



## Mid and South Essex Mental Health Support Team

# Newsletter

## Introduction



Welcome to the third edition of the Mid and South Essex Mental Health Support Teams (MHSTs) newsletter. MHSTs is a newly designed service being jointly delivered by NHS England and Department for Education. Mid and South Essex Health and Care Partnership partner with NELFT to provide MHSTs and implementation has been undertaken with a collaborative approach, working together with stakeholders to design and deliver MHSTs across Mid and South Essex.

To find out more about MHSTs please visit [Mid and South Essex Partnership website](#).

## Mid and South Essex MHST Updates

### Wave 1

We have three MHSTs teams that started in 2019, who deliver support to 25 education settings in Thurrock, Southend and Further Education.

### Wave 4

We have three MHSTs that started in 2020, who deliver support across 33 primary and secondary schools in Basildon, Braintree and Maldon.

### Wave 6

We have two MHSTs that started in January 2022. The EMHPS are currently in training at Anna Freud & UCL and working in placement schools in Canvey Island, Castle Point and Rochford.

### New Teams – Wave 7 & 9

We are pleased to have had confirmation by NHSE of an additional five MHSTs between 2022 to 2025, and are currently recruiting to teams that will start with the service in September 2022 in Thurrock and Chelmsford

# Lived Experiences

## Work as a trainee EMHP

As new trainee Educational Mental Health Practitioners we are pleased to share some recent success we have had implementing a whole school approach in Cornelius Vermuyden School.

**FOCUS GROUP:** On Tuesday 15th March, we met 26 students across Years 7 to 10 to discuss the ***students' awareness of current mental health support in the school and community***. We also discussed their understanding of mental health, likes and dislikes about the school environment and their thoughts on the role of the Educational Mental Health Practitioner and we could bring to the school.



*Donna James and Hannah Davies, Trainee EMHPS, Canvey Island*

"Both EMHPs have been a pleasure to work with and the service is proving invaluable. To date, they have provided highly professional, friendly support for many of our children and families through 1:1 sessions, and whole class and small group workshops." (School, Braintree)

"I am now confident and understand my emotions, I know better ways to deal with them." (YP)

### KEY THEMES:

The school's wellbeing team is made up of senior leadership who are all designated safeguarding leads (DSL). However, students expressed they found them unapproachable with mental health issues. They felt they were difficult to locate, associate them with strictness and feel their focus is on academia and behaviour.

**OUTCOME:** The headteacher agreed and sent an email out to all staff explaining this and asked for people to come forward to train as a DSL and form part of the wellbeing team. Within one hour of the email, 15 staff had replied expressing interest, ranging from teaching staff, assistants and admin staff.

Ourselves and our supervisor Lucy Honour are proud to have made a great start within the school and are grateful to see a small impact from using the whole school approach in such a short space of time.

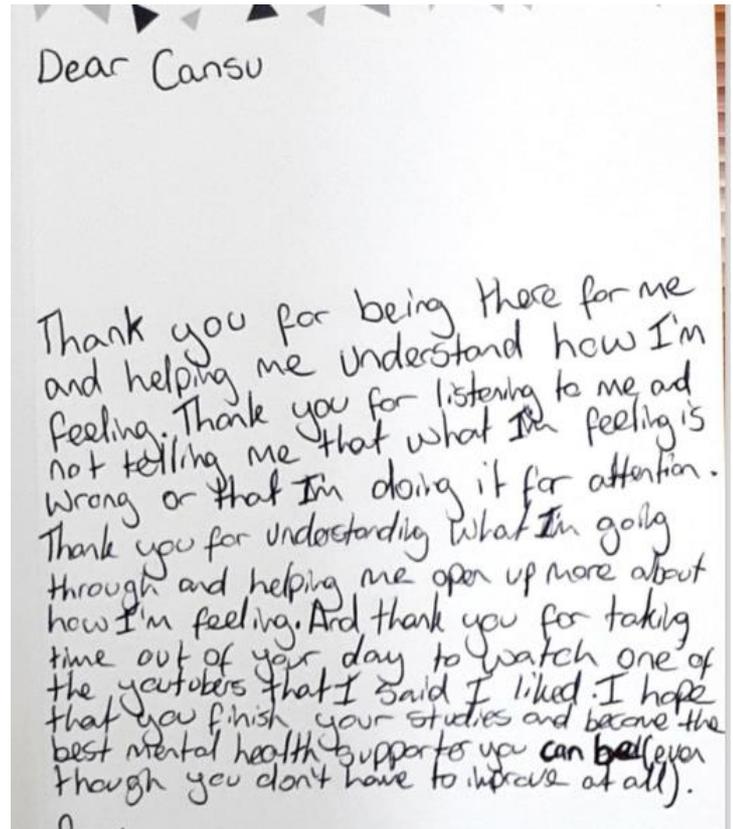


## Case Study

In a recent case, I worked with a young person who was referred for the presentation of low mood. Brief Behavioural Activation was offered over a course of eight sessions. In the intervention, I helped this person record their activities using an activity log, complete their life areas and values exercises to identify the activities that are meaningful to her and had a go at these. The aim of this was to change the negative cycle of low mood by increasing activity, therefore increasing life satisfaction.

The young person struggled at times and wanted to drop out; however, she continued to persevere and was able to observe the first glimpse of change on week seven. She successfully completed the intervention and reported feeling happier already. She even created a thank you card for me, to express how grateful she was for our sessions.

*Cansu Yilmaz, EMHP*



## Whole School Approaches

### Working collaboratively

Braintree MHST meet together with children from Honywood and Great Bradfords School who were transitioning to secondary school.



“We were really delighted to welcome staff and learners from Great Bradfords school to celebrate and share our experience of working with the mental health support team. At both Honywood and Great Bradfords we have seen a really positive impact from the work of this team. They have only been working in our schools for a short space of time but in that time they have provided well needed support to many of our learners. The pandemic has put Mental Health firmly on our agenda and we are grateful to be able to provide access to this support for our learners.”

*James Saunders, Headteacher at Honywood School.*

## School Network Meeting

On **Tuesday 29<sup>th</sup> March 2022**, the Mid/South MHST held our **first MHST School Network meeting** with schools and education. It was lovely to have over 30 schools, colleges and alternate provisions attend and feedback their experiences. We heard from schools currently hosting and working with MHSTs, as well as from schools looking forward to welcoming new waves of MHSTs

We had discussion about Team Around the Learner Sessions, referral processes in schools to MHSTs and OfSTED informed mental health provision mapping. We shared information about upcoming training opportunities for schools on:

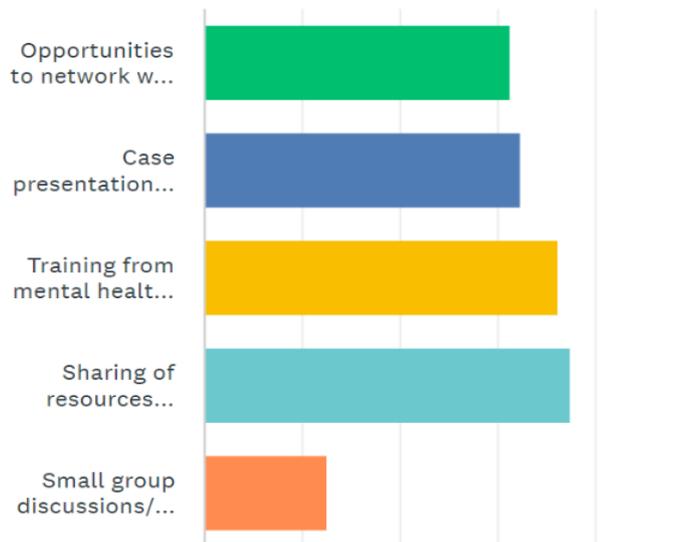
- 1) Safeguarding and risk
- 2) Harmful Sexualised Behaviour
- 3) LGBTQ+

We will take the feedback on board and look forward to inviting you all to join us at the next MHST School Network Meeting.

*Anthony Crafton, Educational Lead*

Thank you to those of you who completed the **survey** to inform the development of the Mental Health Network. The feedback was positive, with everyone reported that **the network event was useful** (75% reported finding it Very Useful) and people **88% reported feeling comfortable to contribute to the meeting** (50% Very Comfortable).

We asked what you would like from future network meeting's and you said:



## Useful Links and Resources for Education

Anna Freud Websites includes:

- [Mentally Healthy Schools and Colleges](#)
- [Schools and Colleges page](#)

Every mind matters

Place 2 Be - Mental Health Resources for Schools

