



# College 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, 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, exams and managing other changes.

For further information please contact your Education Mental Health Practitioner or email [hnf-tr.hullmhst@nhs.net](mailto:hnf-tr.hullmhst@nhs.net).



# Young people

Target Audience	Option	Aim and Outcome
Young People	<ul style="list-style-type: none"><li>• 1:1 work as appropriate</li></ul>	<p>The aim is to identify from the below list the most suitable approach to meet the young person's needs and deliver the sessions on a 1:1 basis. These sessions also include parent and college involvement to achieve positive outcomes for the young person and share strategies to sustain good emotional and mental health:</p> <ul style="list-style-type: none"><li>• Behavioural activation</li><li>• Graded exposure</li><li>• Problem solving</li><li>• Sleep hygiene</li><li>• Psycho education</li><li>• Self-esteem/confidence</li><li>• Panic</li><li>• Worry management</li></ul>
Young People	<ul style="list-style-type: none"><li>• Needs focused small group work</li></ul>	<p>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.</p>



# Parents and carers

Target Audience	Option	Aim and Outcome
Parents/Carers	<ul style="list-style-type: none"><li>Attendance at open evenings</li></ul>	The aim will be to keep parents/carers, students and staff updated on the MHST offer and share how we work within the college 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 college setting, create opportunity for relationship building and enable the service to be visible to individuals.
Parents/Carers	<ul style="list-style-type: none"><li>Parent led CBT group</li></ul>	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 young person to understand and respond to anxious feelings. The aim is to empower families and young people 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.



# College staff

Target Audience	Option	Aim and Outcome
Staff	<ul style="list-style-type: none"><li>Attendance at staff briefings and staff induction days</li></ul>	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.
Staff	<ul style="list-style-type: none"><li>Consult to refer meetings</li></ul>	The aim is to offer staff opportunity to consult with Education Mental Health Practitioners about young people's needs and experiences and identify together what would best support the young person. The outcome being timely support for young people using a needs-led approach, college staff will feel empowered and better equipped to understand the offer and identify confidently what a young person may need, and young people and families will not experience inappropriate referrals or requests for support.



# College staff

Target Audience	Option	Aim and Outcome
Staff	<ul style="list-style-type: none"><li>Trauma informed whole school approaches and staff training (additional information on offer 1, 2 and 3 can be requested)</li></ul>	<p>The aim is to build capacity within the staffing structure around trauma informed care, building staff's understanding and confidence to be with young people and families and understand what has happened rather than what is wrong. These whole school approaches use a value base that holds individuals' 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>