

Introduction

Working with us

Our Offer

Referrals

Resources

Children's Mental Health Support Team Cornwall

Handbook for schools



Supporting children and young people to maintain
good mental health and emotional wellbeing.

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Contents

Introduction	3
Context	4
Getting ready to work with the Mental Health Support Team	5
What we do	6
Our offer to schools & Where we work	9
How to refer	10
Resources and further information	11
<ul style="list-style-type: none">• Contact details for MHST• Parent information leaflet• Children's information leaflet• Allocated School Referral Form• Talking to children about Mental Health leaflet	



Introduction

Welcome, and thank you for taking an important step to promote and support good mental health in your school setting.

Like a number of schools across the country, your school is signing up to work with your local Mental Health Support Team (MHST).

Your MHST will help you to consider your approach to children and young people's mental health and provide capacity and support, in addition to the help that's already available from specialist NHS services.

We're providing this pack to help you understand how schools and the MHST can work together in partnership, supporting children and young people to maintain good mental health and emotional wellbeing.

The context page summarises the commitment made in the Green paper to support children and young people's mental health.

Subsequent sections provide information on what to do next as a school.



Context

Funding was jointly agreed by the Department for Education and Department for Health for development of:

- Mental Health Support Teams (MHSTs), to provide extra capacity for early intervention and ongoing help within a school and college setting.
- Mental Health Awareness Training offered to a member of staff from all state-funded secondary schools in England. Primary schools can link with their secondary schools to access this training.
- To encourage schools to identify a senior mental health lead, whom with training can support leads and staff to adopt a whole school approach to promoting better mental health.

In Cornwall the focus of the Mental Health Support Teams is on Prevention and Early Intervention in primary schools. This decision reflected the priorities of our partners in Education and reflected that other support is available to Secondary Schools.

The Education Mental Health Practitioner (EMHP) working within the Mental Health Support Team will link with these colleagues to support the smooth transition of pupils between years 6 and 7 where required.



Getting ready to work with us

There are some key actions your school will need to take to get ready to work with your MHST Education Mental Health Practitioner (EMHP):

Stage 1: Immediate actions

- Identify the Mental Health Lead in your school to work with the incoming EMHP.
- Help EMHPs/MHSTs to understand your setting, specific needs, build networks and integrate into your school.
- Confirm the commitment within your school that your EMHP will be additional to your existing provision.
- For further information on establishing governance, refer back to your EMHP.

Stage 2: Medium-term actions

- Consider accommodation needs in your setting for the EMHP to work with children and young people and their families in school. This should be a confidential space and available to the EMHP during their set time in school.
- Be prepared to share information held by the school on its current mental health provision and experiences on the introduction of the MHST to the wider school community.
- Set up a process for identifying and referring pupils or students for additional support with your EMHP.

You can help support your EMHP by:

- Making them feel welcome. Induction might include premises orientation, security passes/ codes etc, key staff and contact details, safeguarding, health and safety and other relevant procedures.
- Understanding the scope of their role.
- Ensuring your school staff are aware of the EMHP support and how to access it.
- Help facilitate the MHST work with the wider setting –staff, parents and students –for example to train and educate on basic mental health awareness, raise mental health awareness assemblies, emails, drop-in sessions and school wellbeing audits.
- Consult with the EMHP to identify individual cases that may benefit from support.



What we do

The Mental Health Support Team (MHST) supports children and young people who may be presenting with mild or moderate mental health difficulties.

These are described as 'difficulties that may be affecting day to day life and engagements in school activities.'

The table below shows the kind of mental health

difficulties that may respond to early intervention with EMHP 1:1 work (columns 1 and 2) and those that are more complex and likely to need more extensive support.

Suitable for MHST help	Possibly suitable	Complex - Not suitable
<p>Common mental health difficulties that may respond to early intervention</p> <ul style="list-style-type: none"> • Low mood / Mild to moderate depression • Panic disorder • Panic disorder & Agoraphobia • Generalised anxiety disorder / worry • Simple Phobia (but not blood, needles, vomit) • Sleep problems • Stress management • Mild behavioural difficulties 	<p>Conditions which may respond to early intervention but require clinical discretion</p> <ul style="list-style-type: none"> • Anger difficulties • Low self-esteem • Mild social anxiety disorder • Some compulsive behaviours • Mild health anxiety • Assertiveness/ interpersonal challenges (e.g. with peers) • Self-harm is disclosed but is assessed as linked to low-mood but is not assessed as enduring and high risk in nature • OCD 	<p>Significant levels of need or complex conditions, which are not suitable for brief early intervention</p> <ul style="list-style-type: none"> • Pain management • PTSD • Bipolar Disorder • Psychosis • Personality Disorders • Eating Disorders • Chronic depression/anxiety • Established health anxiety • Historical or current experiences of abuse or violence • Complex interpersonal challenges • Bereavement • Active, enduring and significant self-harm • Relationship problems

What we do

We currently offer support to primary schools and their pupils who have signed up to join the Mental Health Support Team Programme in Cornwall.

Depending on the age of the child or young person, we may work either directly with them or with their parents. We also work with school staff and offer support on different levels; with the aim of developing and supporting a 'whole school approach' to mental health.

A leaflet has also been produced for parents and carers of young people which can be accessed electronically [HERE](#) or printed from the resources section.

A leaflet for pupils has been produced and can be accessed electronically [HERE](#) or printed from the resource section.



The 3 Core Functions of a Mental Health Support Team (MHST)

Each MHST is expected to cover a population of approximately 8,000 children and young people.

1. Delivering evidence-based interventions for mild to moderate mental health issues

The new teams will carry out interventions alongside established provision, such as counselling, educational psychologists and school nurses, building on the menu of support already available, and not replacing it. The MHST will provide:

- **Individual face to face work:** for example, effective, brief, low-intensity interventions for children, young people and families experiencing **anxiety, low mood, friendship or behavioural difficulties**, based on up to date evidence
- **Group work** for pupils or parents such as Cognitive Behavioural Therapy for young people for conditions such as **self harm and anxiety**
- **Group parenting classes**

2. Supporting the senior mental health lead in each school or college to introduce or develop their whole school or college approach

- Work with the senior mental health lead and existing service providers, to map what provision is already in place in settings and where the gaps are
- Provide targeted help as agreed with the lead, eg to support monitoring of wellbeing across the schools and colleges, teaching about mental health (in the context of health education becoming compulsory from September 2020), understanding how peer support and interpersonal relationships impact on children and young people's wellbeing and mental health, train others to help children and young people, parents/ carers and teachers to identify and manage stress and anxiety

3. Giving timely advice to school and college staff, and liaising with external specialist services, to help children and young people to get the right support and stay in education

- Work as part of an integrated referral system with community services to ensure that children and young people who need it receive appropriate support as quickly as possible
- External support could include more specialist NHS mental health support, support for autism spectrum disorder, learning difficulties or physical needs, or for issues such as substance misuse
- Ensure smooth transition from specialist services

Our offer to schools

We work in partnership with schools to promote a 'whole school approach' to supporting young people.

We also deliver a range of evidence-based interventions focused on mild to moderate anxiety, low mood and behaviour management.

This may include interventions such as:

- Parent Led cognitive behavioural therapy for parents.
- Overcoming Your Child's Fears and Worries programme: an individual guided self-help intervention for parents of anxious children aged 12 and under
- Direct support to children from the aged of 8 to 11 years old using self-help cognitive behavioural therapy resources
- Worry management for children experiencing anxiety
- Graded exposure (facing feared situations step by step) for children with phobias and other anxiety difficulties
- Support for young people to explore and develop helpful coping strategies, specific to improving low mood

The MHST offer support to school staff by:

- Offering consultations (space to reflect individually or in groups) where staff can think through their concerns or difficulties regarding students or class groups
- Working with staff to support students individually

You can read our case study of the support we offered to a pupil in school through working together [HERE](#).

Where we work

We currently have 6 teams working in schools in:

- Penwith and Isles of Scilly
- Kerrier
- Restormel
- Camel Valley
- Caradon
- Upper Tamar

We do not yet cover the Carrick area.



How to refer

How can you access the MHST and make a referral?

- 1 Initially arrange a consultation to speak to your Education Mental Health Practitioner in school. Alternatively call the Team on 01726 873204 for information on who to contact.
- 1 Once you have agreed that the young person may be able to access the support required through the team, please speak to the young person's family/carer to ensure they agree with the referral and give consent.
- 1 Complete the referral form either electronically [HERE](#) or use the form in this pack in the resources section.

We are not an emergency service

The mental health support team does not offer an emergency service or work with pupils experiencing a higher level mental health need combined with evidence of risk and complexity.

If pupils are experiencing severe difficulties, where symptoms are having a significant impact on their daily life, requiring more help, you can refer them to their own GP or the CAMHS service via the Early Help Hub (EHH).

The MHST operates 9am to 5pm Monday to Friday.

If you need to speak to someone urgently about your mental health you could contact NHS 111.

CAMHS Urgent Care - Referrals should be sent via the Early Health Hub. A specific CAMHS referral form is found on their webpage <http://www.cornwall.gov.uk/earlyhelphub>

MHST Referrals are screened on at least a weekly basis.

Exclusions

There are some difficulties that the MHST do not work with, because they require more specialist intervention. These include:

- **Anorexia Nervosa and other eating disorders**
Please refer to the Children and Young People's Eating Disorder Service (CEDS)
- **ASD/ADHD**
For Autism Spectrum Disorder and/or ADHD assessment- please refer via the Early Health Hub using the form on the website



Resources

Other support services:

Childline

Call **0800 111** (free) or text **'shout' to 85258**
Open 7:30am - midnight (Mon - Fri) and 9am - midnight (weekends). Available to anyone up to 18 years old.

Samaritans

Visit www.samaritans.org or call **116 123** (free)
Open 24 hours a day, 7 days a week.

Anna Freud

Visit www.annafreud.org

'You're never too young to talk mental health' - a leaflet designed by Anna Freud to help parents make conversations about mental health a normal part of the day, is available [here](#).

Resources for schools from Anna Freud, including the mental health toolkit, are available [here](#).

Young Minds

Visit www.youngminds.org.uk

Support for young people and parents.

Start Now

Visit www.startnow.org.uk

Support for young people, including the Wellbeing and Resilience Action Plan from the Headstart Kernow team's website, created by and dedicated to young people.

Headstart Kernow

Visit www.headstartkernow.org.uk

Support for schools (Wellbeing Hub, training for Mental Health Leads) and for parents.

Your Way

Visit your-way.org.uk

A partnership between several youth and mental health services in Cornwall. Passionate about all aspects of our work, we provide quality youth services in Cornwall for and with young people aged 10 and over.

Please refer to our web page [HERE](#) for links to additional resources:

Contact Details for MHST

Parent Information leaflet

Children Information Leaflet

Allocated Schools Referral Form

