

Mental Health Support Team



Termly Newsletter



Headlines

We had 20 new staff start in January to set up our three new teams in North Bristol and North Somerset and we are signing up our new placement schools in these areas. For the full list of the schools we are currently in please visit our webpage otrbristol.org.uk/what-we-do/mhst/

We are developing a High-Intensity hub with our qualified HI-CBT manager Sally McCallum. We will be providing this service to four of our existing schools from March and we are hoping to expand this offer next year.

Document updates!

We have a **NEW and improved Referral Form and Voice Card** which has been updated in line with national guidance about capturing mandatory demographics. The new form is much easier to use and now includes some helpful guidance for the referrer. It is really important you fill in all the boxes; otherwise it can cause a delay in the referral being accepted.

We respectfully ask for you to submit your referrals within a 2 week timeframe of the pre-referral discussion happening.

We also want to remind you to **submit the Voice Card alongside the referral**, as we know how important it is to young people to have their voice heard as early on in the process as possible.

Conference



[Click here to learn more and add your name to the waiting list](#)

Don't forget about the i-Thrive Live conference - celebrating collective commitment to young people's mental health and wellbeing. Keynote speaker: *Pooky Knightsmith - The Power of Listening to Understand*

We have an exciting schedule of talks and workshops being delivered by professionals from a range of services.

Partnership & Networking

- We run an operational steering group each month and welcome attendance from our partner schools. The next one is on **2nd March @ 11.30am**. Please get in touch with us if you would like to join? You don't need to commit to attending all of them.
- A BIG SHOUT OUT of thanks to the Cabot Learning Foundation Academy who have provided us with another base to work out of in North Somerset at Winterstoke Hundred Academy. This is a wonderful space for us and makes our service so much more accessible for families by being based in the local community.
- We have been working with Barnardo's and are all very excited about the launch of their Young People's health manifesto for Bristol and South Glos. We encourage you to share this with your children, young people and their families:

[Think Big, Dream Big | Barnardo's HYPE](#)



Meet our new North Bristol EMHPs! - Together for a team study day following a long first week at Exeter Uni

Total Numbers

98

Young people being seen

51

Completed interventions

104

Participating schools

806

Hours of 'Whole School Approach' work

Positive Feedback!

A 10 year old boy with ADHD and sleep difficulties was offered 10 sessions of low-intensity CBT Exposure Habitation. *"K was fantastic with L. She was so kind and caring and listened to everything. She has been a great help."*



MHST is a partnership between Off the Record and the Avon and Wiltshire Mental Health Partnership NHS Trust www.otrbristol.org.uk/what-we-do/mhst/