



Secondary school offer

Over the last 18 months we have been testing and learning different approaches and offers to meet the needs of our local young people, families and education settings.

We are pleased to say we are now able to share our offer for the academic year 2022/2023.

Our menu of options has been designed to offer flexibility and choice, and to be needs-led to meet children's, young people's and education settings' needs. We hope to achieve this by offering a variety of interventions, workshops, assemblies, whole school approaches and support, guidance and self-help.

Alongside the menu, in partnership with our MHST education settings, we will also create a termly newsletter for education staff, parents, children/young people and wider partners.

Our menu takes into consideration significant points of the academic year such as transition into and out of education, SATs and exams and managing other changes.

For further information please contact your Education Mental Health Practitioner or email hnf-tr.hullmhst@nhs.net.



Children and young people

Target Audience	Option	Aim and Outcome
All year groups	<ul style="list-style-type: none"> • Psychoeducation KS3 & KS4 groups 	<p>The psyched group draws upon low intensity CBT, systemic techniques and restorative practices. The aim of the group is to support young people to develop healthy peer relationships, coping strategies, and the opportunity to practice these skills within a safe environment. We run the groups in school, or from youth centres throughout the city during extended school holidays, and our ethos is to offer a comfortable and informal space to explore thoughts and feelings. It runs over 6 weeks for 2.5 hours each session.</p>
All year groups	<ul style="list-style-type: none"> • 1:1 work as appropriate 	<p>The aim is to identify from the below list the most suitable approach to meet the child's needs and deliver the sessions on a 1:1 basis. These sessions also include parent and school involvement to achieve positive outcomes for the child and share strategies to sustain good emotional and mental health:</p> <ul style="list-style-type: none"> • Behavioural activation • Graded exposure • Problem solving • Sleep hygiene • Psycho education • Self-esteem/confidence • Panic • Worry management



Children and young people

Target Audience	Option	Aim and Outcome
Year 7	<ul style="list-style-type: none">Year 7 settling in assembly (approx. 30-45 minutes)	The aim is to introduce elements of self help and worry management from the start of year 7 as part of transition to empower young people to understand themselves and become equipped with simple strategies that will support them to integrate into their new setting, build and maintain old and new relationships and become equipped with skills to self help.
Year 7	<ul style="list-style-type: none">Targeted needs focused group work	The aim of the targeted needs focused small group work is to respond to identified needs within the setting. The group work will run for a maximum of 6 weeks and will be delivered based on identified needs such as exam stress, anxiety, low mood and/or coping strategies and self help.



Children and young people

Target Audience	Option	Aim and Outcome
Year 10	<ul style="list-style-type: none">Year 10 exam stress less assembly (approx. 30-45 minutes) in the summer term	The aim of the stress less exam assemblies are to offer support and strategies to year 10 pupils in the summer term to be able to identify young people who would benefit from more targeted support ahead of their exams.



Children and young people

Target Audience	Option	Aim and Outcome
Year 11	<ul style="list-style-type: none">Year 11 (Sept-Oct) – Exam assembly (approx. 30-45 minutes) in the autumn term	<p>The aim of the stress less exam assemblies are to offer support and strategies to year 11 pupils in the autumn term to be able to identify young people who would benefit from more targeted support ahead of their exams.</p>
Year 11	<ul style="list-style-type: none">Year 11 (Oct-Dec) – Exam targeted work	<p>The aim of the stress less targeted group work is to offer a more intensive package of support to students who may well be experiencing increased anxiety and worry in connection to their exams. These students may benefit from small targeted work to explore their individual and group thoughts and feelings using a combination of Cognitive Behavioural Therapy (CBT) and psychoeducation based sessions to meet their needs.</p>



Parents and carers

Target Audience	Option	Aim and Outcome
Parents/Carers	<ul style="list-style-type: none">Attendance at open evenings/parents evenings	The aim will be to keep parents/carers and students updated on the MHST offer and share how we work within the school setting. We will be available to answer any questions and or share new information or processes about the offer. The outcome of this will deliver better integration into your school setting, create opportunity for relationship building and enable the service to be visible to individuals.
Parents/Carers	<ul style="list-style-type: none">Parent led CBT group	Parent-led CBT (Cognitive Behavioural Therapy) is a request for support-based offer that works through an evidence-based model to equip families with the awareness and understanding around anxiety. It empowers parents/carers with the strategies and tools to support their child to understand and respond to anxious feelings. The aim is to empower families and children to self-help whilst being supported by the Mental Health Support Team. The outcome being greater awareness and understanding of anxiety and increased confidence to manage anxious feelings.



School staff

Target Audience	Option	Aim and Outcome
School Staff	<ul style="list-style-type: none">Attendance at year group staff meeting	The aim will be to keep all staff updated on the MHST offer and share how we work within your setting and how staff access to their practitioner and the offer. During these meetings we will be able to answer any questions and/or share new information or processes. The outcome of us attending will be better integration into your setting and opportunity for relationship building and to give advice about staff wellbeing.
School Staff	<ul style="list-style-type: none">Consult to refer meetings	The aim is to offer staff opportunity to consult with Education Mental Health Practitioners about children's needs and experiences and identify together what would best support the child. The outcome being timely support for children using a needs-led approach, school staff will feel empowered and better equipped to understand the offer and identify confidently what a child may need, and children and families will not experience inappropriate referrals or requests for support.



School staff

Target Audience	Option	Aim and Outcome
School Staff	<ul style="list-style-type: none">Trauma informed whole school approaches and staff training (additional information on offer 1, 2 and 3 can be requested)	The aim is to build capacity within the staffing structure around trauma informed care, building school staff's understanding and confidence to be with children and families and understand what has happened rather than what is wrong. These whole school approaches use a value base that holds individual's unique experiences at the heart of how we understand an individual and how to build and maintain strong lasting relationships to improve outcome and increase life chances.
School Staff	<ul style="list-style-type: none">Support with wellbeing assembly delivery in partnership with school	The aim of this offer is to support school staff with wellbeing assemblies and enrichment days. The MHST and EMHPs will support school staff to create and deliver wellbeing assemblies on identified topics at key points in the academic year.