



Mid and South Essex Mental Health Support Team

Newsletter

Introduction



Welcome to the fourth edition of the Mid and South Essex Mental Health Support Teams (MHSTs) newsletter. As we work towards the promise of a warm summer holiday and some rest over the next few weeks. The MHST continue to support young people and families both individually and via our new 'mental health workshop programme' accessible to all young people, children, and families, (details below). We will also begin preparations for introducing three new MHSTs to in both Thurrock and Chelmsford areas. I would like to take this opportunity to thank you all for your support, dedication and contribution over the past term and wish you a very relaxing summer break.

Natasha Ramcharitar, Head of Service, MHST Essex

Online Intervention - SilverCloud

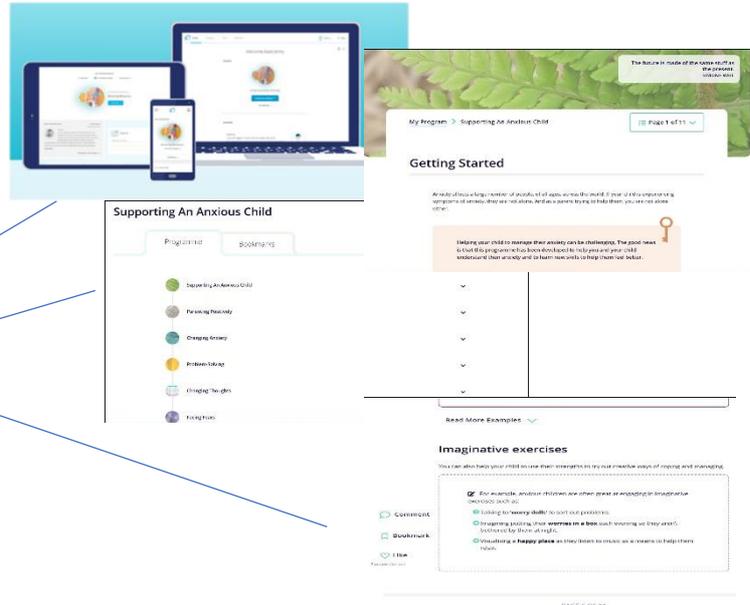
The MHSTs have implemented SilverCloud to support both parents and young people (from the ages of 12 years upwards). This is an online intervention program, where people can work through cognitive-behaviour therapy (CBT) modules to support wellbeing for anxiety, low mood, or behaviour. They receive weekly online input from a member of the MHST, who helps encourage and support them through the program. The program aims to improve mental health by focusing on changing thoughts, feelings, and behaviours.



MAKING SPACE FOR HEALTHY MINDS

Treatment modules available include:

- Understanding emotions and learning about anxiety
- Support for self-esteem
- Challenging thoughts
- Managing worry
- Sleep difficulties



One of the benefits of SilverCloud is that parents and young people can work through the intervention in their own time and at their own pace.

SilverCloud 'Taster for Teachers'

SilverCloud can be accessed via a training format for teachers who would like to gain further understanding of therapeutic techniques to help support children and young people with their emotional wellbeing.

If you would like further information about SilverCloud and the many benefits it could offer, please email your queries to MHST.Referrals@nelft.nhs.uk

MHST Education Network Meeting

On Tuesday 4th July, the Mid & South MHST hosted our termly MHST Education Network Meeting with schools and colleges. It was lovely to see so many schools and colleges at the meeting.

The main theme was focused on ***supporting families over the summer***. As part of this, the MHST were pleased to announce the first MHST Summer workshop

programme for all children, young people, and their families. This includes a series of 19 workshops taking place over August.

Summer Workshops

The first **MHST Summer Workshop Programme** for all children, young people, and their families will begin in August. There are over 19 virtual workshops for them to attend, which focus on:



- Behaviour Management,
- Moving on to Secondary School,
- Moving on to 6th Form/College
- Anxiety Workshop
- 5 - Ways to Wellbeing
- Returning to school

Further information and registration details can be found on our flyers sent alongside the newsletter.

5 Ways to Wellbeing

A further aspect of this meeting explored how a secondary school has adopted the **5-Ways to Wellbeing as a Whole School Approach** to supporting mental health and wellbeing. The purpose of the 5-Ways to Wellbeing is to increase feelings of happiness and self-worth, feel more secure and develop a sense of purpose, find new confidence, have an increase in sense of achievement and improved self-esteem.

This was delivered through staff training and pupils' workshops and was supported by a 4-week action plan booklet that staff and pupils worked through. It was fascinating and wonderful to hear the positive feedback and what impact this has had on both staff and pupils throughout the school.



MHST Staff Training

Through our working relationships with our partner schools and colleges, we have now been able to identify consistent training requirements that would support all

school and college staff. We have developed a termly training which will run throughout the next academic year:

- Risk Assessment and Risk Management
- MHST Referral Pathway, what constitutes a good referral.



These sessions are suitable for all staff across all education settings, and we encourage you to book early to avoid disappointment as there will be a limited number of tickets to ensure the sessions are interactive.

Tuesday 11 th Oct 22	15:30-17:00	Risk assessment & management	Click here to book tickets
Tuesday 22 nd Nov 22	15:30-17:00	Referrals - what makes a good referral	Click here to book tickets
Tuesday 31 st Jan 23	15:30-17:00	Risk assessment & management	Tickets coming soon!
Tuesday 7 th Mar 23	15:30-17:00	Referrals - what makes a good referral	Tickets coming soon!
Tuesday 2 nd May 23	15:30-17:00	Risk assessment & management	Tickets coming soon!
Tuesday 6 th June 23	15:30-17:00	Referrals - what makes a good referral	Tickets coming soon!

Finally thank you for your contribution on Tuesday with completing survey polls during the meeting, this is a vital source of information and ensures we can capture your thoughts and views about the MHST as well as help us shape future meetings and support.

The next MHST Education Network Meeting will be on Tuesday 4th October 2022 – 15:30-16:30 you can **book your tickets here**:

[Mid & South Essex MHST Schools Network Meeting \[NELFT\] Tickets, Tue 4 Oct 2022 at 15:30 | Eventbrite](#)

Final Note

Should you wish to contact our service over the summer, or make a referral please email MHST.Referrals@nelft.nhs.uk

On behalf of the Mid/South Essex MHST, we hope you all have a restful summer break and look forward to seeing you all in September.