



# Wellbeing in Mind Team

An Introduction

# Background

- The Wellbeing in Mind team is a mental health support team or 'trailblazer'.
- Mental health support teams were a key commitment in the government's 2017 'Transforming Children and Young People's Mental Health Provision: a Green Paper'
- Funding is released in waves. Funding is obtained through a bidding process. Tees, Esk & Wear Valleys NHS Trust, and the North Yorkshire Clinical Commissioning Group submitted successful bids in March 2021 to provide services in Harrogate and District and Hambleton and Richmondshire

## Functions of WiMT

1. Support the development of a whole school/college approach to mental wellbeing
2. Provide access to informal advice and formal consultation
3. Provide direct assessment and intervention for young people with mild to moderate mental wellbeing needs

Each function accounts for 1/3 of the WiMT workload. The WiMT reports on each function on a site by site basis to commissioners, Department for Education and NHS England.

## Function 1: the whole school approach

This approach recognises that the school is a system around each person on site. The team supports the school to think about how that system currently does, or can support the wellbeing of everyone in the school.

### **Example Activities:**

- Co-authoring school/college wellbeing strategy / supporting implementation and review
- Bespoke training for teaching staff
- Co-delivering assemblies / PHSE classes
- Development of resources available to pupils/students
- Supporting on-site campaigns
- Development of student voice forums

## Function 2: informal advice and consultation

- WiMT team members are based on site and are embedded within the school/college staff team.
- When on site they can be approached for an informal anonymous conversation to offer advice and support. No personally identifiable information is collected about the young person. A succinct summary of the conversation is emailed afterwards.
- More detailed formal consultations can be arranged. Consent is obtained from the family/young person by the school. Where appropriate the young person and/or their family/carer may be invited to attend the consultation. A summary of the discussion and recommendations is sent.

## Function 3: direct assessment & intervention

- Young people who may benefit are identified through either an informal conversation or through consultation.
- Consent for the assessment to take place is obtained from the young person / family by the school.
- Initial assessment is conducted either virtually or face to face on site.
- If intervention is clinically indicated, WiMT offers approximately 6 sessions. All sessions take place either virtually or on site within the school.
- Where intervention is not indicated WiMT will support the individual to access the appropriate service.

## Key messages

- WiMT staff are embedded within the educational settings in which they work. They are viewed as part of the school/college staff team, not an external agency.
- Mental health support teams build on existing support offers to create additional capacity. As such, WiMT will be working in collaboration with the Compass, Kooth, local Authority Services and existing support services within each school.
- Each school/college commits to supporting the WiMT to deliver on all 3 aspects of it's service offer. If this is not offered then the WiMT may have to review the school's involvement in the project.
- The service is free to schools.

## Get in touch...



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