



Wave 6 Merton Trailblazer Mental Health Support Team: an introduction



Dr Kelly Lewis-Cole
Clinical Psychologist
Clinical Supervisor/Service Coordinator

Mental Health Support Teams in Schools



Government initiative to address the increasing need for support for mental health and emotional wellbeing in CYP who present with **mild to moderate mental health difficulties**



Teams work within schools with a focus on **early intervention and prevention**



Work in partnership with the school community and other wellbeing services to develop a **whole school approach** to mental health and wellbeing



It is an **additional resource** to services already offering MH support with an aim to improve access for everyone



Work with children and young people who do not currently meet the threshold for therapy via CAMHS or other tier 2 / 3 services.



Aims of MHST's

- Improve links between NHS mental health services and schools
- Help CYP get the help when they need it
- Increase access to MH support – school-based



Our Team...

Abba Bruce

Trainee Education Wellbeing
Practitioner (EWP)



Abi Ford

Trainee Education Wellbeing
Practitioner (EWP)



Kelly Lewis-Cole

Clinical Supervisor and Service
Development Lead



Lucy Cornwell

Trainee Education Wellbeing
Practitioner (EWP)



Megan Doyle

Trainee Education Wellbeing
Practitioner (EWP)



What we offer for schools?

A whole school approach to Mental Health and wellbeing:

- Consultation and signposting
- Training around MH and increasing knowledge and confidence
- Reflective practice for staff
- Staff wellbeing support
- Thinking about curriculum and PHSE
- Contributing a mental health perspective to policies including Behaviour and Self harm or Safeguarding
- Staff workshops
- Positive and proactive approach to emotional wellbeing



What we offer for children and adolescents?

A range of interventions including: 1-1 guided self-help, groups, whole class workshops

Assemblies and destigmatising mental health

Signposting to appropriate services

Evidenced based interventions for children and young people when problems begin and before they become too entrenched/stuck

Ease of access- interventions are available in school (or virtual when needed)

Prioritising emotional wellbeing and making it easier to get support earlier.



What we offer for parents/carers?

- Workshops on mental health and supporting children
- Parent Led guided self-help (primary school)
- Coffee mornings
- Signposting to appropriate services
- Supporting parents in building resiliency and overcoming adversity for their children
- Destigmatising mental health
- Making services more accessible and helping families to be able to get help earlier



What is an EWP?

- A trained low-intensity wellbeing practitioner who is based in schools
- Provides individual/group work with young people who experience **anxiety or low mood**
- Educational workshops for children & parents about emotional wellbeing



Abba



Abi



Lucy



Megan



What We Offer

2 Parent-led Guided Self-help support programmes

Anxiety



Challenging Behaviour





The Importance of Partnering with Parents

The research/evidence indicates that for primary school aged children, working with parents leads to better outcomes with regard to impact and longer term change.

Young children function well when the adults around them are confident about how best to manage and help them

The aim is to deliver skills to parents that they can use throughout their child's development e.g. anxiety management skills learned when their child is 5 are still useful during secondary transfer and the teenage years.

Parents have the most control on creating the right environment.

Children are sensitive to how parents feel and take their cues from parents.





Child Anxiety Age 4-11

What to look out for...

- CYP may be irritable, tearful and clingy
- Difficulty sleeping, including frequent waking and/or nightmares
- Report feeling breathless, sweaty, or experiencing butterflies or pains in chest/stomach
- Frequent complaints of headaches, stomach-aches or nausea.
- Increased restlessness or fidgeting, especially in relation to specific events, such as parental separation, going to the toilet, playtime, etc.
- Frequent excuses that suggest s/he may be avoiding something
- Frequent requests for reassurance



Behavioural Difficulties Age 3-11

- Behavioral responses that are adversely affecting the children's performance at home, school, friendships or activities.
- Includes disruptive behavior, not listening to or following instructions, difficulties at bedtime, tantrums and being rude to parents.



Main exclusion criteria



CYP currently on the waiting list for CAMHS or those presenting with severe mental health difficulties, which would be more appropriate for tier 3 CAMHS

CYP who are currently receiving another type of therapy (Place2be, dramatherapy, counselling, etc).

CYP who present with school avoidance and are not attending school at all.

CYP who are actively self harming/experiencing suicidal ideation

CYP who are on a CIN/CP plan





What is guided self-help?

Short-term intervention (6-8 sessions)

Helping parents to better understand their child's difficulties and equipping them with a toolbox of coping strategies

Working actively and collaboratively with the education wellbeing practitioner (EWP) to tackle problems relating to anxiety or challenging behaviour.

Completing tasks in between session to practice the skills they have learnt



Overview of sessions

- Assessment and Goal Setting
- Psychoeducation
- Strategies:
 - Positive Attention, Encouragement and Praise
 - Regulating Emotions
 - Setting Limits
 - Emotional validation
 - How to explore anxious thoughts
 - Building up brave behaviour
 - Facing fears step-by-step
- Keeping things going



Making a referral

Discuss with parent first – Consent!!!

Complete referral form

- Define the problem – how does parent see the problem?
Describe the anxiety/challenging behaviour that parents are struggling to manage?
- How long have the difficulties been present?
- Impact on life – school and home life
- What does parent hope for from the service?
- What services are involved or have been involved and what was the impact?

Email referral to Mental Health Lead

If unsure speak to mental health lead or book a consultation by emailing Wave6Merton
MHST@swlstg.nhs.uk



THANK YOU FOR TAKING THE TIME TO
FIND OUT MORE ABOUT OUR TEAM.

