

Mental Health Support Team Information for School Staff and Parents/Carers

WHAT ARE THE MENTAL HEALTH SUPPORT TEAMS?

Mental Health Support Teams (MHST) have been created to offer early intervention, low intensity, mental health support within schools for children and young people with mild to moderate mental health difficulties. The MHST will also support the Mental Health Lead in each education setting to introduce and develop their Whole School Approach. The MHST will also offer support and advice to education setting staff to identify the most appropriate services for their need and help liaise with other appropriate services.

The purpose of the MHST is to improve the mental health and wellbeing of children and young people and is driven by the Green Paper 'Transforming Children and Young People's Mental Health Provision' (www.gov.uk)

In Northamptonshire, we have 5 MHSTs, each team will consist of Education Mental Health Practitioners (both trainees and qualified practitioners) and Senior Mental Health Practitioners. There is also an administrative team, a Team Lead and a Clinical Lead. The MHST will sit within CAMHS services within Northamptonshire Healthcare NHS Foundation Trust.

The MHST work with a range of schools across Northamptonshire and will be taking referrals via the school's identified Mental Health Lead.

Your School Mental Health Lead is: Laura Gauvrit

EMHPPs can work with children as individuals or in a group to provide interventions in cases of...	EMHPPs may work with children as individuals or in a group to provide interventions in cases of... Discretion and close supervision needed	EMHPPs should not work with children as individuals or in a group to provide interventions in cases of... Significant levels of need /complex conditions
Behavioural difficulties – Identification, brief parenting support Training parents and teachers to support interventions with children	Support staff and help co-facilitate a full parenting programme such as Triple P Irritability as a symptom of depression – (can present as anger)	Conduct disorder, anger management, full parenting programmes (e.g. Triple P, Solihull Approach).
Low mood	Low confidence, Assertiveness or interpersonal challenges – e.g. with peers	Treatment of parents' depression and anxiety.
Worry management	Some short-term phobia exposure work	Anger management training, Chronic depression
Anxiety/Avoidance: e.g. simple phobias, separation anxiety	Thoughts of self-harm, self-harm not requiring medical attention. Support to develop healthy coping strategies	Low self-esteem, social anxiety disorder
Panic Management	Insomnia (further training may be required)	Extensive phobias e.g. Blood, needles, or vomit phobia
Assessing self harm, thoughts of self harm, and supporting with alternative coping strategies. Pupils with history of self-harm, but not active	Assessment of complex interpersonal challenges	Severe, active, high risk self-harm.
Sleep Hygiene	Mild/early onset Obsessive Compulsive Disorder (OCD) (further training may be required)	PTSD, trauma, nightmares
Thought Challenging – negative automatic thoughts	Children that are displaying 'rigid, ritualistic behaviour that may or may not be within a diagnosis of ASD	Relationship problems -counselling for issues such as relationship problems may be better suited to school counsellors.
Problem Solving		Obsessive compulsive disorder moderate to severe in nature
		Moderate to severe attachment disorders. Assessment and diagnosis of developmental disorders and learning difficulties.
		Pain management
		Historical or current experiences of abuse or violence

WHAT ARE EDUCATION MENTAL HEALTH PRACTITIONERS?

Education Mental Health Practitioners (EMHPs) are part of the government's MHST plans for schools to provide mental health early intervention support for children and young people. EMHPs are currently training at Northampton University and will be at University 2 days a week whilst working 3 days a week in schools to gain qualification and experience. This phase is the 'trainee phase'. During this time, they will build up their experience through individual, group and whole school work with pupils, families and staff.

Your school has been identified as being part of the work with MHST in Northamptonshire and will be part of learning how this will work in practice.

SUMMARY OF THE EMHP ROLE

EMHPs have a clear criteria to support low level (low intensity) mental health needs such as low mood, anxiety and phobias through short term pieces of work (4-8 sessions). EMHPs will be able to provide assessments, evidence based individual and group pupil work, shared decision making with pupils, family parenting groups, onward signposting to other teams and services and whole school projects.

The interventions offered will be CBT informed and robust clinical supervision is offered to all practitioners within the MHST.

- Trainee EMHPs will receive weekly clinical supervision from a supervisor to be able to discuss their cases
- Informed consent will be required from children, young people and parent/carers
- All interventions will be recorded on SystmOne, which is our health electronic record system
- All MHST staff have enhanced DBS checks

EMHPS CAN SUPPORT WITH:

There are many things EMHPs can help with in your school, where needs are more complex, they may need to refer a young person onto another team or service that is better placed to help.

The below overleaf shows the types of presentations EMHPs can help with, things they may be able to help with (with discretion and under close supervision), and things they won't be able to help with.

MENTAL HEALTH SUPPORT TEAMS (MHST)

East Northamptonshire

Trainee EMHPs Chris Capes, Jaymee Stanley, Lacey Bavister and Lucy Jeffrey

CBT Therapist/Supervisor Liz French

Mental Health Practitioner/Supervisor Nandini Vadera

HOW TO REFER

Referrals will be made through your schools Mental Health Lead.