

Welcome to



**Mind
Space**

The MindSpace Team

3 Primary Mental Health Practitioners- employed by South West Yorkshire Partnership Trust.

1 Parent Counsellor

1 Family Practitioner

1 Emotional Health Support Worker

In addition MindSpace commission

Chilypep – The Children and Young Peoples Empowerment Project
Educational Psychology Service

TADS



MindSpace journey so far.....

Since November 2016 over 200 young people have received support.

Over 63 parents have accessed the service.

Chilypep commissioned and delivered Youth Mental Health First Aid training to over 154 staff across the mainstream secondary schools.



September 2017 onwards.....

60 young people have accessed the service since September 2017.

32 are male and **28** female.

In addition to the **60** young people **MindSpace** have carried out **32** consultations. **13** were male and **19** female.

26 parents are accessing **MindSpace**. **18** of the **26** parents have self referred. **22** are female and **4** male.

In addition to **26** parents **MindSpace** have carried out **3** consultations. **2** were male and **1** female.



Empowering all.....

Bespoke course for parents with children who have a diagnosis of Autistic Spectrum Condition. The first session is Monday 27th November hosted at Horizon Community College from 17:30 to 19:30. Opportunity for parents to take away strategies and network with other parents.

Training year 10 pupils across the mainstream secondary schools to be Mental Health Ambassadors. The MH Ambassadors will take part in the Youth Mental Health First Aid Lite course as part of the role.



Empowering all

Peer Mentor training for pupils across the mainstream secondary schools. Pupils are trained as Peer Mentors. Training delivered by **MindSpace** Emotional Health Support Worker and Chilypep. The Peer Mentor Programme will support the work taking place in Barnsley College.

Bespoke mental health awareness training for all secondary schools, training delivered on **anxiety, low mood, self harm, eating disorders** supported by **SYEDA, Assist Suicide** prevention training, **Youth Mental Health First Aid** training.



Empowering all

February 15th 2018 will be the first (pilot) workshop offered to parents of young people who have accessed intervention with **MindSpace** for anxiety. We have a number of professionals speaking at the workshop. **Dr Sam Willerton** from **CAMHS**, **Jo Patterson** Educational Psychologist. **Chilypep** promoting their Mental Health First aid kit and TADS.

MindSpace plan to offer a number of other themed workshops throughout the summer break.

The venue will be Horizon Community College from 13:00 to 15:00.



Empowering all

As part of the role of the Emotional Health Support Worker we offer group and 1:1 sessions in the mainstream secondary schools. The topics range from

Transition

Anxiety

Self harm

Exam stress

Risk and consequences

Understanding and managing anger



Innovation & Creativity

Barnsley Football Reds in the Community

https://www.theguardian.com/football/blog/2017/oct/10/football-club-academies-rejection-boys?CMP=Share_iOSApp_Other

Youth Sports Trust – My Personal Best (life skills) – Lancashire schools and CCG funded. Active in Mind – Peer Mentoring. Young health ambassadors – Level 1 qualification.

NHS England Yorkshire and Humber Schools Competency Framework.



Next Steps.....

Plans to extend the **MindSpace** Team to Early Years and Primary Schools across Barnsley.

Invest in **volunteers** to support the service.

Plans to create a town centre **MindSpace** mental health drop in centre for children, young people, parents and professionals.

MindSpace website





Abuse

ADHD



Anxiety

Depression

**Eating
Disorders**

**Hearing
Voices**



Depression

Eating Disorders

Hearing Voices

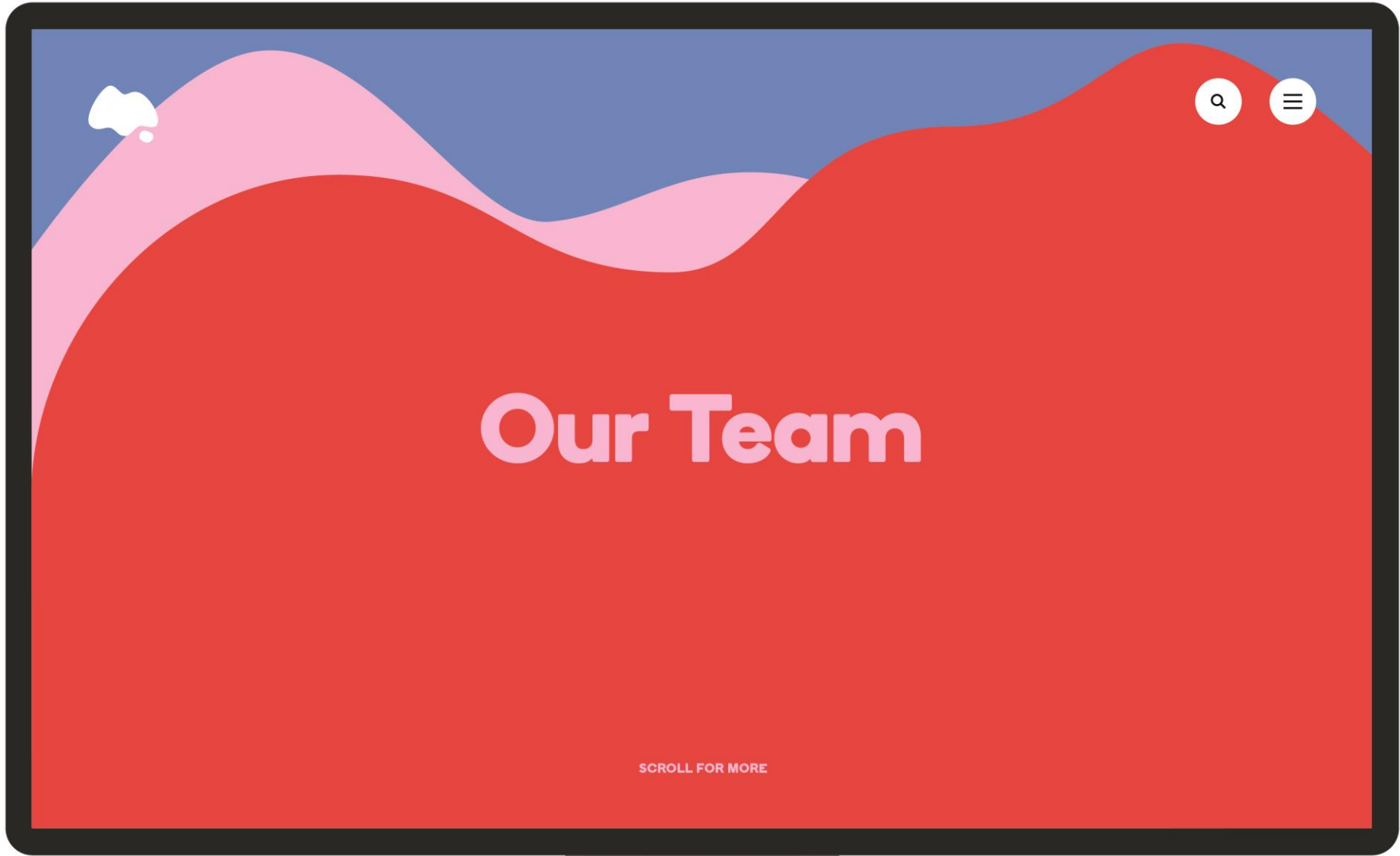
OCD

Panic

Phobia



Mission Statement



Our Team

SCROLL FOR MORE