

# MHST GROUPS & WORKSHOPS

The Mental Health Support Team (MHST) offer groupwork and workshops to support staff, students, and families. For further information about any of the following, please contact your Mental Health Lead.

## Therapeutic Groups for Students

The following groups can be attended by children and young people who have been referred to our service and had an assessment. Schools can refer a group of students together with the view of setting up a group within your school. Please note however, that each referral will need to be assessed for suitability and students will only receive group treatment if this is the most appropriate treatment for them.

## MANAGING WORRIES

### ALL YEARS

While it is normal for all children to have worries and fears, for some, these can start to affect day-to-day life. Anxiety can be triggered by both big life changes and smaller daily pressures like managing homework or exams. This group will begin with psychoeducation around anxiety, and students will explore their own cycle of worry and look at maintaining factors. They will then learn strategies such as problem solving, worry management and relaxation. This group may be supported by the parent workshop Understanding My Child's Worries.

## MANAGING LOW MOOD

### ALL YEARS

Mood fluctuations, including low mood, can be a normal and typical occurrence and are influenced by a number of factors. These changes can be brief and fleeting, generally having minimal impact on daily functioning. When low mood starts to impact on relationships, education or level of activity, it is important we find ways to support this. This group will cover psychoeducation around low mood, and how strategies to manage this can be implemented. This group may be supported by the parent workshop Understanding My Child's Low Mood.

## MANAGING EMOTIONS

### ALL YEARS

Young people can often find it difficult to manage their emotions. This can impact their relationships, behaviours, and overall wellbeing. This group is designed to support students in understanding their own emotions and consider the impact this is having on their daily life. We will then explore strategies to express and regulate emotions in a healthy and positive way.

## Workshops Groups for Students

MHST can offer the following workshops without referrals. Consent is not required for these sessions. Each group will have max 15 students, to maximise the effectiveness of the short sessions. These can be delivered to entire classes/year groups, or students identified by the Mental Health Lead. If workshops have multiple parts, they will be delivered weekly.

### UNDERSTANDING AND MANAGING WORRIES

**ALL YEARS, 2 SESSIONS**

Worry can impact a person's thoughts and behaviours. Without support, this may lead to avoidant behaviour and impact on relationships and overall wellbeing. The first part of this 2-part workshop will focus on understanding worry; how it feels in the body and how it is maintained. The second session focuses on the practical steps that can be taken to start to address the issue. This workshop may be supported by the parent workshop on Understanding My Child's Worries.

### UNDERSTANDING AND MANAGING LOW MOOD

**ALL YEARS, 2 SESSIONS**

When we are feeling low, it can impact our thoughts and behaviours. Without support, this can impact relationships and overall wellbeing. The first part of this 2-part workshop will focus on understanding low mood; how it starts and how it is maintained. The second session focuses on the practical steps that can be taken to start to address the issue. This workshop may be supported by the parent workshop on Understanding My Child's Low Mood.

### UNDERSTANDING AND MANAGING EMOTIONS

**ALL YEARS, 2 SESSIONS**

Young people can often find it difficult to manage their emotions. This can impact their relationships, behaviour, and overall wellbeing. This workshop is the first step in recognising this impact by supporting students in understanding the function of emotions and recognising emotions within themselves

### MANAGING SATS WORRIES

**YEAR 6, 1 SESSION**

This workshop looks specifically at worries Year 6 students may have around SATs. This can be a particularly difficult period for students, and this workshop focus on normalising these worries and provide students with practical strategies they can use to manage their concerns more effectively.

### MANAGING EXAM STRESS

**YEAR 11/13, 1 SESSION**

This one-hour workshop focuses on how young people can manage exam stress. The aim of the workshop is to support young people to understand and identify symptoms of exam stress, examine the link between thoughts, emotions, physical sensations, and behaviours, and for young people to develop effective strategies to manage their exam stress.

### MANAGING TRANSITIONS TO SECONDARY SCHOOL

**YEAR 6, 1 SESSION**

The transition between Year 6 to Year 7 is a challenging and potentially stressful one for students. Although some worry around changing schools, teachers, and friends is both normal and healthy, this can escalate. This workshop will support Year 6 students in understanding that worry is common, and share strategies to support worry management.



## **MANAGING TRANSITIONS**

**YEAR 11, 1 SESSION**

Transitioning to further education, or out of education completely, is a significant period of transition. This workshop will assist Year 11 students in understanding their thoughts and feelings around these changes. There is also focus on building coping strategies and techniques in managing this transition

## **MANAGING TRANSITIONS TO JUNIOR SCHOOL**

**YEAR 2, 1 SESSION**

The move from infant school to junior school/primary school can feel scary. In this workshop we explore the changes that might be worrying Year 2 students, and some steps to managing that worry.

## **PROBLEM SOLVING**

**ALL YEARS, 1 SESSION**

Problem solving is a transferable life skill that can be taken for granted. Supporting the development of this skill in children and young people can help to effectively solve problems encountered in daily life and reduce the impact that these problems can have. This one-off workshop explores identifying practical problems and follows a step-by-step process to find effective solutions.

## **MANAGING SLEEP**

**ALL YEARS, 1 SESSION**

Sleep can impact our daily lives in several ways; from our mood, to our hormones, to our ability to concentrate. This one-off workshop explores sleep hygiene and supports students in understanding the impact of poor sleep. Students will go on to identify how they can improve their own sleep routines. This workshop may be supported by the parent workshop on Managing Sleep.

### **Therapeutic Groups for Parents**

The following groups can be attended by parents/carers of children and young people that have been referred to our service and had an assessment. Parental engagement is crucial to the success of these interventions.

## **HELPING YOUR CHILD WITH FEARS AND WORRIES**

**CHILD AGE 5-12, 6 SESSIONS**

Fears and worries are increasingly common amongst children, with around 15% thought to be suffering from anxiety disorders. Although some level of anxiety is normal and healthy, this can have a significant impact if left unchecked. This group is based on the book of the same name by Cathy Creswell and Lucy Willits, and there is a strong evidence base behind it. The intervention requires active engagement and participation from parents/carers.

The group will cover:

- Understanding current difficulties
- Helping their child explore their anxious thoughts
  - Encouraging independence
  - Testing out fears
  - Building up brave behaviour
- Devising a plan to face a fear
  - Using rewards
- Planning for the future - what now?

## Workshops for Parents

The following groups can be attended by parents/carers of children and young people that have been referred to our service and had an assessment. Parental engagement is crucial to the success of these interventions.

### UNDERSTANDING MY CHILD'S WORRIES

ALL AGES, 1 SESSION

Parents/carers can be the first to observe a change in their child's mood and can play a crucial role in addressing difficulties. Whilst worry is a common and healthy emotion, it may present in a range of ways, and therefore be difficult for parents/carers to explore. This workshop will provide some theoretical and practical guidance on how to understand and manage worry.

### UNDERSTANDING MY CHILD'S LOW MOOD

SECONDARY AGE, 1 SESSION

Parents/carers can be the first to observe a change in their child's mood and can play a crucial role in addressing difficulties. Low mood can present in a range of ways, some of which can be confusing for parents/cares to understand. This workshop will provide some theoretical and practical guidance on how to understand and manage low mood.

### TALKING TO MY CHILD ABOUT MENTAL HEALTH

ALL YEARS, 1 SESSION

Addressing mental health and wellbeing with your children can seem challenging or even daunting. In this workshop, we will discuss the importance of having these conversations in a healthy and positive way and share strategies to support this across all age groups. This workshop is suitable for parents/carers with children without any mental health concerns or parent of children with mild to moderate needs.

### SUPPORTING BEHAVIOUR

ALL YEARS, 1 SESSION

Children can express their emotions in a range of ways. Often, difficult emotions present as difficult behaviours. This workshop will support parents/carers in their understanding of factors that can impact behaviour, and strategies to support change. Following this workshop, parents/carers can be referred to the Parent Led Behaviour Support Group. This is for parents/carers of children aged 5-12 and will require a referral and assessment.

### SLEEP MANAGEMENT

ALL YEARS, 1 SESSION

Sleep can have a significant impact on a young person's mood, behaviour, concentration levels, and general health. This workshop is designed to support parents/carers of both primary and secondary aged students. We explore the impact of lack of sleep and strategies parents can implement to support this.



## Workshops for Staff

A core aspect of the remit of the MHST is to support school staff in their understanding of mental health presentations and the ways students can be supported. These workshops can be part of your schools CPD offer and be scheduled in at any time of the year. You can book these directly with your Education Mental Health Practitioner.

### **UNDERSTANDING AND SUPPORTING ANXIETY IN THE CLASSROOM**

**ALL YEARS, 1 SESSION**

As educators, you are often the first person to notice changes in your students. This workshop is designed to support staff in understanding what anxiety is, how it may present in the classroom, and some strategies that can be put in place to support with this.

### **UNDERSTANDING AND SUPPORTING LOW MOOD IN THE CLASSROOM**

**SECONDARY, 1 SESSION**

Within the secondary classroom, low mood can present itself in multiple ways. This can be difficult to identify, and even more difficult to support. This workshop is designed to support staff in developing their understanding of low mood, its presentations and potential strategies that can be put into place to support students.

### **MANAGING STAFF WELLBEING**

**ALL YEARS, 1 SESSION**

This workshop explores the importance of staff well-being, the impact of work-related stress, how staff can look after their own well-being effectively, and where to access ongoing support. We will also explore how schools can build on prioritising staff well-being to prevent work-related stress in their school.

### **SUPPORTING STUDENTS WITH WORRY MANAGEMENT**

**PRIMARY SUPPORT STAFF, 1 SESSION**

This one off workshop is designed with primary support staff in mind. As support staff, you are often best placed to deliver interventions and likely have a strong awareness of individual children's difficulties. We will explore the difference between worry and anxiety and share resources and strategies that can be used with students within the classroom.

### **THE POWER OF LANGUAGE**

**ALL STAFF, 2 SESSIONS**

This sequence of workshops are designed to demonstrate to schools staff the impact their language can have on the wellbeing and engagement of their students. The first workshop focuses on language and the second explores emotional literacy. Through case studies and self-reflection, staff can form action plans to develop their communication skills.

### **RESILIENCE IN THE CLASSROOM**

**ALL STAFF, 1 SESSION**

The term resilience is frequently used when discussing a young person's wellbeing or progress in school. In this workshop, we discuss what resilience is, what impacts a young person's resilience, and perhaps most importantly, we explore strategies you can use within your school/classroom to promote resilience in your students.