

Issue 13

MHST Newsletter

August 2022



MHST? Who are we?

The Mental Health Support Team (MHST) provides an accessible service for pupils from primary to year 13 who may be experiencing a range of mild to moderate difficulties with their mental health.

The teams are based within education settings and cover Year 1 to Year 11 in Blackburn with Darwen, Year 1 to Year 6 in Burnley & Pendle, and Year 7-13 in Hyndburn, Rossendale and Ribble Valley (including Nelson and Colne and Hyndburn and Rossendale Colleges).

If you have noticed your child is feeling frequently sad, worried or anxious and feel they may need support from our team, please speak to a member of staff at your child's school, who can support a referral to the service.

Meet Emily



My name is Emily O'Connor and I am one of the Mental Health Practitioners (MHP) within the Hyndburn and Ribble Valley MHST.

I have not always worked as a MHP, prior to this I was a school nurse for 10yrs and before that I worked on general paediatric wards and neo natal units as a children's nurse. In total I have worked in the NHS for 19yrs (scary how time flies).

As part of my new role I have qualified as a CBT therapist and I enjoy working with young people; helping them to understand how they can improve their low mood or anxiety.

I really enjoy working in schools on specific mental health awareness days; on such days I enjoy educating young people around self-help/self care and early interventions for when life may be stressful. These days are always very busy and fun, and often really hit a cord with the young people.

Outside of work I enjoy trips to the Lake District; I am currently trying to complete all the Wainwrights and I have a geeky hobby of reading maps. I also love camping with my family and generally just being outdoors.



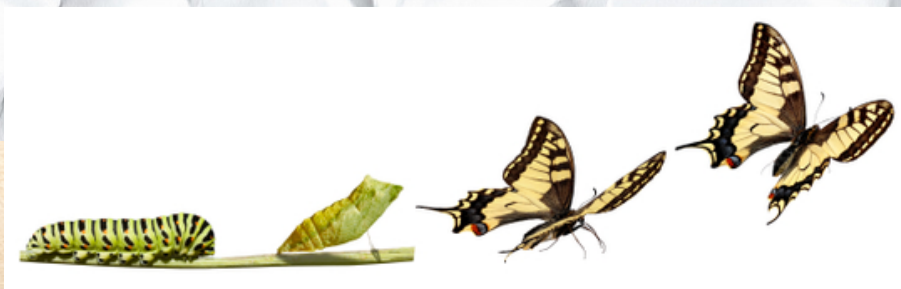
Team News



Congratulations



Congratulations to our fantastic Educational Mental Health Practitioners (EMHPs) Shazia (not pictured) Cath, Natalie, Debs, Emma, Hazel, Hayley and Shelly who all graduated this month from Edgehill University. They have all qualified as - Educational Mental Health Practitioner's for Children and Young People. Post Graduate Diploma. The hard work has paid off - well done to you all.

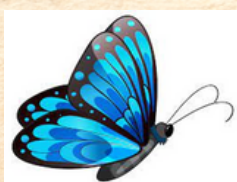


The summer period for most young people will mark a process of 'Transition' - this means **a process of change**. This change may involve a change in classes, change of teacher/s, change in subjects, change of school, change of uniform and change of friendship groups - just to name a few! This process of change can be an exciting time but it can also be an uncertain time that some young people struggle to manage. We have put together some information and advice that we hope will be helpful for parents/carers.

Parents/Carers

First of all you are not alone! Many parents/carers feel anxious about their child's transition's and it is completely normal to worry. Here are some top tips for you to manage this worry and support your child:

- Be your child's **anchor and model calm behaviour**- children look to parents/carers and will often model your reactions to uncertain situations. If you can try to be calm and reassuring it is likely your young person will follow suit. Try to **maintain normal routines and activities**, speak about the positive and exciting aspects of the change and **encourage them** to speak about the things they are most looking forward to.
- **Be prepared** - try to support your child in being prepared for the change, do they need new school equipment/uniform? Is there a change in route to school? Possibly practice this route over the summer period so that it is more familiar for them when they start in September. **Encourage them to be organised** and have their bag and equipment ready the week prior to starting school. (We acknowledge that this aspect of being supportive can be costly and can be difficult - please view the links on the signposting page for information on organisations who may be able to help).
- **Encourage and remind** children of all the transitions/change they have already managed throughout their life so far. Some examples are, change from nursery to school, change to online learning in lockdown, change in previous teachers, change in living situation eg house move. There will be many more examples of change that young people have already managed that they can be reminded about. Once they realise that they have managed change before they will hopefully feel more confident in doing it again!
- **Listen** to their concerns and worries - validate them and offer reassurance. Perhaps they can write their worries down and you can discuss together.
- For more advice and support please visit the Young Minds Website, there is lots more information including a parents helpline and webchat.



Signposting

Double Click on any of the images to go straight to that organisations website

Parent Support Group – Blackburn with Darwen

The Parent Support Group is an online group which is topic based at the moment. It is a space where information is shared with discussion between parents. Last month's topic was anxiety where we explored the origins of the role of anxiety and strategies to manage anxiety if it was impacting on our child's daily life. There will be no session in August due to the summer holidays, so the next session will be in September.

Please come along if you feel it will be helpful. There is no pressure to contribute or have your camera or microphone on, there is a chat function to contribute to the session if you feel more comfortable.

Parent Support Group – BWD

Wednesday 28th September 2022

6pm–7pm via Microsoft Teams

– Please email emma.jackson@elht.nhs.uk for a link to the meeting



Burnley Together

This summer Burnley Together are launching a new school uniform recycling initiative. Follow on Facebook or visit the website to find out how to get uniform for FREE from the 15th August.

RUMMAGE RESCUERS

SHOP • DONATE • VOLUNTEER



Located in Blackburn FREE school uniform available at the Canterbury Street Warehouse:

67 Canterbury Street
BB2 2HT
Tel: 07895 728449



SCAN ME

Open the Camera app on your phone
Select the rear-facing camera.
Hold your device so that the QR code appears in the viewfinder in the Camera app.
Tap the notification to open the link associated with the QR code

FOLLOW US



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@elht_ELCAS

Signposting

Double Click on any of the images to go straight to that organisations website

MAUNDY RELIEF PRESENTS:

ALL ABOUT YOU: MENTAL HEALTH & WELLBEING GROUP

WEDNESDAY EVENINGS

5.15PM - 6.45PM, WEEKLY
STARTING: WEDS 20TH JULY 22.
6 SESSIONS IN TOTAL
FOR AGES 13 - 17 YEARS OLD

a safe space to access for young
people to get support with anxiety

MAUNDY RELIEF 29-31 ABBEY STREET, ACCRINGTON, BB5 1EB

FOR MORE INFORMATION PLEASE CONTACT:

JENNIFER ATHERTON ON 01254 945209

ALTERNATIVELY, EMAIL: COUNSELLING@MAUNDYRELIEF.ORG.UK

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