



Schools In Mind

Mental health support for children and young people



The Mind Centre,
90-92 Lothian Road,
Middlesbrough,
TS4 2QX.

T: 01642 257020

www.middlesbroughandstocktonmind.org.uk

    @MboroStcktnMind

Registered charity number: 1118098



Our story

We're the leading local mental health charity in Teesside and it's our mission that everyone in our local area has good mental health. We're committed to working with every community and individual across Middlesbrough and Stockton to ensure they can access support to improve their emotional wellbeing.

Who are we?

We were established in 1995 by a group of local people who wanted to provide information and activities for people in the community experiencing mental health difficulties. We're a member of the national Mind network and work within the quality standards of Mind, but all our work is delivered here in Teesside and is focused entirely on supporting the local community.

Since our inception we've worked hard to develop what we do in response to local issues. Now, we work with almost 10,000 people in Teesside every year to improve their mental health and wellbeing in lots of different ways.

What's our mission?

It's our goal to empower anyone struggling with their mental health by providing expert support and advice.

We campaign locally to improve services, raise awareness and promote understanding of what good mental health looks like.

Our experience

We've delivered a Children, Young People and Families service for over 13 years and coordinated the delivery of the HeadStart REACH emotional wellbeing support across all schools in Middlesbrough. We currently provide therapeutic support to children, young people and families across Middlesbrough, Stockton on Tees and Redcar and Cleveland. We offer a range of services including therapeutic one to one and group interventions, and bespoke training.

We also deliver a wide range of services for adults struggling with their mental wellbeing, including Advocacy, Social Prescribing, Financial Hardship, Talking Therapies, amongst others.

“I have learnt so much from our sessions, I don't feel worried anymore and if I do in the future, I will know what to do, thank you”



Our Values

Everything we do is shaped by our values.

CARING

We genuinely care about local people and the work that we do. We treat people with respect and dignity.

WELCOMING

It can be difficult to ask for help and there is still much stigma associated with mental health. When people come to us for support, our response is warm and welcoming. Our staff and volunteers are helpful and friendly. We don't judge people.

TRUSTWORTHY

People trust us with their personal stories. We appreciate this isn't easy and are grateful for people's confidence in us. We take confidentiality very seriously.

PROFESSIONAL

All our staff and volunteers are skilled in the work they do and are supported by us. We're constantly working to ensure our environment is safe and beneficial to you.

DETERMINED

We are committed to finding the best support for you. We can tailor our services to meet your needs as we know finding help for mental health issues can be difficult. If we can't help you, we'll find the right support from other local organisations where needed.



“My son's confidence has come on leaps and bounds since meeting you. I personally want to thank you for all your guidance, patience and advice. She now has a lovely set of friends and feels less socially awkward and anxious. She is happy and comfortable in her own skin. Its lovely to see how she has overcome her anxieties over the last few months”



The Team

We have a multi-disciplinary team with practitioners who are qualified counsellors, mental health professionals, those from education and youth workers.

The team is a trauma informed service and has a vast amount of experience supporting children and young people with complex needs and challenging behaviour.

They employ a mixture of evidenced-based techniques and interventions such as Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), play, art, drama, mindfulness, solution-focussed and person centred.

We strongly believe in continued professional development and we strive to meet the everchanging needs of the children, young people, families and the communities that we support, ensuring that their views are at the heart of any new developments to our services and support that we offer in our local area.

Where We Deliver Support

We are firmly rooted within the local community and we work in schools, within our offices and other community settings such as local community hubs. We make it our priority to see children and young people where they feel most comfortable.

Why work with us?

We monitor progress and recovery of the child, young person or the whole family by completing evidenced-based routine outcome measures that examine their emotional wellbeing. Goals set by the child, young person or the family upon entry to the service are also regularly reviewed.

Our reputation has been built upon years of dedicated service to the children and young people of Teesside and we have a proven track record.

87% of children who work with us have said that they now feel less anxious (Revised Anxiety and Depression Rating Scale, RCADS).

85% have seen an improvement in their overall emotional wellbeing (Strength and Difficulties Questionnaire, SDQ).

98% believed that they have achieved their individual goal.

“I know that my daughter will be fine after your support. I just wanted to say thank you a thousand times, because talking to you has not only helped my daughter, but it has been great support for me too, it has helped us cope with everything that has been going on. You have not just done your job but especially for me have gone above and beyond so thank you again”

What Type of Support Can I Commission?

We can support you and the children within your school in lots of different ways.

Emotional Well-Being Practitioner

Who can we support?

We can deliver emotional help to children from Y1 through to Y11.

They work with young people with low to moderate emotional issues, such as

- understanding or controlling their emotions
- difficulties with friendships
- issues at home
- behaviour at school

What do we do?

We offer 1-2-1 weekly sessions tailored to the child or young person's needs for 6-12 weeks.

Or we can work in groups exploring issues such as

- anxiety
- friendship issue
- confidence and self-esteem
- anger
- bullying
- transition

Our experience

Our Emotional Wellbeing Practitioners are all qualified counsellors and youth work professionals, and have worked in education settings although they all have a background in mental health and have been trained in evidence-based CBT and DBT programmes.

Counsellor

Who can we support?

We can deliver emotional help to children from Y1 through to Y11.

They work with young people with historic events that they need support to work through, such as

- childhood trauma
- bereavement
- anxiety
- low mood
- issues at home
- behaviour

What do we do?

We offer 1-2-1 weekly sessions tailored to the child or young person's needs for 6-12 weeks.

Our experience

All our counsellors are qualified to the highest professional standards and registered to a relevant governing body such as the BACP and UKCP.



Children's Well-Being Practitioner

Who can we support?

We work with those children and young people that are experiencing low to moderate anxiety and low mood.

We can deliver low intensity support to children from Y1 through to Y11.

What do we do?

We offer 1-2-1 weekly sessions tailored to the child or young person's needs for up to 12 weeks.

Or we can work in groups exploring issues including

- anxiety
- low mood

Cognitive Behavioural Therapy

We work with those children and young people that are experiencing moderate anxiety and low mood.

We can deliver high intensity support to children from Y1 through to Y11 and can support children and young people with more complex issues than our Children's Wellbeing Practitioners.

What do we do?

We offer 1-2-1 weekly sessions tailored to the child or young person's needs for up to 18 weeks.

The children will learn cognitive behavioural techniques to help them understand what's causing them to feel anxious or what's affecting their mood.





“In the past I experienced feeling depressed and dwelling on things and this was awful, I felt so low and sick. It felt painful I couldn't do anything and couldn't be bothered, it's the worst feeling I've ever experienced. Now I feel extremely positive and find the good in all situations, I don't dwell on stuff anymore and I've made lots of different friends. People are kind to me, I make myself laugh and think on the bright-side, and I don't have to think to do this now it just happens. You have been really friendly and made me feel welcome and I can express everything I'm feeling. I never thought anything would help or I could change but it was so different. You've made me feel safe and comfortable which has been why I've been comfortable to share things. I wouldn't have changed anything everything went perfect”

Group Support

One of our dedicated Group Facilitators can deliver the following group

Be Kind to Your Mind Group

For any child that would like to improve their confidence and self-esteem. Helping improve the child feel more confident about themselves and feel less anxious.

Bereavement Group

In partnership with Child Bereavement UK, delivering face to face group sessions once a month for young people that have experienced a loss. Aimed at children between 11-16 years old.

Mindfulness Group

Evidenced-based Mindfulness Group aimed at 9-14y year olds. Mindfulness activities delivered over a 4-week period.

Decider Skills Group

Uses CBT and DBT techniques to teach children, young people and adults the skills to recognise their own thoughts, feelings and behaviours, enabling them to monitor and manage their own emotions and mental health. The group can be tailored to the needs of the child or young person. We deliver key skills over a four week period.

Exam Stress

For any pupil that's feeling extremely anxious about their upcoming exams. They use psychoeducation and evidence-based techniques to develop strategies helping them to overcome their anxiety..

Anxiety and Low Mood

Specific sessions focusing on different presentations of anxiety, such as, social, separation, generalised, panic attacks etc and low mood. Using CBT techniques, aimed at pupils over the age of eight years.

Friendship Groups

For any children struggling to make and maintain friendships, also for those that have been bullied. The purpose of the sessions is to improve confidence and self-esteem.

Anger Management

defuse their anger and manage their emotions more effectively.

Groups can be tailored to the needs of your school and the pupils attending.

If the Practitioner is in school more than a day a week, then they can also look at...

- **Whole School Approach, which could include**
- **Surveys for pupils, teachers and parents around mental health support**
- **Assemblies covering mental health or specific topics**
- **Class workshops – specifically focused on mental health**
- **Referral Process – establishing a Huddle in the school to discuss referrals, determining which pathway of support is the most appropriate. Signposting to relevant agencies for support if more appropriate.**

Package Examples...

A

1 x Emotional Well-Being Practitioner (EWP) for 5 days per week

1 x Counsellor for 4 days per week

1 x Group Facilitator 1 day per week

B

2 x Counsellors for 4 days per week

1 x Group Facilitator 1 day per week

C

1 x Emotional Well-Being Practitioner (EWP) for 3 days per week

1 x Counsellor for 3 days per week

1 x Children's Well-Being Practitioner (CWP) for 3 days per week

1 x CBT Practitioner for 1 day per week



Relationship with Statutory CAMHS...

We attend twice weekly meetings with statutory CAMHS and their Single Point of Contact Team (SPOC). So, we are able to discuss cases with CAMHS Practitioners, get advice, support managing high risk or complex cases and can refer young people directly into CAMHS for support if they need a higher level of intervention.

Create your package of support

If you've got any questions or would like to build a tailored package of support for your school and children then the Children, Young People and Families Team can help you.

You can speak to them on 01642 257020 or email them at sim@middlesbroughandstocktonmind.org.uk