

lightbulb moments

the SHINE MHST newsletter |

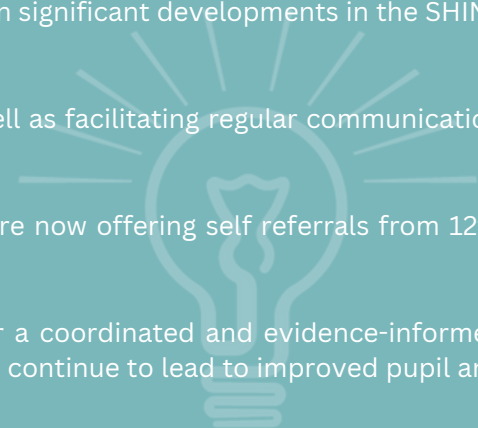
Issue number 9 | June 2023

Welcome to the ninth SHINE MHST Newsletter which aims to keep you updated on significant developments in the SHINE Fylde Coast MHST.

The Newsletter provides updates about ongoing work in education settings as well as facilitating regular communication between young people, parents, carers and teaching staff.

We are pleased to announce that within our Blackpool and Wyre settings, we are now offering self referrals from 12th June and there is further information in regards to this in the news letter.

We are still embedding and supporting our Fylde settings. We continue to offer a coordinated and evidence-informed approach to mental health and well-being in education settings. We hope this will continue to lead to improved pupil and student emotional health and well-being which can help readiness to learn.



Whole School Approach Update

We have continued to be busy offering to support the whole school approach in our education settings, alongside 1:1's and consultations.

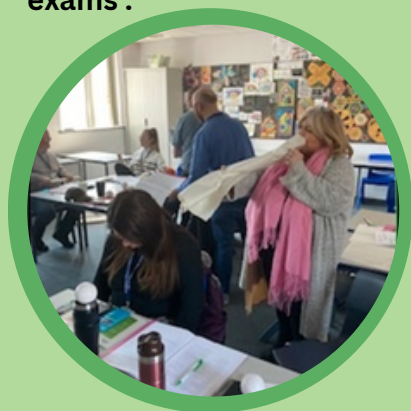
The team continues to offer anxiety group sessions and these have been increased in the offering of regular exam stress workshops and CPD sessions which have also been offered to staff. The team has attended parents' evenings and have supported students preparing for GCSEs and upcoming exams .

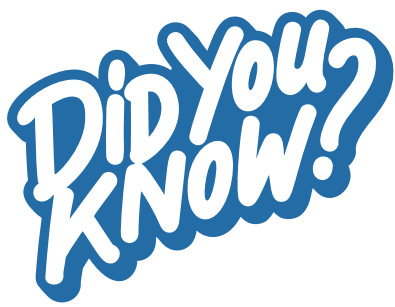
Our aim as a service, when offering whole school approach input to settings is to empower young people, teaching staff, parents and carers - enabling them to make informed decisions about their health and well-being.

We also aim to reduce the barriers to young people who don't feel confident to seek advice

This in turn, could improve pupil attainment and school attendance through early interventions which address young people's concerns and needs as regards their mental health and well-being.

A mentally healthy school is one that adopts a whole-school approach to mental health and wellbeing. Please get in touch, if you would like us to support a future school event, assembly workshop or group.





We now accept Self Referrals from Young people, Parents and Carers



As of Monday 12th of June, SHINE MHST now accepts self-referrals from parents/carers and students who attend our Blackpool and Wyre settings.

However, consultations between mental health leads in school and SHINE MHST remain the service's first point of contact for referrals, as this continues to maintain and build the relationships between education settings and EMHPs.

By offering the self-referral option, to students, parents and carers, we are giving students a further way to access support from SHINE MHST, and increasing access to early intervention and support in order to improve mental health and well-being.

It must be remembered that SHINE MHST only supports students, with mild to moderate mental health difficulties through time-limited intervention, where symptoms have been present for less than 12 months.

Should presenting needs be unsuitable for low intense therapy, SHINE MHST can offer signposting to other specialist child and adolescent mental health services.

SHINE MHST is not an urgent response service.

We now accept Self Referrals from Young people, Parents and Carers

Do you worry? Do Have problems sleeping? Have you got low Mood? Are you feeling anxious? Do you have feelings of stress? Do Have feelings of panic?

SHINE MHST supports children and young people, currently attending education settings, noted below. From ages 11 to 18 years, with mild to moderate mental health difficulties through time-limited intervention, where symptoms have been present for less than 12 months.

If you attend the following schools we now accept Self Referrals

- Armfield Academy
- Athens
- Blackpool Aspire Academy
- Baines School
- Blackpool & Fylde College
- Brookfield
- Cardinal Allen Catholic High School
- Educational Diversity
- Fleetwood High School
- Garstang Community Academy
- Great Arley School
- Highfield Academy
- Highfurlong SEN School
- Hodgson Academy
- Lotus School
- Millfield Science and Performing Arts College
- Montgomery
- Park School
- Pegasus
- Redmarsh
- South Shore Academy
- St. Aidens Church of England High School
- St. Mary's Catholic Academy
- Unity Academy
- Woodlands

How to self refer to the Team

Call us directly to self-refer, and our administration team will arrange for our duty practitioner to make a consultation call to parent/carer/young person and complete a self-referral form to establish whether SHINE is the best service to offer support to the young person.

0800 121 7762 (Option 4)

If you have any further questions, do not hesitate to contact us directly and one of our team will respond to you.

Did you know you can follow us on social media? @shine_mhst

We now accept Self Referral's from our Blackpool & Wyre Settings

- Armfield Academy
- Athens
- Blackpool Aspire
- Baines School
- B&F College
- Brookfield
- Cardinal Allen
- Educational Diversity
- Fleetwood High School
- Garstang Community Academy
- Great Arley School
- Highfield Academy
- Highfurlong SEN School
- Hodgson Academy
- Lotus School
- Millfield Science and Performing Arts College
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How to self refer to the Team ?

Parents, carers & young people can, call us directly to self-refer, and our administration team will arrange for our duty practitioner to make a consultation call to parent/carer/young person, and complete a self-referral form to establish whether SHINE is the best service to offer support to the young person.

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Support and Help IN Education
Fylde Coast Mental Health Support Team

June Is



PRIDE MONTH

Pride Month is an entire month dedicated to the uplifting of LGBTQ voices, celebration of LGBTQ culture and the support of LGBTQ rights. Pride Month was initially inspired by the 1969 Stonewall Uprising and works to achieve equal justice and opportunity for LGBTQ Americans. The purpose of the month is to recognise the impact that LGBTQ individuals have had on society locally, nationally and internationally



The rainbow flag – created by artist Gilbert Baker in 1978 – is used as a symbol of LGBTQ pride, but did you know that each colour on the flag has its own meaning? In the widely known six-colour flag, red is symbolic of life, orange is symbolic of healing, yellow is sunshine, green is nature, blue represents harmony and purple is spirit. In the original eight-colour flag, hot pink was included to represent sex and turquoise to represent magic/art.

There have been many variations on the flag. In 2021, the flag has been altered in solidarity with the Black Lives Matter protests, including black to represent diversity, brown to represent inclusivity and light blue and pink, the colours of the trans pride flag.

LGBT+ stands for lesbian, gay, bisexual and transgender. The + is an inclusive symbol to mean: "and others" to include people of all identities.

Pride is all about being proud of who you are, no matter who you love.

Global Pride Day is 27th June and as with last year there are plans for live streams of concerts and showcases celebrating Pride.

And this year, Pride celebrations have been celebrated for 51 years.



You belong. You matter. Be proud to be you.





Support and Help IN Education
Fylde Coast Mental Health Support Team

Meet two of our new Trainee EMHPs for the Fylde Coast



Name : Fran

Role: Trainee Education Mental Health Practitioner (EMHP).

Background before you started the role ? : Primary School Teacher and Pastoral Mentor.

Pronouns: She/Her.

Fun fact about you? I can speak Italian (ish) and I can whistle really loudly.

What do you enjoy doing in your spare time ? Taking my dog for walks on the beach, spending time with my teenage sons.

What do you most look forward to when working in schools ? Being part of the School Community and making a difference..



Name : Charlotte

Role : Trainee Educational Mental Health Practitioner (EMHP).

Background before you started the role : Teaching Assistant and SEN Teaching Assistant.

Pronouns : She/her.

Fun fact about you? I started my own Fashion Illustration business which I do alongside my role.

What do you enjoy doing in your spare time ? Anything creative, illustrating.

What do you most look forward when to working in schools ? Working with a variety of people.

It's Not Goodbye, It's See You Soon.

We would like to end this month's newsletter by saying a fond farewell to our team manager Helen, as she retired in May. Helen has been instrumental in setting up and forming the MHST service across Blackpool Fylde and Wyre. Helen has been a committed supportive manager and encouraged positive growth of the service.

We wish her well and that she has a Retirement full of Good Health & Happiness



Get in touch

Your school's Senior Mental Health Lead will have details of your Trainee EMHP and Mental Health Practitioner.

If you have any further questions, do not hesitate to contact us directly and one of our team will respond to you.



0800 121 7762 (Option 4)



bfwh.shine-MHST@nhs.net

Did you know you can follow us on social media ?



@shine_mhst



Support and Help IN Education
Fylde Coast Mental Health Support Team

