



Healthy Minds Lincolnshire Education Service Offer Update

Healthy Minds Lincolnshire (HML) is being delivered by Lincolnshire Partnership NHS Foundation Trust (LPFT) through a partnership agreement led by Lincolnshire County Council. For information regarding HML please see our website: <https://www.lpft.nhs.uk/young-people>

Please refer to the LPFT Children and Young People's website for referral criteria and links to forms: <https://www.lpft.nhs.uk/young-people/lincolnshire/professionals/service-offer-and-referrals/healthy-minds-lincolnshire>

Professionals		
Training/Intervention	Information for School	What we offer
Clinical Supervision for Education Staff	<p>Virtual meetings, led by Healthy Minds, provide space for clinical case discussions, exploration of the whole school approach by discussion of "topic of the month".</p> <p>Healthy Minds Lincolnshire will send out expressions of interest to schools.</p>	Clinical supervision sessions (approximately every 6 weeks) to cohorts of education staff separated by stage (Primary & Secondary)
Training Packages for Education Staff	<p>Training packages have been pre-recorded to allow education settings to use these at a time convenient to them. We recommend that two hours is given to explore each topic. Representatives will then be invited to a catch-up session with a Healthy Minds Practitioner to discuss implementation of the learning.</p> <p>Please send the 'Training Packages for Education Staff Request Form' to lpft.trainingrequest.hml@nhs.net</p>	<ul style="list-style-type: none"> Let's reflect and learn about Anger Let's reflect and learn about Anxiety Let's reflect and learn about Low Mood Let's reflect and learn about Self-esteem Let's reflect and learn about Self-Harm Let's reflect and learn about building an inclusive school – this is a live training session
Centralised Training for Education Staff - <i>Nurturing the Wellbeing of Children and Young People</i>	<p>This discussion-based session aims to increase awareness and provide support to identify emotional wellbeing concerns in children and young people; to ensure those with pre-existing or emerging difficulties have access the right support. This training provides an understanding of how to build resilience and work in a trauma informed way.</p> <p>At the end of this training, you will create a plan of key actions for you to implement as an education setting. We hope this training will provide a framework to support settings to embed positive wellbeing across the whole education community.</p>	<p>Early Years Foundation Stage ONLY:</p> <p>20th October 2022 at 09:00-13:00. Venue: MS Teams www.nurturingwellbeingyfs201022.eventbrite.co.uk</p> <p>27th February 2023 at 10:00-15:00. Venue: TBC www.nurturingwellbeingyfs.eventbrite.co.uk</p> <p>4th July 2023 at 10:00-14:00. Venue: MS Teams www.nurturingwellbeingyfs040723.eventbrite.co.uk</p>




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<p>Centralised Training for Education Staff - <i>Nurturing the Wellbeing of Children and Young People</i></p>	<p><u>Booking information</u></p> <ul style="list-style-type: none"> • This training will be delivered either via Microsoft Teams or face-to-face in venues across the county. • When booking use the name and email address of the attendee if this is different to the person booking the ticket • Only book onto one date - the content is the same for all sessions • There is a maximum of two places per education setting per academic year • If you are no longer able to attend the booked date, please cancel the ticket and re-book via Eventbrite • Click on the desired session to book, or copy the link into your browser <p>For additional information please contact: lpft.trainingrequest.hml@nhs.net</p>	<p>Primary ONLY:</p> <p>3rd October 2022 at 10:00-15:00. Venue: Harrowby Lane Methodist Church & Community Centre. NG31 9PY www.nurturingwellbeingprimary031022.eventbrite.co.uk</p> <p>16th November 2022 at 09:00-13:00. Venue: MS Teams www.nurturingwellbeingprimary161122.eventbrite.co.uk</p> <p>19th January 2023 at 10:00-15:00. Venue: LPFT Training Centre, Sleaford Business Park, NG34 7BY www.nurturingwellbeingprimary190123.eventbrite.co.uk</p> <p>7th March 2023 at 13:00-17:00. Venue: MS Teams www.nurturingwellbeingprimary070323.eventbrite.co.uk</p> <p>19th May 2023 at 10:00-15:00. Venue: LPFT Training Centre, Sleaford Business Park, NG34 7BY www.nurturingwellbeingprimary190523.eventbrite.co.uk</p> <p>Secondary ONLY:</p> <p>7th November 2022 at 10:00-15:00. Venue: Harrowby Lane Methodist Church & Community Centre. NG31 9PY www.nurturingwellbeingsecondary071122.eventbrite.co.uk</p> <p>9th February 2023 at 13:00-17:00. Venue: MS Teams www.nurturingwellbeingsecondary090223.eventbrite.co.uk</p> <p>7th June 2023 at 10:00-15:00. Venue: LPFT Training Centre, Sleaford Business Park, NG34 7BY www.nurturingwellbeingsecondary070623.eventbrite.co.uk</p>
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<p>Professionals Resource Hub</p>	<p>THIS WEBSITE LINK (HIDDEN) IS STRICTLY FOR PROFESSIONALS ONLY. Please <u>do not</u> give out the link to this hidden page to parents/carers/children/young people.</p> <p>Information packs are for professionals to use with children/young people and parents/carers. The information packs should only be given out if you are supporting the young person with the content.</p> <p>You can contact your Clinical Lead Practitioner or attend Clinical Supervision to discuss how we can support you to utilise our online CYP workshops, education staff resource hub and support with embedding training in your setting.</p>	<p>www.lpft.nhs.uk/young-people/lincolnshire/professionals/resource-hub</p> <ul style="list-style-type: none"> • Assemblies • Information Packs • Intervention toolkit <div style="text-align: center;">  <p>Scan to view resource hub for professionals</p> </div>
<p>Education Toolkit</p>	<p>Education staff are ideally placed to listen to young people and identify emotional wellbeing problems, offer non-stigmatising advice and guidance, be positive adult role models and know when to refer for specialist support.</p> <p>The Education Toolkit will provide education staff with information, resources and links to other services.</p>	<p>The Education Toolkit section of our website is currently under construction. Please click here for updates: Education Toolkit</p>
<p>Emotionally Based School Avoidance (EBSA)</p>	<p>Healthy Minds support Step 3 of the Lincolnshire Emotionally Based School Avoidance (EBSA) Ladder.</p> <p>It is expected that the education setting will send the Initial Pastoral Support Plan and the ATTEND outcomes at the time of requesting attendance by HML.</p> <p>If the CYP is open to CAMHS, MHST or HML, then the practitioner supporting the young person should be invited. If they are not open to services, please email lincs.SPA@nhs.net requesting Healthy Minds attendance at a PSP meeting.</p>	<p>A consultation appointment will be booked for you with a Practitioner to take some basic details and ensure that all the relevant paperwork has been returned prior to the attendance at a review meeting.</p> <p>A HML practitioner will attend one review meeting. Their purpose is to provide support and advice around connection and regulation and can support exploring problem solving where necessary.</p>



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Children and Young People		
Training/Intervention	Information for School	What we offer
CYP Pre-recorded Workshops	<p>We encourage education staff to utilise the pre-recorded workshops within their settings.</p> <p>These can be accessed by anyone via the website: https://www.lpft.nhs.uk/young-people/online-workshops</p> <p>If you feel you need support to utilise these or you do not feel that the pre-recorded workshops meet your needs, you can email lpft.trainingrequest.hml@nhs.net and someone will contact you to discuss your needs.</p>	<ul style="list-style-type: none"> Managing Anxious Feelings Managing Angry Feelings 5 Part Survival Guide to Change Staying Emotionally Healthy (Primary) Staying Emotionally Healthy (Secondary) Building Positive Self-esteem Exam Success <p>Above workshops are suitable for any age of CYP but if they are under the age of 10 years will need the support of a parent/carers.</p>
CYP Workshops	<p>Healthy Minds interactive workshops can support young people with a specific emotional wellbeing concern.</p> <p>Each workshop is 90 minutes long and can be delivered to 12 young people. For larger groups (eg a class group) this will be delivered in the form of a presentation.</p> <p>To request a workshop please send the completed 'HML Student Workshop Assembly request form' to lpft.trainingrequest.hml@nhs.net</p>	<ul style="list-style-type: none"> Boost your Mood Workshop Building Positive Self-esteem Exam Success Managing Worries or Anxious Feeling Maintaining Feelings of Anger Staying Emotionally Healthy Survival Guide to Change
CYP Assemblies	<p>Healthy Minds assemblies are approximately 20 minutes and can be facilitated to large groups of any size as delivered in a didactic approach.</p> <p>To request an assembly please send the completed 'HML Student Workshop Assembly request form' to lpft.trainingrequest.hml@nhs.net</p>	<ul style="list-style-type: none"> 5 Steps to Wellbeing Stress Busters (Exam Stress) Being Emotionally Aware (Emotional Wellbeing and Mental Health Awareness)



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<p>CYP Group Interventions (Virtual)</p>	<p>Following accepted referral and subsequent Telephone Consultation, young people may be offered group intervention. These groups will typically run during education hours, in which case we require your support to implement:</p> <ul style="list-style-type: none"> • Education settings to nominate a member of staff to oversee arrangements and be available for support afterwards if needed. • Education settings will need to ensure students have access a suitable confidential space for young people to be able to attend these group sessions via a mobile phone (wi-fi access) or computer (with webcam). • Group sessions are 90 minutes long and pupils will need a setup time/assistance prior to the start time. • If education settings cannot provide a confidential space for a CYP to attend our groups, then we request that arrangements are made for them to attend sessions at home, with a parent/carer available for support if needed. This would mean that the CYP may have to arrive later or leave earlier. 	<ul style="list-style-type: none"> • 'Conquering Your Worries' – Secondary School age • 'Boost Your Mood' – Secondary School age • 'Toolkit for Emotional Wellbeing'- for ages 10,11 and 12 in years 5, 6 and 7 • Challenge Your Inner Critic – Secondary School age <p>(We also offer parent groups - see 'Parent/Carer Groups/Resources' below)</p>
<p>CYP One-to-One/Practitioner Guided Self-Help</p>	<p>Following accepted referral and subsequent Telephone Consultation, young people may be offered one to one intervention. This treatment option will only be offered if children/young people are not suitable for any of the above options.</p> <p>These sessions will typically run during education hours, in which case we will need your support to implement:</p> <ul style="list-style-type: none"> • Education settings to nominate a member of staff to oversee arrangements and be available for support afterwards if needed. • Education settings will need to ensure students have access a suitable confidential space for young people to be able to attend these sessions via a mobile phone (wi-fi access) or computer (with webcam). 	<p>Guided self-help (available for primary, secondary, parents):</p> <ul style="list-style-type: none"> • Anxiety • Emotional recognition and regulation • Low mood • Low self-esteem



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	<ul style="list-style-type: none"> • Sessions are up to 60 minutes long and pupils will need a setup time/assistance prior to the start time. • If education settings cannot provide a confidential space for a CYP to attend our groups, then we request that arrangements are made for them to attend sessions at home, with a parent/carer available for support if needed. This would mean that the CYP may have to arrive later or leave earlier. 	
Parent/Carers		
Training/Intervention	Information for School	What we offer
Parent/Carer Pre-record Workshops	These can be accessed by anyone via the website. https://www.lpft.nhs.uk/young-people/online-workshops	<ul style="list-style-type: none"> • Parents supporting children with anxiety and additional needs (2 part Workshop)
Parent/Carer Groups/Resources	<p>Following accepted referral and subsequent Telephone Consultation, young people may be offered support via their parents/carers attending a group intervention.</p> <p>The Fears and Worries group may be offered to parents of children who have been referred/accepted into the service for anxiety/worry.</p> <p>The Thrive group may be offered to parents to help them understand their own emotions and “model the model” to their children.</p> <p>The Good Mental Wellbeing group may be offered to parents supporting young people with generalised emotional wellbeing concerns. The content of this group explores the adaptations, that may support CYP with additional needs.</p>	<ul style="list-style-type: none"> • Fears and Worries group (any age) • Supporting Your Child to Thrive group (3-8yrs) • Good Mental Wellbeing (any age)