



Services/teams that support SEMH						
Service/Team	Direct work with C/YP and group work	Age range	Work with parents	Staff training/development	How to access/criteria for involvement	Costs to schools
CAMHS	Both. Needs to be a mental health issue for CAMHS involvement. For some behaviours will only get involved if there is an accompanying MH issue e.g. self-harm, gender identity.	8 to 18 years	Generally no, although some parent work with specific pieces of work (e.g. controlling worries group package)	Range of centre-based and bespoke training available  2018 CAMHS training.docx	<ul style="list-style-type: none"> Through referral to CAMHS 0300 124 6632 Training enquires/newsletters contact Melanie Wells (Highly Specialist Community Therapist) mealanie.wells@solent.nhs.uk 	Costs for training
Educational Psychology Team	Both	0 to 25 years	Yes as part of individual casework	Range of centre-based and bespoke training available  Education psychology training b	<ul style="list-style-type: none"> Through Service level agreements/Pay As You Use days Training/other enquires contact Caitriona Scully (Senior EP) caitriona.scully@portsmouth.hcc.gov.uk 	Yes
MABS	Both	3 to 16 years	yes	Range of centre-based and bespoke	<ul style="list-style-type: none"> Through Service level agreements/Pay As You Use days 	Yes

				training available	<ul style="list-style-type: none"> Emotional first aid/peer mentoring/peer EFA contact Lisa Caine (title) lisa.caine@thsportsmouth.org EFA/staff training contact Liz Stapleton (title) liz.stapleton@thsportsmouth.gov.uk Nurture groups Katherine Mahoney (Lead Advisory Teacher) Katherine.mahoney@thsportsmouth.org Through PSENSEP 	
MASH Early Help and Prevention Safeguarding		0-19			<ul style="list-style-type: none"> pccraduty@portsmouthccs.gov.uk 0845 671 0271 during office hours 	
Portsmouth Special Educational Needs Support Partnership (PSENSP)	Both	3 to 16 years	Yes	Range of CPD available including course and bespoke training for settings which can be delivered on site	<ul style="list-style-type: none"> Through request for individual pupil support Through request for bespoke training http://maryroseacademy.info/about-us/partnerships-penssp/ 	No Funded by the LA. There is a charge for some CPD

Support and work with Child / Young Person		
Offer	provider	Other info
Anxiety	CAHMS	Controlling worries group (8-12 years and 13-18 years, 8 sessions) Work with parents
	MABS	Individual/small group work
	EP Team	Individual /small group work
Attachment	CAMHS	Available through LAC team if looked after child has accompanying mental health issue
	MABS	Individual work PACE, DDP and theraplay
	EP Team	Involvement through individual case work
autism	CAMHS	Diagnosis only
	MABS	Support through individual case work
	EP Team	Support through individual case work
ADHD	CAMHS	Diagnosis only unless medication indicated
	MABS	Support through individual case work
	EP Team	Support through individual case work

Bullying	EP Team	Support through individual case work and/or small group work Circle of friends, no-blame/restorative practice approaches
Cognitive Behaviour Therapy	EP Team	Support through individual case work and/or small group work KS 2 and older. 1 hour a week over 10 to 12 weeks.
Eating Disorders	CAMHS	Through referral to CAMHS
Emotional First Aid (EFA)	MABS	Peer EFA, registered group work programme, 8 sessions
Exam Stress	MABS	Individual and/or small group work
	EP Team	Support through individual case work and/or small group work
Gender Identity/sexual orientation	CAMHS	When accompanied with a mental health issue
Loss and Bereavement	MABS	Trained loss champions, Support through individual case work and/or small group work
	EP Team	Support through individual case work and/or small group work
Mindfulness	EP Team	Support through individual case work and/or small group work
Motivational Interviewing	EP Team	45 minute weekly session with C/YP for 8 to 10 weeks. Best used with adolescents and where there is a desire from YP to change their behaviour.

Peer Mentoring	MABS	Enquiries contact Lisa Caine
Positive behaviour management	MABS	Support through individual case work and/or small group work, work with parents
	EP Team	Support through individual case work and/or small group work
Therapeutic Story Writing	EP Team	For pupils aged 7 - 13 years. Small groups up to 6 pupils, facilitated by EP alongside a member of school staff for 10 weeks.
Understanding and supporting the needs of children from Naval Families	Naval Families Federation and EP Team	A range of opportunities and activities available for C/YP from Naval Families. Contact Larissa Cunningham (EP) larissa.cunningham@portsmouthcc.gov.uk for further information and insert NFF contact
School/staff training and development (unless stated there is a cost for all this work)		
Offer	Provider	Other info
ADHD	CAHMS	Enquires contact Melanie Wells
Anxiety	CAMHS	Enquires contact Melanie Wells
	EP Team	Enquires contact Caitriona Scully
	MABS	Enquires contact Lisa Caine
Attachment	Virtual school/EP Team	Attachment aware schools programme open to all schools, funded by Virtual School. Whole school approach including school audits and bespoke training.

	MABS	Contact Larissa Cunningham (EP) Larissa.cunningham@portsmouthcc.gov.uk or Vicky Reynish (Deputy Head of the Virtual School) Victoria.reynish@portsmouthcc.gov.uk PACE approach session for all staff
Autism	CAHMS EP Team	Enquires contact Melanie Wells Enquires contact Caitriona Scully
Bullying	Portsmouth Safeguarding Children's Board	All schools have free access to Portsmouth Ant-bullying guidance and resource pack
Connect 5	Public Health Portsmouth	Connect 5 - five ways to mental health and well-being. This course is funded by public Health Portsmouth and open to all adults working in any setting. RSPH certified course, booking through Eventbrite. Contact Jane Leech jane.leech@portsmouthcc.gov.uk for further information.
Eating Disorders	CAMHS	Enquires contact Melanie Wells
Emotional First Aid	MABS	EFA registered course, 6 ½ day sessions over 6 weeks.
Emotional Literacy Support Assistants (ELSAs)	EP team	6 day training programme and ½ termly supervision to train TAs to become ELSAs and support them in their role. Training focuses on aspects of emotional literacy including emotional awareness, self-esteem, anger management, social and friendship skills, social communication needs, loss, bereavement and family break up. Contact Emma Coleman (EP) emma.coleman@portsmouthcc.gov.uk and/or Lucy Moore (EP) lucy.moore@portsmouthcc.gov.uk for further information.
Gender Identity	CAMHS	Enquires contact Melanie Wells

LEGO Therapy	EP Team	2 sessions, learn how to run LEGO therapy club in your school for C/YP with social communication needs and autism. Contact Vicky Parker (EP) victoria.parker@portsmouthcc.gov.uk for further information.
Mental health awareness	CAMHS/Portsmouth TSA	Healthy young minds newsletters available free via schools and Parent Voice. Enquires contact Melanie Wells
Mindfulness	EP Team	Enquiries contact Vicky Parker (EP) Victoria.parker@portsmouthcc.gov.uk
Nurture Groups	MABS and EP team	Training to set up and run Nurture Group, ongoing support and Nurture Group Network. Currently free to schools. Contact Katherine Mahoney (MABS) or Caitriona Scully (Senior EP)
Peer Mentoring	Unloc	Training the trainers programme hayden@unloc.org.uk
Restorative Practice	Portsmouth City Council Portsmouth Mediation Society	Free to schools. 2 day training course and termly Restorative Practice Network meetings. Contact Sarah Christopher sarah.christopher@portsmouthcc.gov.uk for further information. Free training available to schools. Contact John Swindell johnswindell316@gmail.com for further information
Self-Harm	CAMHS	Enquiries contact Melanie Wells
Sensory Integration	CAMHS	Enquiries contact Melanie Wells
Social Stories	EP Team	Ideally delivered in 2 ½ days to look at theory and practice writing social stories. To support C/YP with social communication needs and or autism.

Staff supervision	MABS EP Team	Coaching work, discussion groups. Contact Lisa Caine ELSA Supervision. Contact Emma Coleman (EP) and/or Lucy Moore (EP)
Understanding and supporting the needs of children from Naval Families	Naval Families federation and EP Team	Range of training opportunities/development work available. Contact Larissa Cunningham (EP) larissa.cunningham@portsmouthcc.gov.uk for further information and insert NFF contact.
Video Interactive Guidance	EP Team	Through film and discussion aims to promote successful interactions by identifying positive moments in communicative exchanges. Helps to build and develop positive relationships between children and parents/carers, key people, TAs providing 1 to1 support.