



Special schools 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
Children/Young People	<ul style="list-style-type: none">SMASH Grows - a space within the school grounds will be required to create a therapeutic outdoor space	<p>The aim of SMASH Grows is to deliver an organic therapeutic social, emotional and mental health programme that focuses on children's/young people's connectivity with the natural environment and social surroundings.</p> <p>Through the programme children/young people will feel empowered to create and maintain positive relationship with themselves, others and nature by accessing sensory elements of our environment and connecting, taking notice, learning, giving and being active together.</p> <p>The outcome will be children/young people experience connectivity, are grounded, feel empowered and soothed emotionally, socially and physically through these experiences.</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 special school setting. We will be available to answer any questions and/or share new process or information about the offer. The outcome of this will deliver better integration into your 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 workshops tailored to the needs of the young people	The aim of the tailored needs workshops enable flexibility with the offer to respond to identified needs as they emerge. These workshops will run on an agreed regular basis within the academic year and will be delivered on a non request for support basis. Needs such as sleep, understanding behaviour and where it comes from, anxiety and how to support yourself and your child/young person will be addressed amongst others. The outcome of the workshops will be positive engagement from parents/carers , increased knowledge and skills around self help and increased connectivity with the school, service and families.



Parents and carers

Target Audience	Option	Aim and Outcome
Parents/Carers	<ul style="list-style-type: none">• Consultation advice and system support	<p>The aim is to offer a collaborative response to the needs of children/young people and families by offering advice, guidance and consultation. As part of this approach we will work with the whole system around the child/young person to work collaboratively to meet need. The outcome will be a coordinated, collaborative, supportive and needs-led experience for the child/young person, family and the system around them to ensure needs are supported at the right time and place and prevent duplication or gaps.</p>



School staff

Target Audience	Option	Aim and Outcome
School Staff	<ul style="list-style-type: none">Attendance at staff briefings and staff induction days	The aim will be to keep all staff updated on the MHST offer and share how we work within your setting and how staff can find practitioners. We will answer any questions and/or share new information or processes. The outcome will be better integration into your setting and opportunity for relationship building.
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 the needs and experiences of children/young people and identify together what would best support the child/young person. The outcome being timely support for children/young people using a needs-led approach, school staff will feel empowered and better equipped to understand the offer and identify confidently what a child/young person may need, and children/young people 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)	<p>The aim is to build capacity within the staffing structure around trauma informed care, building staff's understanding and confidence to be with children/young people 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.</p>
School Staff	<ul style="list-style-type: none">Consultation, advice and system support	<p>The aim is to offer a collaborative response to the needs of children/young people and families offering advice, guidance and consultation. As part of this approach we will work with the whole system around the child/young person to work collaboratively to meet need. It will strengthen education staff's knowledge base and use a mentalization approach to understand what is needed.</p> <p>The outcome will be a coordinated, collaborative, supportive and needs-led experience for the child/young person, family and the system around them to ensure needs are supported at the right time and place and prevent duplication or gaps.</p>