



WITH ME MIND

DONCASTER

Service Offer



WITH ME MIND

With Me in Mind is a education based service focusing on early intervention and prevention for children aged 4-19. The service is built upon the green paper; Transforming Mental Health for Children and Young People and is underpinned by three core functions.

- To provide evidence-based interventions for children with mild to moderate mental health difficulties.
- To work in partnership with the schools identified mental health lead and develop the whole school approach to mental health. This may include: group sessions, workshops, assemblies, staff training, parent workshops, personal, health and social education (PHSE) support and much more.
- To give timely advice and consultation to schools and colleges including home educated students about individual children's emotional health and from this we signpost to appropriate services to ensure that young people get the right support.

These core functions are with the aim of achieving a variety of positive outcomes including;

- Better mental health and wellbeing amongst children and young people, with improved quality of life for them and their families.
- A reduction of mental health problems into adulthood.
- Education settings feeling better equipped to support both their pupils and staffs mental health.
- An improvement in appropriate referrals to children's NHS Mental Health Services. The ability to identify

needs will be improved and addressed early reducing the risk of escalation is difficulties.

- Increased knowledge and confidence when dealing with mental health issues and a more positive experience for children, young people and their families.

The team is made of; clinical Lead, Team Leader, Senior Mental Health Practitioners, Education Mental Health Practitioners (EMHPs), CBT therapist, and support workers.

With Me in Mind is a joint Rotherham and Doncaster service. The service works across several education settings in Doncaster. This includes: primary schools, Secondary schools, Colleges and alternative provisions including home educated children.



With Me in Mind Stepped Approach

With Me in Mind offer services at different levels / steps depending on need

With Me in Mind - Prevention

Offered to all schools and for all children and young people.

The aim is to work towards preventing mental health problems at the first opportunity.

- Emotional wellbeing sessions offered to all children
- Staff training
- Staff wellbeing sessions
- Educational sessions on wellbeing and mental health for all parents
- Events to raise awareness of mental health and reduce stigma e.g school assemblies, parents evenings
- Whole school approach - contributing to developing a positive culture, and supporting with the development of policies and procedures within the school environment.

With Me in Mind -Early intervention

Available for children and young people who are identified as needing more help.

The aim at this level is to address any problems as early as possible, working towards stopping problems getting more serious and engrained.

- Children and young people are identified as requiring further support with a specific need which can be delivered in a group or classroom setting
- Parents identify a specific need from the educational workshops
- Child accesses support via e-Clinic app.

With Me in Mind- Targeted

For children and young people with recently emerging emotional / mental health problems.

Our aim is to offer evidenced based, effective and timely interventions

- Child and parent have accessed prevention and early intervention offer but there still continues to be an identified need
- Teacher discusses a particular child at consultation where a plan of care involves direct intervention with an Education Mental Health Practitioner
- Signposted to a more appropriate agency for support.

With Me in Mind- Step up support

When there is an established mental health need that cannot be addressed by EMHP interventions or school based services:

- If appropriate for CAMHS, the senior practitioner will facilitate the referral to the appropriate CAMHS pathway.

The Whole School Approach

The whole school approach to mental health encompasses every aspect of school or college life. At the centre of the approach is wellbeing and mental health; this should be embraced and valued throughout the school community, and intertwined into the school's ethos.

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This approach includes:

- Culture, ethos and environment
- School policies
- Attitudes and values
- Social and physical environment
- Leadership practices
- Encompassing health and wellbeing in the curriculum
- Partnership with families and communities

Public Health England outline eight key features to the Whole School Approach:



Practical examples of the whole school approach:

- Assemblies
- Parent coffee mornings
- Staff training sessions
- Staff wellbeing events
- Review of school policies
- Support in planning PHSE lessons
- Corridor workshops
- Parent education workshops
- Student ambassadors
- Needs assessments.





Mental Health Lead

The Mental Health Lead is an identified member of school staff who is on, or has the support of, the senior leadership team.

Their role is key to success and is outlined in the Transforming Children and Young People's Mental Health Provision: A Green Paper. In essence, this is leading a positive whole school (or college) approach to mental health; ensuring education settings have effective support to promote mental health throughout the whole school.

The Mental Health Lead in partnership with, With Me in Mind should:

- Support With Me in Mind to embed within the school community
- Identify the needs of the school
- Identify children who need support
- Co-ordinate mental health needs and the delivery of interventions
- Support and advise school staff working with children who are experiencing mental health difficulties
- Have awareness of what is already available in school via pastoral services, school based counselling services, local authority and voluntary sector providers.
- Support the whole school approach
- Support the measurement of outcomes of intervention.

The role of an Education Mental Health Practitioner (EMHP)

An Education Mental Health Practitioner, EMHP for short, is a new role created to promote *early intervention and prevention* within mental health services nationally. The vision is that the EMHP becomes embedded as part of the school community and is able to build relationships with pupils and staff to understand the unique needs of each school.

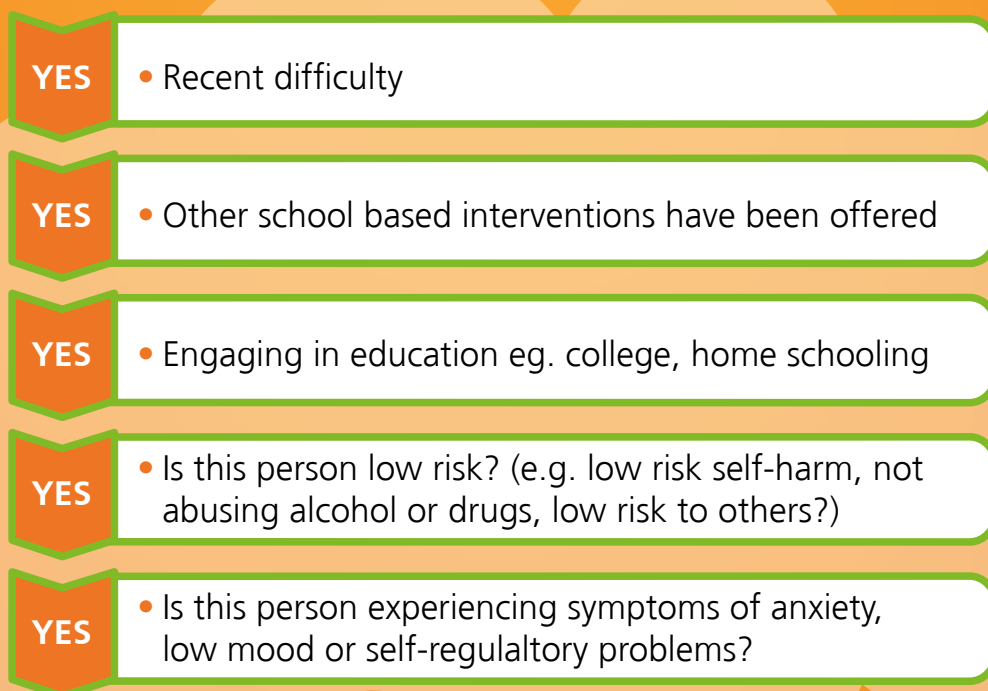
The Doncaster With Me in Mind EMHPs trained at University and completed a Post Graduate Diploma at the university's CYP-IAPT training centre. Their practice is evidence based and informed by low intensity Cognitive Behavioural Therapy approaches. They are trained to deliver both 1:1 and group interventions for a variety of low level and emerging mental health presentations. Their interventions are typically 6-8 weeks but this can vary depending on the needs of the young person.

They are able to offer support to children, young people and their families in relation to worries, anxiety, low mood, fears and simple phobias. Depending on the age of the child, this is offered either through a parent lead intervention or direct work with the child. EMHPs are also able to offer group work to children, or parent/carers to address specific needs such as managing worries, anxiety or low mood.

EMHPs can also provide one-off training sessions (Psycho-education) for groups of students, parents and teachers. This covers a variety of topics such as exam stress, anxiety, transitions and basic mental health awareness. This could be delivered as part of the PSHE curriculum for students, parents evening, or twilight training for teachers.

The EMHP aligned to your school will also work in partnership with the school's Mental Health Lead and the With Me in Mind Senior Practitioner to develop the school's "Whole School Approach" strategy.

Each young person will be considered holistically in relation to their individual needs when an Education Mental Health Practitioner intervention is requested. However the flow chart below can offer an indication that an intervention may be appropriate.



With Me in Mind Menu

With Me in Mind have designed and created a number of workshops and groups to support children and young people. The aim is to increase their knowledge of emotional wellbeing and to equip them in understanding their mental health.

As part of the whole school approach; your practitioners will work with you to identify your priorities from the menu.

Primary Schools

Given the age of the children the evidence base supports working closely with parents. Please see the 'parent support' page within the booklet for more information.

Support available for Primary school children:

- **Wellbeing Assemblies**
- **Small group work** - general wellbeing, managing emotions
- **How Big Are Your Worries Little Bear** - A resource for schools to use, designed for one to one, whole class or small group sessions. This includes a variety of resources including a short film, questions and activities
- **Wellbeing Workshops** - A variety of small workshops are available
- **Exam Stress** - A workshop session which can be delivered to full classes or small groups.

Resources

- Educational videos and work booklets; these can be used as part of lessons or to support direct work with individual children

Secondary Schools

The below topics can be delivered as psycho-education sessions, workshops, assemblies or as part of PHSE lessons.

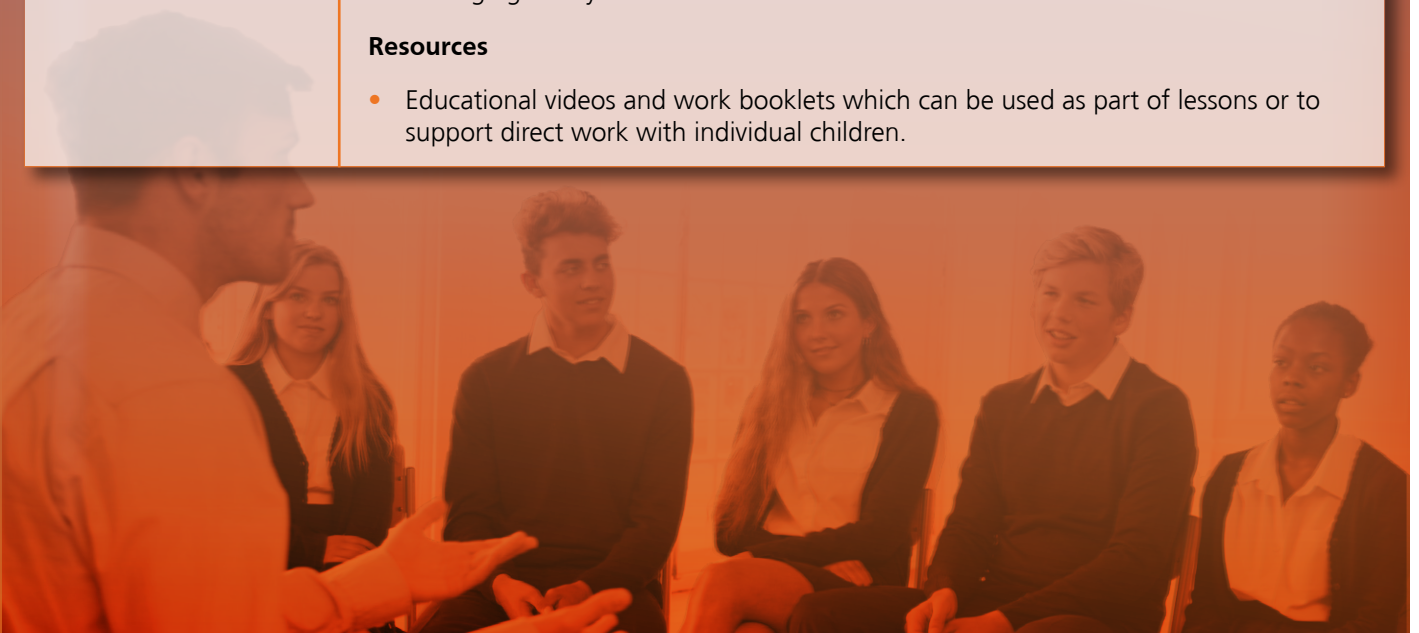
- Improving General Wellbeing
- Understanding Anxiety
- The Importance of Sleep
- Exam Stress Workshop
- Exam Stress Workshop Session 2 Refresher
- A variety of Wellbeing Workshops.

The below interventions are delivered as small groups

- Anxiety for children with Autism and additional learning needs
- Low mood
- Safety Nets
- Managing Worry.

Resources

- Educational videos and work booklets which can be used as part of lessons or to support direct work with individual children.



Parent/Carer

Children and young people cannot be seen in isolation and are part of a wider network. This network involves several aspects of their lives such as: family, education, neighbourhoods and friendships. When it comes to supporting children with emotional difficulties this network needs to be considered.

There are two key areas where it is essential that support is provided: school and family, as this is where children will spend the majority of their time. Where specialist support is needed, best outcomes are achieved when a child's wider network is also supporting that child. Working with children's wider network is vital to children having a healthy emotional wellbeing.

With Me in Mind recognises the need to support parent/carers understanding of mental health in order for them to support their child. We provide several different levels of support for parent/carers such as; advice and guidance, psycho-education sessions or group work.

The evidence base suggests that in order for change to be sustainable in younger children (up to age 12) direct work interventions should be completed with the parent/carer rather than the child. As such all individual work for anxiety for primary school age children are delivered to the parents rather than the child directly.

The parent/carer (or parents/carers) also play a key role in the direct support offered to older children; they are involved in the assessment and review stages of interventions, and are regularly kept up to date with any concerns or recommendations.

As part of the whole school approach to increase knowledge and understanding of children and young people's mental health, parent/carers psycho-education sessions are also available. This is on a variety of topics including but not exclusive to:

- **Managing worry and anxiety**
- **Exam stress**
- **Sleep**

We offer a variety of information leaflets which are available on the With Me In Mind website. We also produce a monthly parent/carer newsletter alongside regular social media updates to provide information and advice to parents and carers.

As a service we are also committed to ensuring that parent's voices are heard and they form a part of the co-production of service development and support offered to parent/carer in the future.



Staff Training Menu

As part of the With Me in Mind whole school approach, a variety of continuous professional development (CPD) sessions are available to all staff in school/colleges.

The aim of this menu is to compliment the training received from other agencies. This is with the hope that it will enable staff to increase their knowledge of emotional wellbeing, and to equip them with the skills to be able identify mental health difficulties in their children and young people.

Anxiety	Understanding and managing worry and stress
Supervision training	The session aims to look at the principles and models of supervision with the aim for this to be developed and implemented in school/college
Bereavement and Loss	A basic introduction to understanding and managing the impact of bereavement and loss
Brain Development	Infant Brain development/attachment Teenage brain development
General Wellbeing	How to support children with coping and relaxation techniques including self-help strategies: <ul style="list-style-type: none">• Primary• Secondary
Mental Health	Basic Understanding of children's Mental Health and emotional wellbeing and ways to support children
Self-Harm	Understanding and Managing Self Harm
Sleep	The Importance of Sleep
Staff Wellbeing	Understanding the importance of staff-wellbeing and how this can be promoted within schools
With Me in Mind	Understanding With Me in Mind service.





Service evaluation

With Me In Mind is part of a national pilot. As a result of this, it is vital that the effectiveness of the service is regularly reviewed. This is to ensure that the service can continue to meet the needs of those who access it and so that children/young people can achieve the best possible outcomes.

All aspects of the service are evaluated, including the individual work with children and the support offered to schools/colleges.

Evidence based routine outcome measures are used following every session throughout an intervention to measure the impact of direct work with children and young people. Questionnaires are also regularly used to check understanding of the service received as well as the level of satisfaction.

Feedback is requested from parents, teachers, and other professionals following: consultations with schools, training and group work interventions. Survey monkey is primarily used and links will be shared by practitioners. This feedback aims to assess the impact, knowledge, understating and confidence levels of those supporting children with emotional wellbeing issues. We are grateful for any feedback received as we share this with local stakeholders, commissioners and NHS England.



How to contact your practitioners

Each With Me in Mind school has a Mental Health lead and is allocated an Education Mental Health Practitioner and a Senior Practitioner. As a school you will get regular allocated time; in which these practitioners will be based at your school and form part of your school team and community.

The Mental Health lead for your school is:

Name:

Contact details:

The Education Mental Health practitioner for your school is:

Name:

Contact details:

Day/days in school:

The Senior Practitioner for your school is:

Name:

Contact details:

Day/days in school:

Further information and resources

For further information about the service and for useful resources please visit the With Me in Mind website:



withmeinmind.co.uk



Follow us on social media



withmeinmindroth



withmeinmind_doncaster



withmeinmind



Free app for 11-19yrs

eClinic 11-19

Direct contact with a With Me In Mind worker to discuss any mental health related issues using instant messaging on your mobile or tablet.



Free app for all Doncaster parent/carers

eClinic PARENT PLUS

For all parent/carers of children and young people aged 5-18. Get direct contact with a CAMHS/Me In Mind worker to discuss any worries you have regarding your child's mental health using instant messaging on your mobile or tablet.



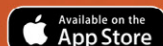


**WITH
ME
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Sign up to our **FREE** app and get direct contact with a With Me In Mind worker. Discuss any mental health related issues using instant messaging on your mobile or tablet.



Scan our QR code for a **FREE** direct download:



For further information visit our website: withmeinmind.co.uk

Or follow us on  [withmeinmind_doncaster](https://www.instagram.com/withmeinmind_doncaster)