**Mental Health Support Teams**

To continue to improve access to mental health service for all children and young people including those with SEND, Mental Health Support Teams (wave 5) have provided consultations, group work and 1:1 interventions to the allocated schools. Parent consultations have been offered where a referral is suitable and the parents are unsure about the service/stigma. In addition, staff attend parent's evenings and coffee mornings to discuss our service and raise awareness about mental health and the benefits of early mental health intervention. Click here for more information..

**Projects**

* Wheel of emotions group year 2 – group intervention to increase emotional literacy.
* Year 6 SATS well-being workshop
* Year 4&5 Resilience and sleep workshops
* Year 11 exam stress workshop/assembly
* We have developed primary parent workshops around supporting your child with bullying concerns and friendship issues
* We have also developed primary parent workshops around supporting your child with sleep difficulties.

**Successes**

* Our school engagement and joint work with other services such as Luton youth partnership and family partnership. Strong school nursing link and being part of professional meetings or Team Around The Family (TAF) as requested to give advice and support.
* Wheel of emotions group years 2 – schools have shared positive feedback and the impact on the children recognising and expressing their feelings. Most schools have re-referred other group of students.
* Chiltern Academy joined working with the Discovery College and the team delivering workshops there.