

Who we can't support

In the absence of a mental health need, we can't support young people who are struggling with:

- ✗ Trauma
- ✗ Autism or ADHD
- ✗ Difficult family dynamics
- ✗ Bereavement
- ✗ Self-esteem / confidence issues
- ✗ Drug or alcohol addiction

If a young person has expressed a suicidal plan or engaged in self harm which could pose a risk to their life, our interventions would not be appropriate & a higher level of support may be needed.

☎ South Staffordshire 24/7 urgent NHS mental health service 0808 196 3002

☎ Call 999 if the risk is immediate

Before a referral is made

Consent for the referral needs to be gained from the young person's parents and the young person (if they are over the age of 16 and it's appropriate).

The young person should have accessed the MPFT CAMHS website or a universal service like a School Nurse, SENCO or school pastoral support prior to accessing our service.



What is the Whole School Approach?

Education settings are in a unique position to help prevent mental health problems by promoting well-being, positive mental health and resilience as part of an that is tailored to the needs of their pupils.

This is an approach that goes beyond the teaching in the classroom, including wider aspects of school life and as well as the needs of pupils and students, considered staff wellbeing and involves parents and carers etc.



MHST work closely with their identified schools on the 8 areas of whole school approach in order to create a mentally healthy approach to emotional health and wellbeing. The 8 areas in which MHST support schools to achieve this are ;

- ◆ Leadership and management
- ◆ Curriculum teaching and learning
- ◆ Enabling student voice
- ◆ Staff development
- ◆ Targeted support
- ◆ Ethos and environment
- ◆ Working with parents and carers
- ◆ Identifying need and monitoring impact



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

MENTAL HEALTH SUPPORT TEAMS IN SCHOOLS (MHST)

Working closely with schools to support children and young people and improving the whole school approach to mental health



This leaflet was put together by the Mental Health Support Team.

If you have any questions please contact us:
Monday to Friday
9:00 to 17:00

Email:

MHSTinschools@mpft.nhs.uk



Why were Mental Health Support Teams in schools created?

In 2017, the Government published its Green Paper for Transforming children and young people's mental health, which detailed proposals for expanding access to mental health care for children and young people. One of the commitments from this was the establishment of Mental Health Support Teams (MHSTs) in education settings, jointly delivered between NHS England and the Department for Education.

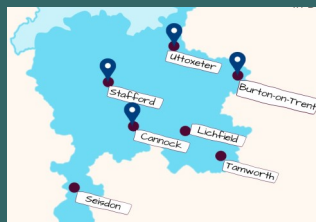
As part of the MHST workforce structure, new roles called Educational Mental Health Practitioners have been created and are being trained in evidence-based interventions. The teams will act as a link with local children and young people's mental health (CYPMH) services and be supervised by NHS staff.

MHSTs have three core functions:

- ◆ to deliver evidence-based interventions for mild-to-moderate mental health issues
- ◆ support the senior mental health lead (where established) in each school or college to introduce or develop whole school or college approach
- ◆ give timely advice to school and college staff, and liaise with external specialist service to help children and young people to get the right support and stay in education.

Where do MHSTs work?

Midlands Partnership Foundation Trust currently have 3 MHSTs operating in Burton On Trent/Uttoxeter, Cannock and Stafford. The 3 teams work with identified schools across the area. For a full list of schools that MHST currently support, please request via our email address



What do Mental Health Support Teams in schools do for children and young people?

- ◆ We give children and young people the skills they need to manage mild to moderate mental health concerns
- ◆ We are not a counselling service. We offer 6 to 8 sessions of guided self help, informed by Cognitive Behavioral Therapy (CBT) principles
- ◆ We offer support in one to one settings, in groups, online and we can work via parents if this is more appropriate for the young person
- ◆ We may signpost to an alternative service if they can offer more appropriate support.

For more information please visit
camhs.mpft.nhs.uk/south-Staffordshire

Who we can support



We support young people aged 5 to 18 when there is a clear mental health need present, for example:

- ✓ Worry & stress
- ✓ Low-mood
- ✓ Separation anxiety
- ✓ Panic
- ✓ Phobias
- ✓ Sleep problems

Our interventions work best when a young person wants to access support and is willing to put the work in outside of our sessions