

Working together for
better mental health



NHS

Norfolk and Suffolk
NHS Foundation Trust

Suffolk Children, Families and Young Persons Services: Early Intervention CAMHS

Under 18 Wellbeing Team

Mental Health Support Team

Psychology in Schools Team





Under 18 Wellbeing

- ❖ Primary Mental Health Worker (PMHW)
- ❖ Psychological Therapist (CBT, IPT-A and EMDR)
- ❖ Arts Psychotherapist
- ❖ Children's Wellbeing Practitioners (CWP)
- ❖ Systemic Family Therapy pathway
- ❖ Virtual offer – jointly with PST www.nsft.nhs.uk/parent-workshops
- ❖ Parenting groups – Timid to Tiger





Mental Health Support Team

- ❖ The Mental Health Support Team (MHST) is an early-intervention service that supports children and young people, their families and school/college communities with mild to moderate mental health difficulties. Each MHST are allocated to specific secondary schools/colleges and their feeder primary schools in Suffolk. We work directly in schools, on site, and in the wider school/college community, both in and out of term time.
- ❖ MHSTs are a national program and are underpinned by the 2017 Green Paper; Transforming children and young people's mental health provision.
- ❖ There are three main functions to the MHSTs:
 1. Deliver evidence-based interventions for mild to moderate mental health issues.
 2. Support the Senior Mental Health Lead in each education setting to introduce or develop their Whole School/College Approach (WSCA).
 3. Giving timely advice to school and college staff, and liaise with external specialist services, to help children and young people to access the appropriate support in a timely manner.





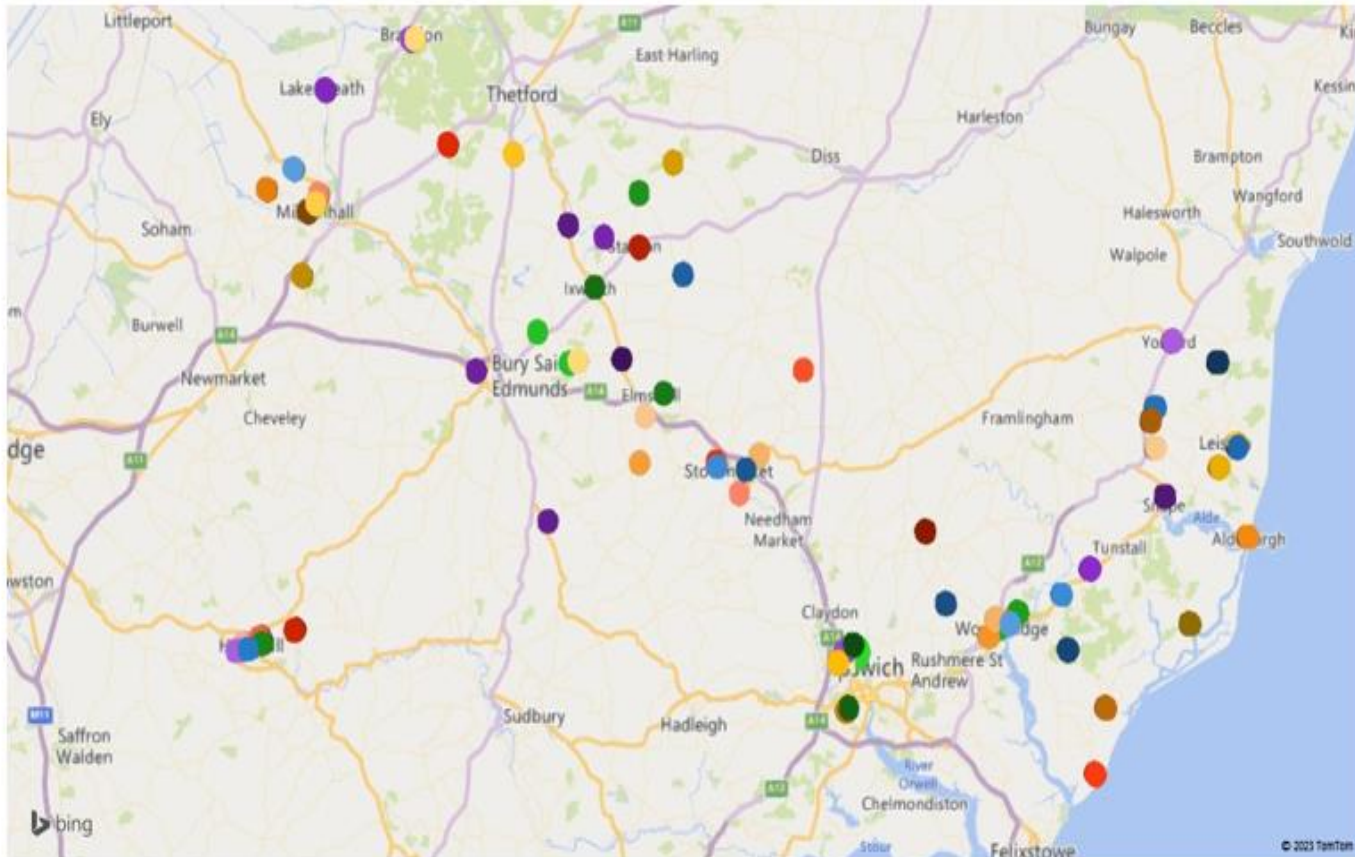
Core functions of the Mental Health Support Team

- ❖ The Education Mental Health Practitioners (EMHPs) are taught manualised approaches to primarily support difficulties with low mood, anxiety, and behaviour. Senior clinicians within the team can support more complex difficulties, including trauma and self-harm. The main therapeutic models used in Suffolk MHST are, Cognitive Behaviour Therapy (CBT), systemic therapy, Acceptance and Commitment Therapy (ACT), Dialectical Behaviour Therapy (DBT), Solution-Focused Approaches and Creative Therapies. Systemic and attachment theory underpin much of the clinical approach, and the team is working towards being trauma-informed. Typically, we work with children, young people, and families for an average of 8 to 10 sessions.
- ❖ The WSCA considers the ethos and environment of school as well as curriculum, teaching and learning. Additionally, the WSCA offer should consider the whole school voice, including pupils, parents/carers, and staff. This includes the co-development of the WSCA offer. There is emphasis on taking care and prioritising the wellbeing of school staff, as well as supporting their knowledge through teaching and non-teaching methods. Importantly, the WSCA should be individually adapted to each school setting, given each setting is unique, and there is no one-size fits all approach.
- ❖ Predominantly within the Suffolk MHST, Function 3's offer has been met through regular consultation sessions with education settings. A consultation is essentially a conversation and Suffolk MHST place great value on the relational aspect of this conversation to ensure the best outcomes are achieved for all parts of the system. Consultation sessions are held within each of the education settings on a regular basis.



Mental Health Support Team coverage

Suffolk Mental Health Support Team Schools



- ❖ The MHST has three localities: West, Central and East Suffolk



PMHW/MHST roles

Primary Mental Health Worker	Mental Health Support Team
Primary care	Primary care
Consultation to professionals, with parental consent No direct contact with families at this point	Consultations with educational settings and other professionals with parental consent. Anonymised consultations without parental consent.
Individual PMHW have allocated School, will offer whole school approach - list available	Whole school /college approach based within specific educational settings
Take referrals from Emotional Wellbeing Hub	Referrals through the consultation process with educational settings and other professionals and from the Emotional Wellbeing Hub
Assessment and formulation	Assessment and formulation
Interventions/Groups	Interventions/Groups
Access to discussions/ stepping up YP to Specialist services	Access to discussions/ stepping up YP to Specialist services





MHST V U18 Wellbeing offer

- ❖ **Cover different schools/areas**
- ❖ **Both teams can offer consultation to the school/professionals and would need consent from parents to offer this.**
- ❖ **MHST primarily based within Education settings**
- ❖ **Both teams operate a wait list.**
- ❖ **Therapeutic relationship is paramount**



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December 7, 2017

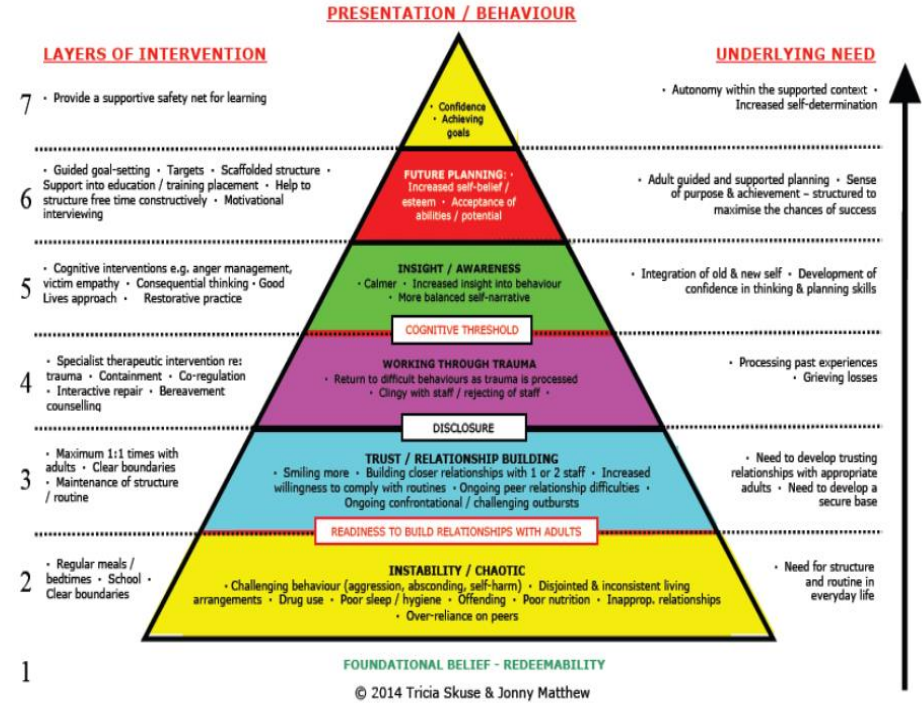
Contact with educational staff:
building up trust and a relationship
with education staff

Targeted support within educational
settings such as ELSA and THRIVE

The Early Intervention services provide
bespoke mental health support
(consultations / WSCA and through
forms of therapy).

Therapeutic relationship:

TRAUMA RECOVERY MODEL





Crisis helplines

- ❖ **111 option 2**
- ❖ **Shout (All ages): Free 24/7 text service for anyone in crisis. Text: 85258 www.giveusashout.org**
- ❖ **Papyrus (Under 35 year olds): For people experiencing thoughts of suicide. Tel: 0800 068 4141 Text: 07860 039 967 Email: pat@papyrus-uk.org www.papyrus-uk.org**
- ❖ **Childline (Under 19 year olds): Free, private and confidential service for anyone under 19 where you can talk about anything, including risk and suicide. Tel: 0800 1111 or email/chat via www.childline.org.uk**
- ❖ **ChatHealth (11-19 year olds): Chat with a local health professional about mental or physical health. Text: 07507 333356**





Crisis helplines

- ❖ **Kooth (11-25 year olds): Free online counselling and more: www.kooth.com**
- ❖ **There are a number of apps developed for smartphones which young people can find useful for various issues. These include:**
 - *Stay alive – for suicidal ideation*
 - *clear fear – for anxiety*
 - *calm harm – for self-harming behaviours*
 - *headspace – for mindfulness and meditation*





Other Local and National Supports

- ❖ Linden House
- ❖ Stand Tall- Abbeycroft Leisure www.acleisure.com/stand-tall
- ❖ Diadem Girls Group at the Mix- Stowmarket www.themixstowmarket.org/our-services/diadem-girls-group.
- ❖ Outreach Youth Ipswich- LGBTQ+ www.outreachyouth.org.uk
- ❖ Voice Collective- visions and voices support www.voicecollective.co.uk
- ❖ Young Minds websites
- ❖ Psychology Department at West Suffolk Hospital



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Useful information and contacts for Bury St Edmunds Area

- ❖ Emotional Wellbeing Hub 0345 600 2090
- ❖ NDD referral process and contact number nddadmin@barnardos.org.uk
- ❖ www.infolink.suffolk.gov.uk/kb5/suffolk/infolink/advice.page?id=vuyrPmzW-Tw

