



# The Mental Health Support Team (MHST) In Schools About Our Service

*Welcome*

# Meet the team



Alicia Staples

Education Mental  
Health Practitioner  
(EMHP)



Keri-Anne Taylor

Trainee Education  
Mental Health  
Practitioner  
(EMHP)



Sarah Barker

Operational and  
Clinical Team  
Manager



# Who we are



We work within Children and Family Health Devon as part of the NHS' Devon Partnership Trust.

We work with a number of Primary, Secondary and Specialist school's across Devon and in the local area. Our work in school's is to support the provision for mental health.

We are an early intervention service also offering support directly to young people and families through therapeutic guided self-help.



# The Evolution of the MHST

## Transforming Children and Young People's Mental Health Provision: A Green Paper (2017)

### The aims outline for MHST's are to:

- Improve access to Early Intervention mental health support for young people and families.
- Build relationships and be additional, integrated support in schools.
- Work closely with the whole school community to enhance their mental health provision and where needed, signpost to local and national organisations



Department  
of Health



Department  
for Education



# MHST & Schools

Each school has a Designated Mental Health Lead (DMHL) who is the key link between MHST and the school. We meet regularly with the DMHL in Consultation sessions to collaboratively plan MHST activity in the school.

Through the partnership with the DMHL we hope to work with our education colleagues to develop a mentally healthy school culture and ethos, and a supportive classroom environment.

MHST aim to develop targeted responses to identified need within the student, parent and staff population



# Supporting The Whole School Approach

The Whole School Approach enables mental health to become a valued and intrinsic part of school culture.



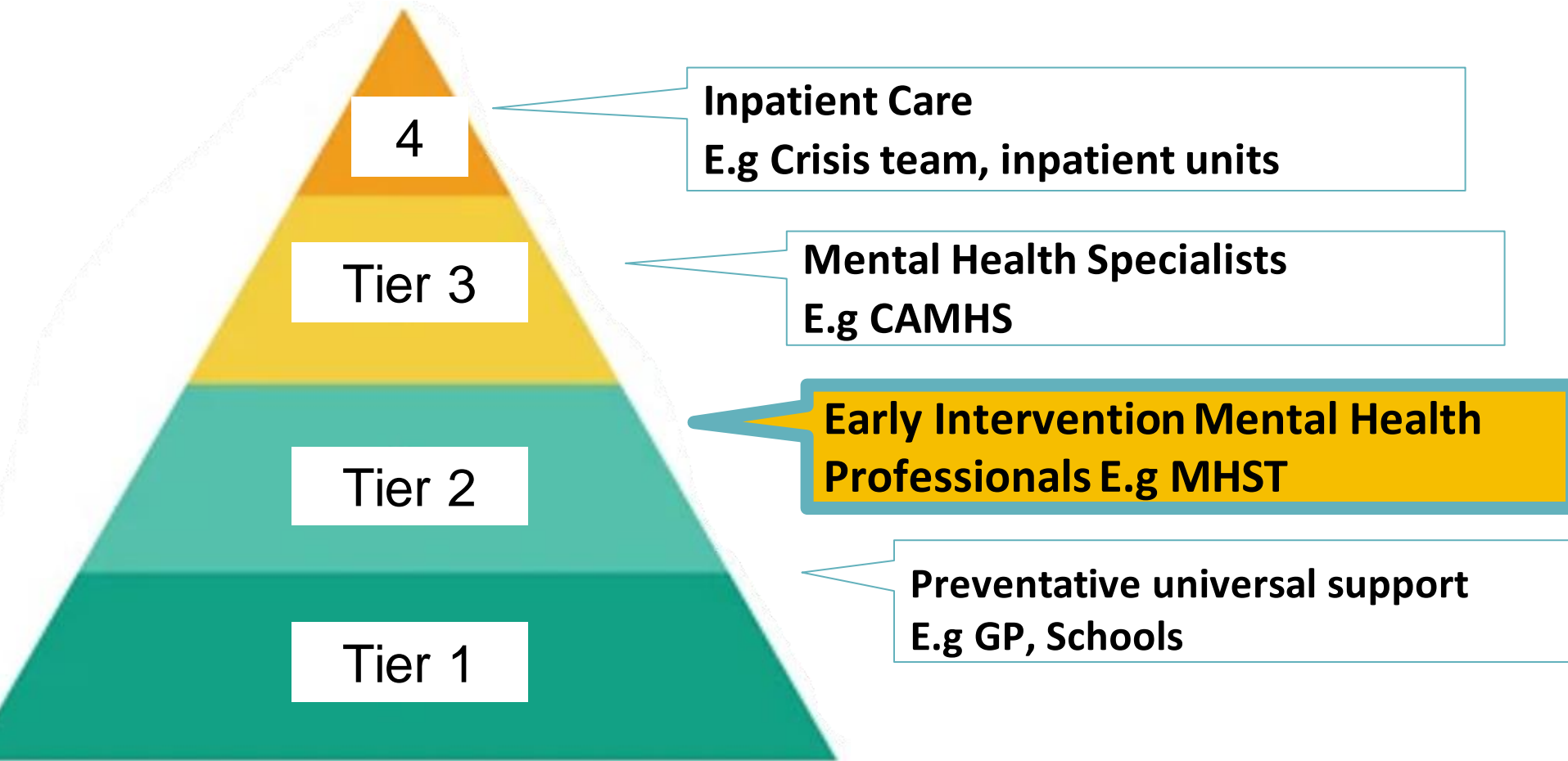
# MHST School Support

We support schools to develop their Whole School Approach to their Mental Health Provision through:

- Staff Workshops
- Participation Events
- Mental Health Strategy
- Staff Support: Consultation and Time to Reflect
- Parent/Carer Workshops
- Psycho-Educational Groups
- Targeted Evidence Based Individual and Small Group Interventions



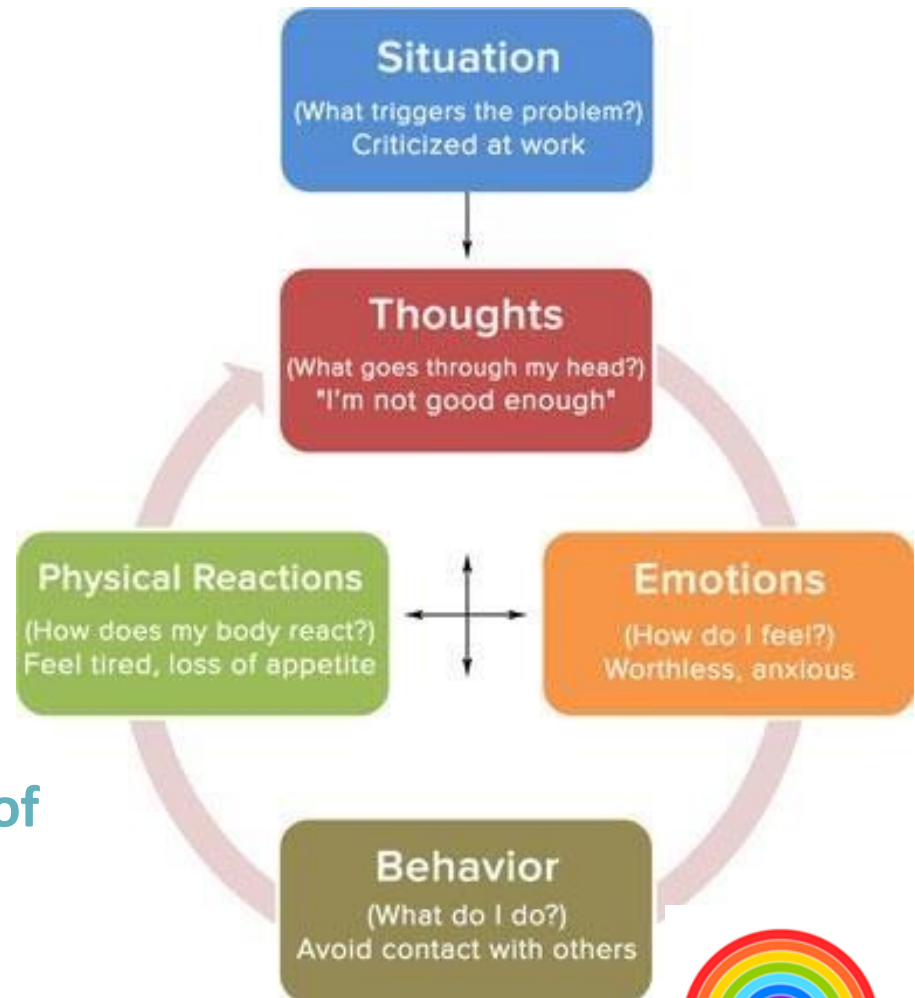
# The Stepped Care Model



# MHST Direct Interventions

## Low Intensity Cognitive Behavioural Therapy (CBT) for children, young people and families.

- Guided self-help.
- Evidence based talking therapy.
- 1:1 or group format.
- 6-8 x 1 hour sessions.
- Mild to moderate symptoms of low mood, worry and behavioural difficulties.



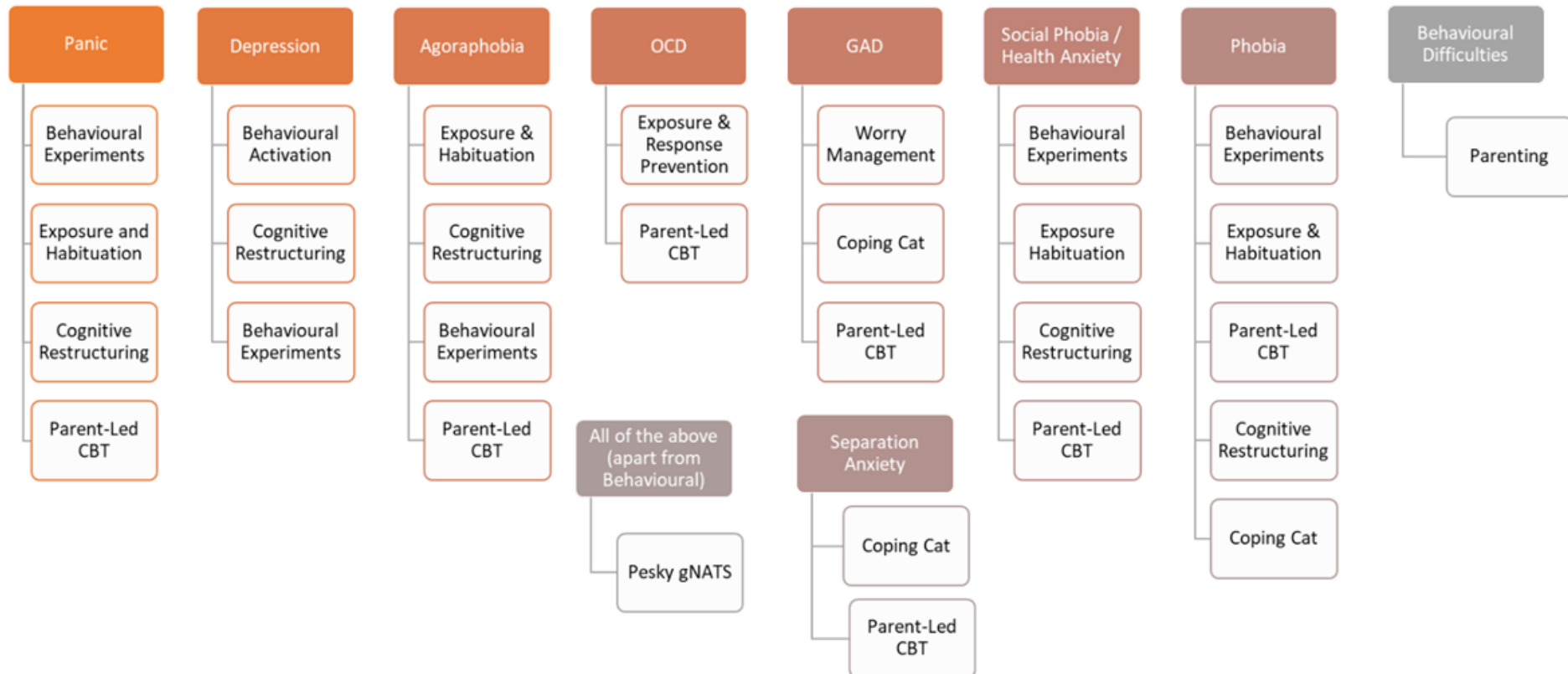
# What support can a fully trained EMHP provide in your school or college

Yes	Maybe	No
Common mental health difficulties that may respond to early intervention/low intensity approaches.	Common mental health difficulties that may respond to early intervention/low intensity approaches, however consideration required concerning the severity and impact of the presenting difficulties to determine suitability.	Significant levels of need/complex conditions which are not suitable for brief early intervention/low intensity approaches.

# What support can a fully trained EMHP provide in your school or college

Yes	Maybe	No
<ul style="list-style-type: none"> <li>• Low Mood/Mild to Moderately Severe Depression</li> <li>• Panic Disorder</li> <li>• Panic Disorder &amp; Agoraphobia</li> <li>• Generalised Anxiety Disorder/Worry</li> <li>• Simple Phobia (but not blood, needle, vomit)</li> <li>• Sleep problems</li> <li>• Stress management</li> <li>• Primary age behavioural support</li> </ul>	<ul style="list-style-type: none"> <li>• Anger difficulties</li> <li>• Low self-esteem</li> <li>• Mild social anxiety disorder</li> <li>• Some compulsive behaviours</li> <li>• Mild health anxiety</li> <li>• Assertiveness/interpersonal challenges (e.g. with peers)</li> <li>• Self-harm is disclosed but is assessed as linked to low mood but is not assessed as enduring and high risk in nature</li> <li>• OCD</li> </ul>	<ul style="list-style-type: none"> <li>• Pain management</li> <li>• PTSD</li> <li>• Bipolar Disorder</li> <li>• Psychosis</li> <li>• Personality Disorders</li> <li>• Eating Disorders</li> <li>• Chronic depression/anxiety</li> <li>• Established health anxiety</li> <li>• Historical or current experiences of abuse or violence</li> <li>• Complex interpersonal challenges</li> <li>• Bereavement</li> <li>• Active, enduring and significant self-harm</li> <li>• Relationship problems</li> </ul>

# LICBT Interventions



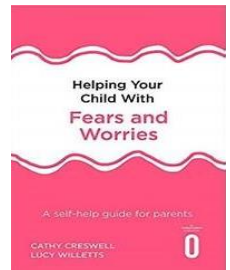
# MHST Child Support – One to One & Targeted Groups

- **Coping Cats**
  - 8-13 years old
  - Aim - to learn how to recognise our feelings, how our body reacts and help identify anxious self-talk vs coping self-talk over 8 weeks.
  - Children develop a hierarchy of fears, to then create a fear plan to help combat these fears and test out worries with a reward system.
- **F**eeling Frightened? (A)
- **E**xpecting bad things to happen? (C)
- **A**ttitudes and actions that help (Self talk)
- **R**esults and rewards



# MHST Child Support through Parent Led CBT

- Designed for parents of children between 5-12 years.
- Aim - To provide parents with strategies to be used at home to support their child in overcoming problems with their anxieties.
- 6 sessions, first 3 face to face or virtual and the last 3 are phone calls.
- Works through the book 'Helping your child with fears and worries' by Cathy Creswell and Lucy Willetts.
- Works particularly well as a group.



# MHST Child Support through Parenting Intervention

- Supports parents of primary aged children with behavioural difficulties.
  - 6 step model over 6-8 weeks
  - Aim of supporting parents to shape more positive behaviours as well as managing challenging behaviours.
- 
- Understanding child behaviour
  - Connection before correction
  - Positive praise
  - Clear calm communication
  - Using selective attention
  - Natural and logical consequences



# Decider skills

- Decider skills teaches children emotional regulation skills using evidence-based approaches including Cognitive Behaviour Therapy techniques to aid recognition of thoughts, feelings and behaviours, enabling them to better manage their own emotions and mental wellbeing over 6-8 sessions.
- Can be done 1:1, targeted group or whole class.



## Workshops for children

### Exam stress (primary – Year 6)

- Learn about what exam worries may look and feel like
- Provide you with some 'Test tips' to support you with your mental health before and during exams
- Set some goals around improving your mental health and to help with worries

### Understanding and managing anxiety

- To understand what anxiety is and why we have it
- To understand how anxiety can affect us
- To learn some useful strategies you can try at home to help you manage your anxiety

### Transition workshop (primary)

- To normalise and problem solve common worries around transition
- To support and prepare for transition from Year 6 Year 7

### 10 a day workshop (primary) (1 hour)

- To gain a greater understanding around each of the 10-a-day tips, relating to primary aged children
- Talk about why these are helpful
- Discuss how much you already use these
- Create some goals around the 10-a-day tips and your mental health

# Workshops for Parents/Carers

Understanding your child's mental health (primary)	<p>1 x 1 hour workshop</p> <p>Face to face or remote</p>	<ul style="list-style-type: none"> <li>• Explore the meaning of 'Mental health and Wellbeing'.</li> <li>• Develop an understanding around the signs/symptoms that a child may be displaying if they are having difficulties with anxiety or low mood.</li> <li>• Learn about what to do next and how you can help</li> </ul>
Introduction to MHST (e.g. for coffee morning or parents evening)	<p>1 x 20-30 minute presentation</p> <p>Face to face or remote</p>	<ul style="list-style-type: none"> <li>• Who we are</li> <li>• What we offer</li> <li>• How to access our support</li> </ul>
Supporting a Successful Transition	<p>1 x 1 hour workshop</p> <p>Face to face or remote</p>	<ul style="list-style-type: none"> <li>• To discuss the common concerns about transitioning to secondary school.</li> <li>• Explore the signs and reasons for worries about change.</li> <li>• Gain a greater understanding of the impact of supportive language and empathy.</li> <li>• Provide you with practical, helpful tips to support your child's mental health during the transition to secondary school.</li> </ul>

# The MHST Referral Process

## Consultation

The DMHL for the school meets with the MHST to discuss a young person who might benefit from MHST support or signposting.

Following the MHST consultation a referral can be made with the family and the support of school staff.

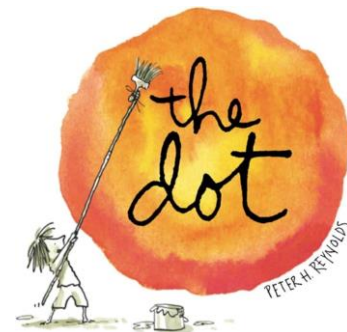
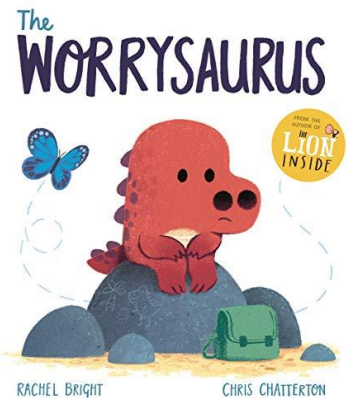
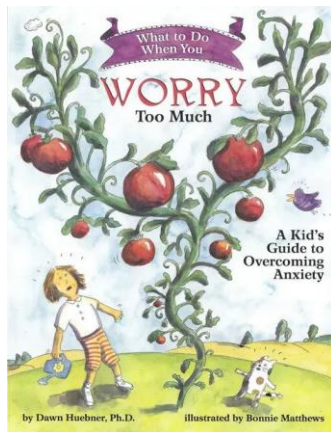
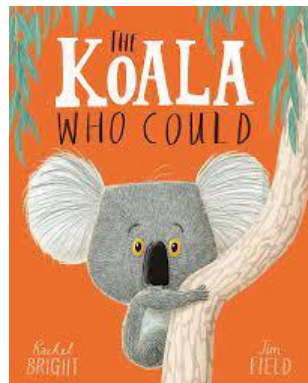
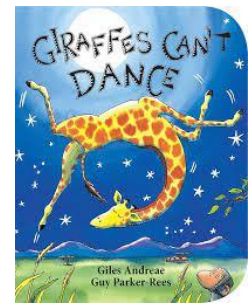
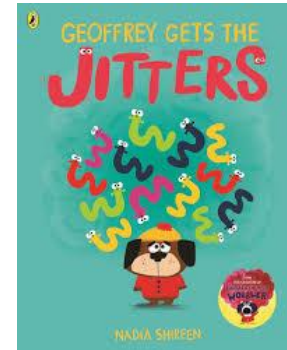
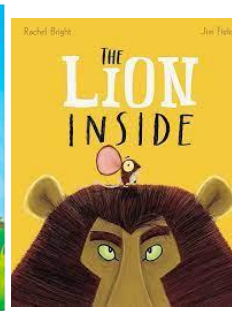
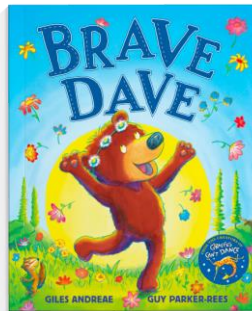
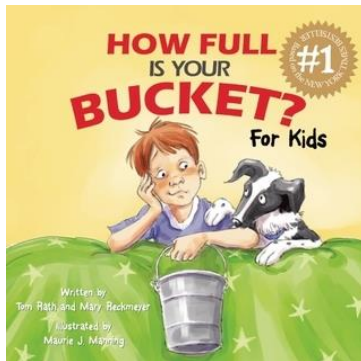
## Screening

The referral form is processed within 2 working days by the MHST team.

## Low Intensity CBT Assessment

This takes place with the young person/ parent or carer and a MHST EMHP over 1 hour. A plan is then made for the support the young person would like to receive.

# Book Recommendations for Anxiety/Worry:



# Any questions?



# Thank you for your time

## We look forward to working with you

For any questions or further information on the offer from your Mental Health Support Team please feel comfortable contacting us at:

[cfhd.mhstadmin@nhs.net](mailto:cfhd.mhstadmin@nhs.net) Or call us on: 01392 716059

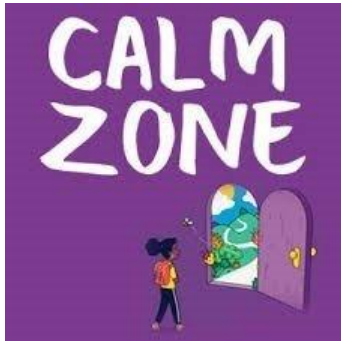
Please also speak with your DMHL at school if you would like to find out further information



# Resources for children:

**ChildLine's Calm Zone** – a fantastic child friendly online resource:

[www.childline.org.uk/toolbox/calm-zone](http://www.childline.org.uk/toolbox/calm-zone)



Activities and tools  
Breathing exercises  
Expressing yourself  
Yoga videos  
Play games  
Ways to cope videos



**PARENTAL MINDS C.I.C.**  
Mental Healthcare ; Exploring Pathways

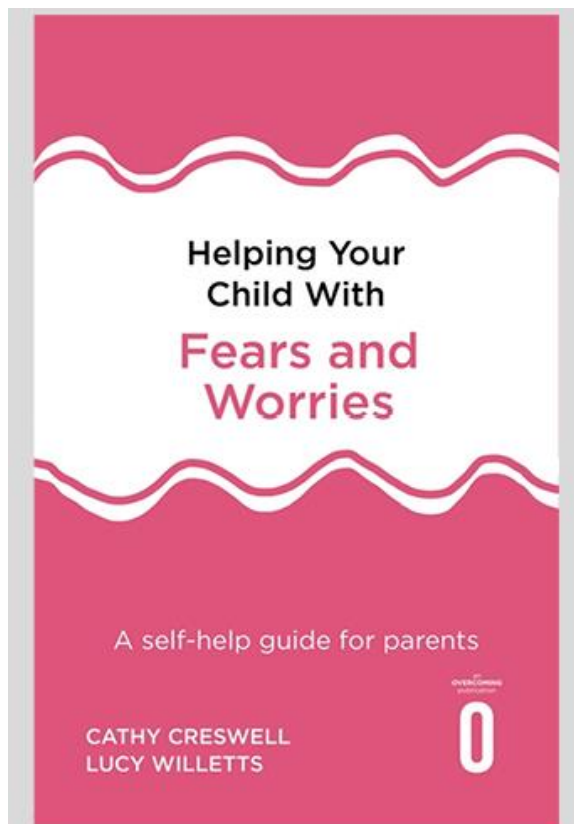


**CAMHS Out of Hours: 0300 555 5000**

This number is active 7 days a week, 5pm – 9am on weekdays and 24 hours on weekends.



# Resources for parents



- CAMHS Emergency Line - 0300 5555 000
- Young Minds Crisis Messenger - Text 'Ym' to 85258
- Samaritans - 116 123, available 24/7
- NHS - 111 or 999 in an emergency



# References

Department of Health and Social Care and Department for Education. (2017). Transforming children and young people's mental health provision: a green paper.

Public Health England. (2015). *Promoting children and young people's emotional health and wellbeing*. Crown.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/950188/Final\\_EHWP\\_draft\\_06-Jan-2020.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/950188/Final_EHWP_draft_06-Jan-2020.pdf)

