

# MENTAL HEALTH

FOR PARENTS,  
CARERS +  
STUDENTS



# SUPPORT TEAM (MHST)

# TERM 1 NEWSLETTER

AUTUMN  
TERM 2022

Welcome to the first issue of Alliance MHST's newsletter!

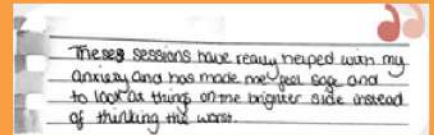
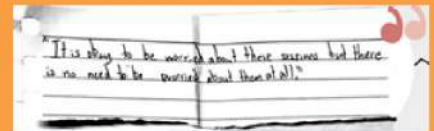
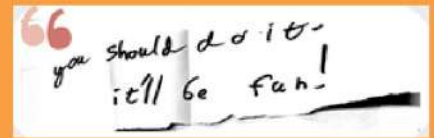
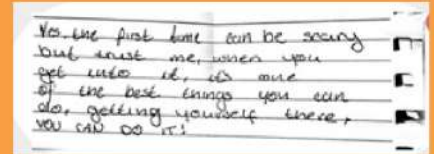
Our newsletter will be distributed each term to provide you with updates and important information about the work our MHST is doing that might benefit you as a parent, carer or student!

What does Alliance's MHST do?

- We support schools with their 'whole school approach' to mental wellbeing, which involves us working closely with school staff, often alongside teachers and children in the classroom.
- We deliver 'evidence-based interventions' (meaning they are proven to work) to children experiencing mild-moderate anxiety, low mood and behaviour difficulties. This means we work directly with you and your children to support improvements to their overall mental wellbeing, which can help improve family relationships too.
- We help transform children's mental health services in your local area by working together with TEVV NHS CAMHS and other children's services.

## FEEDBACK

What young people are saying about their support:



## A TIME TO CELEBRATE!



Our MHST has been independently evaluated by Teesside University and the outcome has shown we have been successful in delivering all of the core elements of a mental health support team! Key highlights include:

- We have increased the capacity and capability of schools in delivering mental health support.
- Children & young people who accessed the MHST, as well as their parents and carers, all reported improvements in all outcome measures which examine anxiety, depression, and health.
- There has been an 80% increase in communication from schools to students regarding mental health activities.

HERE IS WHAT PARENTS, CARERS AND YOUNG PEOPLE HAD TO SAY!

"I was not afraid to tell you anything because I knew I could talk to you and you would help me to find the solutions, but not by judging or telling me I was doing things wrong or telling me what to do...."  
(Parent)

"... I liked that the people I was seeing were really kind to me and I felt like they were really interested and wanting to help me."  
(Young Person)

"I was devastated, we could not go anywhere we were caged in the house. It has not only helped with the child I came for, but also with my other children. We have been out every day over the holidays"  
(Parent)

"It reassured me that I won't always feel the way that I did. I'm feeling fine now but if I ever do come across something that makes me anxious, I know the methods to control my mind and not let it take over my body..."  
(Young Person)

"I truly believe this service has given me my son back."  
(Parent)

### Areas for development:

Some parents, carers and young people said that they were unaware of the MHST until they were involved in the service. They reported that they were unaware of how to access the MHST and suggested that this is an area that needs development.

We have since co-produced a number of posters with young people in schools and also developed an online 'Request for Help' self-referral. We encourage young people over the age of 13 to complete this if they don't feel able to access support in school.

We really value the views and wishes of parents, carers and young people, so if you would like to get involved in the development and promotion of your MHST, please get in touch and we can let you know how to get involved. Drop us an email at [cypfamilies@alliancepsychology.com](mailto:cypfamilies@alliancepsychology.com) - we look forward to hearing from you soon!

YOU ARE NOT ALONE

If you're 13 and over you can access the Mental Health Support Team confidentially by completing a request for help. Please use your camera on the QR code.

If you need to talk, why not access your mental health support team in school?



SCAN ME!

Low Mood ANGER Relationships Friendship ANXIETY Bereavement STRESS



If a mental health emergency please call your local CRISIS CAMHS service. 0800 051 6171 alliance Psychological Services Ltd

# TIPS AND TECHNIQUES

The '5 Ways to Wellbeing' are a great way to improve mental health and are comprised of the following areas:



In each of our MHST newsletters, we will focus on one of these areas and provide tips and techniques for both adults and children to help improve their mental wellbeing.

Our first focus is 'CONNECT' – Connecting with others can help us to cope with our emotions and feel happier.

Three ways you could support your child in connecting with others include:

- Talking as a family about what activities you enjoy doing.
- Talking about your day with your family.
- Encouraging them to ask a friend about their day.

Together you could think of more ideas of how to connect with other people. Our next newsletter will focus on 'Being Active' and how this can help us.

## BULLYING AWARENESS WEEK: 14TH-18TH NOV 2022

Every November, schools throughout the UK take part in Anti-Bullying Week.

This is an opportunity to spotlight bullying and consider the steps we can take together to stop it.

As a parent or carer, you are a vital piece of the puzzle in tackling bullying. You have an important role to play in guiding and supporting your child through their school years and there are a number of positive steps you can take to help keep your child safe from bullying and harm.

Scan the QR code to access this 'Tool for Parents and Carers' that has been developed and written by Anti-Bullying Alliance and Kidscape and designed to give you information about bullying, tips about what to do if you're worried about bullying and the tools to help you talk to your children about bullying:



SCAN ME!

For further information on how to support your child, visit <https://anti-bullyingalliance.org.uk/tools-information/advice-and-support>



**kooth**  
Free. Safe. Anonymous.  
Kooth is an online Mental Health platform for young people. **Need to talk?** Chat to our friendly counsellors.

Articles & Advice   Live Chat   Live Forums

<https://kooth.com> go!

We're by your side when you need us most. for ages 11 - 18

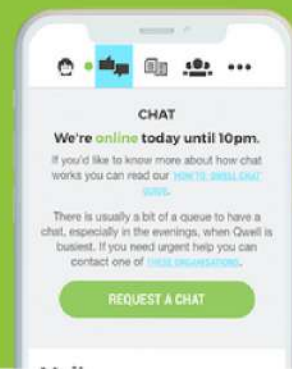
available in your area

### USEFUL SELF-HELP APPS AND LINKS

<b>kooth</b> Kooth.com	<b>Calm</b>	<b>Clear Fear</b>
<b>Mindshift CBT</b>	<b>Smiling Mind</b>	<b>Daylio</b>
<b>My Possible Self</b>	<b>Calm Harm</b>	<b>Think Ninja</b>
<b>SAM</b>	<b>YOUNG MINDS</b> YoungMinds.org.uk	<b>Chill Panda</b>

Qwell provides free, safe and anonymous mental wellbeing support for adults across the UK.

Visit <https://www.qwell.io/>



# UPDATES



## WHAT WE HAVE BEEN UP TO IN SCHOOLS



The team have had the pleasure of joining three local schools at their Macmillan Coffee Mornings!

It was lovely to chat to parents, carers, teachers and pupils about the support that the team offers within school, and of course try some of the delicious treats whilst we were there!

Please come and say hello to our friendly team at any upcoming parent and carer events you may see us at!

## PARENT-LED CBT

We believe that parents and carers are the experts when it comes to their child. Knowing their child best means they are able to tailor the techniques in the programme to their child's individual needs.

**Parent Led CBT for Anxiety** - aimed at children aged 5-12 years whose primary presenting problem relates to worry or anxiety. This 13 week parent-delivered programme teaches parents cognitive behavioural strategies that they can use with their child to help them overcome anxiety.

**Parent Led CBT for Behaviour** - for parents of children aged 4-10 who are displaying challenging behaviour. This 8 week group programme aims to support families with evidence-based strategies to manage and prevent the escalation of behavioural difficulties in their children.

For more information about these programmes and how to access them, please contact [cypfamilies@alliancepsychology.com](mailto:cypfamilies@alliancepsychology.com) OR 01642 352747 (option 2)



## NEW LOCAL SERVICE!

The Tees Valley Sleep Service is a new local service providing telephone support, resources, sleep workshops and one-to-one sleep assessments.

The service can be accessed by families who have a child with additional needs between the ages of 2½ and 18 years.

There are 3 possible referral routes into the service:

- Your local Health Visiting and School Nursing Team
- The Family Support Team at Daisy Chain
- Completing a self-referral form

Visit <https://teesvalleysleepservice.co.uk/> for more information.



**TEES VALLEY Sleep Service**

Does your child experience challenges with sleep?

Are they between the ages of 2½ and 18?

Have they been identified by a professional as having an additional health or development need?

If you answered yes to those questions, then the Tees Valley Sleep Services is here to support you.

Using a tiered approach we can provide telephone support and resources, sleep workshops and bespoke 1:1 sleep assessments.

Find out more by heading to <https://teesvalleysleepservice.co.uk/>

For more information, please contact:

The Family Support Team  
01642 551248 / [family.support@daisychainproject.co.uk](mailto:family.support@daisychainproject.co.uk)

OR

Your local 0 to 19 Service or Health Visiting/School Nursing Team.

**Daisy Chain** North East and North Cumbria  
**NHS** North East and North Cumbria  
**Middlesbrough** **Rc** **DARLINGTON** **HARTLEPOOL** **Stockton-on-Tees**