

# Mental Health Support Teams In Schools

**Newsletter Edition 1 - February 2021**

## Who are MHSTS?



The Green Paper 'Transforming children and young people's mental health provision' published by the Government includes a proposal to 'create a new mental health workforce of community-based mental health support teams'.  
This led to...



Mental Health Support Teams in schools. At Ormiston Families, we have 2 existing teams in North Norfolk and Kings Lynn and are currently establishing 2 new teams in South Norfolk and Lowestoft, who will provide support to children and families with mild to moderate mental health needs.



Overseeing the Service we have Karryn Dixon, operations manager and two Clinical leads:  
Dr Sheri Jarvis (clinical psychologist) and  
Dr Georgina Turner (educational psychologist)  
In each locality we have:

- Team Leader
- 2 Senior Therapists
- 4 Trainee EMHPs

### Team Leaders



Leanne Donnelly



Lauren Moloney

### Senior Therapists



Lisa  
Goddard



Honor  
Reeve



Esther  
Young



Recruited. Due to  
start March 21

### Trainee Educational Mental Health Practitioners



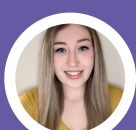
Alyssa  
Kingston - Miles



Tanya  
Cunningham



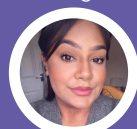
Rachael  
McCarney



Hope  
Gunn



Lynsey  
Ksczack



Harpreet  
Sherri



Imogen  
Cahill



Bethany  
Thomas

### Our Offer to you

- We offer support to schools for low to moderate mental health issues.
- We also offer bespoke consultations to meet your school's needs.
- We can work with you and liaise with external specialist services.
- We will work alongside the Designated Mental Health Lead in school to support with education and training.

### The interventions we can support with:

#### Group Work

- Psycho-education workshops for the whole school staff
- Whole school approach Planning
- Staff consultations

#### Primary Schools

- Parent Led Anxiety Intervention
- Parent Led Behaviour Intervention

#### Secondary Schools

- Adolescent Anxiety Intervention
- Adolescent Low Mood Intervention



In the January Information Sessions for schools, you said a newsletter would be helpful. Therefore, we want to ask, 'what do you want to see here in the future?'

One of our ideas is to have a theme to each newsletter such as worry and low mood and share some helpful information under each theme. Please let us know if this would be helpful and if there are any specific themes you would like us to cover.

Please let us know your thoughts by emailing:

[MHSTSSN@ormistonfamilies.org.uk](mailto:MHSTSSN@ormistonfamilies.org.uk)

[MHSTSLow@ormistonfamilies.org.uk](mailto:MHSTSLow@ormistonfamilies.org.uk)

## Some helpful signposting

An online mental health service for young people aged 11-25 in Norfolk.

[www.kooth.com](http://www.kooth.com).

On Kooth you can:

- Talk to counsellors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal



The Just One Norfolk website contains a variety of advice and support for parents and young people on issues such as emotional health and healthy lifestyles. They also offer:

The Just One Number and a Text service for parents 07520 631590.

Chat Health text messaging service for young people aged 11-19.

Free Solihull online learning course for parents



  
Norfolk and Suffolk  
NHS Foundation Trust



### First Response

Call: 0808 196 3494  
(Freephone)

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A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.