INTRODUCTION TO THE MENTAL HEALTH SUPPORT TEAM

AND THE EDUCATION MENTAL HEALTH PRACTITIONER AT YOUR SCHOOL

Herts & West Essex
Mental Health Support Teams

Hertfordshire Partnership
University NHS Foundation Trust

HELLO!

MY NAME IS JASMINE

I am the Education Mental Health Practitioner at St Peter's. If you see me at/around the school, please do say hi!



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WHAT IS THE MHST?

The Mental Health Support Team (MHST) is a team of practitioners who are trained in delivering interventions within partner educational settings, to provide early help and preventative support for the mental health and wellbeing needs of children and young people aged 5-18.

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HOW THE MHST WORKS



How we work

Education Mental Health Practitioners (like me!) deliver a range of interventions within schools.

Education Mental Health Practitioners are trained to deliver evidence-based interventions that support children and young people's mental health and wellbeing needs.

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INTERVENTIONS

MHSTs deliver a range of interventions aimed at supporting children and young people.



1to1 interventions

1to1 interventions, for children attending primary school are delivered as parent-led guided self-help interventions. These may look to support families with helping their child with fears and worries, with promoting positive behaviours or other associated difficulties.

Group interventions

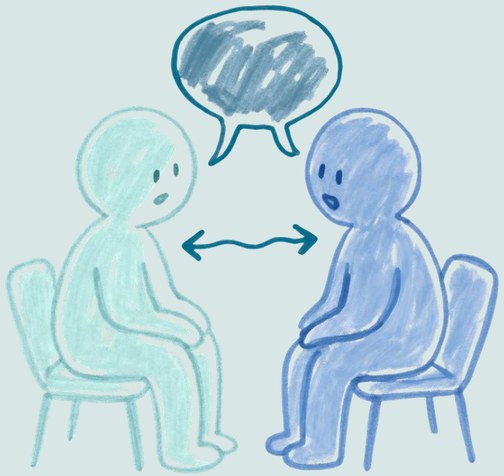
Group interventions work in a similar way to our 1to1 interventions, except in these cases, we are working directly with a group of children or young people.

Whole school approach

Whole school approach interventions aim to offer support to a larger group within the educational context. Whole school approach focuses on raising awareness and understanding around mental health and wellbeing topics (for children, parents, teachers).

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STEPS TO ACCESSING SUPPORT

1. Noticing that there may be a problem

Everyone experiences variation in their mental health and wellbeing sometimes. We might become concerned if we notice that a child is starting to struggle with daily tasks, enjoyed activities or attending school.

2. Speaking with the Mental Health Lead at your school

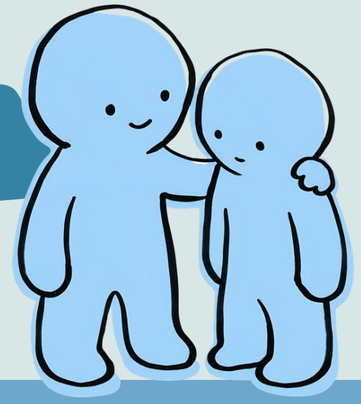
Do you know who the mental health lead is at your school? If you have a concern, you can reach out to your school and discuss what you are observing in your child.

3. Seeking a referral (or advice)

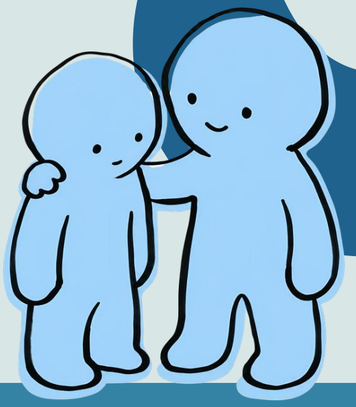
You will need to give consent to be referred into the MHST. However, you don't need to a referral to get some advice! Your school's mental health lead can have a confidential conversation with your Education Mental Health Practitioner (me!) about your child's experiences and can seek and share advice and signposting.

4. Following a referral...

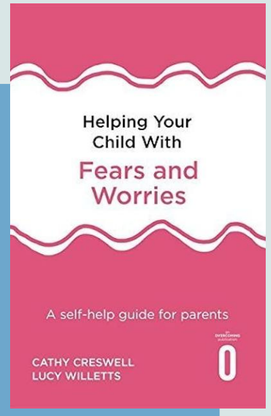
You can expect a call from a practitioner to briefly explore your child's experiences. Following this, your practitioner may offer an initial assessment (a meeting to discuss your child's experiences in detail).
If appropriate, an intervention may then be offered.



ITOI INTERVENTIONS



HELPING YOUR CHILD WITH FEARS AND WORRIES



This intervention, based on the book by Cathy Creswell, aims to support you through a parent-led guided self-help intervention around helping your child understand anxiety and learn strategies to face their fears.

PROMOTING POSITIVE BEHAVIOURS

This intervention aims to support you through a parent-led guided self-help intervention around helping you understand your child's behaviour and learn strategies to support emotion regulation and positive behaviour management.

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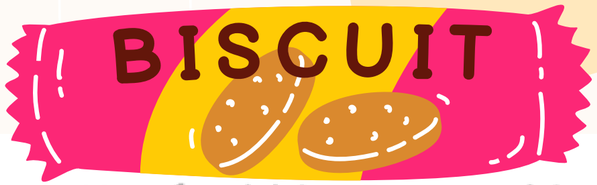
SMALL & FINAL NOTE...

This week is World Mental Health Day (Saturday 10th).
With the seasons also changing, it is a good time
to be thinking about the different ways we
can look after our wellbeing :)









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Thank you!