

The Mental Health Support Team work in schools across Oxford City, Banbury and Bicester to support children and young people experiencing mild-moderate mental health issues.



WELLBEING GROUPS OFFER

By the MHST Foundation Workers

The MHST offer Wellbeing Groups to support children and young people in schools, targeted towards those who are presenting with **low-level emerging mental health needs**.

These would ideally be delivered in small groups over **6 x 1-hour sessions**, with the aim to provide a starting point to continue building upon.

In order for the CYP to gain new social competencies, they will be given opportunity to **model, scaffold and reproduce these** through interaction with others in a **low-intensity therapeutic environments**. There is no definitive list of competencies that we can target, however there are certain **core abilities** which underpin the production of positive social interactions. These may include;

**Self-awareness & Self-regulation • Communication • Empathy
Problem Solving • Tolerance & Respect**

The Foundation Workers can also offer assemblies, videos and podcasts on a range of mental health topics such as transition, stress, and general wellbeing.

Contact the team for more information.

Who to Contact?

MHSTGroups@
response.org.uk



Who would be suitable for a Group Referral?

Low-level emerging mental health needs may include; feeling sad more than usual, anxious/panicky at various times, out of character anger/frustration, low confidence or self-esteem.

We likely **will not consider** a CYP for a group if they;

- Are currently **receiving 1-to-1 support** from MHST.
- Currently being **seen within CAMHS**

Following a referral, a **consultation meeting** will take place with the school to give a full view of the CYP needs.

What will these groups look like?

Improving social competencies of CYPs is the main aim of delivering MHST groups. Whilst each interaction is unique, there are some **core abilities** that underpin positive social interactions. In order to gain these competencies, they will be **modelled, scaffolded** and **reproduced** through the activities we use.

The overall structure of each session consists of;

Welcome - Icebreaker - Main Activity - Snack - Ending.

The facilitators will use a framework of **descriptive commentating, labelled praise** and **social and emotional coaching** among other strategies to encourage the prosocial competencies targeted.

Each session will be carefully planned to **accommodate the individual group members needs** by adjusting the activities - allowing for practicing and embedding the different skills and going **at the pace of the child.**

How do I make a group referral?

Please contact the MHST email above for referral enquiries and forms. The content of this email will be forward to the relevant Foundation Worker for your school to review.