

We hope you have all enjoyed your Easter holidays!
Here are the MHST updates:

- We have recently opened up to St. George's Studio to support their students.
- Our practitioners are currently supporting some young people with our CBT Sports Group. This group involves supporting young people's mental health by incorporating sporting activities to help engagement. This has proven popular with our clients. If you feel as though this would benefit a secondary student you know, please speak with the school's Designated Mental Health Lead who can arrange this with our practitioners.
- Our practitioners have recently created an Arts CBT Group to help support secondary students with managing their anxiety. This was a great success, so if you have any students who you feel could benefit from this group, please speak with the school's Designated Mental Health Lead who can arrange this with our practitioners.
- Two of our practitioners have finished their Advanced EMHP Skills training with one of them starting their Clinical Supervisor training. The team are looking forward to using the skills they've gained to further compliment the existing MHST offer.
- We welcome a new EMHP to the team, Carly. Find out more about Carly on the next page. We also say farewell to one of our EMHPs, Tom, who has started his new adventure with Medina House - we wish him all the best.
- We also welcome a new senior practitioner, Sophia, who you will see visiting various schools on the island.



There are 49 educational sites open to the MHST who can opt in to WSCA support through workshops, parents' evenings, staff training and promotional events

In February, 8 hours were spent at Youth Trust and CAMHS referral meetings ensuring young people are accessing the right services for their mental health needs.

In February, 90% of referrals that had an assessment waited less than 4 weeks

31 young people received an assessment in February.

Professional Workshop:

On the 7th May, we are holding a professional workshop; 'Understanding what the MHST is all about' to explore what the MHST can offer young people, parents and school staff. We will cover some of the 'myths' of the MHST to ensure professionals are clear on what we do and don't offer. If any professionals want to attend, scan the QR code for the MS Teams link, or email us at iownt.mhst@nhs.net to get the link.



Our 5-year anniversary

The MHST are celebrating their 5-year anniversary this year. To celebrate, we:

- Reflected on everything we have achieved so far,
- We created a special edition of our newsletter which can be found when you scan the QR code and
- We created a press release - keep your eyes peeled on the local media.



Transition and Summer workshops

As you may have already seen on our Facebook page, our team are looking ahead at the workshops we'll be running during the summer holidays. One of the workshops will be the transition workshops to support year 6 students deal with the move up to secondary school.

Last year, we had a large number of referrals sent in on the last day of term. We like to accommodate late referrals to give the students the support they need, but it leaves us in a difficult situation if there is any information missing. This year, we will set a deadline and will not accept any referrals past this deadline. This will be the same for the summer intensive workshops supporting young people with anxiety. More details on these workshops will be circulated at a later date. Referrals for these workshops will be considered from June onwards, please do not send in referrals before then.



Hello! My name is Carly and I have joined the Mental Health Support Team (MHST) as a Trainee EMHP so I am fortunate to be working with children and young people who are experiencing mental health worries. I will be visiting schools so please come and say hello if you see me about. Before joining the team, I worked as a teacher in Primary schools for about 15 years. My favourite memories were messy art activities like creating papier mache planets and taking children outside to learn such as during our Beach school days. Outside of work I love beach days, reading, spending time with my family and taking my two dogs for adventures!