

Schools Newsletter



Helping you find your way to wellbeing
NEL Mental Health Support Teams

October 2020

TEAM MEMBER OF THE MONTH

Each month we will introduce you to a member of the Compass GO... team!

Hi, my name is Jamee-Leigh. I am one of four supervising practitioners working at Compass Go...! I first started working for the service in April 2020 and I have really enjoyed helping the service get up and running. I am currently completing a Postgraduate Certificate in Clinical Supervision as part of my role in supporting the Educational Mental Health Practitioners (EMHP's). My previous studies include psychology having completed a degree and masters at the University of Lincoln. I have previously volunteered and worked in various public sector services including Youth Offending, drug, and alcohol services and CAMHS. I find helping and supporting children, young people and families a very fulfilling career.



GET IN TOUCH



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Compass GO...

Compass GO... (Mental Health Support Team) works with children, young people, families, and educational settings in North East Lincolnshire.

We provide **support, help and advice** for pupils, students and schools for issues related to mental health and wellbeing.

We are part of the Mental Health Support Team **Trailblazer Pilot**, which has been commissioned by the **Dept of Education & NHSE**.

The trailblazer will **increase** the children and young people's mental health **workforce** and increase **capacity** to support pupils.

Service Aims

Here are some of our main service aims:

- Ensure pupils access the right early help, in the right setting removing duplication and preventing CYP/families being 'bounced' in-between services
- To help pupils (5-18 years) to manage their feelings, behaviours, thoughts, sensations so that they can better engage with their learning and education
- Work alongside educational staff to embed Whole School Approaches at all levels

Where are we at?

Our Educational Mental Health Practitioners (EMHP's) are still attending university 2 ½ days a week. The service capacity is expected to increase in February 2021 when the EMHP's complete their studies.

Supervising practitioners have begun to make contact with schools to discuss the implementation of monthly 'link sessions.'

The aim of the link sessions is to form links with the Designated Mental Health Leads in each school. The link sessions will be focused on embedding a whole school approach to mental health. These sessions will also promote partnership working including advice support and consultation.



Covid-19

Compass Go... is still here to provide support!

The team have been delivering low intensity interventions remotely via telephone or Microsoft Teams. We are now transitioning back to delivering face to face interventions in schools where possible with young people.

We are currently in the process of contacting all schools who are signed up to the trailblazer to ensure we adhere to individual risk assessments.

During these unprecedented times children and young people require support with their mental health and wellbeing more than ever and Compass Go... are here to help.

Keep an eye out for our upcoming Webinar for supporting parents and carers with the impact of Covid-19 on wellbeing!

