

SOUTH STAFFORDSHIRE MHST



OFFERINGS OF SUPPORT IN LINE WITH
THE WHOLE SCHOOL APPROACH TO
MENTAL HEALTH AND WELLBEING



WHOLE SCHOOL APPROACH



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A mentally healthy school is one that adopts a whole-school approach to mental health and wellbeing.

A whole-school approach involves all parts of the school working together and being committed. It needs partnership working between senior leaders, teachers and all school staff, as well as parents, carers and the wider community.

Anna Freud - Mentally Healthy Schools

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CONSULTATIONS



All schools are required to book consultations with the Mental Health Support Team at least once per month. The school's mental health lead and the allocated EMHP will agree on the date & time these consultations will be held.

The purpose of a consultations are:

- Discussion of appropriate referrals for 1:1 intervention
- Referrals suitable for group intervention - these referrals should present with no risk.
- Planning of Whole School Approach
- Whole School Approach audit discussion - Introducing the audit
- Wellbeing Ambassadors - this is a space to discuss any challenges/ successes and how the MHST can offer further support with this project

Whole School Approach Audit

The whole school approach audit is based on the 8 principles of whole school approach (please see page two). The audit is designed to help the MHST support your School to develop targets in relation to the mental health provision in your school. Surveys are sent out to staff/ governors, parents/carers and students in order to gain feedback from the whole school community. When feedback has been gathered your allocated EMHP would then arrange a meeting to action any feedback that the MHST could support with.

If this is something you are interested in please speak to your allocated EMHP for more information

SCHOOL STAFF TRAINING



An introduction to MHST

- An overview of your MHST and what do we do.
- An explanation of the referral process and what information is required in a referral to the MHST.
- An introduction to the whole school approach and how staff can play their part in achieving a mentally healthy school.



Duration: 45 mins - 1 hour

Mental Health Awareness

- What is mental health
- What is a healthy mind
- Recognising mental health needs in class
- Knowing the signs
- Brief overview of anxiety, low mood and panic
- How to support students mental health in class
- Starting conversations about mental health



Duration: 45 mins - 1 hour

An introduction to emotion regulation

- Importance of relationships
- Link between emotions, feelings and moods
- Fight flight freeze and how this might look in the classroom
- Using the hand model
- The four steps of emotion coaching
- Skills and strategies to support young people



Duration: 1 hour

An introduction to anxiety, low mood, worry and panic

- Psychoeducation on anxiety, worry, panic and low mood
- Strategies to support young people with worry, anxiety, panic and low mood
- Starting conversations about mental health



Duration: 1 hour

Delivering target focussed support

- Ways to deliver effective support to young people, recording progress and outcome measures
- Formulation and goal setting
- How to avoid maintaining anxiety and the use of curious questioning
- Problem solving and maintaining progress



Duration: 1 hour

Using school based outcome measures

- What are Routine Outcome Measures and why use them?
- The effects of mental health on education.
- An overview of consent.
- Evidence based methods.
- A whole school approach to mental health



Duration: 1 hour

Staff Wellbeing

- Understanding stress
- Ways to manage stress
- What is a healthy mind
- Self care strategies



Duration: 30 min

PARENT/CARER WORKSHOPS



Understanding sleep hygiene

- What is sleep hygiene?
- How sleep affects our mental health
- How to establish a good bedtime routine

 Duration: 1 hour

Understanding anxiety

- What is anxiety?
- How to talk to your child about anxiety
- Ways to manage anxiety at home

 Duration: 1 hour

Understanding worry

- Understanding worry
- How to talk to your child about their worries
- Ways to manage worries at home

 Duration: 1 hour

Understanding low mood

- Understanding low mood
- How to talk to your child about low mood
- Ways to manage low mood at home

 Duration: 1 hour

An introduction to exam stress

- What is exam stress?
- Signs and symptoms of exam stress
- Ways to support your child with exam stress at home

 Duration: 1 hour

Social Media and Wellbeing

- What is social media?
- How social media affects our mental health
- How we can manage social media safely

 Duration: 1 hour

Emotion Regulation

- Understanding emotions
- The importance of self regulation
- How to support your child to regulate their emotions
- Grounding, breathing and relaxation techniques

 Duration: 1 hour

ASSEMBLIES AND WORKSHOPS



For the following topics, we are able to offer a choice of an Assembly (duration approx. 30 minutes) or as a Workshops (duration: 1 hour)

Managing exam stress

- What is exam stress?
- Stress anchors
- Preparing for exams
- During exams
- Other ways to manage stress

Recommended for students in year 6 to year 13

Building resilience

- Why do we need resilience
- How can we develop our resilience
- Games for resilience (for primary students)
- The Bounce Back plan (for high school students)
- Identifying back up team

Recommended for all school years

An Introduction to worry

- What is worry
- How to manage worries
- Grounding & Breathing techniques

Recommended
for students in
year 3 to year 6

Coping skills

- Emotions
- Riding the wave
- Grounding, breathing and relaxation
- Why and when to use grounding, breathing and relaxation techniques
- Coping skills toolkit

Recommended
for all school
years

Transition to high school

- A moment for calm
- Embracing change
- How we can prepare ourselves
- Making new friends

Recommended
for students in
year 6 and
year 7

Social Media and Wellbeing

- What is social media
- How does social media make you feel
- Risks of social media and gaming
- Positives and negative impact of social media
- How to stay safe online

Recommended
for students in
year 5 to year 13

Sleep hygiene

- The importance of sleep
- Balancing sleep and school
- Routine
- What supports good sleep
- What can affect sleep

Recommended
for students in
year 6 to year 13

Feelings and emotions

- Naming different emotions
- Interactive game guessing emotions
- How we react when we feel these emotions
- Helpful and unhelpful ways to manage emotions
- Normalising experiencing different emotions

Recommended
for students in
year 3 to year 6

Emotion regulation

- Recognising emotions
- How we respond to different emotions
- Grounding, breathing and relaxation
- Strategies to help regulate emotions

Recommended
for students in
year 5 to year 13

Self esteem and confidence

- What is self esteem
- The link between our thoughts, feelings and behaviours
- How can we can change our thought process
- Ways to feel good about ourselves

Recommended
for students in
year 5 to year 8

Talking about mental health

- What is mental health
- The link between physical and mental health
- How to start a conversation and talk about mental health

Recommended
for students in
year 5 to year 8

The importance of being kind

- What does being kind mean
- Why and how we can be kind to others
- The kindness game
- Being kind to yourself

Recommended
for students in
year 3 to year 6

GROUPS FOR YOUNG PEOPLE



Worry Management - 6 weeks course

- Understanding worry
- Triggers and avoidance
- Effective strategies to manage worry

 Duration: 1 hour

Understanding anxiety - 6 weeks course

- Understanding different types of anxiety
- Cycles of anxiety and exposure
- Challenging unhelpful thoughts and ways to deal with anxiety

 Duration: 1 hour

Low Mood - 6 week course

- Understanding low mood and cycles
- Challenging unhelpful thoughts and thinking styles
- ACEs - strategies to break the low mood cycle

 Duration: 1 hour

Targeted Group Workshops

5 individual sessions covering key mental health topics and strategies

- Amazing brain
- Managing stress
- My mood-My values
- Managing unhelpful thoughts
- 5 ways to well-being



Duration: 1 hour

FURTHER SCHOOL SUPPORT



Drop in clinics

Drop-in clinics are often run during a lunch break and are open for students to come and speak to us, find out who we are and what we offer. We can also offer themed drop ins e.g. exam stress, low mood etc. if there is an identified need amongst a group of students.

School staff support

We know that working in a school can take up a lot of energy and time. Working with a whole school approach to mental health means we also ensure support is available for staff. We may be able to offer consultation sessions, staff reflection sessions or ways to improve staff wellbeing in school. Staff supervision can also be offered to school staff. It is carried out as a confidential space to help explore creative solutions with a reflective approach.

PSHE support

The team are more than happy to offer advice and resources to support with relevant PHSE lessons. We have additional resources to support Social and Emotional Learning for all ages and would be happy to discuss this further around your school-specific needs.

CONTACT YOUR MENTAL HEALTH SUPPORT TEAM

If you would like to book any of our Whole School Approach offerings please get in touch with your allocated EMHP who can plan this with you.

If there is something that you would like support with that hasn't been outlined in our brochure, please contact us. We would be happy to discuss your school's needs further and look at how we may be able to support.

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