

# INSIDEOUT

Mental health  
support team

Mental health is about the interaction of thoughts, feelings, and behaviours. By accessing the mental health support team, we can help you get what's going on inside, out!

## IMPACT REPORT

2021/2022



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InsideOut, 101 The Greenway, Middlesbrough, TS3 9PA



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## Who are the InsideOut Team?

The InsideOut Team is made up of voluntary and community sector providers who have formed a partnership to create the South Tees Mental Health Support Team, also known as the InsideOut MHST.

The partnership members include;

- The Link
- Middlesbrough and Stockton Mind
- The Junction Foundation
- A Time 4 you
- ABC Counselling
- Changing Futures North East

The partnership is fully supported and working in collaboration with NHS CAMHS and Public Health's Headstart. The Partnership works directly into schools alongside existing provision, to support mild to moderate mental health and wellbeing needs. This partnership approach helps embed a culture of openness around mental health, forge stronger links between education settings and the wider Mental Health offer in South Tees and ensure children and young people can access appropriate support and stay in education.

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## How we can help!

Requests for support will come from the school to the InsideOut team. One to one support is available to children and young people who may be having difficulties with:



### Anxiety

We can help support social and separation anxiety, as well as phobias, panic and avoidance. We will explore thoughts, feelings and behaviours.



### Fears and worries

We can support you to understand what is causing your worries and offer practical strategies to help you overcome them.



### Emotions

We can help improve your self-awareness, allowing you to understand and manage your emotions and feelings.



### Resilience

We can help you to develop skills to deal with challenging situations. Problem solving techniques will be explored to help manage the difficulties you face.



### Low Mood

We will help you to challenge unhelpful thoughts and focus on things you value can help to increase your mood.



### Social Skills

Social skills are the skills we use everyday to interact and communicate with others. We can help to improve those skills to support positive interactions.

## Support available could include:



### One to One Support

6 to 8 weeks of Low Intensity Cognitive Behavioural Therapy with children/ young people (including Parent-Led support)



### Groups

We will identify children and young people to access groups focussing on improving emotional and mental health.



### Staff Training

Training offered to school staff to increase their awareness and confidence in supporting pupils.



### Workshops & Assemblies

Assemblies can be delivered in school to help raise awareness around mental health. Our workshops will be aimed at full classes or smaller groups.



### Parent Consultation

To help parents to work together to manage stress & challenges facing their family. We can offer support to parents around communication, problem solving & relationships.



### Family Mediation

Where parents are separated & there is disagreement about arrangements for children, we can offer focussed mediation to help reach agreement & make plans for the future.

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## Mental health support team

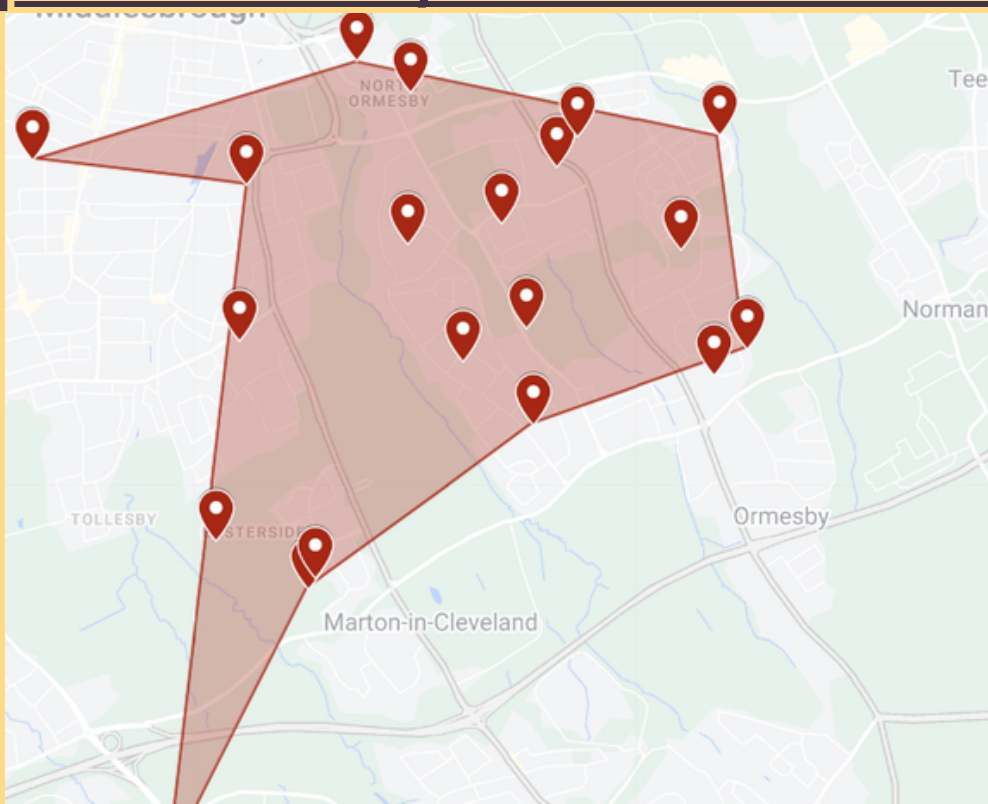
### Areas we Cover...

The InsideOut team commenced in September 2021 and is comprised of three High Intensity Cognitive Behavioural Therapists(HI CBT)/Supervisors, eight trainee Education Mental Health Practitioners (EMHP), one Counsellor and one Family Practitioner. The team are also supported by a dedicated Administrator, benefit from two part time Service Managers dedicated to each Local Authority area and an Advanced Practitioner from NHS CAMHS.

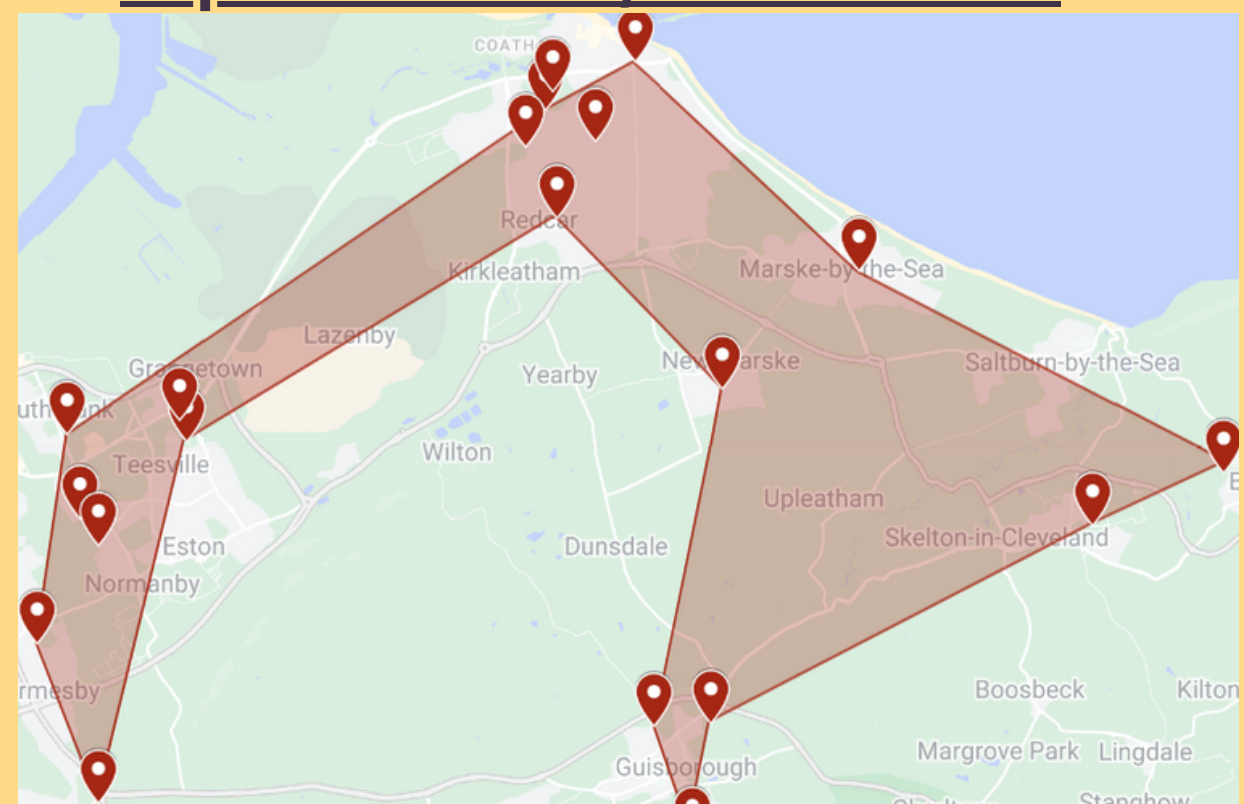
From September 2021 until August 2022 the EMHPs who make up the majority of the workforce were in Training at Northumbria University, therefore this 1st year was a phased mobilisation year. Coverage during this period was therefore reduced to support attendance at University, enhanced Supervision and Self Directed Study.

Eight Education settings were selected by each Local Authority area (sixteen in total) as Phase One schools to commence engagement with the InsideOut team from January 2022 and a further twenty four Education settings were selected as Phase Two schools to commence engagement in June 2022. The aim was for the InsideOut team to be fully qualified and Mobilised by the new September 2022 academic year supporting all forty identified Education Settings.

#### September 2021/ 2022 Middlesbrough

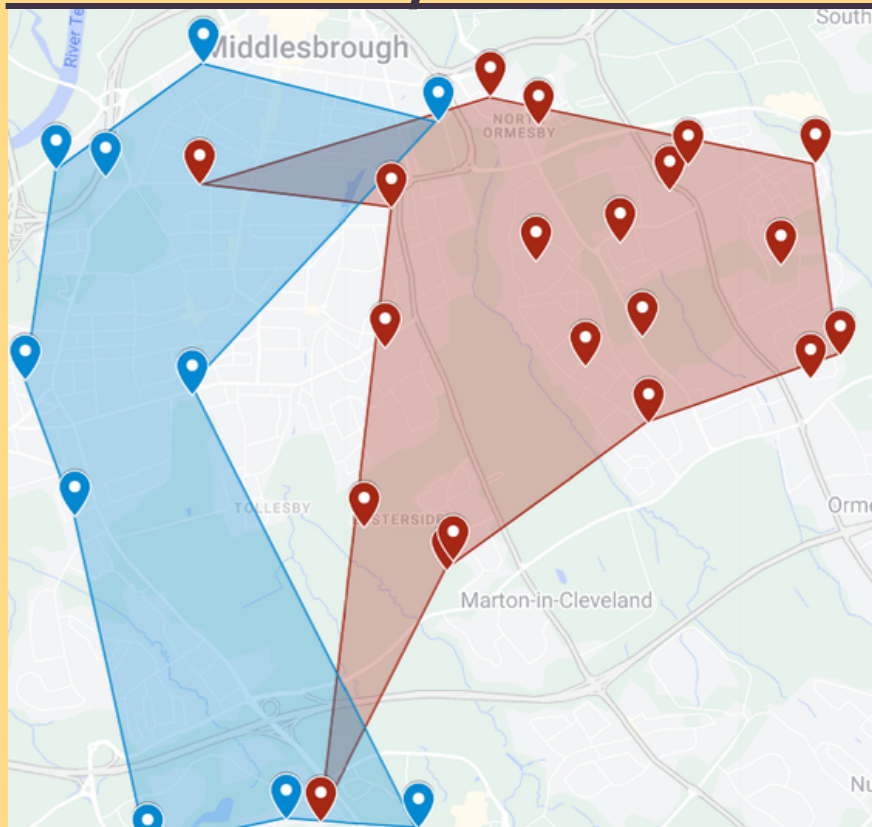


#### September 2021/ 2022 Redcar

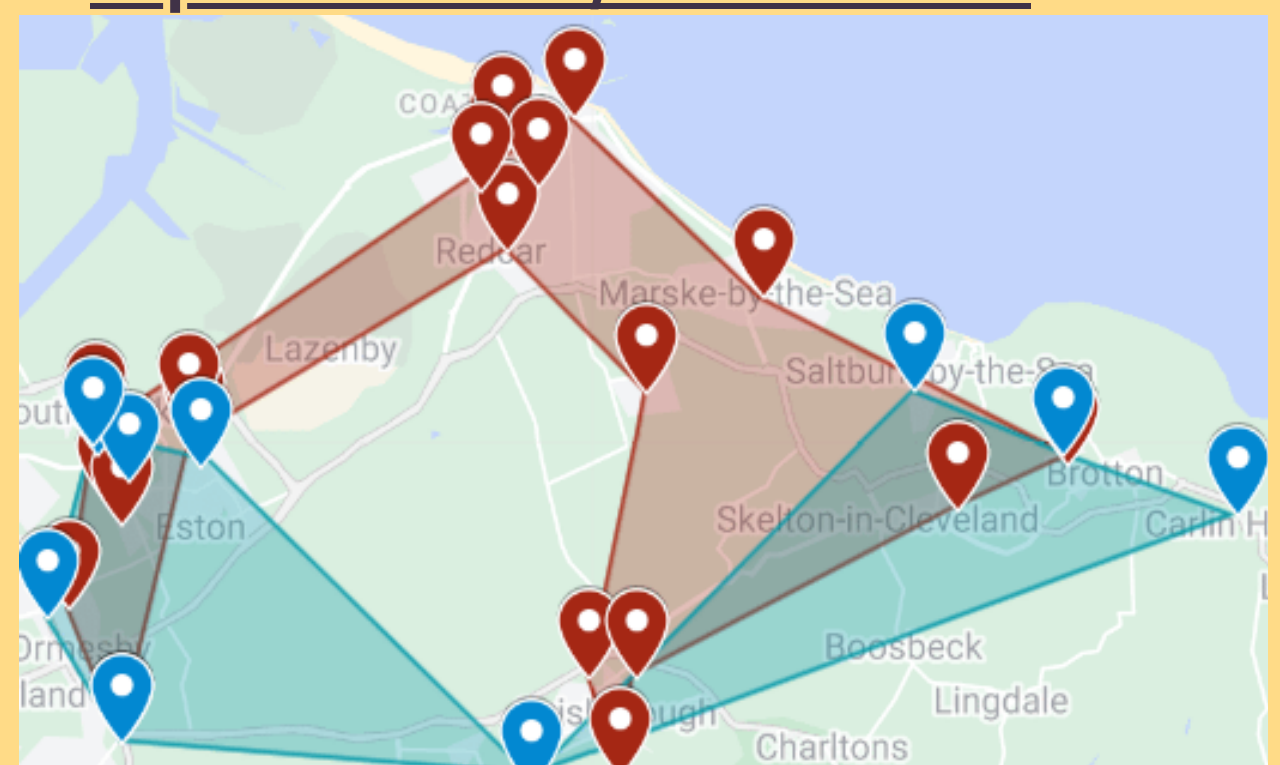


From September 2022 the team is selected for further expansion which will enable a further twenty Education settings to begin their support with the InsideOut MHST.

#### September 2022/ 2023 Middlesbrough



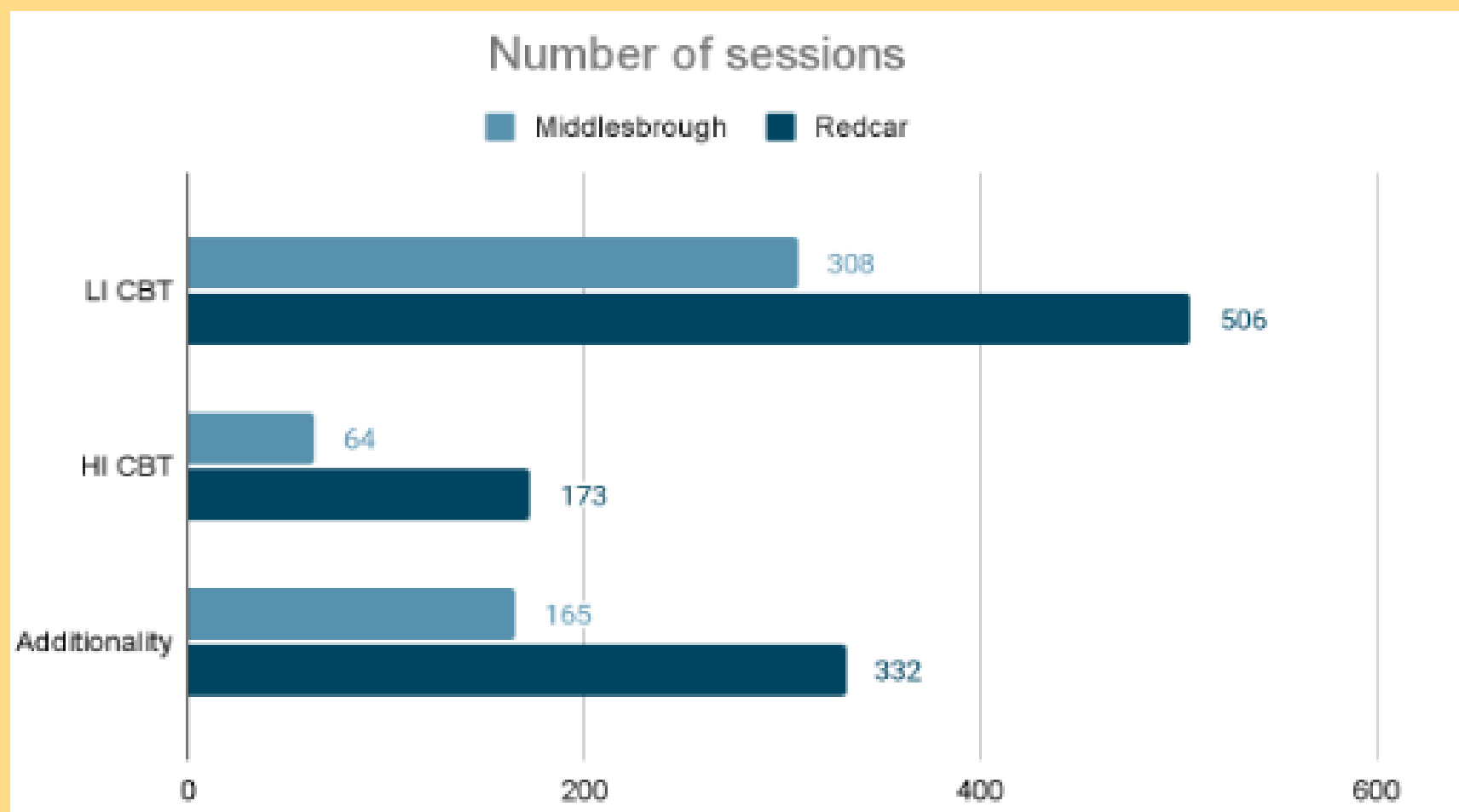
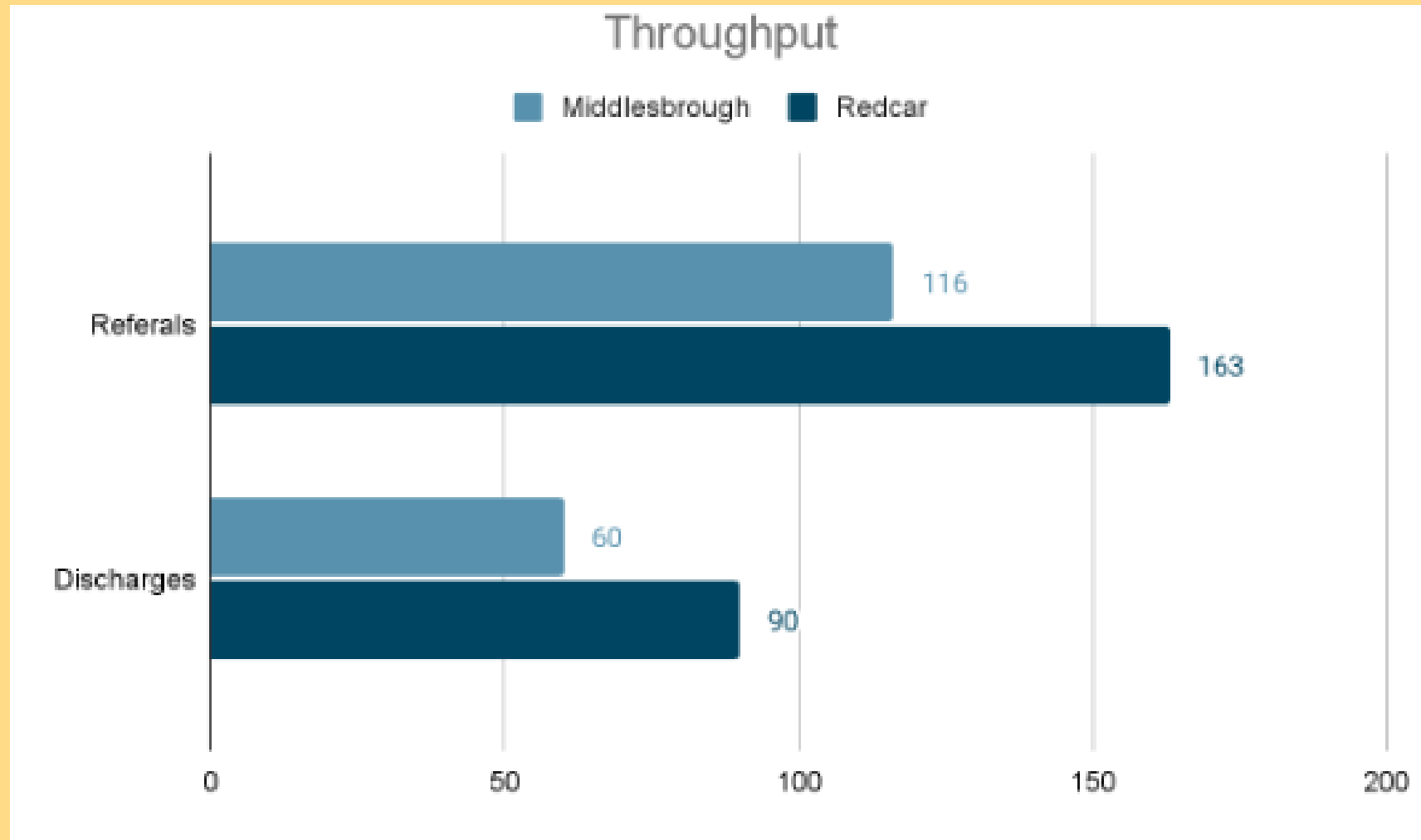
#### September 2022/ 2023 Redcar



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## Does it work?



1548

Sessions delivered  
(success criteria target 1000)

86%

of referrals had there 1st contact within 4 weeks of referral (success criteria target 90%)

94%

of referrals had there 2nd contact within 6 weeks of referral (success criteria target 95%)

90.8%

of paired GBOs in the period for both Open and Closed cases showed positive progress towards their goal (success criteria target 90%)

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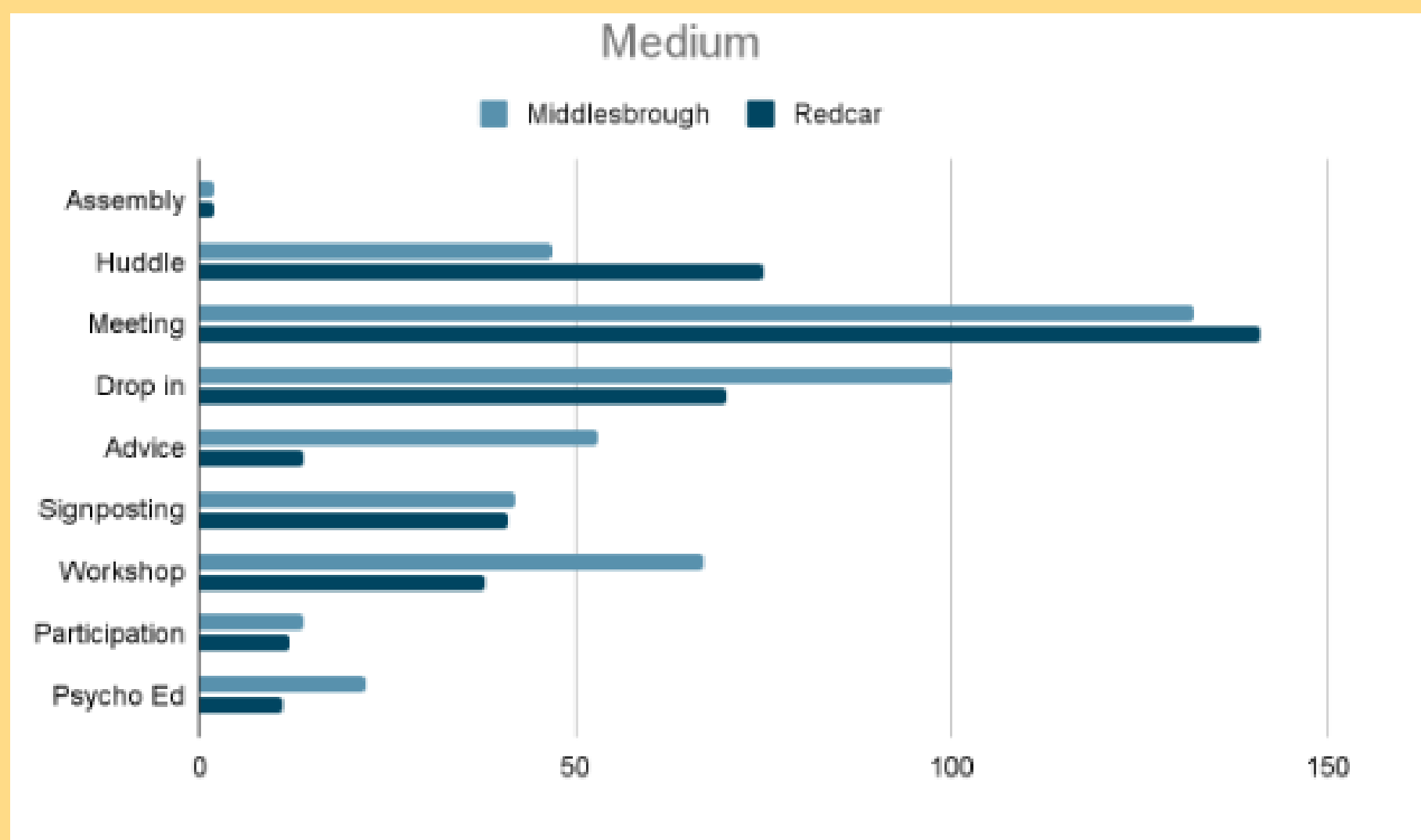
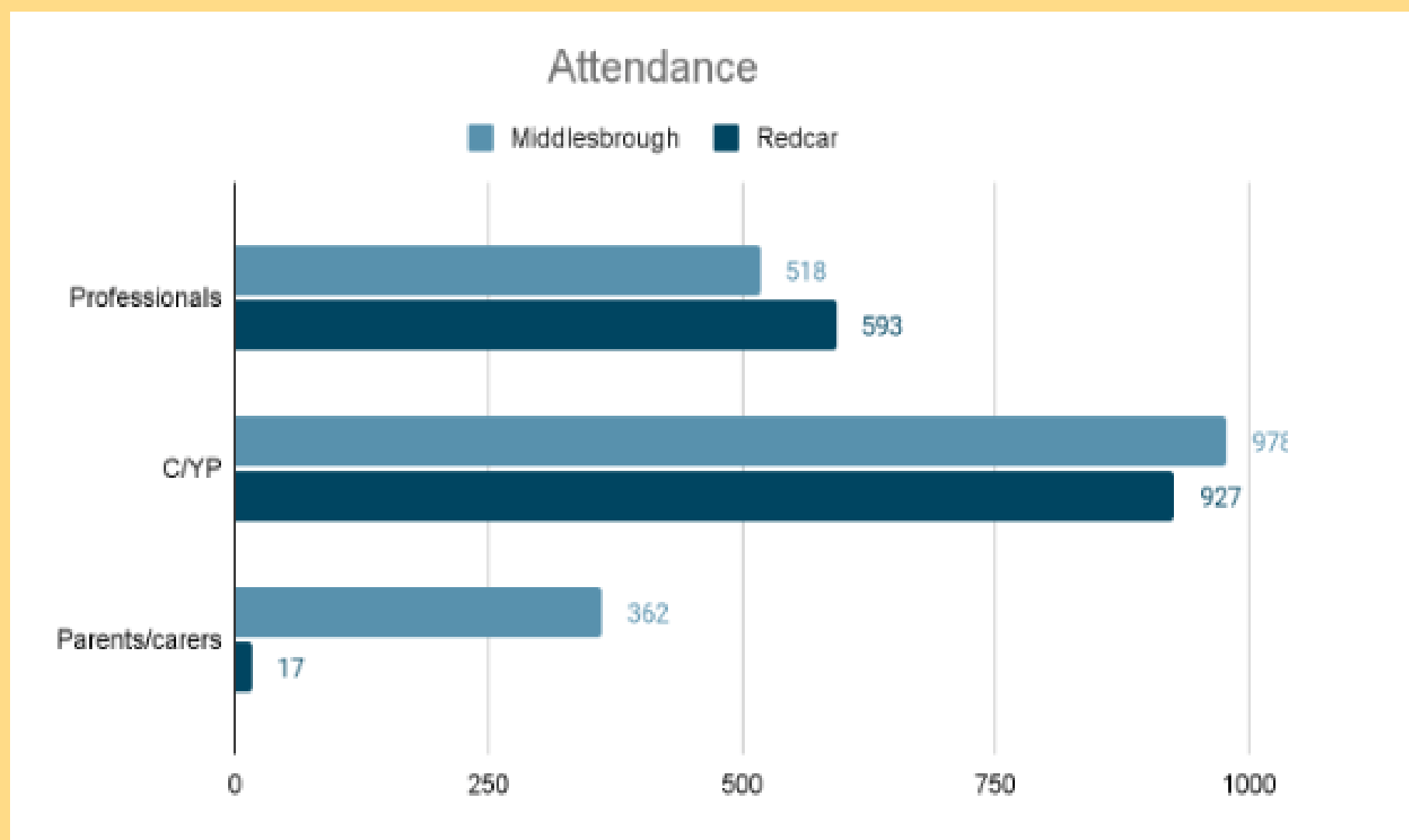
## Whole School Approach

528

hours of WSA delivered between January and August. (273 in Redcar schools and 255 in Middlesbrough Schools.)

100%

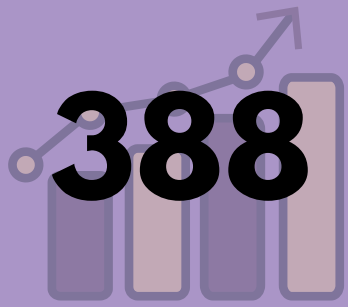
of all phase one schools have completed the Public Health England's, WSA to promoting children and young people's emotional health and wellbeing Audit, leading to a personalised 'plan on a page' action plan for all phase one schools.



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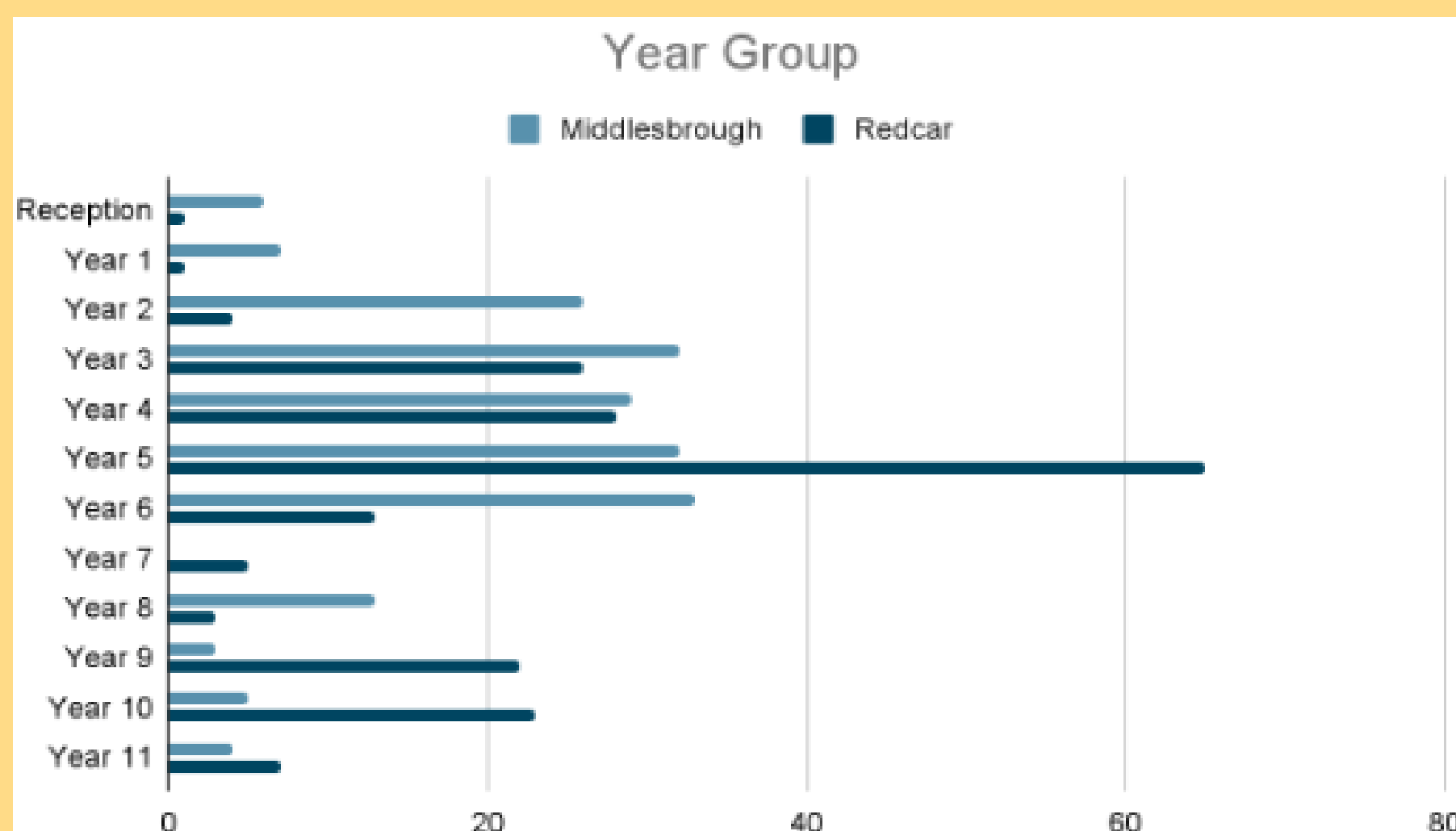
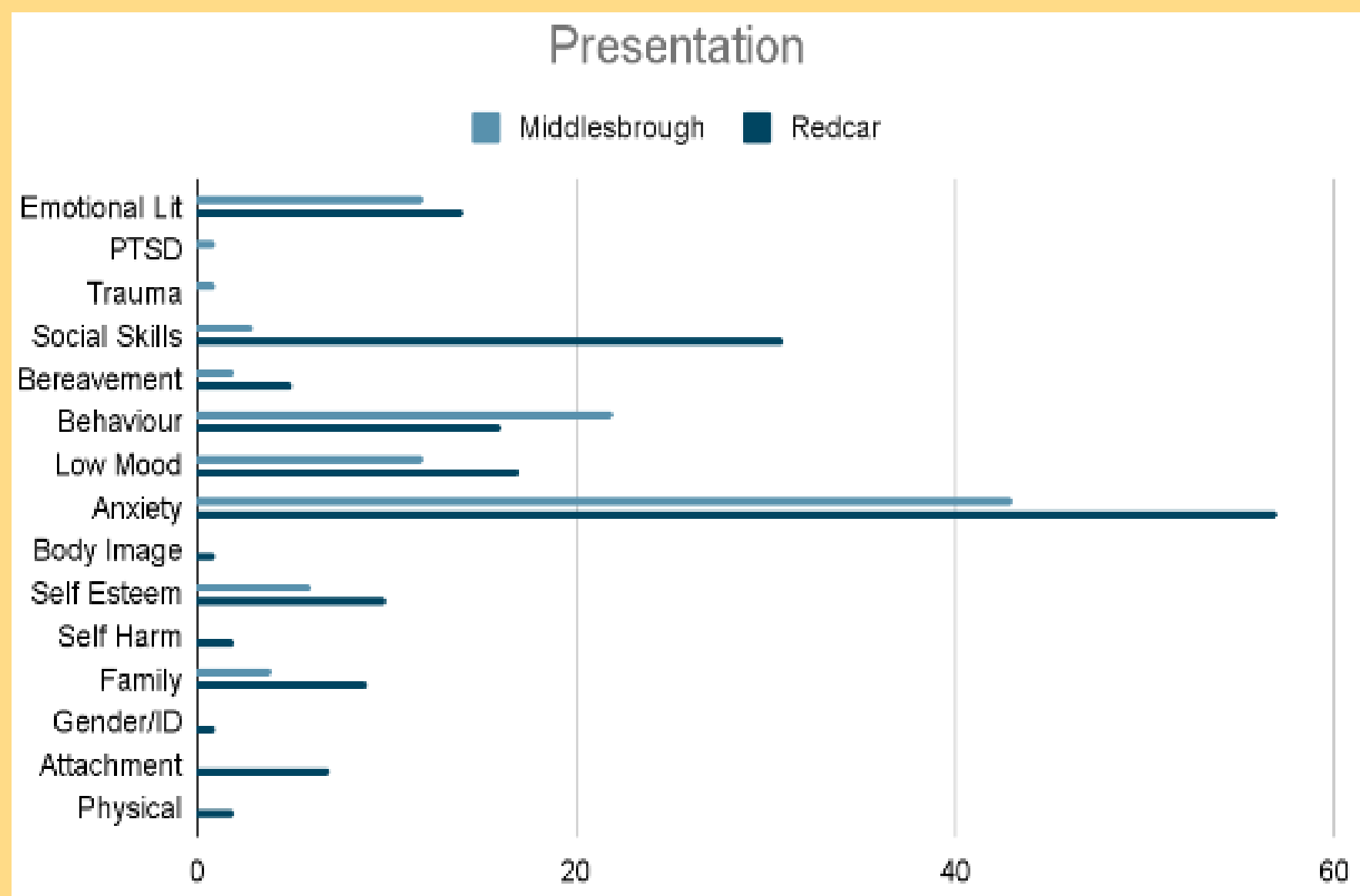
## Huddles



CYP were discussed during Huddles with 279 referrals being accepted into the InsideOut team (71%), therefore, advice and signposting was given for 29% of CYP discussed.



There were no CYP brought to Huddle who attend Nursery or 6th Form. There were also no CYP discussed who presented with difficulties relating to Bullying.



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## Evaluation

Question	Children and Young People		Parents/ Carers	
	Number of Respondents	% Rating as Certainly True	Number of Respondents	% Rating as Certainly True
I feel that the people who saw me listened to me	29	100%	27	96.3%
It was easy to talk to the people who saw me	29	79.3%	27	96.3%
I was treated well by the people who saw me	29	96.5%	27	100%
My views and worries were taken seriously	29	89.6%	27	96.3%
I feel the people here know how to help me	29	89.6%	27	96.3%
I have been given enough explanation about the help available here	29	93.1%	27	100%
I feel that the people who have seen me are working together to help me	29	93.1%	27	100%
The facilities here are comfortable	29	75.8%	27	96.3%
My appointments are usually at a convenient time	29	75.8%	27	92.6%
It is quite easy to get to the place where I have my appointments	29	82.7%	27	100%
If a friend needed this sort of help, I would suggest to them to come here	29	96.5%	27	100%
Overall, the help I have received here is good	29	100%	27	100%

## What schools tell us...

**"We are at the beginning of our journey with the MHST, we are beginning to embed the team within our school and make them known to all. We feel this is an important addition to school and want to give it the time and effort that other aspects of wellbeing have in school, however it is difficult for someone who has other significant commitments in school to take on this role in addition to their other roles in order for it to be fully effective."**

**"Already seeing a positive impact on some of the children. Thank you to our EMHP for her help and support"**

**The support provided to the school, to me (class teacher), and to the students in my class has been outstanding. It is lovely to be able to work in partnership with InsideOut and I believe the children's best outcomes and wellbeing is always the centre of concern. Thank you for all the support.**

**"Our InsideOut representative has worked extremely hard to embed herself within our school and work closely with children and staff alike to address the needs we are currently facing. They have built great working relationships with the children they have been asked to work with and have supported staff exceptionally well in the short time they have been in school. We cannot thank them enough for the support they are providing at the moment."**



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### What Parent/ Carers tell us...

**"Communication was good, I felt listened to and when I couldn't make an appointment Practitioner changed it to accommodate me. I have seen positive changes in YP she is more confident and resilient."**

**"I was happy with the service YP got. I liked that YP came home and used the skills taught in situations which caused her anxiety and it seems to really work well for her."**

**"YP really connected with Practitioner and would discuss openly how she felt, she could confide in them."**

**"The manner in which the Practitioner showed empathy and care for YP was excellent, the updates and ease of service was fantastic."**

### What Children/ Young People tell us...

**"I felt as if I was really listened to, it helped me act on my problems and I have become a lot happier and comfortable with others"**

**"Practitioner listened to me and helped me with my anxiety around tests. She also helped me with worrying about my family. I felt like I could talk to her. I really liked working with her."**

**"My worker was always polite and worked well with me so I felt comfortable to open up about things."**

**"My care was really good because I now have processed the memory and I have become better with my coping skills."**

## Planning for Success!

- **Partnership** - Future plans to further enhance partnership working with NHS CAMHS showing an increase in appropriate referrals evidencing the right support at the right time for CYP/F!
- **Participation** - In addition to our annual evaluation process, we plan to establish individual bi-annual events for Education staff, CYP and parents to ensure they are directly involved in the service design and delivery!
- **Progress** - Work with our Education settings to evidence improved school attendance of the CYP who are supported by the InsideOut MHST and further embed a whole school approach to emotional health and wellbeing!

## Can you help?

We need your support to shape the best care!

Your feedback will help shape a service that benefits the wellbeing of children and young people. If you would like to have your say, or have any other questions please contact us.

We would like to take this opportunity to say a huge thank you to all of our supporters during this year, our commissioners, partners and workforce. Thank you all for your continued support, collaboration and belief in the work that we do.

The biggest thank you goes to our Schools, children, young people and families,

**THANK YOU!**



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