

NORTH EAST AND YORKSHIRE REGIONAL MENTAL HEALTH TEAM

MENTAL HEALTH SUPPORT TEAM E-UPDATE

MAY 2024, ISSUE 4



WELCOME

To the North East and Yorkshire (NEY) Regional Mental Health Team's Mental Health Support Team (MHST) E-Update where we'll share information about upcoming meetings, relevant news updates and useful resources. If you have anything you'd like to include, then please let us know!

LEADERSHIP FOR THE MHST PROGRAMME

We would like to welcome and introduce **Dr Markku Wood** as our newly appointed **Children and Young People's Mental Health Strategic Clinical Lead and Mental Health Support Teams (MHSTs) Clinical Lead**. Markku is a Consultant Clinical Psychologist, Academic and Researcher, passionate about supporting individuals facing challenges with their mental health and wellbeing. Markku specialises in CYP-MH with a particular interest in trauma, neurodivergence, learning disabilities and low intensity CBT practice and is accredited as a CBT Psychotherapist with the BABCP. As a clinical academic, Markku **led on the development of MHSTs nationally and regionally**, writing curricula, and guiding the development of the workforce in national roles. Markku is looking forward to bringing his wealth of expertise and knowledge to the programme and meeting you all soon.

MHST ORIENTATION EVENTS

Following the successful event last year, Northumbria University and the NEY&H Collaborative will be running the MHST Orientation Series of Events in September 24. It is recommended that new MHST Leads attend all events while established leads may want to drop into specific sessions. Please contact Nathalie.Dullage@northumbria.ac.uk for further information and we will keep you posted of the timetable in future bulletins.

MENTAL HEALTH AWARENESS WEEK - 13TH TO 19TH MAY 2024










This year's Mental Health Awareness Week has a focus on **"moving more for our mental health."** Some helpful resources are linked below. If you have any resources or things to share from the week then please get in touch!

[Resources for schools from the Mental Health Foundation](#)

[Mental Health Foundation resources for MHAW](#)



[Every Mind Matters website](#) [Campaign Resource Centre](#),

DATES FOR DIARIES

-  16 May, 5:45-7:00 pm **Avoidant Restrictive Food Intake Disorder (ARFID) Parent, Carer and Family** Free Online Q&A session. [Join the meeting now](#)
-  22 May, 9.30am-11.00am **NEY Clinical Leads/Service Managers Peer Support Meeting**. [Join the meeting now](#) 
-  4 June, 2:00-2:45 pm **NEY CYPMH Learning Lunch Working with Young People with Restricted Diets** - Chris Hoyle, Autism Lead at Rowan Tree Primary School. [Join the meeting now](#)
-  5th June 10am-11am, Mayden's MHST Webinar - **"Exploring Risk - Asking the Right Questions"**. Click [here](#) to book.
-  11 June, 11:30 to 12:30 **Peer Support Group for Whole School Approach Co-ordinators** [Join the meeting now](#)
-  11 June, 3:00 pm-5:00 pm **National MHST Community of Practice Learning Webinar - ESBA**
-  13 June, 1:00-2:30pm **ARFID Parent, Carer & Family** Free Online Q&A Session. [Join the meeting now](#)
-  27 June, 1:00pm-2:00 pm **ARFID Awareness and Q&A Session for Schools** please complete the booking form [here](#).

RECORDINGS

The links to recordings from our previous ARFID Q&A sessions can be found below:

-  [Session 1](#)
-  [Session 2](#)

SCHOOL AND COLLEGE SURVEY

The Department for Education's annual Mental Health Support Team (MHST) School and College Survey is now open. Please encourage your linked education settings to share their experiences of working with your MHST by **28th June**.

Each MHST-linked education setting should have received an individualised email link. If schools/colleges have not received this, then they need to contact MHGP.DELIVERY@education.gov.uk, including the name of their school or college in the subject line.