



Initial Information Pack



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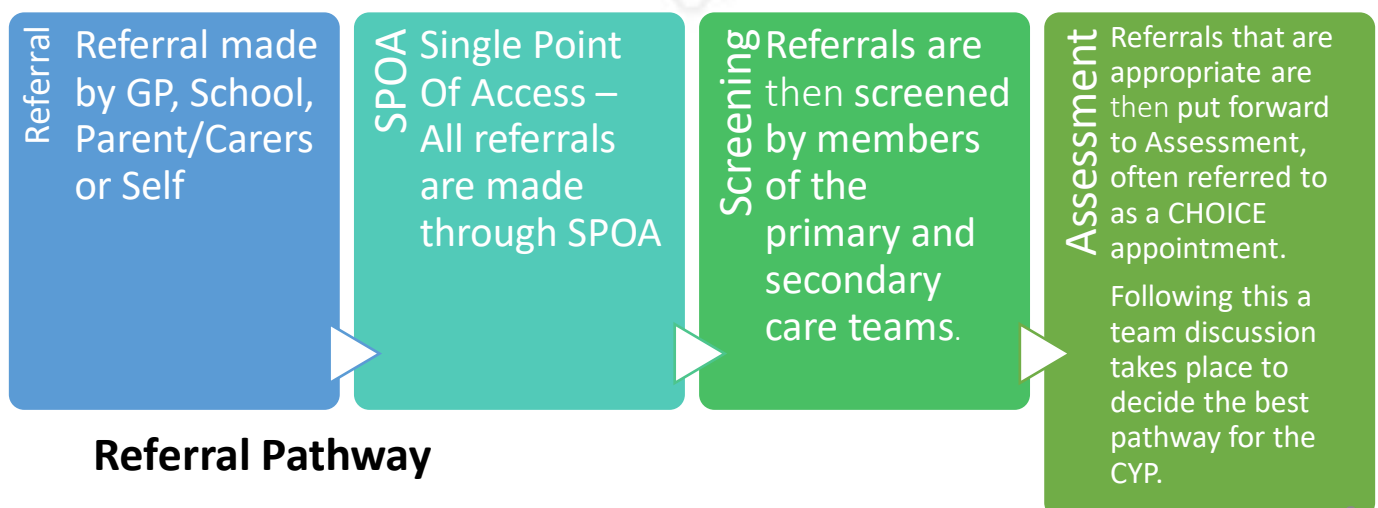


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Solar

•What is Solar and who do we support?

- Solar is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust (BSMHFT), Barnardo's and Autism West Midlands.
- We provide Emotional Wellbeing and Mental Health Services to Children, Young People and Families in Solihull. This type of service is often referred to as CAMHS (Child and Adolescent Mental Health Team).
- Solar supports young people (0-19 years old with some aspects going up to 25 years old) who are experiencing emotional wellbeing and/or mental health concerns.
- Young people with emotional wellbeing needs and less complex mental health needs are often supported by the Barnardo's aspect of the service, often referred to as Tier 2 or MHST or Primary care.
- The more complex mental health needs and young people with higher risk are usually supported within the NHS aspect of the service, often referred to as Tier 3 or CORE CAMHS.
- The service is based across 2 sites; Bishop Wilson Clinic and Freshfields Clinic.





3 Core Functions of MHST

1. Deliver evidence-based interventions for mild to moderate mental health issues.
2. Supporting the senior mental health lead in each school or college to introduce or develop their whole school or college approach.
3. Giving timely advice to school and college staff, and liaising with external specialist services, to help children and young people to get the right support and stay in education

Meet The team



Andraé Tabannor- Team Manager



Andi Covax- Senior Practitioner



Maariah Khaliq- Trainee EMHP



Andi Griffin – Senior Practitioner



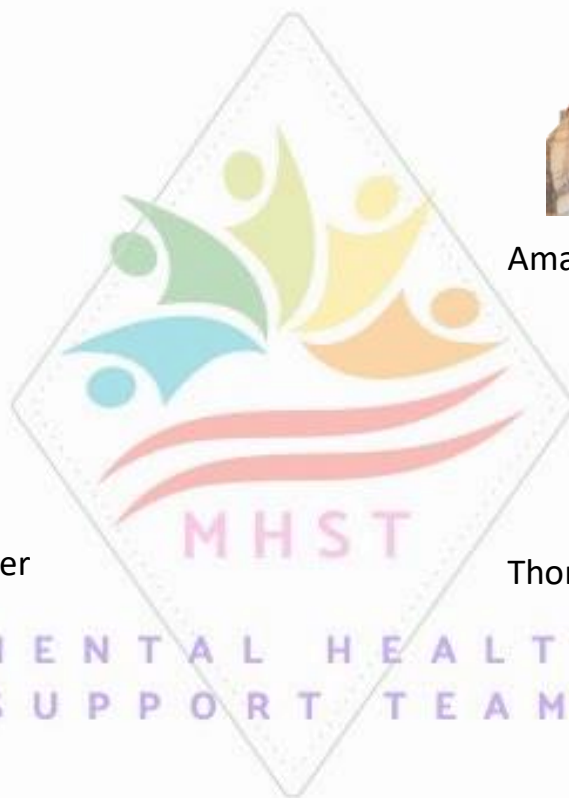
Amanda Larsen- Trainee EMHP



Natalie Portman- Senior Practitioner



Thomas Scully- Trainee EMHP



Cristina Eddo- Senior Practitioner



Sophie Harding- Trainee EMHP



Beth Ewing- EMHP



Katie Nesbitt- EMHP



Veronica Depasse-Mealia- EMHP

More about us



Andrae- My favourite place is: My House

My favourite movie is: Scream

My favourite book is: Anything about psychology or therapeutic approaches

If I was a fictional character I would be: Somebody from Avatar: The Last Air Bender

My hobbies include: Making Music, going to the Gym, trying to learn Spanish, watching movies, writing and laughing with family and friends

Maariah- I support children and young people who are feeling sad or worried to feel better through teaching them how to work with their difficulties and become their own therapist.

Amanda- I am a Trainee Educational Mental Health Practitioner from the Mental Health Support Team. I work with children and young people (CYP) in education and healthcare settings who might need a bit of extra support with their emotional wellbeing. My aim is to ensure that CYP are seeking help for their emotional wellbeing and to provide this support to the best of my abilities. I want to be the person that CYPs feel like they can talk to without being judged or stigmatised. I also want to work alongside school communities to ensure that there are mental health services and provisions for all of its members including staff and parent/carers.

Beth - I am a Primary Mental Health Practitioner for the MHST.

Tom - My name is Thomas but I like people to call me Tom. I am an Education Mental Health Practitioner, which is a bit of a mouthful but basically, I'm here to support children and young people with any issues surrounding low moods or anxiety that they might be having. I LOVE Spaghetti Bolognese, Roast Dinners and Pizza, especially if it's got ham and pineapple on it. I like playing football, going to watch my favourite team (Aston Villa) and meeting up with my friends and family.

More about us



Cristina- I am a Senior Mental Health Practitioner for the Mental Health Support Team! I am absolutely super passionate about bringing awareness around mental health. I really enjoy both 1:1 sessions with students and delivering workshops for students, parents and staff!

Katie- I am an Educational Mental Health Practitioner in the Mental Health Support Team and work with children and young people in schools around worry, low mood, and generally looking after ourselves and our well-being. Hope to see you around!

Andi G - I am a Senior Mental Health Practitioner for the MHST. I love being creative and offer this type of support to the young people I work with. I have been working with children for a long time and have 3 of my own lovelies that keep me on my toes. I look forward to working with you all and being a listening ear when needed.

Sophie- I'm an Educational Mental Health Practitioner. I work with young people to help them learn skills to improve their mental health and wellbeing. Sometimes I work one-to-one with young people, sometimes I work in small groups, and sometimes I give PSHE lessons and assemblies about mental wellbeing. I also support teachers and parents/guardians when they help young people with their mental health. I like crocheting and making things

Veronica- My hobbies include Dancing, walking and singing
My favourite book is I Know Why The Caged Bird Sings by Maya Angelou
My favourite place is Gower in Wales
My favourite movie is: The Lion King
If I was a fictional character, I would be A bird

Natalie- I work in the MHST team as a senior. I am here as a point of contact, along with our wonderful team, to support yours and your school communities' mental health and wellbeing.

Andi C- I am a Senior EMHP. I am passionate about working with children and young people and creating positive change. My background is in counselling and therapeutic support.

DfE Funding and Senior Mental Health Lead Training Programmes



The Department for Education (DfE) is offering a grant of £1,200 for eligible state-funded schools and colleges in England to train a Senior Mental Health Lead (SMHL) to develop and implement a whole school or college approach to mental health and wellbeing. This training is not compulsory, but it is part of the government's commitment to offer this training to all eligible schools and colleges by 2025.

Please visit the below link to find out more:

[Senior mental health lead training - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/senior-mental-health-lead-training)

Companies offering SMHL Training:

Creative Education - [Developing the Role of the Senior Mental Health Lead - Creative Education](#)

Anna Freud - [Senior mental health lead training \(annafreud.org\)](https://annafreud.org)

Altruist - [Senior Mental Health Lead Training UK | Altruist Enterprises \(altruistuk.com\)](https://altruistuk.com)

What we offer

1:1 Support

As a team we offer 1:1 low intensity interventions to young people who are experiencing low to mild anxiety, low mood or challenging behaviours. The interventions are informed by CBT principles.

Whole School Approach

Support to implement WSA, Audits and Action Planning. This includes small group workshops, staff training, assemblies and PSHE support.

Advice and Support

Case and referral advice.

Workshops

We also offer workshops for staff, parents/carers and young people based on the school needs. Here are some of the themes that you can expect us to cover when delivering workshops:

Carers:

Mental health awareness

Anxiety and self-care

Supporting young people with their emotions (anxiety/anger)

Managing challenging behaviour

Young People:

Mental health awareness, low mood and sleep hygiene

Anxiety, anti-bullying and transition to secondary school

Resilience, challenging negative thoughts and healthy friendships

Self-care, mindfulness, setting GOALS, problem solving and exam stress

Staff:

Mental health awareness

Anxiety and self-care

Supporting young people with their emotions (anxiety/anger)

Signposting



Agency	Address	Phone Number / WEB	Description
Signposting for ASD			
Autism West Midlands	Autism West Midlands Kings Norton Business Centre Imperial Court Sovereign Road Kings Norton B30 3ES	0121 450 7575 www.autismwestmidlands.org.uk	<ul style="list-style-type: none"> • Information helpline • Employment support (Aspire) • "Attention" cards • Family support, outreach support groups • Student support • Residential services & supported living • Training & events
Cerebra		0800 328 1159 www.cerebra.org.uk	<ul style="list-style-type: none"> • National charity that strives to improve the lives of children with brain related neurological conditions, including ASD • Provide a grant scheme to offer direct and practical assistance to improve the quality of life of children and young people affected by neurological conditions • Sleep advice service
Autismlinks		Website: https://www.autismlinks.co.uk/support-groups?region=West%20Midlands	<ul style="list-style-type: none"> • Various support groups and parent carer forums around West Midlands and the rest of UK, made up of passionate, committed parents, carers and others, who have been or are walking the same path as you, encountering the same challenges and obstacles. And some of them have found the answer you are looking for – and sometimes you will have the answer they want! Through working together, many people get the support they want – and offer much to others, just at that time of particular need..

National Autistic Society		0808 800 4104 (Helpline) www.autism.org.uk	<ul style="list-style-type: none"> • Advice and information, employment support, residential and community services and diagnosing complex needs.
Signpost Inclusion	The Renewal Family Centre Vulcan Road Solihull B91 2JY	07873782579 (Vickie) www.signpostinclusion.org.uk	<ul style="list-style-type: none"> • Signpost Inclusion offers: • Parent to parent support offering groups and drop in sessions in a friendly environment • Early Support Training and capacity building • A growing resource base with books and sensory resources • Signposting to relevant services
Family Equip		Solihull and South Birmingham Family Equip Helpline: 0121 711 8220 http://familyequip.co.uk/	<ul style="list-style-type: none"> • Family Equip offer: • Parent Support (single parents due to separation or bereavement) • Family Support Workers • Groups for Children • Support groups for parents
Solihull Autistic Spectrum Support and Information (SASSI)		Telephone: 0121 779 1742 Email: janbrad55@hotmail.com	<ul style="list-style-type: none"> • SASSI is an Autism Support Group for parents/guardians of children or young people with an autistic spectrum disorder. All are welcome whether there has been a diagnosis or there is one pending. We offer a social opportunity to talk to parents in the same situation and an opportunity to talk informally to a variety of professionals. There is a formal talk on a variety of subjects suggested by parents. We meet every month in a primary school hall; the location changes each time.

Specialist Inclusion Support Service (SISS) – Autism Team	<p>Elmwood Place 37 Burtons Way Smiths Wood Birmingham B36 0UG</p>	<p>0121 779 1742</p> <p>Email: swalters@solihull.gov.uk</p> <p>Website https://www.solihull.gov.uk/Resident/Schools-learning/educationalsupport/SISS</p>	<ul style="list-style-type: none"> • The Autism Team, based within SISS, provide advice and support for children and young people in mainstream schools who have Autistic Spectrum Disorders (ASD) in Year 1 through to Year 11 • They work together with children, parents/carers, teachers, support staff, the Local Authority and other agencies to support and promote the learning and development of children with ASD • Offer advice and support in schools, as well as providing one to one work and/or group work where needed • Other interventions include developing social skills groups, advice on specialist strategies, delivering peer awareness lessons, creating anxiety toolkits and relaxation groups • All these services are available, depending on the assessed requirements of individual pupils and in liaison with schools • We run parent workshops on understanding ASD, we have close links with SASSI (ASD support group) and attend some Signpost Inclusion support groups to support those families needing ASD-specific advice
The Autistic Advocate		<p>Email: michelle@theautisticadvocate.com</p> <p>Website The Autistic Advocate - Autistic People Have a Voice</p>	<p>Resource for Autistic people, Parents and Professionals to help you understand various concepts around Autism, get practical advice and take on the highly valuable inside perspective.</p>

SoLO	38 Walnut Close, Chelmsley Wood, Birmingham B37 7PU SoLO Solihull Fire Station Office Streetsbrook Road Solihull B91 1QY	0121 779 3865 Email: info@solihullsolo.org Social Life Opportunities Solihull At SoLO We Help People with Learning Disabilities 0121 647 1060 Email: info@solihullsolo.org	<ul style="list-style-type: none"> • Term time Services including after school, evening and weekend clubs. • Holiday activity days included cookery, crafts, sport sessions and trips out. • Specialist holiday play-schemes. Tailored exciting activity schemes for children aged 5-16.
Resources for Autism	BAYC 581 Pershore Road Birmingham B29 7EL	West Midlands contact 07817736096 Email: wmadmin@resourcesforautism.org.uk www.resourcesforautism.org.uk	<ul style="list-style-type: none"> • Respite services • Adult and transition groups • Sibling groups and parent support • Play and youth services • Holiday play schemes • Arts therapies • Information & signposting
Specialist Assessment Centre (SAS)	Specialist Assessment Service, The Meadow Centre, 36 Faulkner Road, Solihull, B92 8SY.	0121-722-8010 Fax 0121-722-8011 http://www.heartofengland.nhs.uk/solihull-hospital/meadow-centre/	<ul style="list-style-type: none"> • The Specialist Assessment Service based at the Chelmsley Wood Primary Care Centre works with children who have either complex medical and developmental needs or with children and young people where their difficulties may indicate an Autism Spectrum Disorder (ASD). For children with complex medical needs we may also provide coordinated therapeutic work to meet a child's needs. Children are given a diagnosis after assessment if appropriate.

<p>SEND (Family Action)</p>	<p>Solihull SENDIAS Sans Souci Tanworth Lane Shirley Solihull B90 4D</p>	<p>https://www.family-action.org.uk/solihullsendias/ Phone: 0121 5165173 Email: solihullsendias@family-action.org.uk</p>	<ul style="list-style-type: none"> • Solihull SENDIAS Service aims to: • provide information, advice and support to children and young people up to the age of 25 with SEND • provide information, advice and support to the parents/carers of children and young people up to the age of 25 with SEND • provide impartial advice about matters relating to SEND, including issues relating to health and social care • offer support to parents/carers and children and young people with SEND in participating in decisions made about the child/young person's education, health and social care.
<p>NeuroBears</p>		<p>Pandas (pandasonline.org)</p>	<ul style="list-style-type: none"> • NeuroBears is a course all about the autistic experience. • NeuroBears has been created by autistic adults in collaboration with autistic young people. • NeuroBears is mainly aimed at young autistic people aged 8-14 who are new to understanding their autism. NeuroBears may be suitable for young people outside of this age range too and they may enjoy sharing it with others.

Signposting for Bereavement			
Edwards Trust	3 Vicarage Road Edgbaston Birmingham B15 3ES	Tel: 0121 454 1705 Email: admin@edwardstrust.org.uk Website: https://edwardstrust.org.uk/	<ul style="list-style-type: none"> • Support to children and young people of school age who are bereaved, or are about to be bereaved, of a parent, significant carer or sibling. • Edward's Trust offers a range of support for bereaved children including one to one counselling, art therapy, attending support groups at our bereavement centre, accessing social activities with other children surviving bereavement and support at school.
Cruse	King Edward Building Corporation Street Ladywood Birmingham B4 6SE	Telephone: 0121 687 8010 Email: support@crusebirmingham.co.uk Website: http://www.cruse.org.uk	<ul style="list-style-type: none"> • Cruse provides free bereavement support and counselling to anyone living in the Birmingham area, irrespective of age, race, gender, culture, religion, ethnicity and disability.
This Way Up	155a Kineton Green Road Solihull B92 7EG	Telephone: 0121 439 9181 Website: www.twup.org.uk	<ul style="list-style-type: none"> • One-to-one and small group support to young people who are struggling with the impact of loss as a result of parental separation or bereavement • Age range: 11 to 18 years
Solihull Bereavement Counselling Service	Ullswater House Solihull Hospital Lode Lane Solihull West Midlands B91 2JL	Telephone: 0121 424 5103 Website: Solihull Bereavement Counselling Service Dedicated team of professionals	<ul style="list-style-type: none"> • People who use the Service may have lost a baby or have experienced the death of a partner, parent, child, relation or colleague in many different circumstances. The death may have been caused by illness, accident, suicide, murder, war or natural causes.

Signposting for local services			
Family Support Centre	FSC Suite, Shirley Baptist Church Building 144 Stratford Road Shirley, Solihull B90 3BD	Telephone: 0121 744 8838 Email: admin@fscshirley.co.uk Website: www.fscshirley.co.uk	<ul style="list-style-type: none"> Counselling and advisory services, as well as divorce recovery group
Relate Birmingham /Solihull Branch	The Core, Lower Ground Floor, Theatre Square Solihull B91 3RG	Telephone: 0121 643 1638 Email: info@relatebirmingham.co.uk Website: www.relate.org.uk	<ul style="list-style-type: none"> Youth counselling for young people aged 10-18yrs old who may be experiencing a parents' divorce/separation, school or exam worries, peer pressure or family and relationship problems
Solihull Child Contact Centre	New House 30 New Road Solihull B91 3DP	Telephone: 07736416470 Email: coordinator@solihullccc.org.uk	<ul style="list-style-type: none"> Venue for children from broken relationships to meet with their absent parent(s) Age range: 1 year to 16 years
Coventry Rape and Sexual Abuse Centre		Helpline Number: 02476 277777 Mon-Fri 10am-2pm Mon & Thurs 6pm-8pm Helpline Email: helpline@crasac.org.uk	<ul style="list-style-type: none"> Coventry Rape & Sexual Abuse Centre (CRASAC) is a service providing support for women, men and children who have experienced any kind of sexual abuse of any kind at any time in their life, offering counselling, support and information, or just someone to talk to or who will listen.
PAUSE	Digbeth Hub: 21 Digbeth, Birmingham B5 6BJ Sparkbrook Hub - Sparkbrook Community & Health Centre. Address: 34 Grantham Road Sparkbrook Birmingham B11 1LU	Telephone: 0300 300 0099 Drop In timetable available on Website.	<ul style="list-style-type: none"> Support for children and young people aged 0-25 around emotional well-being and mental health. No appointment needed. Must live in the Birmingham area and or be registered with a G.P in the Birmingham area

Solihull Parenting Team		<p>Telephone: 0121 301 2773</p> <p>Email: bsmhft.parenting@nhs.net</p>	<ul style="list-style-type: none"> • Various Parenting groups run on a termly basis. • Support includes understanding child behaviour, understanding your child's mental health. Supporting your child with Anxiety. • Specialist groups for parents of children with ADHD and ASD.
Horizon	<p>Horizon SARC</p> <p>Hodge Hill Primary Care Centre</p> <p>Roughlea Avenue</p> <p>Birmingham</p> <p>B36 8ND</p> <p>By appointment only</p>	<p>Self-referral telephone: 0800 970 0375</p> <p>Professional enquiry number: 01922 646709</p> <p>(24 hours per day, 7 days a week)</p> <p>Email: enquiries@horizonsarc.org.uk</p> <p>Website: www.horizonsarc.org.uk</p>	<ul style="list-style-type: none"> • Horizon Sexual Assault Referral Centre (SARC) provides people who have experienced rape and sexual assault within the West Midlands with support and advice to assist in their recovery. • Support offered to children, young people, men, women and LBGQT+ community
RSVP		<p>Helpline: 0121 643 0301</p> <p>Email: info@rsvporg.co.uk</p> <p>Website: rsvporg.co.uk</p>	<ul style="list-style-type: none"> • RSVP offer empathic services to support children, young people, women and men who have been affected by sexual violence and abuse.
Samaritans Solihull	<p>Station Approach</p> <p>Solihull</p> <p>B91 1LE</p>	<p>Telephone: 116 123</p> <p>Website: www.samaritans.org</p> <p>Email: Jo@samaritans.org</p> <p>(24 hours, every day of the year)</p>	<ul style="list-style-type: none"> • Samaritans is available round the clock, every day of the year. You can talk to them privately and in confidence about whatever may be troubling you.
Umbrella	Various Locations	<p>Telephone: 0121 237 5700</p> <p>Website: www.umbrellahealth.co.uk</p>	<ul style="list-style-type: none"> • Sexual health services for Solihull, the website provides information and advice, as well as details of drop-in clinics.
Victim Support West Midlands		<p>Telephone: 0300 303 1977</p> <p>Website: www.victimsupport.org.uk</p>	<ul style="list-style-type: none"> • Victim Support is the independent charity for victims and witnesses of crime, offering support to more than 1 million victims of crime last year along.

Youth Offending Service	Elmwood Place 37 Burtons Way Smiths Wood Birmingham Solihull B36 0UG	Telephone: 0121 788 4290 Email: solihullyouthoffendingservices@solihull.gov.uk Website: www.socialsolihull.org.uk/yos	<ul style="list-style-type: none"> Youth Offending Service works to prevent offending and reoffending by children and young people under the age of 18 and to ensure that custody for them is safe, secure and addresses the causes of their offending behaviour. Age 1- 18
Carers Trust Solihull: Young Carers	Carers Trust Solihull Solihull Fire Station Annexe 620 Streetbrook Road B91 1QY	Telephone: 0121 788 1143 Email: youngcarers@solihullcarers.org Centre@solihullcarers.org	<ul style="list-style-type: none"> Provides information and advice to young carers. Provides emotional support to young carers. Drop in advice sessions. Young carer assessments. Trips and days out for young carers and some free training. Age 5-18
Solihull Healthy Minds		Telephone and self- referral: 0121 262 355 or 0800 915 9292 Free IAPT Service – 0121 301 2525 Text: BHM 60777 Website: bsmhft.nhs.uk	<ul style="list-style-type: none"> Primary care talking therapy service for ages 16 + Therapies targeting anxiety, low mood and depression. CBT, mindfulness, behavioural couple therapy, psycho-education and web based CBT programmes.
Employment Skills Team	Economic Development & Regeneration Solihull MBC Council House Manor Square Solihull B91 3QB	YPP team: 0121 704 8076 https://www.solihullforsuccess.com/help-to-find-work/What-are-my-options/Birmingham-and-Solihull-Youth-Promise-Plus Email: employmentteam@solihull.gov.uk	<ul style="list-style-type: none"> Career options and research Learning and Training Preparation for interviews and assessments In work support Youth promise plus programme for those aged 15-29
National Career Service		Telephone: 0800 100 900	<ul style="list-style-type: none"> Provide information, advice and guidance to help make decisions on learning, training and work.
Winstons Wish		Helpline on 08088 020 021 Email: ask@winstonswish.org Website: https://www.winstonswish.org/	<ul style="list-style-type: none"> Support for bereaved children through individual, group and residential settings.

Learning Disability Nurses	3 The Green Shirley, Solihull, B90 4LA	Telephone: 0121 746 4436	<ul style="list-style-type: none"> • Support for ages children and young people aged 0-18 who have a moderate to severe learning disability and an additional health need. • Signposting • Facilitation of meetings • Toilet management/sleep management/behavioural management • Health Care Plans
Substance Misuse Support			
Str8 UP	Keepers Lodge Chelmsley Road, Chelmsley Wood, B37 7RS	Telephone: 0121 788 5390 Text: 07795400755 Email: str8up@solihull.gov.uk	<ul style="list-style-type: none"> • Young people's drug and alcohol service. • Ages 11-18 • 1-2-1 interventions surrounding substance misuse.
Sias - Solihull Integrated Addiction Services	The Newington Centre Newington Road Hamar Way Marston Green B37 7RW	Telephone: 0121 301 4141 Fax: 0121 678 4731 Email: enquiries@sias-solihull.org.uk Website: www.sias-solihull.org.uk	<ul style="list-style-type: none"> • Outcome-focused, high-quality, person-centred and integrated prevention, early intervention, treatment and recovery service addressing the needs of adults, young people, families and organisations affected by problematic gambling or drug and alcohol misuse.
Al-Anon Family Groups UK & Eire		Telephone: 0800 0086 811 Website: Al-Anon UK For families & friends of alcoholics	<ul style="list-style-type: none"> ▪ Meetings in all major towns and cities for people who have been affected by another persons Alcohol misuse.

Signposting for Online / Nationwide Services

Anxiety UK		<p>Infoline: 08444 775 774</p> <p>Text Service: 07537 416 905 Mon-Fri 9:30am - 5.30pm</p> <p>www.anxietyuk.org.uk</p>	<ul style="list-style-type: none"> Anxiety UK offers support, advice and information on a range of anxiety disorders and anxiety related conditions
CAFCASS		<p>Telephone: 0300 456 4000</p> <p>Website: www.cafcass.gov.uk www.cafcass.gov.uk/contact-us</p>	<ul style="list-style-type: none"> <i>Cafcass</i> is the voice of children in the family courts and helps to ensure that their welfare is put first during proceedings – their website contains useful resources for parents & their children
National Youth Advocacy Service (NYAS)		<p>https://youngpeople.nyas.net/</p> <p>Telephone: 0808 808 1001</p>	<ul style="list-style-type: none"> Provides advocates than can support and listen if CYP feel their wishes and feelings are not being heard by their social workers, carers, or anyone else involved in decisions about CYP's care and welfare.
Childline		<p>www.childline.org.uk</p> <p>0800 1111</p>	<ul style="list-style-type: none"> The Childline website contains a wealth of advice and information on a range of issues. Free, confidential, telephone, 1-2-1 and e-mail support for children and young people up to their 19th birthday.
Family Lives		<p>Confidential helpline: 0808 800 2222</p> <p>www.familylives.org.uk</p>	<ul style="list-style-type: none"> Advice, guidance and support on a range of family issues Information and advice about cyberbullying
Coram Children's Legal Centre		<p>http://www.childrenslegalcentre.com/</p> <p>Tel: 01206 714 650 (<i>for general queries only, we cannot give legal advice or a referral through this number</i>)</p> <p>Fax: 01206 714 660</p> <p>E-mail: info@coramclc.org.uk</p>	<ul style="list-style-type: none"> Free legal information, advice and representation to children, young people, their families, carers and professionals. Training on children's rights.

Headspace		www.headspace.com info@headspace.com	<ul style="list-style-type: none"> • Mindfulness website giving general help • Also is an app that can be downloaded on smart phones
MoodJuice		http://www.moodjuice.scot.nhs.uk/mildmoderate/Bereavement.asp	<ul style="list-style-type: none"> • Moodjuice is an internet site designed to offer information and advice to those experiencing troublesome thoughts, feelings and actions. Information is available on organisations, services and other materials such as self-help guides, which can offer advice, support and information.
NHS Choices		http://www.nhs.uk/Tools/Pages/young-people-and-mental-health-videowall.aspx	<ul style="list-style-type: none"> • Access to a range of advice and information on young people's mental health and emotional wellbeing
Relate		Telephone: 0121 643 1638 Email: info@relatebirmingham.co.uk Website: www.relate.org.uk	<ul style="list-style-type: none"> • Source of advice for young people aged 10-18yrs old who may be experiencing a parents' divorce/separation, school or exam worries, peer pressure or family and relationship problems
Young Minds		Website: www.youngminds.org.uk Parent helpline: 0808 802 5544	<ul style="list-style-type: none"> • Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people – the website contains lots of information for children & young people and their parents
Youth Space		www.youthspace.me	<ul style="list-style-type: none"> • Aimed at 16-25 year olds, but providing a range of information on young people's emotional wellbeing

Prevent		http://www.ltai.info/what-is-prevent/ Telephone: 0800 789 321	<ul style="list-style-type: none"> Prevent is about safeguarding people and communities from the threat of terrorism. It's an element of the government's counter-terrorism strategy.
Mermaids		Email: info@mermaidsuk.org.uk Telephone: 0344 334 0550 Website: http://www.mermaidsuk.org.uk/	<ul style="list-style-type: none"> Offers support to transgender youth also parents and other professionals. Mermaids work to: Reduce isolation and loneliness for parents and young people dealing with gender issues. Empower families and young people with the tools they need to negotiate the education and health services. Reduce suicidality and self-harm in the young people who contact Mermaids, equip their parents to support their children to the same end. Improve self-esteem and social functioning in young people suffering with gender issues. Improve awareness, understanding and practices of GP's, CAMHS, Social Services and other professionals.
R U Coming Out		https://www.rucomingout.com/	<ul style="list-style-type: none"> RUComingOut was set up (and is still run) by Wayne Dhesi in March 2012 while he was a Youth Worker for the National Health Service. He noticed a gap in support for closeted people and had an idea that gay, lesbian, bisexual and trans people who had come out and were now content and happy, could share their experiences with those who were struggling with coming out now.

Birmingham LGBT centre	38-40 Holloway Circus, Birmingham, B11EQ	Website: http://blgbt.org/ Telephone: 0121 643 0821	<ul style="list-style-type: none"> • Advocates for and supports lesbian, gay, bisexual and trans communities (LGBT) in Birmingham and beyond. • Offers a range of services focused on improving the health and wellbeing of individuals. Services include: <ul style="list-style-type: none"> • Sexual health and wellbeing • Wellbeing support service • Domestic Violence Service • Social Groups • Fitness • Counselling • Ageing Better • LGBT Asylum Seekers • Hate Crime services • Peer Mentoring
Kooth		https://www.kooth.com/	<ul style="list-style-type: none"> • Free, safe and anonymous online counselling service • Chat to friendly counsellors • Read articles written by young people. • Join and get support from the Kooth community -speak with other children and young people who may have similar experiences • Write in a daily journal
Shout		Text Shout to 85258 Website: https://www.giveusashout.org/	<ul style="list-style-type: none"> • Shout is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. Children, young people and adults who need immediate help can speak to volunteer crisis counsellors online.
Living Well		Telephone: 0121 663 1217 Email: info@livingwellconsortium.com Website: iapt Birmingham and Solihull APT programme IAPT Therapy Online (livingwellconsortium.com)	<ul style="list-style-type: none"> • Providing mental health promotion & education in a range of community settings along with wider health partners. • free access to mental health support including IAPT therapies

Teen Autism Confident

autism
west midlands



Birmingham and Solihull
Clinical Commissioning Group



Meet other
autistic teens

Understand
more about
autism

Help with
anxiety, social
and sensory

Birmingham

Solihull

Coming to your local area in 2022/23, our programme which comprises of a one to one session with an autism specialist at the beginning and end, followed by six weekly group sessions held in a relaxed autism friendly environment.

Applications are welcome from all areas of Birmingham and Solihull. Dates will be set once applications are received.

For further information or to book a place please call or email
Amanda: amandap@autismwestmidlands.org.uk or 07881 109 496

If your autistic teen (13-18 years) is interested in participating in the programme and lives in Birmingham and Solihull please contact Amanda above.

Resource Links



Please visit the link below for resources and services around themes such as:

- Building resilience,
- Bullying,
- Transition,
- Bereavement,
- Sleep problems,
- Staying safe online

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/993669/Mental_Health_Resources_for_teachers_and_teaching_staff_June_2021.pdf

The above link can also be helpful in finding resources that can support in development of PSHE lessons.

Please find below the released links for the Rest and Rewind series from the Every Mind Matters Campaign in conjunction with Channel 4.

The Rest and Rewind series features leading UK MCs, rappers and lyricists talking openly about mental health, they offer science based mindfulness techniques to help young people improve their wellbeing.

Kojey Radical

Mindful Listening

<https://youtu.be/MeuEANiNg6k>

MC Grindah

Body Scan

<https://youtu.be/OtGKaor9ib8>

Miraa May

Tackling Negative thoughts

<https://youtu.be/9q9iDFwXlnE>

Krept and Konan

Suicide and Grief

https://youtu.be/nRb-6qtXQ_8

Shaybo

Toxic Relationships

https://youtu.be/_n5tQ7Pc7qg

Resource Links



School Avoidance Support –

<https://www.solihull.gov.uk/Children-and-family-support/localoffer/Emotionally-Based-School-Non-Attendance>

Anna Freud - [Resources \(annafreud.org\)](https://www.annafreud.org)

Charlie Waller Trust - [The Charlie Waller Library of Mental Health Resources](#)

Social Workers Toolbox - [Free social work resources & tools for direct work with children and adults \(socialworkerstoolbox.com\)](https://socialworkerstoolbox.com)

Beacon House - [Resources \(beaconhouse.org.uk\)](https://beaconhouse.org.uk)

DfE - [Mental health resources for children, students, parents, carers and school/college staff - The Education Hub \(blog.gov.uk\)](https://www.blog.gov.uk/2018/05/24/mental-health-resources-for-children-students-parents-carers-and-school-college-staff/)

Prevent - [School Leaders' Resources - Educate Against Hate](#)

Violence Reduction - [Resources and Guidance - West Midlands Violence Reduction Partnership \(westmidlands-vrp.org\)](https://westmidlands-vrp.org)

Emotion Coaching Guide for Parents
[Emotion Coaching Guide for Parents.pdf \(schudio.com\)](https://schudio.com/emotion-coaching-guide-for-parents.pdf)

Parenting Courses - <https://inourplace.co.uk/online-course-for-parents/> Password:APPLEJACKS

Free Training Links

MHFA - <https://freecoursesonline.co.uk/mental-health/mental-health-first-aid/>

Various Mental health and wellbeing courses - [On-Demand Courses - Creative Education](#)

Suicide Awareness and support - <https://www.zerosuicidealliance.com/training>

Various Mental health and wellbeing courses - [Free webinars from the Charlie Waller Trust](#)

Various Courses for Education Staff - [Support for Education Staff in UK - Barnardos Education Hub \(educators-barnardos.org.uk\)](#)

Low cost Training - <https://www.futurelearn.com/courses>

Adverse Childhood Experiences - [An Introduction to Adverse Childhood Experiences \(ACEs\) and Trauma-Informed Practice - West Midlands Violence Reduction Partnership \(westmidlands-vrp.org\)](#)

Trauma Informed Practice - [Trauma-Informed Practice - West Midlands Violence Reduction Partnership \(westmidlands-vrp.org\)](#)



Dog, Duck and Cat Trust.

Our team has developed a partnership with the DDC Trust. The DDC Trust have a range of resources in order to keep children safe and promote wellbeing. Resources are generally aimed at Year 4 and below, however may be suitable for some students with SEND needs. Normally schools are required to pay £200 for these resources however, Jon Bull the CEO at DDC, has allowed the schools we work with to have free access for the upcoming Academic Year, all Jon has requested in return is that you provide feedback on the resources after you have used them, (Jon also won't say no to any donations ☺). Please find further information over the coming pages and if you are interested please email Jon on info@dogduckandcat.co.uk.

The Dog, Duck & Cat TRUST

Registered Charity No. 1177187

Working with you and your children to:

- Safeguard by teaching practical skills
- Develop resilience, confidence and esteem
- Prevent accidents, incidents and reduce harm

www.dogduckandcat.co.uk
@dogduckcat
@dogduckcat
info@dogduckandcat.co.uk

The graphic is a vibrant, colorful illustration. At the top, three cartoon characters—a brown dog, a white duck, and an orange cat—are smiling. Below them, the text 'The Dog, Duck & Cat TRUST' is written in a playful, bubbly font. Underneath the text, 'Registered Charity No. 1177187' is printed. The middle section features a list of three bullet points under the heading 'Working with you and your children to:'. The bottom section shows six cartoon characters (three adults and three children) standing on a rainbow-colored path that leads towards the viewer. The background is filled with stars and a rainbow gradient.

What is the Dog, Duck and Cat Trust about?

The Dog, Duck and Cat (DDC) Trust provides educational, preventative and harm minimisation resources for use with children aged 0 – 9 with a core focus on promoting safety and developing resilience. The DDC characters were originally created in 2008 and were designed for key stage 1 and 2 pupils to deliver messages around alcohol, medicines and tobacco. The Trust now provides a broad suite of fun, interactive and age-appropriate stories, supporting session plans and teaching resources for children aged 0 – 9 across topics including:

- ☆ school readiness
- ☆ being a good friend and understanding healthy relationships
- ☆ staying safe (household products, medicines, road, dog, car, water, sun, online, etc.)
- ☆ building resilience and coping skills
- ☆ preventing exploitation and bullying
- ☆ dealing with bereavement
- ☆ developing empathy and awareness

At the DDC Trust, we understand that schools need to use high-quality resources which are both impactful for pupils and provide valuable evidence of this to stakeholders. Whilst the materials are designed with children in mind, using the resources in your school will also support wider responsibilities, both statutory and non-statutory, and allow a 'pupil-friendly' approach to this.

Using the DDC resources will allow settings to evidence meaningful contributions to important strategic drivers, such as:

- ☆ Ofsted framework
- ☆ Safeguarding duties
- ☆ Statutory guidance on Relationships Education and Health Education

The Trust has also designed resources in the programme so that they can be used outside of school to promote quality time between parent and child, as this is proven to increase attachment and resilience. The opportunity for parents, carers and guardians to access the stories and resources with their children at home also enables schools to engage with the community on important issues and 'continue the learning' outside of school. Once a school has signed up to the programme, all relevant stories and resources can be accessed free of charge by parents, carers and guardians via the Trust website.

As a charity, we aim to keep the cost of access to our materials as low as possible. We ask for a minimum donation of £200 per setting for one year's subscription to all existing and any new materials developed in this period.

As we are a charity, many schools find that money to pay for the programme can be raised through a community fund-raising event. This also provides useful evidence for schools around community engagement, as well as raising awareness of the important issues covered within the DDC programmes. Alternatively, payment can be made from existing school budgets. Further details on our costs and wider terms and conditions can be found on our website.

The resources and materials are designed to be used by teachers, professionals and anyone that works with a child and wants to help them to achieve the best possible outcomes in life. We are always looking to develop new materials, so if you have any suggestions as to new topics to cover or would like to work with us to develop these, then we'd love to hear from you!

Please visit the [Dog, Duck and Cat Trust website](http://www.dogduckandcat.co.uk) for more information about our work, including access to some free resources and details of how to sign up for these cost effective materials.

Contact us: www.dogduckandcat.co.uk Email: info@dogduckandcat.co.uk



@dogduckcat



@dogduckcat



Stories 'at-a-glance' overview

At the Dog, Duck and Cat Trust our approach is simple, yet effective!
We provide educational stories and resources to help children become more aware of some of the challenges they might face in day-to-day life.

Here is a full list of our stories and the topics they cover:

Introduction to the World of Dog, Duck and Cat

- **Sweets, treats, medicines and tablets** - *Medicine awareness and being honest*
- **What makes a REAL friend?** - *Alcohol awareness and being kind*
- **That does not make you look more grown up!** - *Tobacco awareness and acting appropriately*
- **The caretaker's cupboard** - *Product safety and following rules*
- **I'm a bit more grown up now** - *Personal skills and developing trust*

Practical Safety and Physical Wellbeing

- **It smells good, BUT is it safe?** - *Household product safety*
- **Be careful what you put in your mouth** - *Choking hazard awareness*
- **I love MY car seat** - *Car journey safety*
- **Safer sleeping and careful cuddles** - *Safe sleeping*
- **Toilet training and hand washing guides**
- **Keeping people safe** - *Household product safety*
- **Little Paws; Cousin Dog or Wild Dog?** - *Dog safety*
- **Staying safe on holiday with Dog, Duck and Cat** - *Sun and water safety*
- **Burn and scald prevention tips**
- **Teach your child how to cross the road safely**
- **Cat the Pirate** - *Knife and sharp object safety*

Emotional Wellbeing

- **Talking about death with your child** - *Dealing with bereavement*
- **Caring for Cat** - *Developing empathy for others*
- **What's Up Duck?** - *Working with emotions and feelings*
- **Weasel's Friends** - *Bullying and exploitation*
- **You are great, as you are!** - *Racism, prejudice, and intolerance*
- **What happened to me?** - *Online safety*
- **Equality, Responsibility and Friendship Project** - *Equality, responsibility, friendship and developing empathy*

Implementing Supervision In Education and Writing a Mental Health Policy

Please use the link below for an example of a Mental Health policy and guidance for setting up Supervision within schools.

[Mental Health and Wellbeing Policy for Schools \(charliewaller.org\)](https://charliewaller.org/mental-health-and-wellbeing-policy-for-schools)

[Ten top tips for introducing supervision in education for staff \(charliewaller.org\)](https://charliewaller.org/ten-top-tips-for-introducing-supervision-in-education-for-staff)



Rethinking Behaviours

The following Resource is From Beacon House:
This is useful to share with staff to help understand
what can be really going on for a child when they are
displaying certain types of behaviour.



What we say...

"Unacceptable Behaviour"

What's really going on....

"Understandable Behaviour"



What we say...

"Avoidant"

What's really going on...

"In 'flight' survival mode"



What we say...

"Defiant"

What's really going on...

"In 'fight' survival mode, coping with a threat"



What we say...

"Aggressive"

What's really going on...

"Frightened"



What we say...

What's really going on...

"Attention Seeking"



"Attachment Seeking"

What we say...

What's really going on...

"Withdrawn"



"Cautious"

What we say...

What's really going on...

"Rude"



"Self Protective"

What we say...

What's really going on...

"Not Engaging"



"Doesn't feel safe yet"

My Crisis Plan – What can I do if I am struggling or need help?

Non Urgent Support

Monday-Friday 9am-5pm you can contact Solar, to discuss with your care co-ordinator, or the duty worker, on 0121 301 2750.

Urgent Mental Health Helpline

If urgent mental health help is needed you can ring 0121 262 3555 for advice and support.

This line is available 24 hours, 7 days a week and can be used whether you are known to our services or not.

Coping During a Crisis

The mental health charity Mind has information on [ways to help yourself cope during a crisis](#).

This includes calming exercises and a tool to get you through the next few hours.

In an Emergency

Call 999 or go to A&E now if:

- Someone's life is at risk – for example they have seriously injured themselves or taken an overdose
- You do not feel you can keep yourself or someone else safe

A mental health emergency should be taken as seriously as a physical one. You will not be wasting anyone's time.

Other Helpful Support that Might be Helpful if I Need Extra Support

These free listening services offer confidential advice from trained volunteers. You can talk about anything that's troubling you:

- The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK - Text "YM" to 85258
- You can also call [0800 1111](tel:08001111) to talk to [Childline](#). The number will not appear on your phone bill.
- Call [116 123](tel:116123) to talk to [Samaritans](#), or email: jo@samaritans.org for a reply within 24 hours

Memorandum

Over the next few pages is the Memorandum for schools. We are aware that you may have already signed a copy however we require an updated copy from yourselves.

Please read the next few pages carefully, sign and date them and return to Andi Griffin via email: andrea.griffin2@nhs.net by Monday 5th September 2022.



BSOL MHST Memorandum of Understanding

1. Purpose

The purpose of the partnership agreement is to set out the principles of how all partners will work together to implement the Mental Health Support Team (MHST) across Birmingham and Solihull Clinical Commissioning Group (BSOL CCG).

The partnership agreement sets out the key principles and responsibilities of each partner organisation, namely education settings involved in BSOL MHSTs and Forward Thinking Birmingham (FTB) and Solar as the provider of services and interventions.

Education settings are committing to the agreement that FTB, Solar and BSOL CCG made with NHS England (NHSE) and the Department for Education (DfE) in order to deliver this service.

2. Introduction & Background

The service implementation commenced in January 2020 and has been operational across BSOL since. The second MHST wave for BSOL is due to commence January 2022.

Schools and colleges involved with the MHSTs will benefit from 1:1 and group interventions for children and young people (CYP), parents and carers and staff, to enhance the delivery of targeted support for CYP aged 5 – 18 and identified as experiencing **mild to moderate** mental health difficulties. MHSTs delivered by FTB and Solar will provide support for those CYP in partnership schools, utilising internal links for transfer when a higher level of support is required by the young person.

3. Key Working Principles and Undertakings¹

FTB, Solar and education settings within the BSOL CCG commit to the following principles and undertakings:

- a) We will adopt leadership and management styles that support and champion the emotional wellbeing in CYP.
- b) We commit to creating an environment that promotes, respects and values diversity.
- c) The curriculum, teaching and learning will promote resilience and support social and emotional learning.
- d) We will include the voices of CYP and their parents / carers in the design and delivery of MHST interventions and service monitoring and evaluation (M&E), enable them to influence decisions and ensure that we use best practice principles of engagement and co-production.
- e) We will ensure staff development to support their own wellbeing and that of CYP.
- f) We commit to working with parents and carers as partners to support the emotional wellbeing of CYP.
- g) We will identify and offer targeted, early interventions to CYP in need of emotional wellbeing support, as well as universal interventions for the wider school / college community.

¹ Principles have been adopted from Public Health England's national framework for Improving young people's health and wellbeing January 2015, as well as from NHSE and DfE requirements for this program

- a) We commit to monitoring and evaluating the interventions to understand the impact on CYP, in accordance with the M&E requirements of NHSE and the DfE.
- b) By signing this agreement, partner agencies agree to collaborate with each other, to promote the emotional, health, wellbeing and resilience of children and young people.
- c) We commit to maintaining our existing levels of emotional wellbeing and mental health (EWMH) support for CYP in education settings and understand that the introduction of MHSTs will complement, rather than substitute existing support.
- d) Health and education will work together to achieve more integrated approaches to delivering EWMH interventions. To support this, all partners will work to ensure data and information-sharing processes are effective between agencies supporting children's EWMH.
- e) Implementation of this agreement will support delivery of the following national policies that underpin children's rights with regards to safeguarding and emotional wellbeing:
 - Green Paper on Transforming Children and Young People's Mental Health Provision, 2017
 - Behaviour and discipline in schools, 2016
 - Working together to safeguard children, 2018
 - Children's Act, 1989
 - SEND Code of Practice, 2014
 - Children and Families Act, 2014

1. Commitment of Participating Schools

The schools engaging with FTB and Solar MHSTs commit to:

- Providing an induction and orientation for the EMHP trainee, according to Covid secure guidance at the point of induction (e.g. premises orientation, intervention spaces, introduction to key staff and existing support available for pupils, safeguarding, health and safety, and other relevant procedures).
- The opportunity to support the senior mental health lead to develop or build on their whole school or college approach to mental health.
- The opportunity to conduct assessments of children or young people's mental health needs.
- The opportunity to deliver evidence-based group and individual interventions to children and young people with mild – moderate mental health needs and/or their parents and carers, tailored to the needs of each setting.
- Agreed safeguarding pathways and procedures.
- Communication with the school community regarding trainee EMHP role, remit and training requirement.
- Understanding referral criteria and routes for MHST support.
- Understanding that MHSTs will not be available to deliver interventions, neither will they be available to parents / carers and CYP outside of mutually agreed times and dates or geographical boundaries. Hours of operation Monday to Friday, 9am to 5pm.
- The opportunity to enable us to conduct ongoing support sessions for children or young people's mental health needs by ensuring suitable provision is made available so this can at times take place during school hours whether remotely or on site.

Each education setting should:

- Give the name of a senior staff member to be the MHST Co-ordinator and work with the programme lead in setting up MHSTs. This individual must have the capacity to engage fully with the MHST to plan for implementation.
- Commit to involve children and young people and their families/carers in the design and set-up.
- Commit to engage fully and in a timely way with monitoring and evaluation requirements.
- Commit to the principle that the introduction of the MHST will complement, rather than substitute existing support.
- Identify appropriate, confidential accommodation that could be used for group work and individual interventions.
- Support the identification of appropriate training cases for trainee Education Wellbeing Practitioners (EWPs) and understanding that EWPs will hold a reduced number of cases whilst they are in training, for those education settings that are hosting trainee EWPs. Schools / colleges should also understand that trainee EWPs will also have to record some of their sessions with CYP and parents / carers, in order to show to their supervisors and course tutors and to use in course assignments, for training and professional development purposes. Consent will be obtained from parents / carers and CYP prior to recording.

1. Commitment of FTB and Solar

FTB/Solar commits to:

- Working with the appointed SMHL, other staff, parents / carers and CYP to identify, develop and deliver (co-produce and co-deliver, where appropriate) relevant, targeted 1:1 and group early interventions for CYP experiencing mild – moderate EWMH difficulties and universal group preventative interventions for staff, parents / carers and CYP.
- Working with SMHL, other staff, parents / carers and CYP to identify and refer CYP requiring early intervention EWMH support and targeted interventions, according to the service referral criteria and guidance.
- Providing suitably trained practitioners to undertake mental health interventions.
- Obtaining consent from parents / carers and CYP to deliver targeted interventions, based on assessment formulations, and for recording of trainee EWP interventions, where relevant.
- Providing publicity materials, service information and guidance to education settings.
- Sharing information with education settings whilst adhering to FTB and Solar policies and procedures, particularly around safeguarding, GDPR, clinical governance and quality assurance.
- Obtaining enhanced DBS checks for all MHST members and providing proof of these to education settings, where required.
- Delivering EWMH services in line with the guidance provided by the National Institute for Health and Care Excellence (NICE) and FTB and Solar policies and procedures.
- Sharing with the school / college overall, anonymised service output and outcome data that demonstrates the effectiveness of service delivery, as well as sharing relevant, individual information with the education setting where there is service user consent and / or a risk to the CYP / others in line with safeguarding policies and procedures.

- Keeping the same member of staff in place for the duration of interventions, where possible and rescheduling, where possible, the delivery of interventions that have had to be cancelled due to unforeseen circumstances, such as staff sickness.
- Supporting the school / college to work towards embedding a whole school approach to EWMH within the education setting.
- Assuming ultimate responsibility for the governance, service management and M&E of MHST project and ensuring that overall progress is reported into the appropriate forums.

1. Safeguarding

FTB/Solar will adhere to the education setting's safeguarding policy and procedures, as well as its own. If there is a safeguarding incident, the school / college and FTB/Solar will be alerted accordingly. Where opinions may differ on appropriate action regarding the response to or management of a safeguarding incident between the two parties, guidance will be sought from the Local Authority, Trust Safeguarding Team, or other relevant statutory service, depending on the case, and action will be taken in accordance with that advice.

When FTB/Solar raises a safeguarding incident with the education setting, the MHST member may make recommendations for handling the case. The school / college commits to responding to the MHST member raising the incident before the end of the day, to confirm that the incident has been received and briefly sharing the intended plan of action to safeguard the CYP.

The MHST is not a crisis intervention team. In the event of a mental health crisis or emergency, or where a young person requires hospitalisation, schools should follow the usual crisis and safeguarding process for the area.

2. Intellectual Property

Intervention materials and resources used are not to be used by any school / college staff member or any third party. They must not be publicised or circulated by education staff unless authorised in writing. They remain the property of FTB/Solar and / or the EMHP (EWP) training programme developed by the Anna Freud Centre, King's College London and other parties, which own the copyright and design right in them.

3. Liability Insurance and Professional Indemnity Insurance

FTB/Solar insures (Professional Indemnity Insurance) its employees for work carried out on its behalf. The education provision has liability insurance in place that protects all staff, volunteers and visitors in the school against claims resulting from injuries and damage to people or property.

4. Agreement

On behalf of FTB/Solar, this partnership agreement is signed by:

Name:
Designation:

Date:

Signature:

Name:
Designation:

Date:

Signatures:

On behalf of the education setting, this Partnership agreement is signed by:

Name:

Signature:

Designation: **[INSERT SCHOOL/COLLEGE NAME]** Head Teacher

Date:

Name:

Signature:

Designation: **[INSERT SCHOOL/COLLEGE NAME]** DSMHL

Date:

Key Contact Details



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Allocated Senior for Primary Schools

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Allocated Senior Support for all Schools

Senior Practitioner: Cristina
Email: Cristina.eddo@nhs.net



M E N T A L H E A L T H
S U P P O R T T E A M

**Thank you for agreeing to be a part of the
MHST
We look forward to working with you**

