

MHST Newsletter

June 2023



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 The Team

Bryan



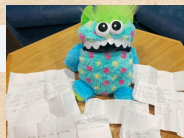
Role and Background: Team Manager for the MHST in Blackburn with Darwen. I previously worked within the local Specialist Mental Health team in BwD for ten years.

Favourite part of my role: Being able to encourage young people in saying what they want mental health support in schools to look like and to make changes to our team's offer.

What I enjoy doing in my spare time: I love to walk and especially walking the dog! This is the thing that de-stresses me the most! I'm a long standing Liverpool fan (sorry!) and like nothing better than watching and sometimes playing football.

Favourite Film: Shawshank Redemption and Green Mile (please watch them, they're great!)

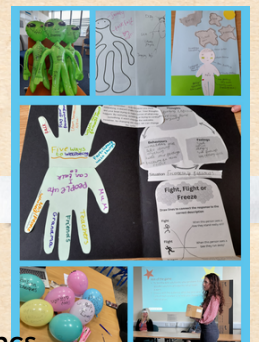
If you can think of things that could improve our team, please get in touch!

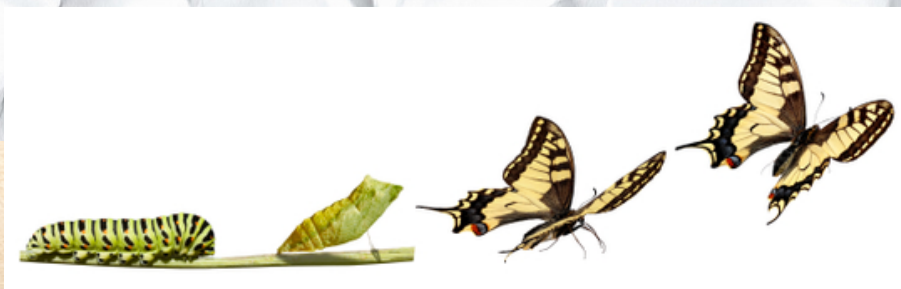


Team News

We have had a busy couple of months across our Blackburn with Darwen and East Lancs Primary and Secondary school teams. Teams have been out and about delivering Whole School Approach workshops in schools, on topics such as understanding and managing exam stress and transition. We would like to showcase some of the very creative work some of our children and young people have created in their one to one sessions to explain and normalise the physical symptoms of anxiety and stress on our bodies. Fantastic work guys!

The next couple of months we will be focussing on Transition work with young people moving from Primary to Secondary and also offering information advice and guidance around transition to young people who are preparing to leave school and move on to college or other areas of work/education. We will be supporting many students in schools but for more generic advice and support for parents/carers please see the links on the last page.



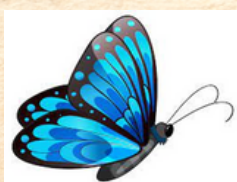


The next few months for most young people will mark a process of 'Transition' - this means **a process of change**. This change may involve a change in classes, change of teacher/s, change in subjects, change of school, change of uniform and change of friendship groups - just to name a few! This process 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; it is a space where information is shared and support and advice is encouraged between practitioners and parents, we welcome open discussion within the group.

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

Last Wednesday of the month
6pm–7pm via Microsoft Teams

—Please email rebecca.pickles2@elht.nhs.uk for a link to the meeting



Information, Tips and Advice for parent/carers and young people around transition. Includes a parent webinar and lots of other useful resources.



Information and advice for parent/carers of young children getting ready to start school for the first time



Anna Freud
building the mental wellbeing of the next generation

Supporting children's transition to secondary school is an evidence-based guidance for parents and carers, written with input from clinicians at the Centre and teachers



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



elht_elcas



@elht_ELCAS