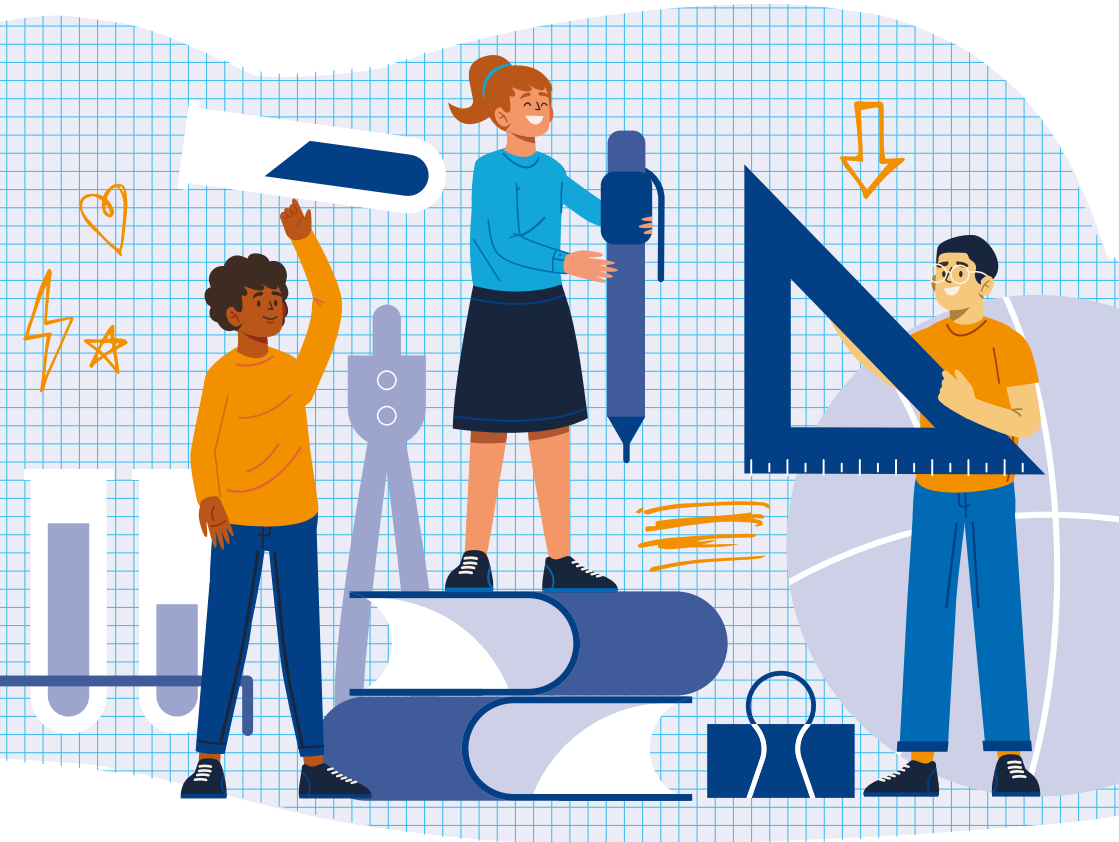


Whole School Approach Menu

Secondary schools offer



Part of the role of the Milton Keynes Mental Health Support Team (MHST) is to offer support in developing each school's approach to mental health.

There are a variety of different things your MHST can offer staff, students and parents. This menu provides examples of these.

If you would like to discuss any of the information included in the menu please email our team: cnwl.mhst@nhs.net or to find more information about the service, visit www.cnwl.nhs.uk/mental-health-support-team-schools



Consultations

A discussion of up to 45 minutes with a member of the MHST. The consultation can be used for school staff members to:

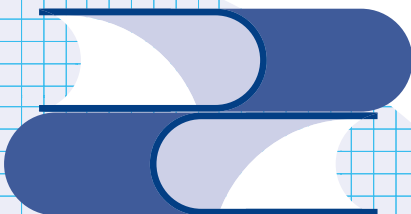
- Discuss young people you wish to refer to MHST
- Seek advice, support or signposting for a young person whom you have concerns relating to their emotional wellbeing or mental health – even if you are unsure whether they are suitable for MHST.

To book the next available consultation slot, please email cnwl.mhst@nhs.net

Supervision and reflective practice for staff

Supervision: A bespoke 1:1 space for staff to promote professional learning and development and help school staff members reflect on and develop their knowledge, skills, and competence on a school-based challenge/topic. The sessions are offered as a one-off and will be used to discuss young people and for you to seek advice and support about signposting.

Reflective practice: For a group of school-based staff. This 60-minute session brings staff members together, enabling them to pause and reflective upon a particular challenge, situation or topic. Such groups can support staff to reflect on the emotional impact of their work, improve their self-care, help them develop greater trust and support amongst colleagues, increase professional awareness and help with managing conflicts. Depending on the identified areas of need, these could be a one-off, or series of sessions.



Audits

Audits support in understanding the current emotional wellbeing state of your school, map what provision is already in place in the school and identify where the gaps are.

In practice, support from a team member may involve:

- Forming a working group with the Senior Leadership Team
- Conducting anonymous surveys with students, parents/carers and staff members
- Facilitating focus groups to better understand viewpoints from students, parents/carers and staff
- Supporting the development of an action plan
- Providing targeted help to bridge any identified gaps, where appropriate.

Review and planning meetings

A termly 60-minute meeting between a team member and the schools Mental Health Lead to discuss and plan group work and a whole school approach for the academic year. The meeting will produce an action plan.

Assemblies and classroom workshops

Ways to support your move to secondary school

This workshop explores school-based worries, problem-solving strategies and a number of useful calming/self-soothing techniques. This 60-minute workshop is recommended for students in Year 7 who are struggling to adjust to secondary school and may be presenting with some anxiety.

The impact of bullying on mental health

This presentation/workshop explores the impact of bullying on mental health with focus on anxiety and low mood. Covering the different types of bullying, the immediate and long-term effects bullying can cause and the different ways children and young people can receive support in and outside of school settings.



Resilience

Resources are used to check in on wellbeing and resilience in different areas of life including, energy levels, current pressures, exercise, sleep and diet. Helping young people to create a goal-focussed action plan to improve areas of wellbeing. It explores how making small changes can make a big difference to a young person's resilience.

Five ways to wellbeing

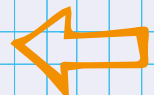
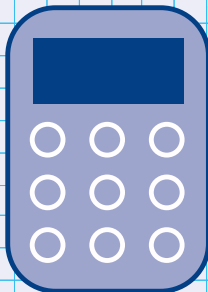
The five ways to wellbeing workshop is aimed at helping young people incorporate a positive healthy attitude to wellbeing in their daily lives with relevant activities and learning.

Sleep hygiene

This session explores the link between sleep and how quality sleep supports positive mental health. Top tips for ways to get better sleep using sleep hygiene will be covered. The activities and discussions will encourage participants to move from being sleep poor to sleep rich.

Exam stress

Exam stress for students can be more than feeling nervous on the day of an exam. It can also be how they feel in the build-up to exams and during exams. The exam stress workshop offers students the support and techniques to manage stress for upcoming exams and over the exam period helping to make the exam stress easier.



Staff Training

Introduction to the Mental Health in Schools Team with audit

A presentation for school staff on the MHST service and what we can offer to your students, parents and school staff. The presentation covers the aims and ambitions of the MHST initiative, who is within your MHST team and their roles, an overview of our groups and one-to-one interventions, as well as a detailed look at our whole school approach offer. We recommend that this presentation is followed up with a Google Forms audit, which is then used to gather feedback from the wider staff group to help inform action planning.

Supporting students with exam stress

A workshop to discuss supporting young people through exam stress, how to provide supportive environments and help with self-management of stress and anxiety. An opportunity to discuss strategies and techniques to manage exam stress and promote well-being in the classroom.

Anxiety in the classroom and brief strategies to support

This staff training explores how student anxiety can present within a classroom setting and the impact it can have on young people's mental health. Useful skills and strategies for managing student anxiety are discussed. This 60-minute training is recommended for delivery to education staff.

Introduction to risk management

This workshop introduces different types of risks and the stigma attached that can occur with a mental health presentation. It goes on to explain how to put a safety plan in place with the young person and their parent or caregiver.

Five ways to wellbeing

The five ways to wellbeing presentation is for staff members to explore ways to incorporate positive wellbeing strategies into their lives.

Co-facilitated parent support

Supporting your child with exam stress

A workshop to learn different techniques to help your young person manage exam stress and help to identify ways to support your children to cope with exams and their emotions surrounding these. Parents can receive support to help guide their children through stressful times. This workshop is aimed at parents of students in exam years 10 and 11.

Coffee mornings

Coffee mornings and similar events create a relaxed, informal and safe atmosphere that allows parents and caregivers to talk to us about common mental health-related challenges that their children face, such as school avoidance/anxiety and exam stress, and explore the ways to support them. It also offers parents and caregivers an opportunity to network with others facing similar challenges, contributing to the formation of a mentally healthy school community. Please note we do not arrange these events ourselves but we are happy to help facilitate and support such events organised by the school.

Parent and open evening

Team members can attend parent and open evenings held at your school. We can bring some of our resources and set up an area where parents and young people can come and find out more about our service. We can also support individual staff members with discussions they may want to have with parents regarding mental health presentations.

Co-production groups

Student-led groups are a great way of improving a school's approach to mental health. Team members can support staff members in developing a co-production group (wellbeing ambassadors group) and also provide support to the students within the group, helping them to develop their ideas and resources. These groups can further evolve the school's approach to mental health from the students' perspective.



This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish