

## PARENT/CARER NEWSLETTER

# Mental Health Support Team

# MHST

## THIS MONTHS THEME: THE NEW YEAR

Firstly we would like to begin this newsletter by wishing you all HAPPY NEW YEAR!! We hope you have all had a restful time over the Christmas break and have had chance to relax 'switch off' from what for many has been a very challenging and difficult year. This months' newsletter will focus on New Year - we will focus on reflecting on 2021 and goal setting for 2022.

## MEET THE TEAM



We thought it may be helpful to re - introduce the MHST as we have a much wider audience than previously! The Mental Health Support Team AKA MHST is a relatively new service. We provide mental health support to young people with using predominantly Cognitive Behavioural approaches for mild to moderate difficulties. We work in and with with schools to provide support, that may be in groups, assemblies, individual work or staff training. The Blackburn in Darwen secondary team are also about to launch their Parent Support Group too! Currently, there are four MHST teams in East Lancashire; Blackburn with Darwen Secondary school Team, Blackburn with Darwen Primary team, Hyndburn and Rosendale Secondary Team and Burnley and Pendle Primary Team.



## YOUNG PERSONS GROUP (BLACKBURN WITH DARWEN SECONDARY SCHOOLS)

The Young Persons Group Members have been having a well deserved rest over the Christmas break. We will be meeting again on the 20th January 2022 4.30-5.30pm Via Zoom to have a catch up and to discuss activities for the new year. If you know of any young person who might be interested in joining us they are more than welcome! Please see the link/Zoom code on the last page.

The Young Persons Group meet monthly via Zoom and meet as and when required at Blackburn Youth Zone - we have been involved in lots of projects in 2021 including:

- \*Creating a LOGO for the MHST (Still in development)
- \*Creating posters and digital displays to promote the MHST
- \*Giving feedback on the MHST Service
- \*Working in collaboration with the charity PAPYRUS to develop a video around the topic of HOPE
- \*Attending 1 day workshop where we discussed all things MHST and supported staff in future planning
- \*Attending a 2 day residential with Blackburn with Darwen Youth Forum and completing the Wellbeing warriors Course.

## REFLECTING ON 2021

"New Year New Me!" This is a common phrase that we are sure many of you have even heard or have said yourself many times over! The New Year can be a great time for setting new goals and making changes to support a healthier happier life. HOWEVER, what many of us are guilty of doing is neglecting time to reflect on our personal challenges from the previous year. 2021 has been a challenging year for many of us for various reasons and there will have been highs and lows throughout the year - before we set any challenges for 2022 how about trying being kind to ourselves and reflecting on what we have achieved in 2021 (not what we have not achieved!) For many this is easier said than done because as humans we can often find it difficult to recognise our own achievements. Here are some questions to support your reflection:

- \*The most fun I had all year was-
- \*The books I read this year were -
- \*My favourite movie of the year was -
- \*The biggest lesson I learned this year was -
- \*Something I learnt about myself this year was -
- \*Something new I tried this year was -
- \*Something I was afraid to do this year but did it!
- \*Something I am proud of about this year -
- \*Someone new I have met this year who has had a positive impact on my life is -
- \*Something kind I have done for someone else was -

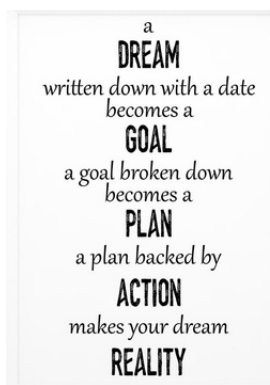


## GOAL SETTING FOR 2022

The start of the New Year can be a helpful time to think about what we want to achieve in the coming year and most of us will think about setting some goals. Please bear in mind that if you are someone who does not want to set goals for the new year then that is absolutely fine! You do You! This guidance is targeted at people who are thinking about Goals and provides helpful and practical ways of doing so.

Why Goal Setting can be useful?

- \*Goal setting can support us in **remaining focussed** - often our goals can become disjointed and confusing but clear goals can help us avoid that and support us in remaining on a 'clear path'.
- \*Goals are something in the MHST we often use with our young people to help **measure progress** - we usually measure progress weekly to ensure we are on track and to adjust our goals if needed. They can also be helpful for times when we may feel that we have not achieved our goals and can be used to look back and reflect on progress so far.
- \*Goals can help to keep us **motivated** and remind us of what we want to achieve, visualising the end goal also helps with motivation as we can remind ourselves why we are on this journey.
- \*When we reach our goals we often get a sense of **achievement** which motivates and encourages us to set even more goals and to continue on our journey.



SMART is a well established tool that can support us in setting, and achieving our goals. Many of the MHST Practitioners use this with concept with our young people and we track the progress regularly. Goal tracking is a great way to measure progress and reflect/change goals if necessary.

It is up to you how many goals you set yourself but the generic advice would be to set small goals initially in an aim to build up to an overall 'big' goal eventually. For example - someone may have a goal of 'Running a 5K Race' we would advise to break this goals down into smaller goals such as week 1 - To go for a 20 minute walk three times this week. Week 2 - To go for a 30 minute walk 3 times this week and so on until the goal is reached. In terms of SMART Goals an example would be:



**S** - I am going to exercise three times a week for a minimum of 20 minutes each time.

**M** - I am going to measure my goal by timing myself and writing my activities on my calendar

**A** - I believe this goal is attainable as I have some free time during the evenings and also at weekends.

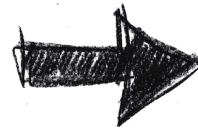
**R** - This is the right time for me, I am feeling motivated and am ready for a new challenge and I have a bigger goal of being more active.

**T** - I would like to achieve this goal by the end of the month (4 weeks)

For more information and guidance on setting SMART Goals please double click this image.



# Signposting



Double click any of the images to take you to the website for more information



Helpful tips on deciding and setting goals, including a helpful video



Advice on finding your theme for the New Year and other mental health tips



"Burnley pals are on a mission to get men talking and end stigma around male mental health" - Read the article for information about a new support group for **Men in Burnley**



A well-being service offering a range of **free** psychological therapies to people aged 16 and over in Lancashire. We are part of the nationwide Improving Access to Psychological Therapies (IAPT) service delivered by Lancashire and South Cumbria NHS Foundation Trust. - **Self Referral Online**

## PARENT SUPPORT GROUP



## BwD Secondary Young Persons Participation Group

**The parent Support Group for Blackburn with Darwen is coming soon!**

Following feedback from parents, sessions will take place once a month, early evening via Zoom. Each session will be topic based with opportunity for discussion if you feel comfortable.

Sessions are open to any parent whose child has been referred to BwD MHST. To register interest and for further details please contact 01282 803397

The Young Persons Group are recruiting **NEW** members!! Do you know any young person aged 11-16 in Secondary School in BwD?! Who is interested in Mental Health and supporting the MHST in delivering the best service we can? Please tell them about our next meeting Via Zoom.

Thursday 20th January 4.30-5.30pm  
Double click the ZOOM Logo below OR input these details:  
Meeting ID: 826 5774 3023  
Passcode: 487100

