



Mental Health Support Teams in Schools (MHSTs)

Inclusion Roadshow

Lauren Moloney MHSTs Team Lead (Lowestoft)

02.06.2023



Department
of Health



Department
for Education

Transforming Children and Young People's Mental Health Provision: a Green Paper

Presented to Parliament
by the Secretary of State for Health and Secretary of State for Education
by Command of Her Majesty

December 2017

Cm 9523

Green Paper

- Commissioned by the Department for Education, Health Education England and National Health Service
- Targeting "early intervention" as a long term plan
- Norfolk & Waveney awarded funding for 10 MHSTs
- 50% coverage
- Funding is **additional** to CYP MH budgets – not a replacement for other services
- **4th Year** – 8 MHSTs already in place, 2 final teams will be introduced in 2024 – future plans to be announced by NHS England

Mental Health Support Teams in Schools | Improving wellbeing for the whole school

What do MHSTs do?

Improving wellbeing for the whole school

Mental Health Support Teams (MHSTs) are designed to help meet the mental health needs of Children, Young People, and supporting staff and families in selected education settings, working with and alongside existing support to improve wellbeing for the whole school.



Delivery of evidence based mental health interventions.

Working with individuals or groups of children and young people or in the case of primary aged children working with parents to support with their child's mental health.



Support Schools to develop a whole school approach to mental health

Working alongside the schools Designated mental health lead / Senior leadership team to offer staff training, workshops for children, assemblies and drop-in sessions as well as parent/carer led support sessions



To consult with and support staff to get the right support in a timely manner

Offering timely advice, guidance and support to school staff, to ensure that Children and young people have access to appropriate support including liaising with and referring on to specialist services if appropriate.

Supporting Children with SEND or SEMH needs.

Improving wellbeing for the whole school



Inclusive for all

We will offer support to all, where it is appropriate for us to do so.



Adaptive delivery

MHSTs staff are trained to work flexibly with CYP's and the families of Children with additional needs and are skilled in adapting practice to meet the needs of all.



Staff Consultation

Offering timely advice, guidance and support to school staff, to ensure that Children and young people have access to appropriate support, we will also often encourage joint working with the SES team.

Lowestoft Team



Claire Rose
Clinical & Team Lead



Lauren Moloney
Team Lead

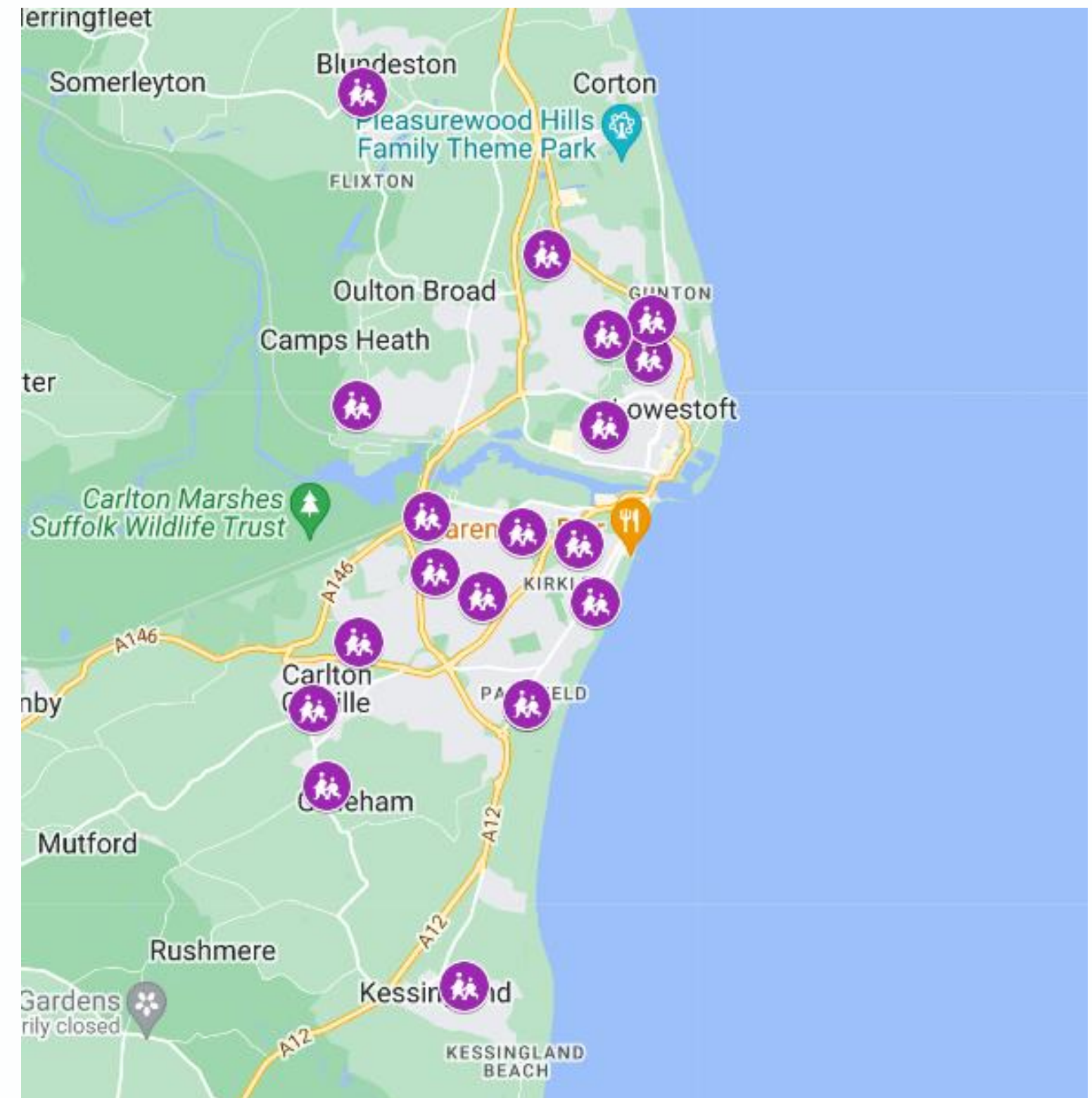


Sharni MdDonald
EMHP

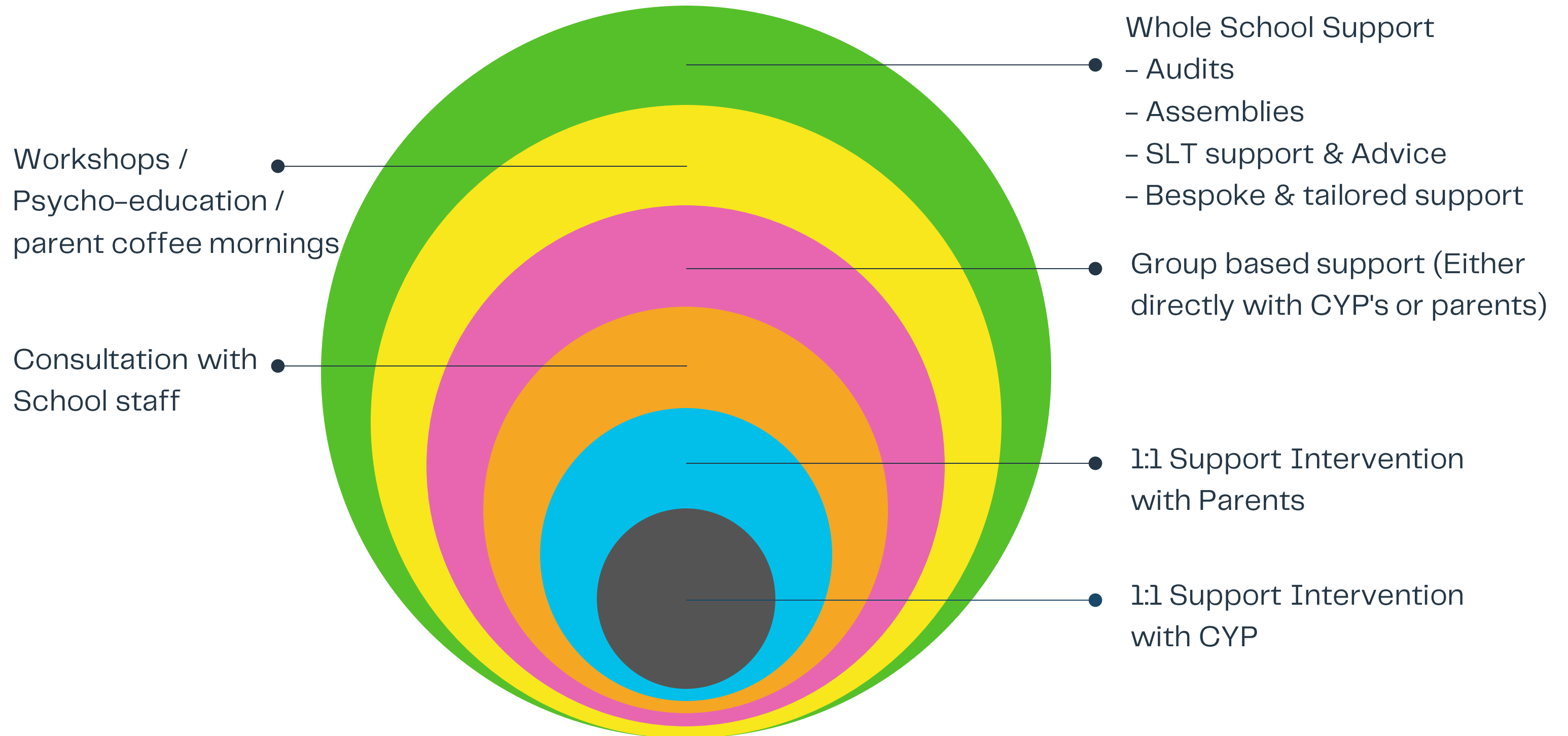
Simon Larke
Team Administrator

Lowestoft Schools

- Benjamin Britten Academy of Music and Mathematics
- Pakefield High School
- Pakefield Primary School
- Red Oak Primary School
- Roman Hill Primary School
- Blundeston Church of England Voluntary Controlled Primary School
- Carlton Colville Primary School
- Dell Primary
- Elm Tree Primary School Academy
- Kessingland C of E Primary Academy
- Ormiston Denes Academy
- Sunrise Academy
- Grove Primary School
- Poplars Community Primary School
- East Point Academy
- Oulton Broad Primary School
- St Mary's Roman Catholic Primary School
- Westwood Primary School
- The Ashley School Academy Trust



Our Offer





MHSTs within the iThrive framework

- MHSTs is an early intervention service and can support with providing advice, giving goal based support, and supporting access to more specialist support.
- We work with schools to help build resilience
- Supporting schools to adopt and encourage a mentally healthy approach.
- We offer support for Mild to Moderate mental health presentation in children and young people.



Mental Health Support Teams in Schools
Improving wellbeing for the whole school



Mild

When a person has a small number of symptoms that have a limited effect on their daily life.

Appropriate for trainee practitioners alongside UEA recommendations.



Moderate

When a person has more symptoms that can make their daily life much more difficult than usual.

Appropriate for experienced practitioners with close supervision.



Severe

When a person has many symptoms that can make their daily life extremely difficult.

Exploration of specialist services, or alternative services may be required.

What do we need from schools?

Mental Health Support Teams (MHSTs) are designed to help meet the mental health needs of Children, Young People, and supporting staff and families in selected education settings, working with and alongside existing support to improve wellbeing for the whole school.



Designated mental Health Lead

An identified point of contact who we will work closely with, ideally from the Senior Leadership team who has trained as Designated Mental Health Lead.



Confidential space for sessions

Confidential spaces to work with children and young people 1:1 or in groups without risk of interruption. Ideal if access can continue over school holidays.



Commitment to working together

To attend planned meetings regularly. Commitment to participate in regular audits and evaluation activities and to identify ways to support delivery of Whole School Approach.



Appropriate referrals

Referrals should be made at the first signs of a decline in mental health for a young person, it is unlikely that children and families with support in place from social services or specialist support providers will be appropriate for our support.



Any Questions?

Thank you for listening



Thank you

Contact

**Mental Health Support Teams in Schools
Norfolk and Waveney**

ccs.mhstslowestoft@nhs.net

Mental Health Support Teams in Schools |
Improving access to wellbeing for the whole school



childline

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