

Mental Health Support Team (MHST) Interim offer to schools

This document provides a brief summary of Portsmouth MHST provision during our training year and in the context of Covid-19.

The main emphasis of the MHST is to join together education and mental health professionals by working in **partnership** to develop a collective and sustainable approach to children and young people's mental health, allowing access to the right support at the right time. We will be linking in with existing networks (including the SENCO Network, SEMH Schools Partnership and Children's Emotional Health and Wellbeing Group) to ensure we are accountable to schools and our partner agencies across the city.

Rather than replacing current services, such as CAMHS and Early Help, we will exist alongside them. This also means that there will still be young people whose needs may be best met by these services rather than MHST.

Who is in the MHST?

Emotional Mental Health Practitioners (EMHP) – Trained to offer low intensity (8 sessions) CBT intervention to children, young people and parent/carers.

High Intensity CBT Therapists – Trained to offer high intensity CBT intervention to children and young people for anxiety disorders and depression.

EMHP Supervisors and CBT Supervisors – Regular clinical supervision will be offered to the wider team by experienced senior clinicians

MHST Manager – Strategic oversight of the MHST project.

The Training Year

Our EMHPs are working hard to complete their Low Intensity training with the University of Southampton, whilst our CBT Trainees are completing High Intensity training with the University of Reading. During their training year they will be developing their clinical skills as well as meeting academic demands. They will therefore not been working at full capacity during this year and we appreciate your support during this crucial stage of development.

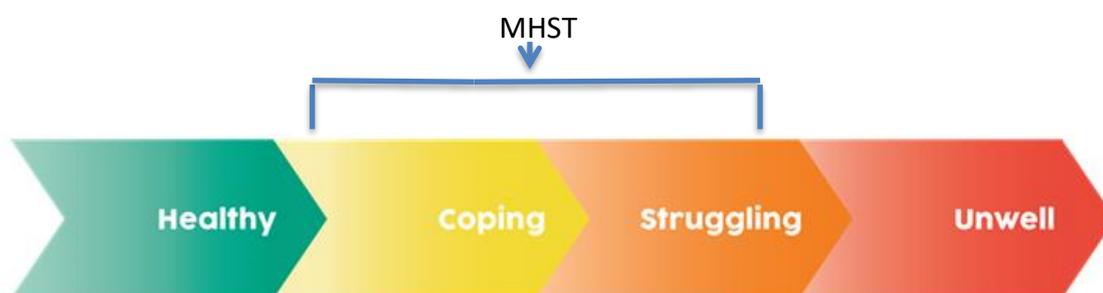
Covid-19

In these difficult times, Portsmouth MHST have agreed to open up referrals to **ALL** schools in the locality. This is a time limited offer and will close at the end of the academic year 2020. We will review capacity and demand at regular intervals and reserve the right to withdraw this offer if demand exceeds our capacity – in the event of this happening we will return to only receiving referrals from the 32 schools identified in the first wave.

What does the MHST do?

- We deliver evidence based early interventions for children and young people with mild to moderate mental health problems.
- We will work with and support the senior mental health lead in each education setting to introduce or develop their whole school approach.
- We will offer advice and consultation to school staff to build on their skills, enabling them to promote the emotional wellbeing of the young people in their school and develop a Whole School Approach to emotional wellbeing.

Mild to moderate mental health problems – what does that mean?



Adapted from Centre for Mental Health

What is appropriate and what is not appropriate for MHST

MHST EMHP Trainee	MHST CBT Trainee	Not Appropriate (other specialist service required)
<ul style="list-style-type: none"> • Low mood • Panic symptoms • Worry • Simple Phobia (not blood/needle) • Anxiety based school avoidance • Exam stress • Stress management • Behavioural difficulties 	<ul style="list-style-type: none"> • Separation Anxiety • Generalised Anxiety • Panic Disorder • OCD • Social Anxiety • Specific Phobia • PTSD • Depression 	<ul style="list-style-type: none"> • Eating Disorders • Psychosis • Active and/or enduring self-harm • Complex emotional dysregulation • Seeking Neurodevelopmental Assessment • Historical or current experiences of abuse or violence

Interim MHST Referral Pathway

School identifies child, young person and/or family who may benefit from MHST intervention.

School obtain **consent** from **young person** and **Parent/Carer**

****Can discuss with MHST clinician if reason not to involve Parent/Carer - No personal info to be shared at this stage (Is this a safeguarding concern?) ****

Send email to MHSTCamhsPortsmouth@solent.nhs.uk

Please include

- **Name** (professional)
- **School**
- **Best time AND Best phone number** for consultation call

MHST Clinician will make contact within **48 hours** and offer consultation/advice. We can support with completing MHST referral if appropriate.

****Anything urgent MUST come through CAMHS SPA Duty 0300 123 6632****

NOT FOR MHST

FOR MHST

- **SAFEGUARDING contact/refer to MASH**
- Contact/refer to Specialist CAMHS
- Complete an Early Help assessment
- Self-help resource
- Signpost to other appropriate service
- No further action

Referral screened by MHST clinician -Allocated for Initial Assessment to determine appropriate intervention. (Usually within two weeks)
Outcome/plan will be fed back to referrer.

Cases identified from generic CAMHS waitlist by MHST clinician

MHST Clinical Intervention

- **1:1 High/Low Intensity CBT**
- **Work with parents**
- **Group Work**

1:1 Intervention

- **Low Intensity** - up to 8 CBT sessions treating mild to moderate mental health concerns (see table)
- **High Intensity** – up to 16 CBT sessions treating more persistent, elevated symptoms that would meet criteria for a mental health diagnosis (see table)

Group Work (Young people 12 and below)

- **Overcoming your child's fears and worries**
Parent group - delivered by Trainee EMHP and EMHP Supervisors.

Group Work (Young people 13 over)

- Currently in development – will adapt according to need and current provision across the city (Available from September)

Parent Workshops

We are planning to offer skills-based parent workshops over the summer holidays to support parents before the September term. The content will cover common difficulties associated with anxiety and low mood and will be solution focused offering tools to manage difficulties at home and school - A focus will be on anxieties about returning to school as a result of Covid-19 and Transitions.

Consultation

School staff can now access the MHST email MHSTCamhsPortsmouth@solent.nhs.uk and request consultation with senior members of our team to discuss young people and family mental health concerns and any other queries regarding the development of MHST.

Whole School Approach

It is integral for the success of the MHST initiative that we work in partnership with schools to co-produce a sustainable responsive service that is respectful of the daily challenges schools are faced with, especially in the current context of Covid-19.

Our team will remain in regular contact with school representatives to ensure a collaborative approach is maintained – we recognise the importance and value your views and opinions will bring to making this provision effective and meet the needs of your pupils and their families.

**** We do not currently have an MHST duty line and advise school staff to access the generic CAMHS Duty team on **0300 123 6632** if there is significant risk associated with request for consultation****