



# **Barnsley Mental Health Support Team Introduction to our Service Offer**

**Presented by  
Louise Doughty (MHST Team Leader)**

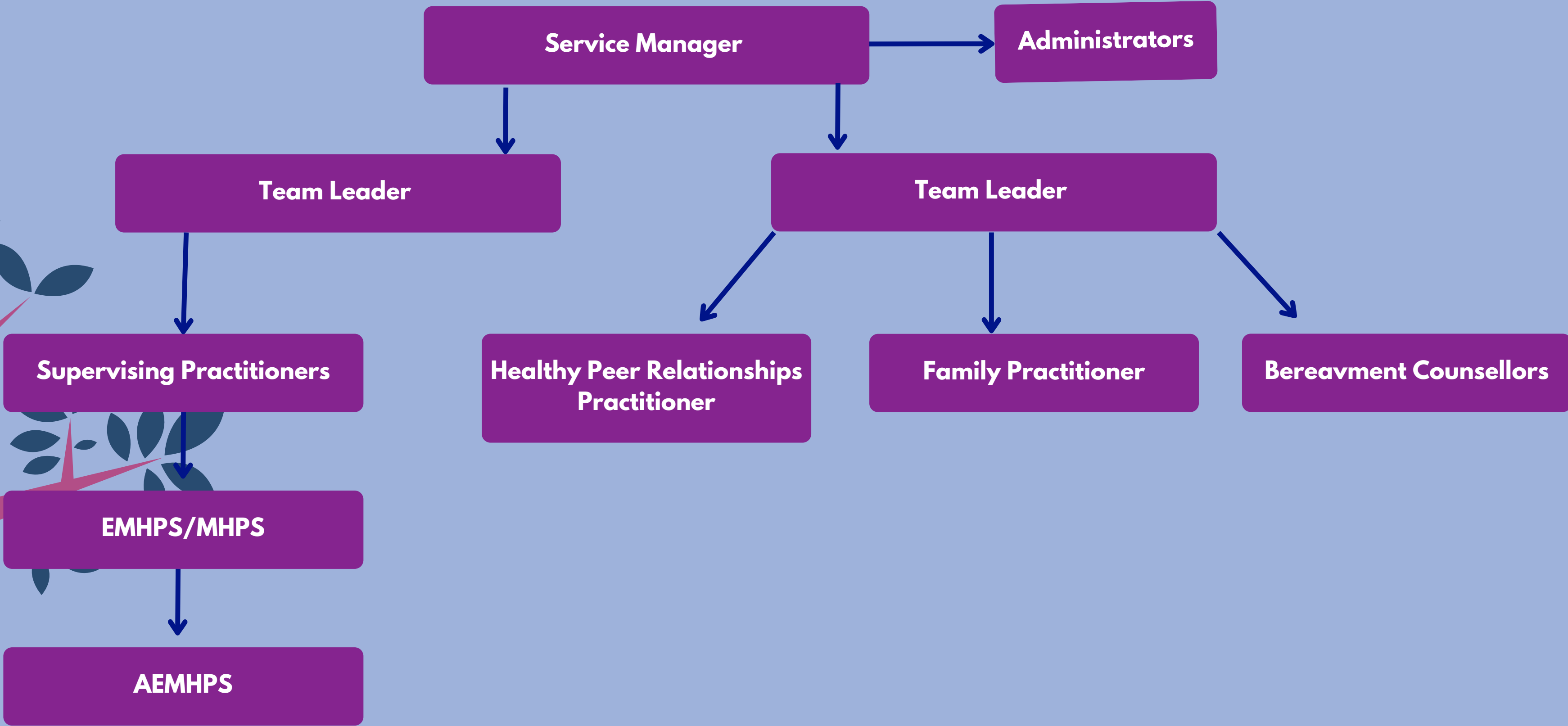
# The Background



- **The MHST is a prevention and early intervention mental health and emotional wellbeing service for children and young people. Developed as a result of the Green Paper "Transforming Children and Young Peoples Mental Health" (2017)**
- **We are funded through the Department for Education MHST Funding and local commissioning**
- **The service is being provided by Compass a national health and wellbeing charity delivered in partnership with education settings.**
- **The aim is to ensure CYP access the right early help, in the right setting, by the right professional.**
- **We work alongside educational staff to develop and embed Whole School Approaches at all levels**
- **We provide direct support for CYP through group and 1:1 interventions of Low Intensity Cognitive behavioural therapy**



# The Team



# Who We Work With



**Compass provides low intensity one-to-one interventions (approx. 6-8 sessions based on individual need) to Barnsley pupils aged 5-18 with mild-to-moderate emotional health and wellbeing needs.**

**Compass can support pupils with:**

- **Low mood: sadness, low motivation**
- **Mild to moderate anxiety**
- **Common challenging behaviours**
- **Family and peer relationship difficulties**
- **Difficulty adjusting to change and transition**
- **Difficulty managing emotions**
- **Bereavement**



# Whole School Approach



## What is a Whole School Approach?

**A whole school approach consists of all parts of the school working together; committed to making mental health and emotional wellbeing everyone's business.**

**It requires a partnership approach between governors, senior leaders, teachers and all school staff, as well as parents, carers and the wider community (including all services supporting children and young people's mental health).**

**Whole school approaches support school staff to feel empowered to tackle stigma and effectively respond to pupils emotional and mental health needs whilst providing a safe & respectful environment. This enables pupils to build caring relationships with adults & peers, manage their own emotions and behaviours, and achieve their full potential.**

**Compass will work alongside each school's Designated Senior Mental Health Lead to embed a Whole School Approach.**



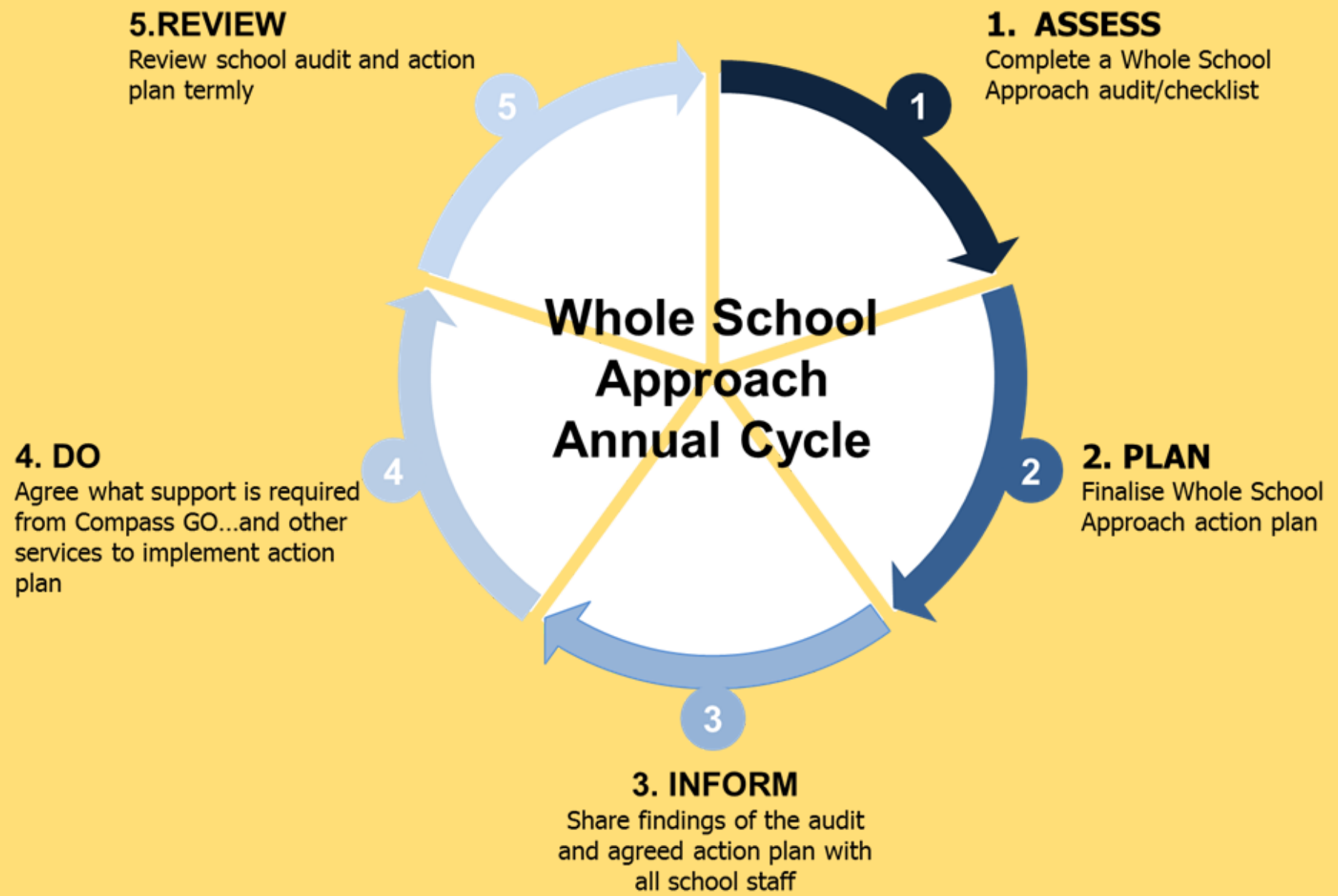
# Whole School Approach



Compass will work with Designated Mental Health Leads and other educational staff to build on and develop their Whole School Approach Framework based on an annual cycle of assess/plan/do/review.



**This approach alongside identification of annual emotional health and wellbeing priorities enables us to drive continuous improvement.**



# WSA - Link sessions



**Monthly Link Sessions will be available to all educational settings who are signed up to the trailblazer.**

**The aim of the Link Sessions are to work with the Senior Designated Mental Health Leads within each school to:**

- **Establish School Partnership Agreements (SPA) which outline expectations from both Compass and schools**
- **Develop and/or embed whole school approaches**
- **Provide advice, consultation and support**
- **Facilitate pathways to the most appropriate care and support services**
- **Work in partnership to deliver evidenced based low intensity interventions to children and young people**



# TRAINING MENU



## Secondary Groups

Duration  
one period

Length  
5 week programme to run over consecutive weeks

- Managing Anxiety
- Managing Low Mood
- Exam Stress
- Low Self Esteem
- Stress Management
- Understanding and Managing Emotions
- Supporting Transitions
- Managing Grief & Loss

## Secondary Workshops

Duration  
one period/assembly (usually around one hour)

Length  
one off session

- Exam Stress
- Understanding our Mental Health
- Peer Pressure
- Bullying and Cyber Bullying
- Diversity and Equality
- Healthy Peer Relationships
- Empathy and Self Awareness
- Social Media & Impact on Relationships

## Primary Workshops

Duration  
one period/assembly (usually around one hour)

Length  
one off session

- SATs stress
- Positive Mental Health (KS2)
- Supporting Transitions
- Bullying and Cyber Bullying
- Peer Problem Solving
- Social Media & Friendships
- Empathy
- Peer Pressure (KS2)
- This is Me (KS1)

## Staff Training

Duration and length  
Bespoke based on needs identified in WSA Audit

- Training Calendar available via POD and is available on SEND space. If you do not have access this please speak to your Compass link practitioner who can send you the calendar
- Compass can offer bespoke training around individual school needs identified through the WSA Audit. These will be discussed in link session

## Parent Offer

2 hours - one off session

- Understanding your Childs Anxiety
- Understanding your Childs Self-harm
- Understanding your Childs Low Mood



# CAMHS & Compass Single Point of Contact; Branching Minds

**Compass began  
in trail school  
September 2021**

MHST established  
support to the initial  
cohort of Barnsley  
Schools

**SPOC "soft  
launch"  
March 2022**

CAMHS and Compss  
began to deliver a joint  
duty system to operate a  
Single Point of Contact  
for specialist mental  
health support for CYP

**Compass offer  
Borough Wide  
April 2022**

Compass offer was  
extended to all CYP in  
Barnsley

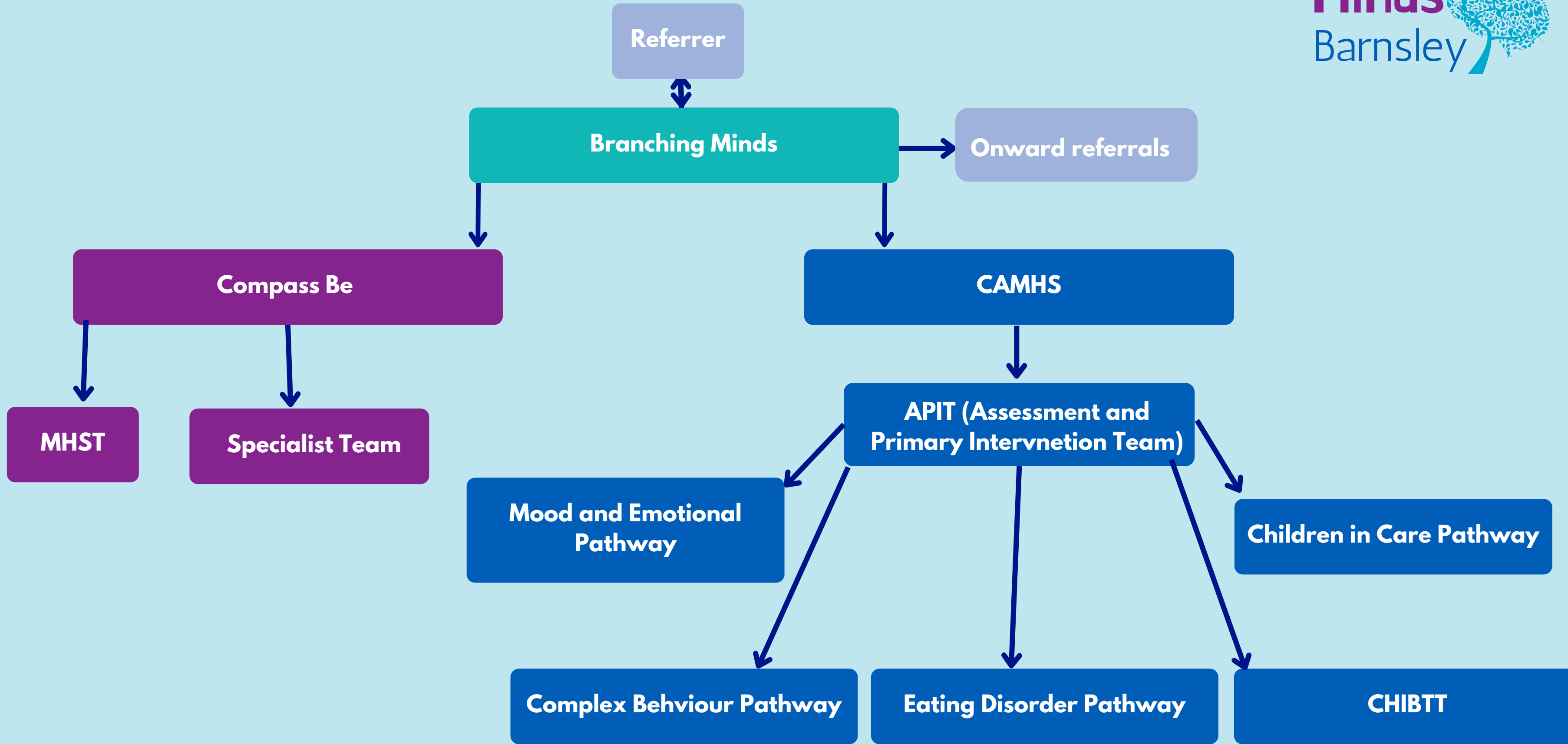
**Now**

**Single  
Point of  
Contact**

**Branching  
Minds  
Barnsley**



# The Service Pathway

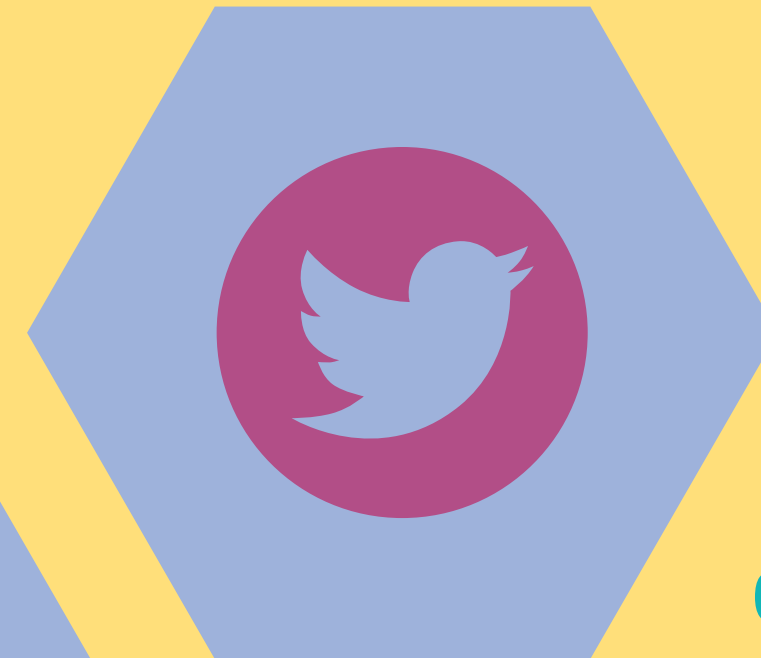




COMPASS BE

**Any Questions?**

# CONNECT WITH US AND GET SOCIAL



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