

MHST NEWSLETTER

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Welcome to the latest edition of the Mental Health Support Team's Newsletter. If you would like to make a suggestion or contribution, please contact: victoria.schwarzbach@nhs.net

WAVE 5 UPDATE

In Wave 5, we have Miles, who is now training at the University of East Anglia this year, Jess is coming to the end of her EMHP training so fingers crossed she passes. Fiona is still continuing with her senior practitioner course.

As we come into the new year and school year, we have been reaching out to school again to arrange a catch-up meeting and planning in whole school approaches. Which so far, we have few schools shown increased interest in arranging parent/ CYP workshops and staff training arranging from behaviour, managing anxiety, building resilience and the impact of bullying on mental health.

Unfortunately, we have had a member of staff move wave, Sam Spavins our band 6 has moved to Wave 1 to support the new team in Bletchley, she will be missed in the office but we'll still cross paths.

WHAT IS A CONSULTATION?

This will be a confidential 30-minute slot for the discussion of new referrals and/or whole school approach ideas.

Please email us on CNWL.MHST@nhs.net to request a space for discussion. In your email it is helpful to include:

- How many young people you would like to discuss (Initials shared and a very brief outline of concerns is always greatly received)
- If you would like to discuss any whole school approach ideas

Secondary's will also be offered a consultation space at a different time.









DEVELOPING A MORE POSITIVE YEAR

We have started to promote the new year and new me, driving toward developing a more positive year, for example introducing calming techniques into your day. Please see some examples below:

Calming Techniques

One of these techniques can be used to help manage when needed

ABC Game Choose a topic and take it in turns to name items that start with that letter, try foods or jobs! 	Senses Game Five things you can see Four things you can touch Three things you can hear Two things you can smell One thing you can taste 
Occupy Your Brain Name all the objects you can see Count back from 100 by 4 Describe how to do an activity you know well, think of all the steps Read a page in a book backwards 	Body Awareness Take some deep breaths Scrunch your feet, notice the sensations Clench and release your fists Rub your hands together and notice the warmth Do some big stretches Finish with some more deep breaths 
Shopping Game Take in turns, the first person starts with "I went to the supermarket and I bought..." the next person says a new item and the items of the person before them. You can try doing it alphabetically! 	Calming Breaths Count backwards from 10, breathe in on every number and out on the spaces between the numbers. Breathe out for longer than you breathe in. 

mental health resolutions

crazyheadcomics

 i will listen to what my body needs	 i will be kind to myself	 i will state my boundaries with assertiveness
 i will forgive myself for past mistakes	 i will let go of unhealthy coping mechanisms	 i will allow myself some rest when i need it

SECONDARY SCHOOL GROUPS

We are looking at trying to set up more Secondary school groups and workshop to support referrals and common mental health concerns at specific times of the year like exams period over the next school terms.

MK MENTAL HEALTH SUPPORT TEAM
EXAM STRESS WORKSHOP

2 hour workshop designed to support Years 10, 11, then 12 & 13 pupils who will soon be starting their exams.

WHAT DOES THE WORKSHOP COVER?

- What is stress and anxiety and how it can impact the body.
- Why we worry about exams.
- Strategies to overcome exam stress.
- Recognising the role of thoughts
- Problem solving skills
- Mindfulness skills

WHO IS IT FOR?

Year 11, 12, 13 students who are struggling with increased anxiety/worrying about their upcoming exams and would like to learn CBT-informed skills to manage their anxiety

You may be experiencing....

- Trouble getting to sleep because of the anxiety about exams?
- Experiencing physical symptoms of worry such as a tummy ache or feeling sick about the thought of exams?
- Finding the worry of exams impacting other areas of your daily life?

MENTAL HEALTH AUDIT

As part of the EMHP trainee course and overall whole School Approach, we like to complete a mental health audit in a school, this can be used to look at what common mental health are arising in this school/local area while what works well in the school around wellbeing and mental health with the option of support from the MHST or help bring awareness to mental health in the school for Parents/Teachers and Young people.

Here is some information about school audit:-

A school mental health audit is a comprehensive evaluation of the mental health services, policies, and practices within a school environment. Its purpose is to assess how well a school supports the mental health and wellbeing of its students, staff, and wider community. The audit helps identify strengths and gaps in current mental health provisions and informs recommendations for improving mental health support, access to resources, and overall school culture. On the next page, there is a breakdown of what the audit typically involves.



What does the school mental health audit involve and why is it crucial for ensuring the mental health needs of students are addressed effectively?

The main objectives of a school mental health audit include:

- Evaluating the effectiveness of current mental health programs and services within the school.
- Identifying gaps in services or resources that might be hindering students' mental health and well-being.
- Assessing how well mental health is integrated into the school's culture, policies, and curriculum.
- Gathering input from students, teachers, staff, and parents to understand their experiences with mental health services and identify areas for improvement.
- Creating a foundation for policy development and providing evidence for seeking funding or further support for mental health initiatives.
- School Policies and Procedures
- Staff Training and Well-being
- Student Engagement and Support
- Benefits of a School Mental Health Audit

A thorough mental health audit offers several benefits for both the school community and the wider society:

- Improved Student Support: The audit helps ensure that students' mental health needs are met in a timely and effective manner, promoting better academic performance and overall well-being.
- Early Identification and Intervention: By evaluating the mental health services and identifying gaps, the audit can help identify students who may need early intervention before issues become more serious.
- Reduced Stigma and Increased Awareness: Engaging students, staff, and parents in the process can help reduce stigma surrounding mental health and encourage open conversations about well-being.
- Informed Decision-Making: The audit provides data and evidence that can guide decision-making, whether for the allocation of resources, staff training, or policy development.
- Whole-School Approach: A well-conducted audit ensures that mental health is embedded across the entire school system, not just within a specific department or service, creating a holistic approach to student well-being.

SERVICE COMPLIMENT STAR JAR

"Helped me challenge and manage my anxiety in much better ways. Also help recognise anxiety from panic attacks."

"I enjoyed being able to talk to someone about the I feel and the thoughts I have."

"I had fun in my session, I always felt comfortable and the sessions really helped calm down my anxiety."



LEARNING ZONE

ANNA FREUD WEBINAR: AN INTRODUCTION TO SELF-HARM PREVENTION IN SCHOOLS AND COLLEGES (4TH FEB)

Research suggests 90% of young people in the UK aged 12-17 do not contact medical or psychological services after self-harming, instead choosing to confide in their peers or a favourite teacher. This offers schools and colleges a unique opportunity to identify early warning signs and embed a safe and supportive environment. However, education staff need to feel empowered and confident to support young people struggling with self-harm.

We understand that prevention and early intervention strategies are essential to support student mental health and wellbeing.

Our job is to provide education professionals with the latest research, guidance and practical tools and strategies to enable you to support the young people you're working with. Join us as we give you an overview of our two brand new training courses launching in the new year: "Responding to a young person who is self-harming" and "Self-harm: Leading whole-school prevention."

This webinar is for any education professional who is working directly with young people who may be at risk of, or who they are aware are, self-harming.

Attendees are not expected to be mental health or self-harm specialists and are not required to have had previous experience of leading a strategy to prevent self-harm. The webinar will discuss self-harm, mental ill health and potentially distressing topics exploring environmental risk factors.

We understand this maybe upsetting or triggering depending on your own personal or professional connection to the topic. With this in mind, we will also be recording the webinar so delegates will be able to access it at a time they feel safe and comfortable to do so.

Aims of this webinar

- To be able to understand what self-harm is and is not
- To be able to recognise signs and causes of young people self-harming
- To consider your whole-school or college approach to preventing self-harm
- To support the wellbeing of staff and colleagues directly supporting a young person who is self-harming.

To book onto the webinar - [click here](#)

