Stockport this is around **30 schools** – a combination of primary and secondary. While Stockport MHST is in its first year the offer may be less than 30%, this is because in the first year the Educational Mental Health Practitioners (EMHP's) are in their training year, meaning that for 2 days a week they are at university. Furthermore, the first year of a MHST is its mobilisation phase, where staff are being recruited and attending training etc.

How are/were the schools selected?

Stockport MHST used data from various agencies available to them in order to make informed decisions, such as School Nursing teams, MASSH, The Exclusion Team, Primary and Secondary Jigsaw/Inclusion service, TAS, data from CORE CAMHS and also looked at any themes in Stockport, whilst ensuring we consider Stockport Demographics.

What about the schools that won't have MHST in it?

Stockport MHST will work within the mental health support network that already exists in the Stockport system, such as: local authority services, counselling, educational psychologist, school nurses, pastoral care, educational welfare officers, Voluntary Community and Social Enterprises (VCSE), including children's social care, and CAMHS. We are working on IG agreements

Mental Health in Education Newsletter

between the local authority and Pennine care to assist with this and working closely so that we can ensure that all schools are supported by a service.

What sort of work will the MHST practitioners do?

Below illustrates: Educational Mental Health Practitioners Traffic Light of can/maybe/cannot provide support

EMHPs Can Do <i>*(Whilst EMHP trainees receive training on the below, your local MHST may not necessarily offer all of the below in their service)</i>	EMHPs MAY Do Discretion and close supervision.	EMHPs SHOULD NOT DO Significant levels of need /complex conditions
Behavioural difficulties – identification, brief parenting support	Low confidence, Assertiveness or interpersonal challenges – e.g. with peers	Conduct disorder, anger management, full parenting programmes (e.g. Triple P, Solihull Approach).
Training parents and teachers to support interventions with children	Thoughts of self-harm, superficial self-harm. Basic harm reduction techniques	Treatment of parents' depression and anxiety.
Low mood	Insomnia (further training may be required)	Anger management training, Chronic depression
Worry management	Assessment of complex interpersonal challenges	Low self-esteem, social anxiety disorder
Anxiety/Avoidance: e.g. simple phobias, separation anxiety	Mild/early onset Obsessive Compulsive Disorder (OCD) (further training may be required)	Extensive phobias e.g. Blood, needles, or vomit phobias
Panic Management	Children that are displaying rigid, ritualistic behaviour that may or may not be within a diagnosis of ASD	Severe, active, high risk self-harm.
Assessing self-harm and supporting with alternative coping strategies. Pupils with history of self-harm, but not active.		PTSD, trauma, nightmares
Sleep Hygiene		Relationship problems -counselling for issues such as relationship problems may be better suited to school counsellors.

Mental Health in Education Newsletter

Passport for Success – opportunity for Primary Schools

Our colleagues at the University of Manchester (UoM) are still recruiting primary schools for a new project called Passport to Success. It is fully funded by the Kavli Trust, and so everything described below is therefore at zero cost to your school. In the wake of the pandemic and its impact on children's mental health, we think it is a really good opportunity to provide our primary schools with additional, evidence-based support for their pupils' wellbeing.

UoM need primary schools to take part in a randomised trial of a universal social and emotional learning intervention ("Passport") for children aged 9-11 years. Further information about Passport can be found [here](#) (including how it maps on to RHE statutory guidance in relation to mental wellbeing).

Schools will be randomly allocated to deliver Passport to their Y5 pupils or continue with their usual practice. If Passport improves children's mental health, then the usual practice schools will receive the training and programme materials so that they can implement it. If it hasn't had any impact, then the usual practice schools will receive funding equivalent to the cost of Passport to spend as they see fit on other resources. So every school that participates gets either Passport or some extra funding.

The 'ask' of participating schools will be the completion of brief measures by children and their teachers at 3 time points – summer term 2023, 2024, and 2025. In addition, UoM will do some additional case study work with 5 Passport schools (focus groups with children and interviews with teachers). The University's project budget includes supply costs so that the relevant class teachers can be released to attend training.

Find out more and sign up here: www.passport2success.co.uk
Send any queries to: passport@manchester.ac.uk

Courses for Parents / Carers

A reminder that the online Solihull Approach courses are still currently available for FREE to support for parents, carers and anyone who is involved in a child's life, including courses on 'Understanding Your Child' and 'Understanding Your Teenager's Brain'. Please share this information with your parents as courses are available for a limited time and put this link on your school website: www.bit.ly/stockportfamilycourse.

Contact Claire.gwyer@stockport.gov.uk for more information or to request posters to advertise the courses.

Mental Health in Education Newsletter

Mental Health of Children and Young People in England 2022 – wave 3 follow up to the 2017 survey.

This report published on 29th November 2022 presents the latest (Wave 3 - 2022) findings in a series of follow up reports (Wave 1 in 2020; Wave 2 in 2021) to the 2017 survey and covers 2,866 of the children and young people who took part in the 2017 survey. **View the full report [here](#)**

Headline findings:

- In 2022 18% of children aged 7 to 16 years and 22% of young people age 17-24 yrs had a probable mental disorder
- In children aged 7 to 16 years, rates of probable mental disorder rose from 1 in 9 (12.1%) in 2017 to 1 in 6 (16.7%) in 2020. Rates then remained stable between 2020, 2021 and 2022
- In YP age 17 to 19 years, rates of a probable mental disorder rose from 1 in 10 (10.1%) in 2017 to 1 in 6 (17.7%) in 2020. Rates were stable between 2020 and 2021, but then increased from 1 in 6 (17.4%) in 2021 to 1 in 4 (25.7%) in 2022
- School: 11 to 16 year olds with a probable mental disorder were less likely to feel safe at school (61.2%) than those unlikely to have a mental disorder (89.2%). They were also less likely to report enjoyment of learning or having a friend they could turn to for support
- **ROLE OF SOCIAL MEDIA:**
 - 1 in 8 (12.6%) 11 to 16 year olds social media users reported that they had been bullied online. This was more than 1 in 4 (29.4%) among those with a probable mental disorder
 - 11 to 16 year old social media users with a probable mental disorder were less likely to report feeling safe online (48.4%) than those unlikely to have a disorder (66.5%)
- **HOUSEHOLD CIRCUMSTANCES:**
 - 1 in 5 (19.9%) 7 to 16 year olds lived in households that experienced a reduction in household income in the past year. This was more than 1 in 4 (28.6%) among children with a probable mental disorder
 - Among 17 to 22 year olds with a probable mental disorder, 14.8% reported living in a household that had experienced not being able to buy enough food or using a food bank in the past year, compared with 2.1% of young people unlikely to have a mental disorder.

Mental Health in Education Newsletter

Training and Support

Checkpoint

The next Checkpoint meeting will take place on Thursday 19th January, 3.30pm – 4.30pm at Pendlebury.

Refreshments are provided. Agenda items to include:

- Pendlebury Paths Update
- Selective Mutism
- Networking

For more information or to request an agenda item contact zorina.carrigan@pendlebury.stockport.sch.uk



Posters

As mentioned in the previous newsletter, following the Beacon Counselling Art Competition last year, Stockport Council have produced a number of Mental Health leaflets and posters for children that have been produced by children. Links to these posters and leaflets, as well as links to order hard copies, can be found below.

- For 9 and under: [Ways to calm myself](#)
- For 10-16s: [Happy on the outside](#)
- For 16 to 18s: [It's OK to not be OK](#)



Free copies of all posters can be ordered [here](#) via Stockport Council

Mental Health in Education Newsletter

Senior Mental Health Leads training

The Department for Education is still offering eligible schools and colleges a grant of £1,200 to pay for training for senior mental health leads in educational settings. The grant can also be used to pay for supply cover to backfill the individual undertaking training, or for further support to sustain approaches to mental health and wellbeing. Training will commence by 31 March 2023. For more information and to apply visit: <https://onlinecollections.des.fasst.org.uk/fastform/senior-mental-health-leads>

Mental Health in Education is a partnership programme between the following:

