



MENTAL HEALTH SUPPORT TEAM

How We Work - Explained For Families

Who are The MHST?

A low intensity, early intervention, NHS-based service.

We work in selected Nottinghamshire schools offering young people support around mild to moderate wellbeing difficulties.

We work across specific Primary and Secondary schools with pupils aged 5-18.



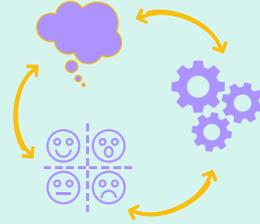
THIS IS OUR TEAM LOGO, YOU MIGHT SEE IT AROUND SCHOOL ON OUR PROMO POSTERS!

What do The MHST do?

Promote the wellbeing of all pupils in our schools by providing them, their families and staff with Cognitive Behavioural Therapy (CBT) based information, input and strategies.

CBT: The idea that how we think, act and feel are all connected.

By noticing patterns and making small changes to how we think and act, we can reduce feelings of distress, anxiety and low mood.



WHERE APPROPRIATE OUR SPECIALIST PRACTITIONERS OFFER WORK INFORMED BY ALTERNATIVE THERAPEUTIC APPROACHES TO CBT.

PLEASE NOTE: WE ARE NOT A COUNSELLING SERVICE

WE CAN SHARE DETAILS OF LOCAL COUNSELLING SERVICES WITH YOUR CHILD'S SCHOOL IF THEY REQUIRE COUNSELLING

How do The MHST help young people individually?

FOR INDIVIDUALS AND THEIR PARENTS ON CASELOAD

GROUPS ARE OUR FIRST LINE OF TREATMENT.

ONE-TO-ONE WORK IS OFFERED BASED ON WHAT IS THERAPEUTICALLY APPROPRIATE FOR THE INDIVIDUAL.

WORKING WITH AND THROUGH PARENTS IS OFTEN THE BEST WAY TO HELP YOUNGER CHILDREN WHO NEED INDIVIDUAL WELLBEING SUPPORT.

Child Groups (11+)

- Understanding Worry (Anxiety - Worry Management)
- Challenging Anxiety (Anxiety - Graded Exposure)
- Mood Booster (Low Mood)

New for Autumn 2022/Spring 2023:

- DBT-Skills (Emotional Dysregulation)
- Acceptance and Commitment Therapy (Various)

Parent Groups

- Managing Anxiety with your Child (Supporting Child Anxiety)
- Forever Families Group (Mild Behavioural Difficulties)

New for Autumn 2022:

- Mindfulness Based Cognitive Therapy (Parent Low Mood/Stress)
- SEND & Anxiety Group (Supporting Child Anxiety & Additional Needs)

Referral and assessment process

1 Wellbeing need identified by school staff, young person, or family

2 School staff, young person, or family make a referral to the Single Point of Access (SPA)

3 Referral processed by SPA and passed to MHST if appropriate.

4 MHST screen and pass to a practitioner for assessment of suitability for work with team.

5 Allocated Practitioner contacts family and school to arrange and undertake initial assessment.

MHST offer unsuitable: Practitioner signposts to appropriate services and discharges.

OR

MHST offer suitable: Undertake a short block of work to help the young person and family develop new skills and strategies to manage their difficulties.

How do The MHST help our school communities?

FOR WHOLE SCHOOLS

Where need is identified by school staff, we offer general workshops. Referrals are not required to take part in workshops.

For Pupils

Exam Stress, School Transitions, Self-Care, & Sleep

For Staff

Basics of Pupil Wellbeing, Staff Wellbeing & Train the Trainer Workshops

For Parents

Basics of Wellbeing, Understanding Your Teen, & Sleep

WE OFFER A PEER MENTORING SCHEME IN SECONDARY SCHOOLS AND WILL ATTEND SCHOOL EVENTS LIKE COFFEE MORNINGS AND PARENTS EVENINGS WHEN INVITED.

Find the MHST online...



Self-Referral form for Families



NottsHC MHST Webpage



Useful Contact Details

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:

CAMHS Crisis Team: 0115 844 0560
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies