

MHST Celebration Event (Plymouth Team)

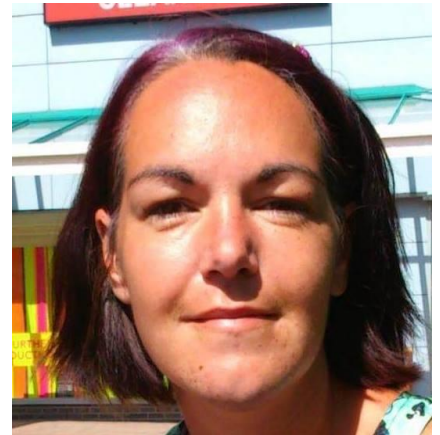
Julie Preece (Manager)



Emily Cload (EMHP Supervisor)



Hayley Delacy (EMHP Supervisor)



Charlotte Wilson (EMHP)



Tanya Stilwell (EMHP)



Yuli Politi (EMHP)



Trainee EMHP's



Kiera Rivers (Admin)



Helen Parnell (Admin)



I just wanted to say thank you so very much for all your help, I know D comes off as a bit 'goofy' sometimes and I tend to do a lot of the talking but he really has found this very useful and helpful.

From a personal point of view the change in him has been really good and the harmony that your sessions have brought to the household has been wonderful.

Thank you so very much for all your help.

*Kind Regards
Parent*

We honestly cannot thank you enough for the support you have given H, with such compassion and understanding. We feel that you went above and beyond to ensure H was getting the right support, and also your support to us as his parents really was amazing. You have been such a positive/important part of H's recovery throughout all of his struggles, and I know how grateful he has always been to have been able to offload and talk to you. We couldn't have asked for a better person to have been his support. We will always strive to ensure he gets the best out of life and keep encouraging him to be positive 💙 He has certainly made us so proud with how he has handled all of this and continued to keep trying no matter what. He has so many amazing attributes and hopefully one day he will come to realise this along with everyone else :-) - Parents

Feedback from Eco Farm project:

It was amazing to be able to get back out into nature for mental health awareness day. We all need time to reflect and unwind and being able to walk in nature and spend time with the animals provided space to "just be." It was so useful to have professionals on hand to ask for advice and signpost to relevant support. Thanks for a great afternoon!
- Parent

It was so fun to be able to visit the farm. I loved making a raft and seeing if it could float and tried again when it didn't! It was good to light a fire and I kept trying until it worked and didn't give up. We walked around the farm and the pigs were really cute. I loved the alpacas and they came up and sniffed me. Spending time with them made me feel happy.
- Grace age 10

My son struggles at school and finds it a hard place to be which can cause quite a lot of anxiety but being out in nature is where he thrives - he becomes confident, resilient, learns so many practical skills and always has a smile on his face. The session at the farm gave him a brilliant opportunity to reflect on how positive he feels in a nature environment. The activities put on needed him to use his resilience, perseverance, team building and listening skills all while helping him to feel happy and like he was achieving. Thank you
- Parent

Engagement with schools:

Delivery of 'Change and Transition lessons' for KS2 children and Year 6 children using Anna Freud resources – positive feedback from children that this has 'helped me to get ready' and 'helped me to think about it' and 'everyone will feel a bit worried'.

Delivery of tutor group/assemblies looking at what is normal vs when to seek help – positive feedback from teachers that this supports pastoral work and importance of language and normalising some anxiety and low mood for adolescents.

Positive relationship building with SENCOs and Mental Health Leads in schools and many schools working to prioritise wellbeing. Positive feedback from Ford Primary 'it has worked so well for us!'

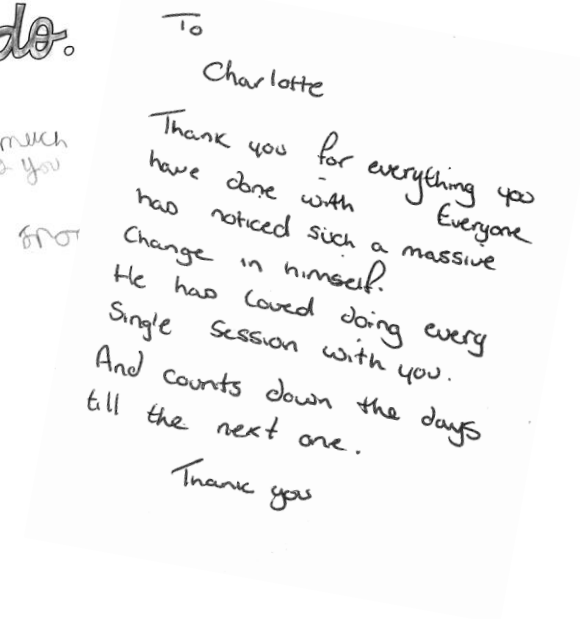
Engagement with parents:

One couple on finishing Parent-Led stated; 'This is the best thing we have ever done, and it has helped our son and us enormously'.

I am extremely grateful to have been given this opportunity and I feel very lucky with the Practitioner that I got to work with. She instantly made me feel I could be successful and that the efforts I would be putting in to learn how to support my child would be of great benefit to him and in turn the family. I see great value in the before and after questionnaires and the continuing scoring weekly. I even surprised myself at how the scores changed week on week and slowly I could see how my child's anxieties were lessening week on week. Finally, I would like to say a really big Thank you for being so understanding, caring, professional and approachable throughout my Parent Led CBT. I hope she realises how much she has helped my little boy and I will without question, continue to use the methods and practices she had taught me.
- A parent on finishing Parent-Led

Engagement with CYP (children & young people):

- Seeing a reduction in symptoms in CYP during the course of an intervention and measuring these through patient reported ROMS.
- Seeing the confidence grow in CYP.
- Seeing a CYP with a phobia overcome his fears and be able to do things that he could not do.
- Seeing a CYP with OCD reduce her rituals over time with a significant reduction in patient reported symptoms.
- Seeing CYP progress towards their goals.
- Supporting CYP within school environments and the positive effect this can have.



A message from the team

Despite the challenges of the last 18 months the Plymouth MHST is proud of that we have achieved and what we hope to continue to do. We are still committed to supporting, children, families and schools, and have some exciting plans to continue to develop our offer to families and schools going forward, as well as five new trainees to add to our amazing team. Through supporting each other and the people we work with, we have made strides to improve mental health and wellbeing in Plymouth throughout this period of COVID and lockdown. We now are looking forward to continuing our journey with you all.

Many Thanks

Plymouth MHST

