

Mental Health Support Teams in Schools

North Herts Newsletter

Issue No. 1
January 2023

Welcome

Welcome to our January newsletter. We hope everyone had a good Christmas and we wish you a Happy New Year and all the best for the new term. We look forward to sharing all the latest news and events about the Mental Health Support Team for North Herts.

Reflection on the Autumn term:

We would like to thank you all for engaging with our service throughout the last academic year. We have really appreciated the 'warm welcome' and joint working.

Meet the Team

Your North Herts MHST Team:

Education Mental Health Practitioners (EMHPs)



Jennie Walton
Team Leader



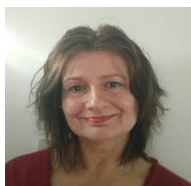
Sophie Brown



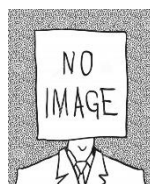
Sabrina Bakare



Amy Johnstone
Admin Support



Rebecca McCormack



Recruiting







Suzie Dart







Jackie Stuart

Interventions for Children and Young People









-  6-week Parent led 1:1 intervention for Child Anxiety or Behaviour
-  8-week Anxiety intervention
-  8-week Low Mood intervention
-  Group work
 - Riding the Wave workshop: Aimed at young people to help manage their strong emotions and self-harm
 - Exam Stress
 - Anxiety Management
 - Brain Buddies or Emotion Explorers (Primary)
 - Managing My Emotions (adapted resource for SEN/SEMH)
 - Friendships
 - Settling in for Year 7 (4 weeks)
 - Exam preparations for Year 10 & 11 (4 weeks)

We are happy to accommodate a workshop on any topic where anxiety or low mood is a factor, please speak to your EMHP.

Sessions for Parents/Carers

-  5-week parent led child anxiety group
-  4-week parent led adolescent low mood group
-  Separation Anxiety workshop
-  Self-harm awareness workshop

Sessions for School Staff

-  Staff wellbeing workshops
-  Drop-in sessions for advice about supporting students (30 mins max)
-  Anxiety, Low Mood and Self Harm awareness
-  Spot the signs workshops
-  Workshops around exam stress
-  Workshops around transition
-  SEN support
-  Signposting

Services

- **Group work** - We require signed MHST consent forms for each young person attending any targeted group. (This does not include whole class Brain Buddies/Emotions Explorers). This will enable MHST to link together if a young person has had 1:1 intervention within the service. The school will be responsible for the completed MHST consent forms and to forward them onto their Mental Health Practitioner prior to the targeted group. If there are concerns with obtaining

consent from parents, please speak to your practitioner.

- **Termly Cluster Meeting: TBA.** Proposed date and times will be emailed to all schools.

- **Awareness days** - We are happy to assist with workshops or assemblies on a variety of awareness days where we know that anxiety and low mood can correlate. We will also be sharing a variety of resources developed by the MHST wider service.

Children's Mental Health Week	4 th -11 th February 2023
Mental Health Awareness Week	13 th -20 th May 2023
Men's Health Week	10 th June 2023
Parent Mental Health Day	27 th January

Please advise MHST of any other days

Referrals

The online referral system has resumed. Please use this for all direct 1:1 referrals <https://clientportal.pcmis.com/HertCYP.html>

Please continue to discuss groups and workshops with your EMHP and use the group referral form which should be sent to our team inbox hpft.mhstnorthherts@nhs.net

Feedback

We welcome and value your feedback. Your feedback helps us develop and improve the service we provide. To provide feedback, please send an email to the MHST email address: hpft.mhstnorthherts@nhs.net



Mental Health Support Teams for North Herts have a feedback survey for service users. Please click the link or scan the QR code: [Feedback Survey](#) and type **MHST North Herts** in the comments section.

Compliments received

“Amy has fitted in really well at Highfield and I am sure she is going to be a real asset to our Team. I wish you all every success going forward.”

I would like to say that we have been super-impressed both with Sabrina, our EMHP, and the efficiency of the whole system. Everything in the NHS seems to work so much more seamlessly than in Education, and we are so grateful to have Sabrina, with the support of the team, on board!

Sophie,

Thanks again for all your input and for getting stuck in straight away. We are very lucky to have you.

Spotlight on Signposting

We would like to bring to your attention: Kooth as a support organisation.



Kooth Mail - Kooth
January Newsletter.pc

Useful Webinars

Here are some useful resources/free webinars recommended by Reading University for parents and carers.

<https://www.mindedforfamilies.org.uk/young-people>
<https://charliewaller.org/what-we-offer/free-webinars/>
<https://www.dove.com/uk/dove-self-esteem-project.html>

New Schools Coming Onboard

- Hitchin Girls
- Hitchin Boys
- St John's Catholic School
- Wymondley Primary

Contact us

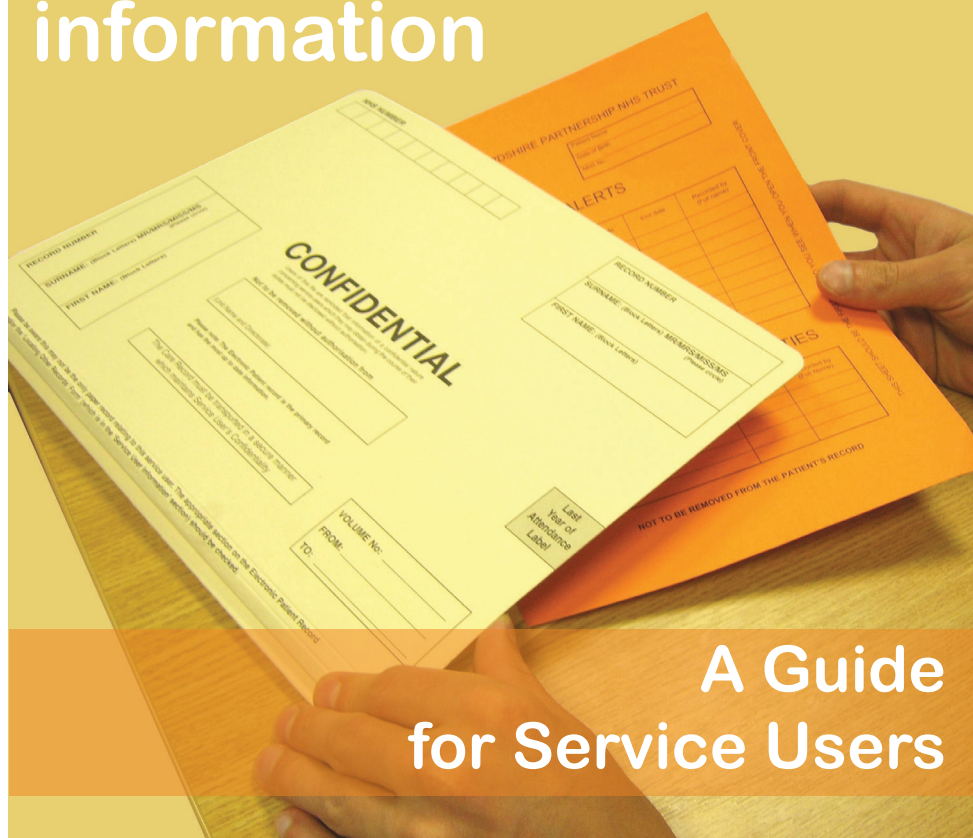
If you would like to contact us with any queries or suggestions, please do not hesitate to either call: 07866 201723 or email: hpft.mhstnorthherts@nhs.net between the hours of 9am to 5pm Monday to Friday

<https://www.healthyyoungmindsinherts.org.uk/news/2022/mar/schools-mental-health-support-teams-mhst>





Protection and use of personal information



A Guide for Service Users

Confidentiality

It is against the law for staff to pass on your information to just anyone.

Staff must only share it with people who need to know.

While you are receiving care and treatment from Hertfordshire Partnership University NHS Foundation Trust (the Trust) you will be asked for information about yourself and your family.

This information makes up your health and care record. It will be shared with staff involved in your care.

Your information will be kept on a computer system that only your care team use. There may also be a paper file which is locked in a cabinet when it is not in use or archived with our secure storage company.



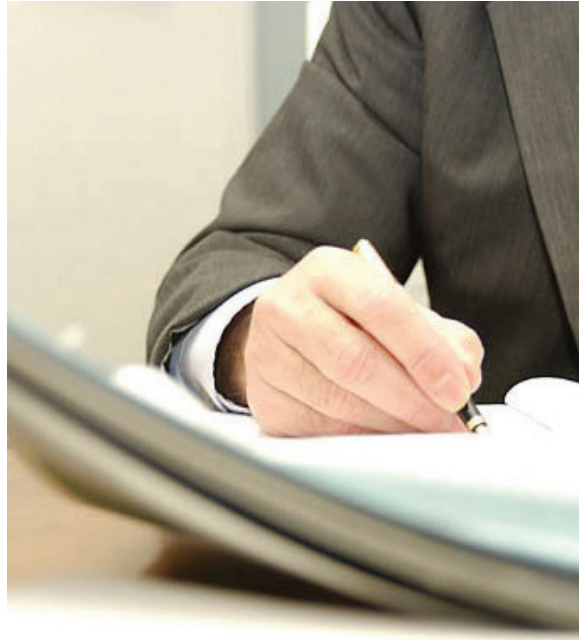
The Trust has a confidentiality code.

A confidentiality code means that staff, or anyone else who provides a service on behalf of the Trust, cannot give information about you to other people not involved in your care unless it is in special circumstances.

If you would like to know about the way your health record is protected and used, speak to your care worker.

Passing on information about you

It is against the law for staff to pass on your information to just anyone. Staff must only share it with people who need to know; for example, information about your health condition, care and treatment will be shared with members of your care team.



Your care team may include people from different organisations that work in partnership with the Trust.

We will also ask you whether you would be happy for us to share any information about your care with your partner or family members before doing so. Your care worker will make a note of your wishes in your care record so that other members of your care team are kept up to date with your wishes.

The law tells us how and when we are allowed to share information about you. Information about you might be shared because staff feel it would help your overall care and treatment.

Sharing information will help:

- Other staff working with you to have the information they need to make sure you receive the right treatment.
- Senior staff look at your care to make sure it is good quality.
- To keep your doctor and other members of your care team up to date.
- For some people we may have to keep the Education Authority or the Local Authority informed when they are applying for Educational support or Social Care support.
- Look into any complaint, if you make one.
- The Department of Health collects information on diseases.
- We may be asked to pass on information to protect a child or a vulnerable adult.
- Anyone who receives information from the Trust must keep information private.
- If you give us your consent to contact you for surveys or research purposes or to use your information for a specific purpose outside of your direct care such as training, you will have the right to withdraw your consent at any time by contacting your care worker.

Information that does not identify you

We may use information about you that does not name you, or let people know who you are. This will help to:

- train staff
- provide information for clinical research. Research helps people find out about things and improve treatments and services
- make sure the service meets your needs

We might look at:

- the numbers of people we see
- the diagnosis – what is the matter with a person
- the age of service users or carers

If you are not happy with the way your information is recorded or shared, please talk to your care worker who will talk to you and discuss what you can do about this.

If you are still unhappy you can make a complaint. The staff will give you the forms and will help you. You can also speak to your Advocate.

For further information please see our Fair Processing Notice.

Your rights to see your record

The Law (Data Protection Act 2018) gives you the right to apply to see your care records. You can also give permission for someone else (e.g. parents or carer) to apply to see them on your behalf.

Staff will explain what your record says about you if you ask them.

Please ask a member of staff for the “*Access to your Health Records*” application form, or you can make a verbal or written request by contacting:

**The Information Rights and Compliance Team
Hertfordshire Partnership University NHS
Foundation Trust**

99 Waverley Road, St Albans, AL3 5TL

Tel: 01727 804956

Email: hpft.informationrights@nhs.net



Hertfordshire Partnership University NHS Foundation Trust works toward eliminating all forms of discrimination and promoting equality of opportunity for all.

We are a smoke free Trust therefore smoking is not permitted anywhere on our premises.

www.hpft.nhs.uk

Reviewed June 2018

Date:

Dear Parent/carer,

Introducing: The Mental Health Support Team (MHST)

The Mental Health Support Team has been commissioned to work in educational settings across Hertfordshire to support children/young people/parent and carers with their emotional wellbeing. Your child's educational setting is supported by trained Mental Health Practitioners, working in collaboration with school staff. We aim to help all children and young people to succeed and achieve their full potential by providing a range of services, including:

- Group Work
- Workshops
- One-to-one sessions
- Drop-in sessions
- Supporting 'peer mentoring' programmes,
- Signposting children with higher needs to access the right support,
- Offering training and consultation to school staff,
- Building on schools' current wellbeing provision.

Interventions offered by the MHST are evidence based and tailored to the individual needs of each setting. We use Cognitive Behavioural Therapy (CBT) strategies and Guided Self Help for mild to moderate mental health to support children and young people.

One-to-one referrals are made to MHST by educational settings. Please speak to your educational setting if you/ your child would like to access this support.

If you **do not** wish for your child to be involved in any provision being offered by Hertfordshire Mental Health Support Team, please inform your educational setting.

Please find attached some further information about how our data is stored and your legal rights in relation to this. If you have any questions about the MHST, please feel free to contact us.

Yours sincerely,

Team Leader
Hertfordshire Mental Health Support Team



PUPI leaflet.pdf