

# Fylde Coast MHST

Blackpool Children and Young  
People's Scrutiny Committee  
February 2023



## The MHSTs deliver 3 core functions:

- Delivering evidence-based interventions for children and young people with mild-to-moderate mental health problems
- Supporting the senior mental health lead in each education setting to introduce or develop their whole school/college approach
- 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



# MHSTs work with....



Educational Diversity

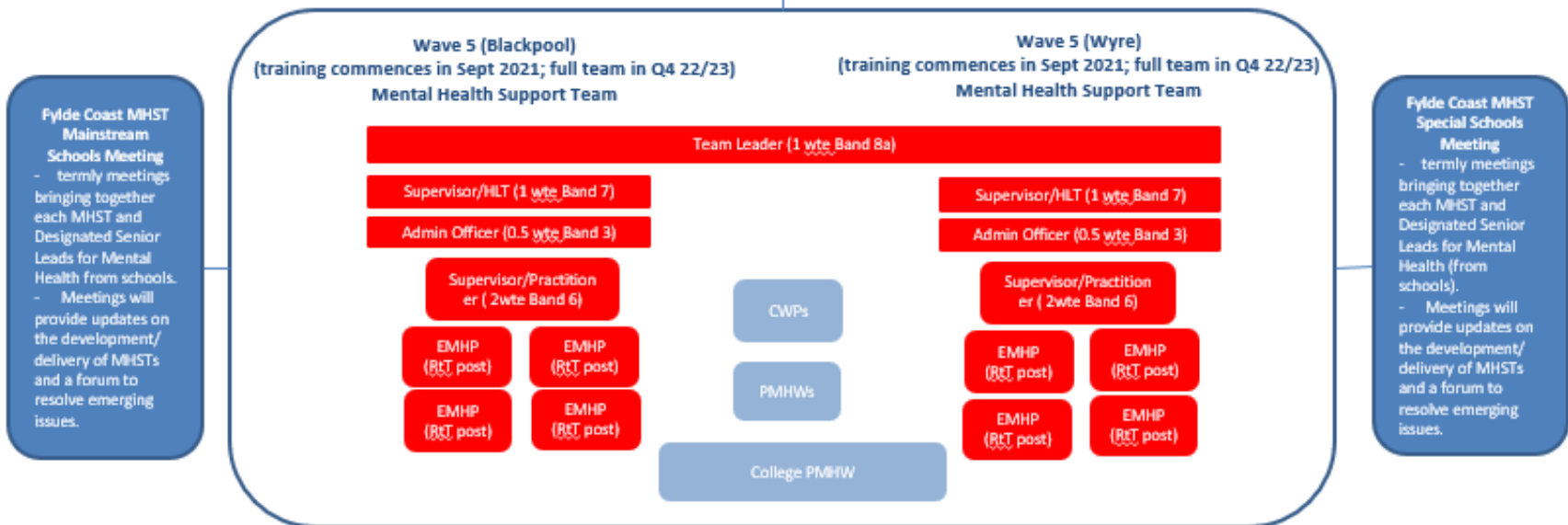
Armfield, Aspire, Highfield,  
Montgomery, South Shore, St  
Mary's and Unity

Highfurlong, Lotus, Park and  
Woodlands

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This  
Photo  
by

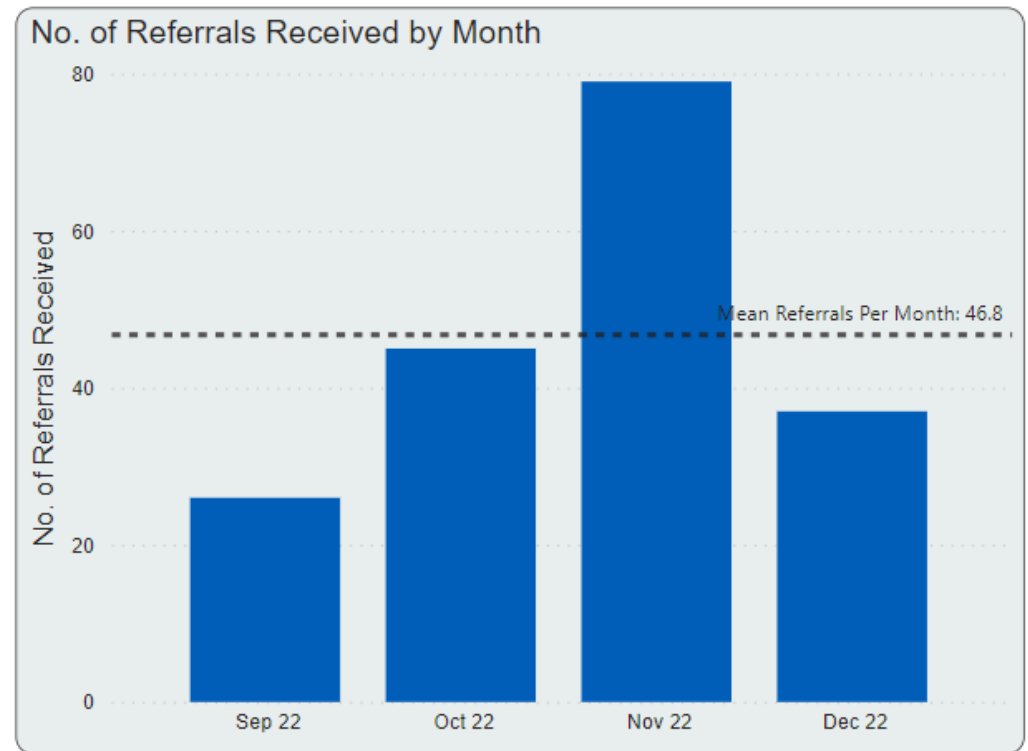
# Team structure



# Referrals – received/accepted

1<sup>st</sup> September – 31<sup>st</sup> December  
2022

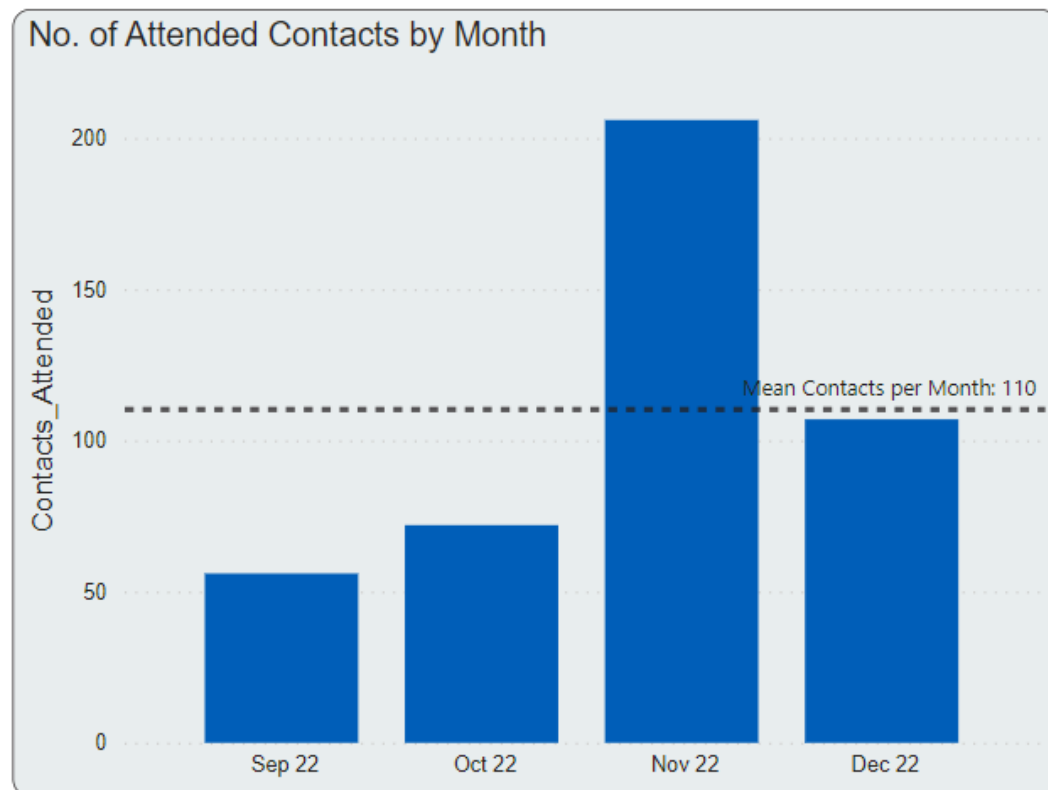
187 referrals were received,  
and accepted, from schools



# Attended appointments

1st September – 31st  
December 2022

- 441 attended appointments
- 43 appointments DNA'd or cancelled by the young person



# MHST activity

In the Autumn Term, Blackpool MHST:

- completed 85 consultations focusing on young people and staff wellbeing
- delivered workshops on exam stress that were attended by 86 students
- delivered 4 workshops on worry management in schools
- held a Coffee and chat session for parents/carers at Woodlands School
- held a World Mental Health day event attended 85 stakeholders, children and young people who learnt more about Options4CYP services and the support offered.

# Feedback from students

*It has helped me write down my stress and given ways to help*

*School is stressful and having someone around to talk to makes it better*

*It is an amazing workshop with good advice*

*They are a good service because they don't overload us with information and let us share ideas*



# Feedback from parents/carers

*I'm so happy with the sessions my daughter has received and wanted to let you know how fabulous the practitioner's sessions have improved my daughters general outlook and mental health. This service has been fantastic. Many thanks*

*My son has just finished his sessions with SHINE. Since he started these sessions, I've noticed a huge improvement as regards to his anxiety. He is more relaxed and seems calmer, and on the day of his sessions, he always came home so much happier and as though a huge weight had been lifted off his shoulders. I cannot thank the EMHP enough for the work and support she has given him and I know that he will miss the sessions very much. Thanks again for offering him this remarkable service and for all the support.*

# Feedback from schools

*At our school we have two EMHPs and a Mental Health Practitioner and these ladies have had a huge impact on our students they have supported, they have also been a great support to staff who have needed advice and signposting in the right direction. The ladies are always willing to help be that in person or via phone and their work is greatly appreciated in school. It has been very successful for students who previously had long wait times and were not meeting threshold for other services, students have also fed back about the positive experience they've had with the team, SHINE has been a blessing at the school!!! Also a huge thanks to the admin team for all their hard work!!*

# Future developments

- additional MHST for the Fylde Coast to cover settings that were not picked up by the existing teams. Introductory meetings have begun and the team are being well received. These will continue until the new cohort of staff are part way through their training and ready to start offering consultations, assessments and interventions.
- implementation of a new consultation and referral form. This will ensure that settings are supported to make appropriate referrals and young people and families who need support outside the remit of the service will be able to be signposted more quickly to the correct team.
- Whole School Approach (WSA) - a WSA audit tool has been developed which will assist settings, with support from our EMHPs, to identifying their priorities in relation to emotional wellbeing and mental health. The audit will be repeated each year, usually in the summer term, so that settings can regularly view their progress and develop their mental health strategy for the following year.

# Fylde Coast MHST



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# Contact details

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