

Newsletter



Mental Health In-Reach to Schools

Spring Term 2023

Happy New Year! Welcome back and we hope you were able to enjoy your time off. We would like to take this opportunity to thank you for welcoming us into your schools last year and for the valuable feedback you have provided so far. The majority of secondary schools in Gwent should now have an allocated In-Reach practitioner offering regular consultation slots to *any* member of staff who wish to discuss the mental health and emotional wellbeing needs of pupils you may be concerned about. Primary schools can also arrange consultation on an ad-hoc basis. If you are unsure who your In-Reach practitioner is, please email the borough lead for your area (which you can find on the next page). For those of you who have not yet worked with us, why not book on to the 'intro to In-Reach' workshop to find out more about how we can support you.



NYTH | NEST



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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Training

Please see next page

Newport & Monmouthshire

Happy New Year! We have loved meeting with you all over the past year and are thrilled that we have met with the majority of the schools in the area, building strong connections and establishing really positive relationships with lots of staff through both consultation and training. We are excited to meet with more of your staff over the next term, building on these effective relationships between Health and Education. We're also looking forward to meeting with our colleagues in further education and within our private schools. Huge welcome to Amy Bonner, the new Mental Health Practitioner, who joined us last term and has established herself as an incredible asset to the team.



Caerphilly

Happy New Year!! We in Caerphilly are so pleased with the connections and relationships that we have been making over the last term. We are proud to be in all Secondary Schools and making a lot of effort to be working with Primary Schools and alternative provisions. We have enjoyed being invited in and offering bespoke training in some schools and always interested by the conversations and reflections that schools have offered us. We look forward to the year ahead with a big push on group work. Also we would like to welcome our final staff member to our team - Toni Baker. Toni is a Mental Health Practitioner and will be running many groups in the Secondary Schools!

ND Referrals

As you are aware, the Neurodevelopmental Service within CAMHS has recently updated the pathway for neurodevelopmental referrals to now include a consultation between school and an In-Reach practitioner prior to a referral being submitted. We will, again, be delivering a number of "Introduction To" modules for ADHD and ASD over the next term - both of these are 2 hours long and cover common traits, as well as touching on the exploration of differential diagnoses with similar presentations, such as anxiety and trauma. As with any of our training, we are also able to deliver this to your whole staff group if you feel that this would be beneficial.

If you have received consultation or attended any In-Reach support/training over the past term, we would really appreciate it if you could leave some feedback on our evaluation form, which you can access via the following QR code.



Groupwork

We have started to deliver group intervention in secondary schools and are looking forward to delivering these over the next term. Please note that we would identify pupils appropriate for group through consultation and would require a member of staff from the school to attend. A huge welcome to the team to Amy Bonner, Faye Smith and Toni Baker, the team's Mental Health Practitioners who will be delivering many of the groups!

Blaenau Gwent & Torfaen

It's been another busy start to the academic year for the Practitioners working in Blaenau Gwent & Torfaen schools: thanks to everyone for your continued support of our ever-evolving service. Groupwork is well underway in most secondary schools and will be further supported this year by our newest recruit, Faye Smith...welcome to the team Faye! We have been piloting work with Torfaen Learning Zone staff this last term, who have accessed us for training and consultation, and hope to branch out to extend this support to Blaenau Gwent Learning Zone this Spring. Here's to a great 2023!

Follow us on Twitter!
@ABUHB_Inreach2S



Training



Mental Health In-Reach to Schools

Training menu - Spring Term 2023

<p>Introduction to In-Reach/Brief Overview of CAMHS</p> <p>A short presentation for staff to learn more about how In-Reach can support school staff in addition to an overview of the integrated CAMHS service.</p> <p>3:30pm Wednesday 18th January 2023 3:30pm Thursday 26th January 2023 9:15am Friday 3rd February 2023</p>	<p>Introduction to Trauma</p> <p>3:30pm Tuesday 14th February 2023 11am Friday 24th March 2023</p>
<p>Supporting Anxiety & Worry</p> <p>3:30pm Thursday 19th January 2023 3:30pm Tuesday 28th February 2023 9:15 Wednesday 1st March 2023</p>	<p>Understanding & responding to distress (Primary & Secondary)</p> <p>3:30pm Thursday 2nd March 2023 9:15am Friday 17th March 2023</p>
<p>Introduction to Attachment</p> <p>3:30pm Thursday 16th February 2023 11am Friday 17th March 2023</p>	<p>Grief, Loss & Bereavement</p> <p>3:30pm Wednesday 8th February 2023 3:30pm Thursday 9th March 2023 1:30pm Friday 24th March 2023</p>
<p>Understanding & responding to suicidal ideation & self-harm</p> <p>3:30pm Tuesday 24th January 2023 1:30pm Wednesday 1st March 2023 3:30pm Wednesday 15th March 2023</p>	<p>Introduction to ASD</p> <p>3:30pm Tuesday 31st January 2023 1:30pm Friday 3rd February 2023 3:30pm Thursday 23rd March 2023</p>
<p>Disordered eating/eating disorders</p> <p>3:30pm Thursday 2nd February 2023 11am Wednesday 1st March 2023 3:30pm Tuesday 21st March 2023</p>	<p>Introduction to ADHD</p> <p>11am Friday 3rd February 2023 3:30pm Tuesday 7th February 2023 3:30pm Wednesday 29th March 2023</p>
<p>Body Image</p> <p>3:30pm Tuesday 7th March 2023 9:15am Friday 24th March 2023</p>	<p>Introduction to child & adolescent psychological development (P & S)</p> <p>1:30pm Friday 17th March 2023 3:30pm Thursday 16th March 2023</p>

Booking on an In-Reach workshop

You can now book on via the QR code at the bottom of this page, which will take you to our booking form. If you are unsure on how to do this, you can still email your In-Reach practitioner who will be happy to help. If you are unsure of who this is, please email your borough leads on :

Blaenau Gwent & Torfaen –
Caroline.Friend@wales.nhs.uk

Newport & Monmouthshire –
Luke.Combstock@wales.nhs.uk

Caerphilly – Bryony.Allen@wales.nhs.uk

Workshops

We are now delivering some online CAMHS/In-Reach workshops on a number of topics that are targeted toward pupils. These include 'Exam Stress', 'Understanding Anxiety' & '5 Ways to Wellbeing'. Look out for additional dates over the coming weeks and months.



The way that In-Reach work, fits within the NEST/NYTH framework, which aims to broaden the conversation away from thinking that only specialist services can provide help. These services are important, but there is much more that can be done to provide support.

NEST's aim is to make expertise and advice quicker to access, and to give the grown-ups closest to children of all ages the skills and confidence to understand what they can do to help. We hope to achieve this through consultation and our training offering.

Book on via the following QR code:



These are the dates for our online offering over the next term – they will be delivered on MS Teams and links for these will be sent out a day before the workshop date.