

INFORMATION FOR SCHOOL STAFF AND PARENT/CARERS OF HOST SCHOOLS

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 2 current MHST; one in Central Northampton and one on East Northamptonshire.

Our 3 new teams will be in Corby, Kettering Wellingborough.

Each team will consist of 4 trainee Education Mental Health Practitioners, one CBT Therapist/supervisor, 2 Mental Health Practitioner/supervisor. We also have a small administrative team, an Operational Team Lead and Clinical and Team Lead. The MHST will sit within CAMHS services within Northamptonshire Healthcare NHS Foundation Trust.

In our new areas, to begin with, the trainee EMHPs will be in training and therefore the MHST will start their work in a limited number of schools. Once the trainee EMHPs are qualified (after a one year post-graduate course), the MHST will support the full number of schools and educations settings within each area.

Your school has signed up to work with MHST, the MHSTs will be taking referrals via your Mental Health Lead in School, with whom you should discuss any concerns you may have about the emotional health of your child/young person/the children and young people you work with.

The 2 current MHSTs are fully operational.

The 3 new teams in <u>Corby</u>, Kettering Wellingborough will be fully operational from September 2022.

Your School Mental Health Lead is:





CONTACT DETAILS

CYP.MHST@nhft.nhs.uk

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. Trainee EMHPs spend a year completing a post-graduate course covering evidence based approaches for low intensity care. 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. Once they have completed the course, they are qualified EMHPs.

SUMMARY OF THE TRAINEE 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, parent-led approaches, onward signposting to other teams and services and whole school projects.

The interventions offered will be Cognitive Behavioural Therapy 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 prior to any discussions or referrals
- As part of their training and supervision, trainee EMHPs will be required to video their sessions, the recording will be used for training and supervision requirements only and consent for this can be taken away at any point and will not affect the intervention offered the child, young person, or parent/carer
- A written record of interventions is completed on SystmOne, which is our health electronic record system
- All MHST staff have enhanced DBS checks

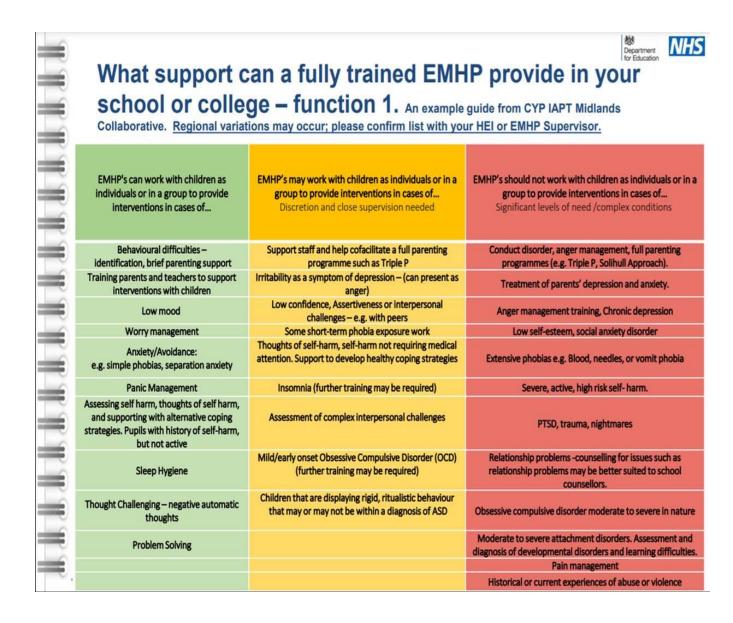
TRAINEE EMHPS CAN SUPPORT WITH:

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 support.

The below table 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. This document is a guide only and MH Leads in schools can discuss cases within MHST consultations.







HOW TO REFER

Referrals will be made following the current pathway for emotional health and wellbeing needs for Children and Young People via the Referral Management Centre (RMC). The RMC provides a single point of access for professionals to make referrals into children and young people's specialist community health services. The RMC aims to manage all referrals to ensure that children and young people are seen by the right person, with the right skills at the right time. (https://www.nhft.nhs.uk/camhs)



#weareNHFT



All referrals go via the Mental Health Lead within school. This may change as we continue to work with children, young people, parents/carers and education staff to discuss how to improve accessibility to our service.

Any changes within our service with be communicated to all involved.

EMHPs will require a suitable space within school to complete sessions; an appropriate and confidential room. MHST can be flexible, should the need arise, and offer video sessions conducted via Microsoft Teams. Consent from parent/carer and the child, young person will need to be gained and recorded.

