

We can help you...

# Be you

Your guide to Mental  
Health Support Teams  
in Northumberland



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## Introduction

### **Introducing 'Be You' - a new mental health initiative for children and young people.**

The Department for Education and NHS England have made funding available to develop a new programme to help improve children and young people's mental health by creating new Mental Health Support Teams (MHSTs) within schools.

Northumberland has been chosen as one of 12 Trailblazer sites to pilot this new programme. Initially this is being delivered in the Blyth and Hexham areas, but if successful, there will be an opportunity to expand across the county.

'Be You' will help children and young people with mild to moderate mental health needs and provide training and support for school staff. The aim is to make sure that when needed, children and young people have access to the right support at the right time and engage in new early intervention and prevention techniques to build their resilience.

The programme is being delivered in partnership with NHS Northumberland Clinical Commissioning Group, Northumbria Healthcare NHS Foundation Trust, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust and Northumberland County Council.

***Young people in Northumberland have named our service 'Be You' - a little reminder to always be themselves and be the very best they can be.***





## The team

Below is an outline of who will be supporting the programme as part of the 'Be You' team.

**Education Mental Health Practitioners (EMHPs)** will work directly with individuals and groups of children and young people at risk of developing mild emotional difficulties.

**Primary Mental Health Workers (PMHWs)** will undertake interventions with individuals for moderate mental health needs and support other professionals through advice and training.

**Educational psychologists and assistant psychologists** will work with schools to develop whole school approaches and deliver enhancements to staff knowledge and skills in this area.

**Senior mental health lead co-ordinator** will be a qualified teacher. The role will support the senior mental health leads, chair peer support group meetings and make sure learning is shared.

**Peer educator** will work within educational settings to develop peer mentors so young people can help each other manage their own mental health and provide support when emotional difficulties arise.

**Senior mental health lead** will act as the primary contact point for the 'Be You' team within the school and support day to day mental health and wellbeing.

All team members have undergone employment checks including Disclosure and Barring Service (DBS) vetting, employment references, employment history and eligibility to work in the UK.

## Our vision

Life brings many challenges. Through our early preventative services, children and young people will be given the tools they need to develop healthy habits surrounding their mental health.

Our aim is to teach young people how to use a combination of self-care skills and self-help techniques to build self-esteem and resilience to overcome difficult challenges - now and in later life.

'Be You' will offer guidance at an early stage to prevent problems from escalating and equip young people with the skills they need to combat problematic issues.

Our overall vision is to reduce the stigma surrounding mental health, making young people feel more comfortable asking for support or advice about where to go or who to contact.

'Be You' is founded on the following principles:

- An additional resource to enhance existing services
- An aim to reduce health inequalities and disadvantages
- Responsive to individual needs and not a 'one size fits all'
- Accessible support all year round and not just during term time
- Co-produced work
- Agreed allocated time and resources
- A clear governance structure





## Who can access the service?

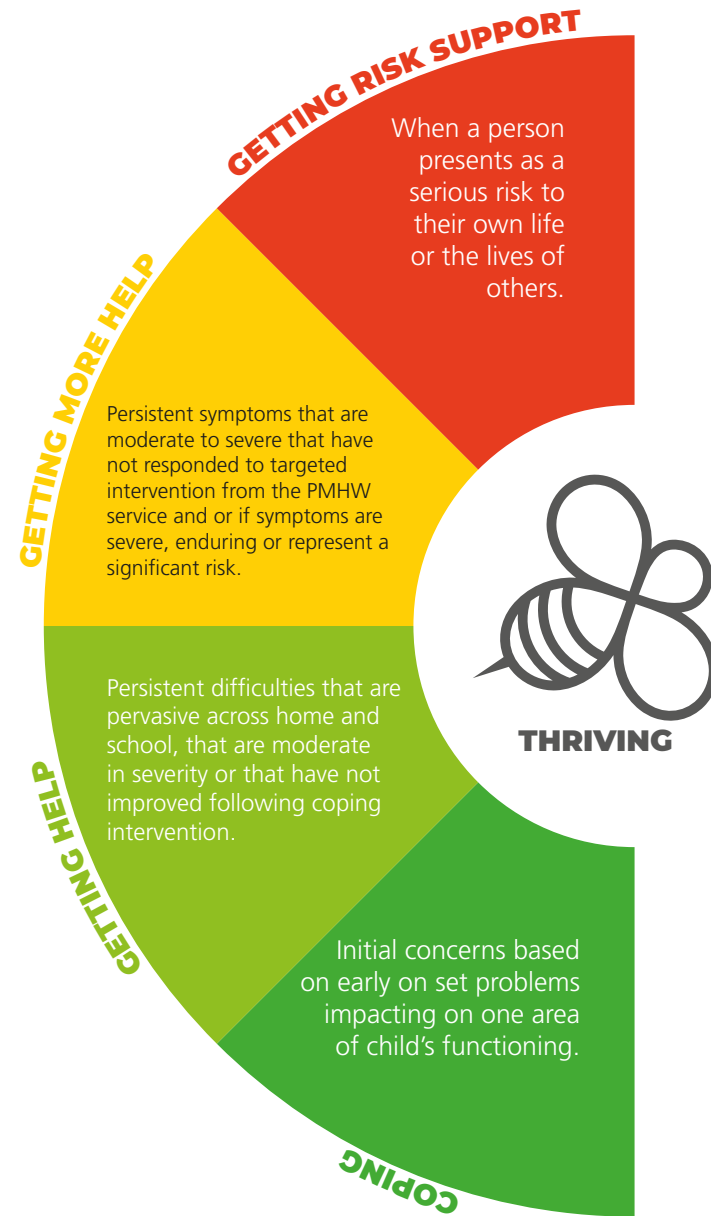
'Be You' is mainly for children and young people in primary, secondary and further education (ages 5 to 18) and is delivered within educational settings in which they learn. This includes mainstream, special schools, alternative providers, further education colleges, those supported by Education Other Than at School (EOTAS) and Education Support for Looked After Children (ESLAC) services. Young people in educational settings who have their 18th birthday within the academic year are also entitled to the service.

Those who are registered with a GP in a neighbouring authority, who attend one of the schools in the Trailblazer pilot, are also eligible.

We will support children and young people who present with developing or emerging problems and may also provide support for those who present with more complex needs. This will require joint working with, and signposting to, appropriate services within the Hexham and Blyth partnership of schools.

If a young person is already being seen by a mental health service, then they will generally not be seen by the 'Be You' team for group or individual therapeutic interventions. This is because they are already in receipt of treatment and being open to more than one practitioner would not be appropriate.

'Be You' can help young people with the issues identified in the 'coping' category in the diagram shown and they may also be appropriate for needs identified in the getting help section.





## Support for children & young people

The 'Be You' team will work within schools to develop the support of mental health provision. The following themes have been identified as priorities for young people:

- Understanding emotions
- Managing anger
- Falling in and out of friendships
- Managing school issues

'Be You' offers a whole school approach to raise awareness of emotional wellbeing such as in lesson plans and/or assemblies which can provide resilience training and a safe place to talk about difficult issues.

Individual and group based interventions are also available to offer brief low intensity interventions which can help manage mild to moderate anxiety, low mood, behavioural issues and friendship issues to help build resilience in children and young people.

## Support for parents and carers

'Be You' can offer parents and carers additional support to work with existing Early Help family services, such as parent led awareness raising sessions, how to help develop resilience and to manage a range of issues.

## What 'Be You' can offer

'Be You' can offer the following:

- Support and advice to develop a **whole school approach**.
- **Provide timely advice** to school staff and liaise with external specialist services to help children and young people to get the right support, at the right time, and stay in education.
- Delivery of **evidence-based interventions** for mild to moderate mental health issues for individuals and groups, enabling them to build emotional resilience and identify issues early.
- **Closer working with schools**, colleges and alternative providers and also pupils supported through the Virtual Schools Service and their parents/carers.
- A role in **collaborative support systems** – contributing to the graduated mental health response across the pathways.
- **Training** and awareness raising. This will support the multi-agency Early Help and Prevention training programme which schools can send staff to free of charge.
- **Peer mentor programmes** to train and support young people to support vulnerable children to develop their resilience.
- **All services currently available will continue with the existing arrangements**. This means the Early Help, Special Educational Needs and Disabilities (SEND) support, NHS services and voluntary organisations will operate as normal alongside the 'Be You' team.





## Support for your school

'Be You' can offer a range of training for schools. The following training options are available to help build awareness, identify issues early and promote positive wellbeing.

### 1. Bespoke training

Focus groups in Hexham and Blyth identified key areas where they would like to see staff development:

- Understanding strategies to support young people with anxiety and anger
- Attachment issues
- Counselling skills
- Developing a whole school approach
- Parental understanding/resilience
- Adverse Childhood Experiences (ACEs)
- Developing resilience
- Staff wellbeing

The Early Help Training offer is a multi agency offer of free training that covers some of these areas. The Educational Psychologist linked to 'Be You' will be able to develop training related to the specific needs of your school. They will involve other professionals as appropriate.

### 2. Friends Resilience



This training has been approved by the World Health Organisation and is available to school staff.

Two Educational Psychologists, two Primary Mental Health Workers and two SEND Support teachers will be taught how to train facilitators.

The training requires one full day or five twilights, as this enables trained facilitators to deliver the five session course to their class or group.

### 3. Roar



Roar is a one day course developed by Liverpool Child and Adolescent Mental Health Services (CAMHS) to help primary school teachers and staff recognise and address the signs of mental health problems in children.

### 3. Charlie Waller Memorial Trust



The aim of the Trust is to increase awareness of the signs and the dangers of depression and to promote wellbeing and positive mental health.

The Trust is being funded centrally to support secondary and further educations settings in trailblazer areas. The main topics covered are general mental health awareness and a whole school approach.





## Information sharing

### How information is recorded

All casework, personal data and outcomes will be recorded on the systems used by the team members' employer. All 'Be You' staff, including trainees, will have undergone IT and data protection training.

### How (and why) video recording is used

As part of the EMHP training, it is a requirement that some sessions held with EMHPs are video recorded. These recordings will be used for university supervisors to provide feedback to trainees, allowing them to analyse and assess the trainees' progress. University lecturers will be looking to assess the trainees body language, tone and responses on the recordings, rather than topics being discussed.

### How information is stored and shared

The 'Be You' team will not be able to share information without consent (where appropriate). However, in line with safeguarding and confidentiality procedures, the team will be required to share information if there is a significant safety concern regarding the child or young person or others.

Staff are expected to share such issues with a manager where an informed decision will be made, unless in case of emergency. Concerns will be routinely discussed with the schools appointed senior lead.

Recordings will be stored safely and then destroyed. Children and young people and parents/carers will be communicated with throughout the process.

## Evaluation

'Be You' is part of the Trailblazer initiative jointly funded by the Department for Education and NHS England (NHSE) and overseen by both NHSE and Health Education England. Therefore, we are expected to collect a range of experience and outcome measures. This will help us to monitor our effectiveness, demonstrate our impact and to continue to improve our service.

Schools working with the 'Be You' team will be asked to engage with a range of these evaluation activities such as surveys, interviews and focus groups so that we can evaluate the success of the team.

The Department of Health and the Department for Education will also be undertaking baseline surveys and a local evaluation will also be conducted.

The following will be monitored:

- Individual and group interventions with children and young people using self rated goal based outcome measures pre and post intervention and a service experience questionnaire.
- Training delivered to schools will also be evaluated for impact on staff.
- Researchers may visit schools/colleges. Notice of visits will be given and an agreement for participation will be sought.

The progress and delivery will be overseen by NHS Northumberland Clinical Commissioning Group and Northumberland County Council.





## Referrals

**Individual support will be accessed via existing pathways using Northumberland County Council hub referral processes.**

For those children supported with an open Early Help Assessment, or who are supported by a social worker, a direct telephone consultation and referral can be made to the Primary Mental Health Worker service.

Requests for whole school support and training can be made directly through the schools Designated Senior Mental Health Lead to the identified locality Educational Psychologists.

## Contact us

**For further information please contact:**

**Rhian Davies**

Senior Primary Mental Health Work Lead  
**01661 864 588**

**Katinka Bryan**

Senior Educational Psychologist  
**01670 624 813**



## Your key contacts

**Use this page to make a note of your school's Senior Mental Health Lead and other useful key contacts.**

Name: .....

Role: .....

Organisation: .....

Tel Number: .....

Name: .....

Role: .....

Organisation: .....

Tel Number: .....

Name: .....

Role: .....

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# Be you

Working in partnership:



Northumberland Clinical Commissioning Group  
Northumbria Healthcare NHS Foundation Trust  
Cumbria, Northumberland, Tyne and Wear  
NHS Foundation Trust