

Why do we need Young Minds Matter Teams in Schools?

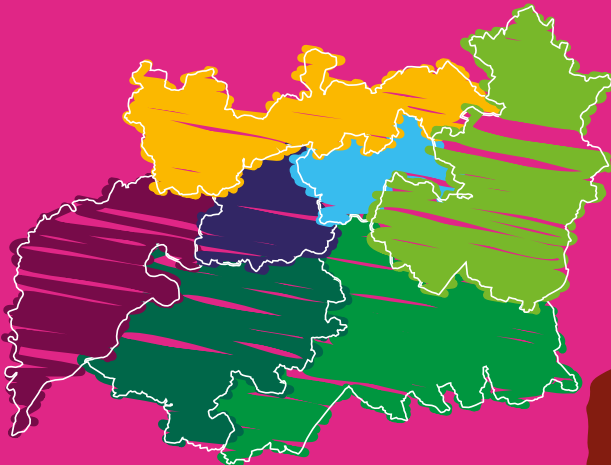
Schools are important settings for supporting children and young people's wellbeing.

Children and young people can sometimes feel nervous in particular situations, such as speaking in class or socialising with friends, and may want to avoid these scenarios. They may find themselves worrying a lot and not being able to stop. They may also experience low mood, difficulty concentrating, feeling irritable or lack of motivation. Low mood may be related to challenging home circumstances, bullying or difficult friendships.

The aim of our teams is to: help with these challenges and build resilience; encourage the development of self-help techniques; and explore different coping strategies; equipping children and young people with a range of tools to better cope with life's ups and downs.

The teams are supporting children and young people aged 5+ within selected schools or colleges whilst in full time education, including sixth form.

Young Minds Matter Teams support children and young people across Gloucestershire.



What support is available for parents/carers?

We know that parents and carers play a central part in helping their children to develop and grow up well, and it isn't always an easy job.

You might just need a bit of support there and then, and other times, you may feel you could benefit from more structured long term support. A central part of our Young Minds Matter Teams is to provide you as parents or carers with practical support to cope with the ups and downs of parenthood. Teams can provide helpful suggestions on how to approach the discussion of mental health, signs to look out for and knowledge and understanding of different presenting behaviours.

Within Gloucestershire there is already a wide range of support available for parents and carers of children and young people struggling with their mental health and sometimes behaviour. You can discuss your concerns with the Mental Health School Lead or alternatively, have a look at our website below to explore the different ways in which we could help you whether this is through online resources, online or telephone chat or face to face support in a group or 1:1 setting.



Still want to know more?

Please visit our local health and wellbeing self-help website *On Your Mind* to access more information about other support available within the community or online: www.onyourmindglos.nhs.uk



“ Working together to provide earlier mental health support for children, young people, their families and carers to increase resilience within schools ”

Why has my school been selected?

Young Minds Matter Teams (YMM) have emerged as part of a national programme in response to the Government's Green Paper for Children's Mental Health in 2018. Gloucestershire is one of the first places in the country to develop and introduce this new way of working to help improve join up between schools, colleges and mental health services.

Based on a local needs analysis, schools were selected and have subsequently identified a Mental Health School Lead. In the meantime, schools without a Young Minds Matter Team will continue to access statutory support within the county.

Who's in the team?

The teams are made up of Education Mental Health Practitioners, Senior Mental Health Practitioners, and team managers.

If a child or young person is referred into the service, the request for support will be screened to ensure they are seen by the most appropriate professional. Furthermore, if a parent is seeking support, they will be contacted by the relevant professional.

Teams are available Monday - Friday 09:00 - 17:00, excluding bank holidays, although staff will, when required, work outside of the core hours to ensure they are able to support children and young people flexibly. During the school holidays teams will continue to work with children and young people.

What support do they provide?

- Offering training programmes for staff tailored to each individual schools needs to build confidence around mental health awareness to better support young people
- Advice, guidance and interventions or therapies to support a young person in need of help with mild to moderate mental health needs that may impact on their daily lives. If a young person has greater

needs, they will be offered an assessment and be supported to access the specialist mental health team.

- 1:1 evidence based Cognitive behavioural therapy (CBT) either in a face to face or group work setting as well as provision of guided self-help techniques
- Be equipped with up to date knowledge of community based support and activities and signpost appropriately
- We work in partnership with Tic + who offer counselling to young people. This is as part of our overall offer following referral to YMM if this is the best intervention

How can my child access help?

Young people themselves, parents or carers can discuss any initial worries with their identified school lead who will take their concerns forward. All young people at secondary school are able to confidentially self-refer directly into the service via YMMChat text service.



Before making a request for support on behalf of a young person, a discussion with the child should take place first to make sure they have provided informed consent and that they are willing to engage with the offer of support.



1

Identification of a young person with mild-moderate mental health needs



2

Discussion with Mental Health School Lead and if necessary, a member of the Young Minds Matter Team



3

If appropriate, school email a referral to the team



4

A young person can refer themselves via *ymmchat text service or or via the online support finder on onyourmindglos



5

Referral received and screened by clinical team to decide on appropriate onward support, advice or guidance

If the young person is at a primary school, their parents and/or carers will be contacted and asked to agree consent prior to any support being started with their child.

If the young person is at secondary school, the team may agree to see them on their own and contact them directly without seeking consent or necessarily sharing information about the 1:1 sessions with parents/carers. These decisions will be based on the information provided by the referrer.

We feel that if a young person takes the important step to get in touch for help, we must respect their wishes so that they can feel safe talking to the team. We won't give out any information about them without talking to them first.

For more information on consent, please check out the Young Minds Matter area on the On Your Mind website www.onyourmindglos.nhs.uk.

**(secondary school age - number available in school)*