

# MHST



## **Whole School Approach**

We work in partnership with our schools to develop universal approaches promoting wellbeing and the prevention of mental health problems across the whole school community by:

**Running workshops for staff, parents and children**

**Presenting in assemblies**

**Consultations with school staff**

**Staff training sessions**

**1-2-1 sessions for individuals**

**Participation**

## Schools booking WSA process

**1**

Termly meeting held at beginning of each term with MHST practitioner.

**2**

Requested groups and workshops put onto booking form by MHST practitioner for following term onwards during termly meeting.

**3**

Schools can assume at this point that these bookings can go ahead. In the unlikely event MHST cannot cover, we will contact you ASAP.

**4**

MHST practitioner to send booking form to WSA Co-ordinators.

**8**

If MHST do not receive consent forms or referrals by the agreed date, the group will need to be deferred to a later term or cancelled.

**7**

If schools have booked a group, please ensure that consent forms are returned to lead practitioner by date agreed. If the groups is Cool, Calm and Collected or From Timid to Tiger, please get referrals back to MHST two weeks prior to group commencing.

**6**

Allocated practitioners will contact schools regarding groups and workshops they are delivering - this should be done in a timely manner.

**5**

Co-ordinators to allocate WSA to practitioners.

## Lessons / workshops for young people

### Mental Health Awareness

A 45 min session with accessible information on common mental health difficulties, statistics, helpful and unhelpful coping strategies. Classes or groups.

### Anxiety Awareness

A 45 min session to help children to understand anxiety and how it feels in our bodies; the Fight, Flight, Freeze response; strategies and skills that can help us manage anxiety. Classes or groups.

### Low Mood

A 45 min session on understanding low mood and learning tips and strategies that can help. Classes or groups.

## **Groups for young people** for all targeted small groups referrals must be completed

### **Mindfulness Group** (Not referred)

A series of mindfulness and relaxation sessions for KS2. Whole class work.

### **Emotional Health Crew** (This is a referred in group)

This 5 week, 45 min p.w group aims to teach children about their emotions and how to manage them. Groups of approx. 6-8 children.

### **Surge** (Not referred)

This 6 week, 60 min per session group aims to teach anxious or worried children about their emotions and gives children strategies to help them to manage. Whole classes.

### **Decider Skills** (This is a referred in group)

This 8 week, 1.5 hour p.w course is designed to equip young people with skills and strategies that they can use to support good mental health and wellbeing. Approx 8-12 young people per group.

### **Cool, Calm and Collected** (This is a referred in group)

This group is aimed at young people who become overwhelmed by big feelings at times and will teach generic cognitive behavioral strategies to help support themselves. Groups for a maximum of 6 children in KS2.

### **Bounce Back** (This is a referred in group)

This practical 4-week, 1-hour session Self-Esteem Group for primary-aged children (ages 7-11) is designed to create a safe, supportive environment. Each 60-minute session balances fun, movement, and emotional exploration to build confidence, resilience, and a positive sense of self.

## **Staff training workshops** each designed to fit into a staff meeting

### **MHST Introduction**

A 30 min session introducing the Mental Health Support Team in Plymouth and giving parents information around early mental health support and referral routes. This can be presented before another staff training presentation.

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### **Anxiety Workshop**

This 45 min workshop explores anxiety and the fight, flight, freeze response and encourages staff to think about what this means for children in school and how we can best support anxious children. This workshop pairs well with 'Anger and the Assault Cycle' and 'Anger and Adverse Childhood Experiences'.

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### **Anger and the Assault Cycle**

This 45 min workshop looks at how anger and the big emotions work in our bodies, and how we can support young people who become angry. This workshop pairs well with the 'Anxiety Workshop' and 'Anger and Adverse Childhood Experiences'.

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### **Adverse Childhood Experiences**

This 45 min workshop explores adverse childhood experiences and the effect of trauma on the developing brain and encourages staff to consider trauma informed responses and practices to best support children at school. This workshop pairs well with 'Anxiety Workshop' and 'Anger and the Assault Cycle'.

## Parent workshops

### MHST Introduction

A 30 min session introducing the Mental Health Support Team in Plymouth and giving parents information around early mental health support and referral routes. This can be presented before other presentations that may be requested.

### Parent Anxiety Workshop

This 90 min workshop explores anxiety and the fight, flight, freeze response and encourages parents to think about what this means for children.

## Referred groups for parents

### From Timid to Tiger Parent Led CBT Group

This course runs for 8 weeks for 2 hours p.w and aims to give parents psychoeducation about anxiety and worry as well as strategies and skills that can help support the anxious child.

## MHST padlet

Our padlet offers information on all of the interventions, groups and workshops we run. You can also refer young people for intervention with our team here, as well as finding a range of useful websites, articles and signposting to other services that support the wellbeing of young people and their families: [bit.ly/MHSTPadlet](https://bit.ly/MHSTPadlet)

**We provide support to Primary and Secondary Schools throughout Plymouth and the team is working hard to increase the number of schools we can support all the time.**

**To book any of the workshops either email the team or speak to your link practitioner.**

**We accept referrals from students (12+), teachers and parents.**

**Contact us by phone or email on:**

**Email: [livewell.mhst@nhs.net](mailto:livewell.mhst@nhs.net)**

**Phone: 01752 435401**

**[www.livewellsouthwest.co.uk/mental-health-support-team](http://www.livewellsouthwest.co.uk/mental-health-support-team)**



**You can also contact us by visiting our padlet.**



*We support people to lead independent, healthy lives*