



# Mental Health Support Team

Buckinghamshire

*“Delivering a collaborative, system-wide approach to support the mental wellbeing of children in school.”*

*(DfE)*

# BACKGROUND



Mental Health  
Support Team  
Buckinghamshire

10% of children and young people (3 pupils in a classroom) have a diagnosable mental health difficulty

50% of mental health difficulties are established by age 14 and 75% by aged 24

Current access to specialist mental health services (CAMHS) is limited

- Long waiting lists
- Specific criteria

In light of these statistics, the MHST is about prevention.

Our aim and vision is to work with the whole school to encourage resilience and educate staff and students to prevent poor mental health in children and young people

# WHO WE ARE



Mental Health  
Support Team  
Buckinghamshire

- ▶ We work with the whole school to support, educate and prevent poor mental health.
- ▶ We are also able to offer early intervention, short-term support, if indicated to young people and their families.
- ▶ All of our practice is based on evidence from research.
- ▶ Aylesbury, High Wycombe and Chesham and Amersham teams

# WHO ARE WE?



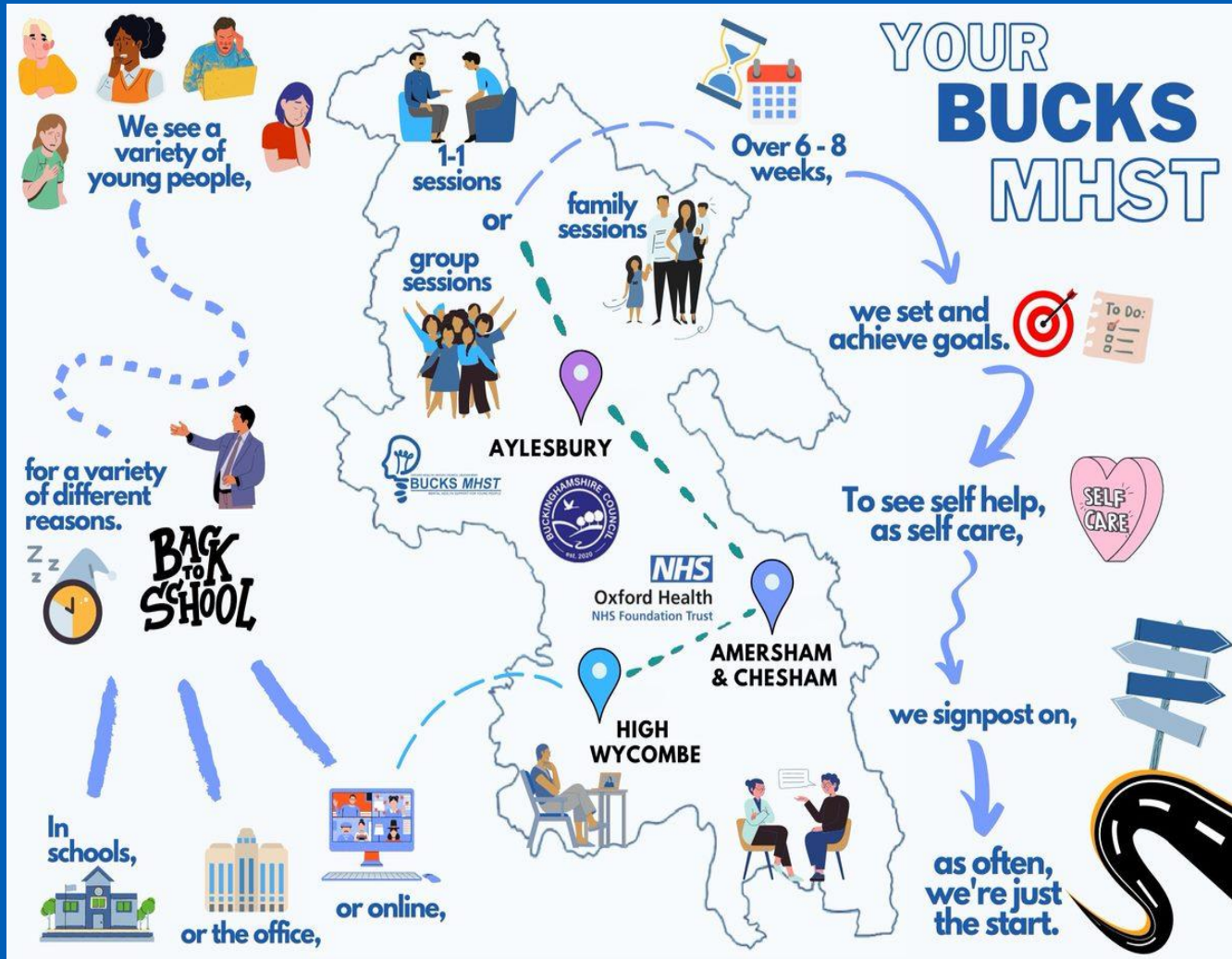
Mental Health Support Team  
Buckinghamshire

Bucks MHST

Youth Workers

EMHP  
Education Mental Health Practitioners

Family Workers



# EDUCATION MENTAL HEALTH PRACTITIONER

- Mental health training for staff, students and parents
- Guided parent support
  - Anxiety and Behaviour support

Group work (parents or young people)  
Team of Life – HYC
- Workshops (young people and parents)

# Family Worker

# Youth Worker



Mental Health  
Support Team  
Buckinghamshire

The role of a **Youth Worker** is to adopt a creative approach when working with a young person. They support a young person's personal, social, cultural, and educational development.

The role of a **Family Worker** is to work with the family to enable them to overcome the issues they face. Family Workers provide direct work with members of the family, often in the family home and offer a range of evidence-based parenting courses.



# HOW DOES IT WORK?



Mental Health  
Support Team  
Buckinghamshire

- ▶ Please discuss any potential concerns about your child's wellbeing with Mrs Byron, Ms Dempsey or your class teacher.
- ▶ Referrals are discussed weekly, and we will contact you to let you and the school know the outcome. If accepted for support within the MHST, you will be informed of the name of the allocated worker.
- ▶ You will receive an assessment letter at the start of treatment, and a discharge letter when treatment is completed.

# WHO WE AREN'T



Mental Health  
Support Team  
Buckinghamshire

- ▶ We are not a 'mini CAMHS'
- ▶ We can not speed up waiting times into CAMHS
- ▶ We do not work with young people who are actively suicidal
- ▶ We do not provide neuro diagnoses (ADHD, ASD)
- ▶ <https://www.oxfordhealth.nhs.uk/camhs/bucks/>



# WHAT IS MENTAL HEALTH?



Mental Health  
Support Team  
Buckinghamshire

We all have mental health just as we all have physical health. It includes our emotional, psychological, & social wellbeing. It impacts how we think, feel & act.

We can think of mental wellbeing on a sliding scale: one side is good wellbeing, and the other side is poor wellbeing

Good wellbeing

Poor wellbeing



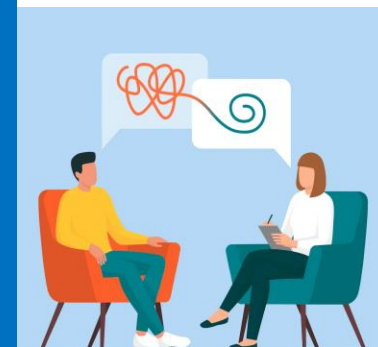
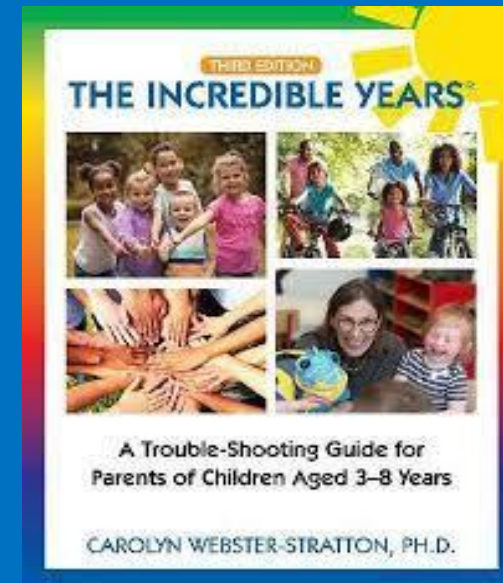
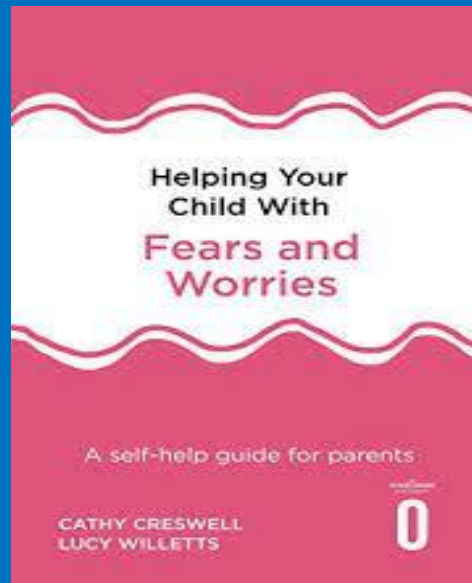
What kinds of things do you think might make our wellbeing move up or down?

# WHAT WE OFFER



Mental Health  
Support Team  
Buckinghamshire

- ❑ 1:1 parent work for Primary aged children
- ❑ Group interventions
- ❑ Presentations
- ❑ Workshops
- ❑ School assemblies
- ❑ School drop in days
- ❑ Staff training and support

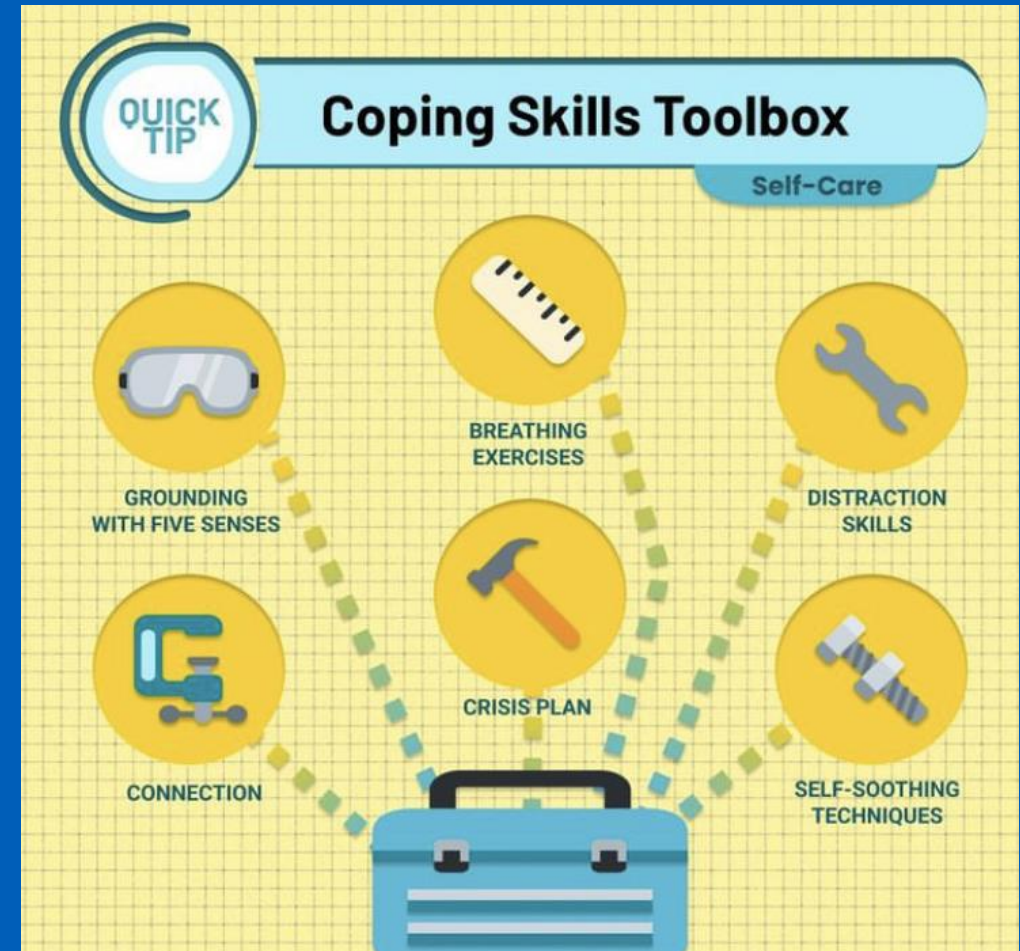


# AREAS WE CAN HELP WITH



Mental Health  
Support Team  
Buckinghamshire

- Anxiety
- Behavioural Difficulties
- Self-esteem
- Confidence
- Resilience
- Social skills



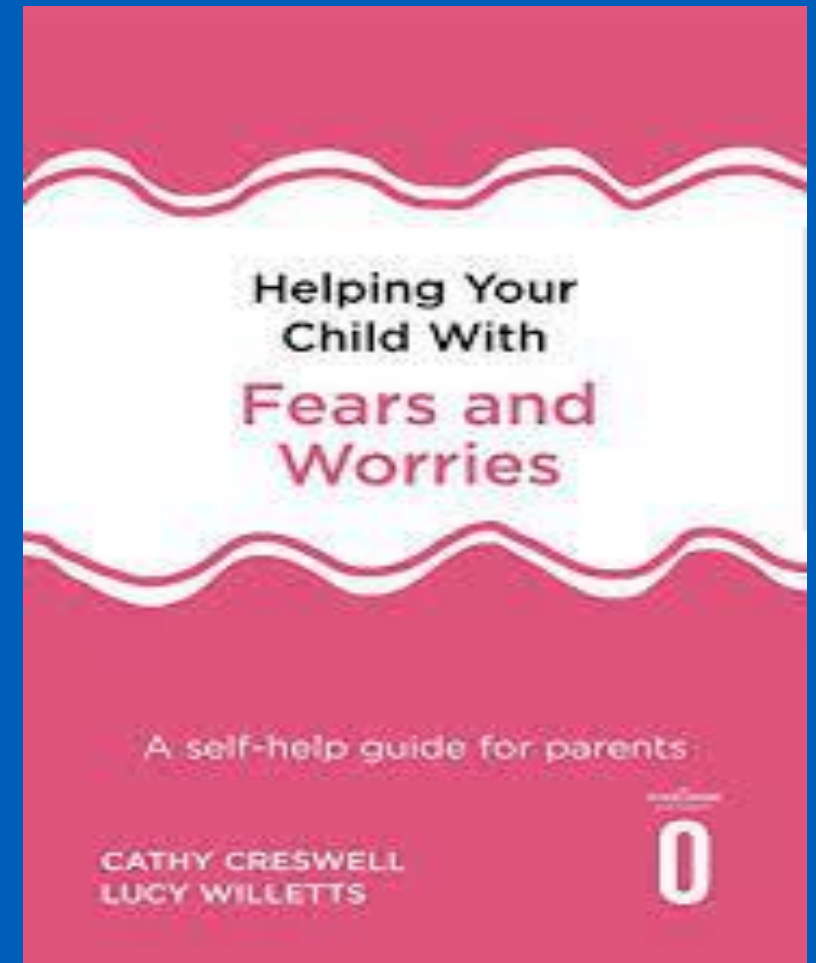
# AREAS WE CAN HELP WITH



Mental Health  
Support Team  
Buckinghamshire

## Anxiety

- Step-by-step approaches to achieving goals
- Promoting independence
- Problem solving
- Positive role modelling
- Reducing reassurance



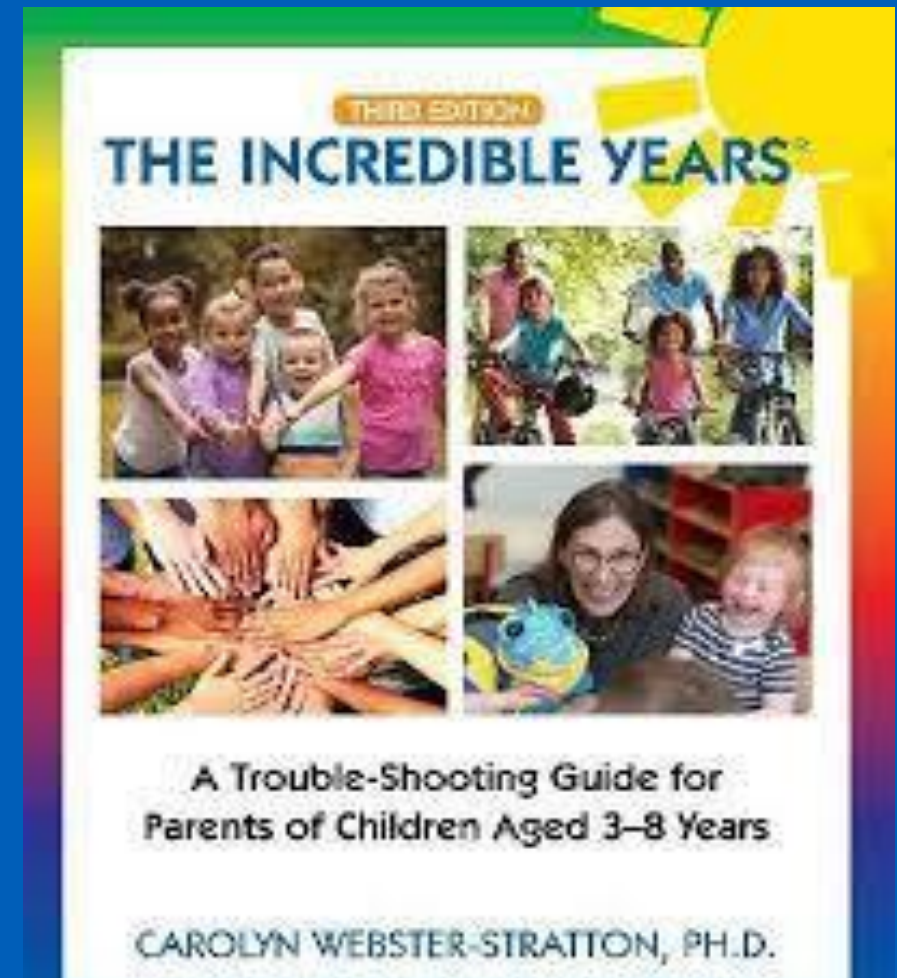
# AREAS WE CAN HELP WITH



Mental Health  
Support Team  
Buckinghamshire

## Behavioural Difficulties

- The role of attention and special time
- Modelling behaviours
- Praise and rewards
- Clear commands and limit setting
- Ignore technique
- Timeout and consequences







Mental Health  
Support Team  
Buckinghamshire



What is going to help us get out the mud?





Inose  
mouth

Mindfulness Exercise

### Lazy 8 Breathing

Start in the middle. Start tracing the left part of the figure eight as you breathe in. When you pass the middle, breathe out as you trace the right side.

We need the mind to think  
the hand to work  
the heart to start

### 5 Finger Breathing

### THE 5-4-3-2-1 GROUNDING TECHNIQUE

Feeling overwhelmed or pacing? This countdown method can help you calm your mind.

-  Find **5** things you can **SEE** around you
-  Find **4** things you can **TOUCH** around you
-  Find **3** things you can **HEAR** around you
-  Find **2** things you can **SMELL** around you
-  Find **1** thing you can **TASTE**. (Swallow)





## What Can I Say Instead?

If you change your words, you can change your mindset! Mindset is important in helping you build your confidence and reach your goals. Use this worksheet to practice changing the words you say to yourself when you're feeling discouraged. Which of these do you say?

This is too hard for me!

I'll never be good enough!

I made a mistake. I should quit!

Everyone else can do it except for me!

There's no point. I give up!

I've never been good at anything in my life!

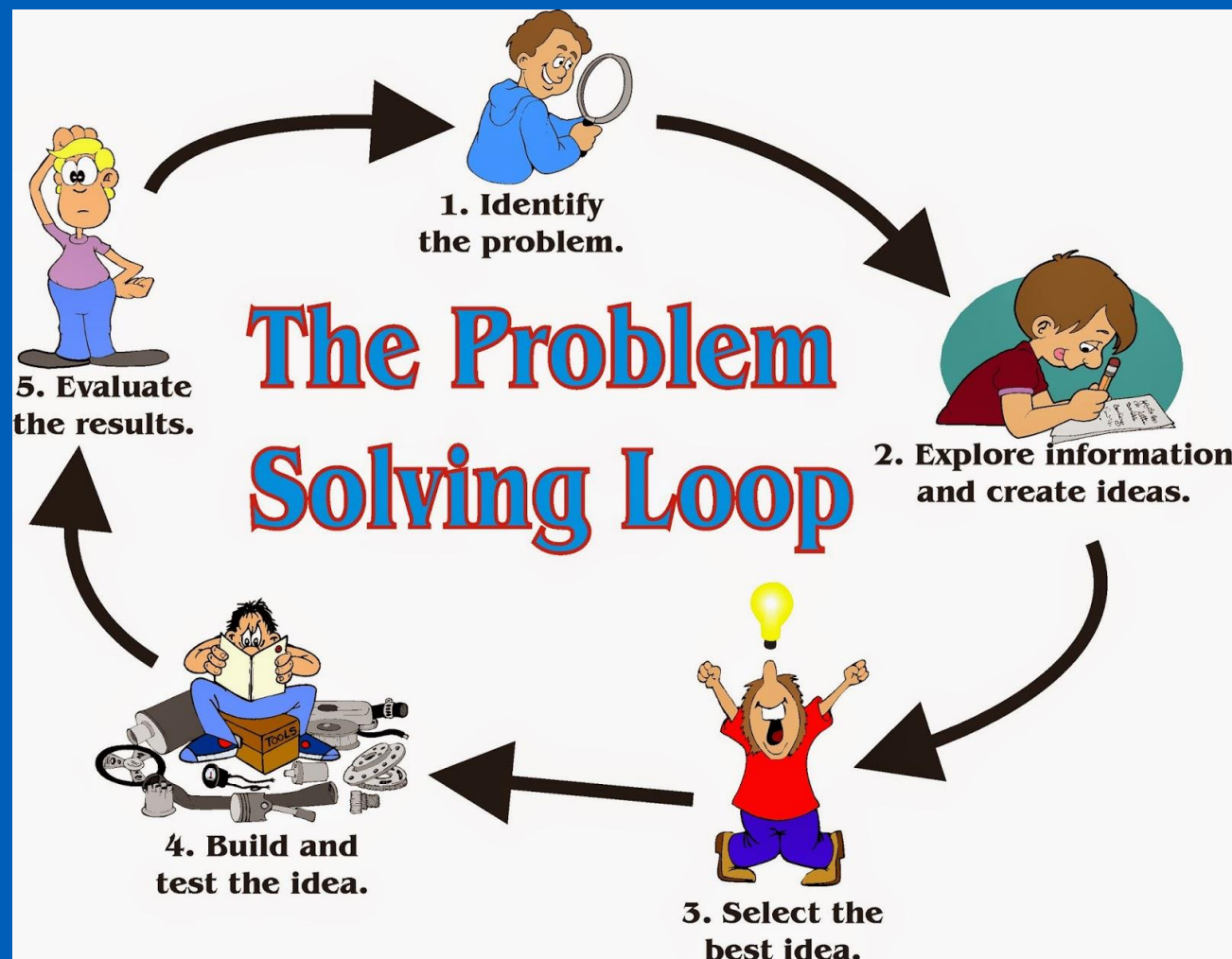


© 2020 Mylemarks LLC. All Rights Reserved.  
For more resources, visit [www.mylemarks.com](http://www.mylemarks.com)





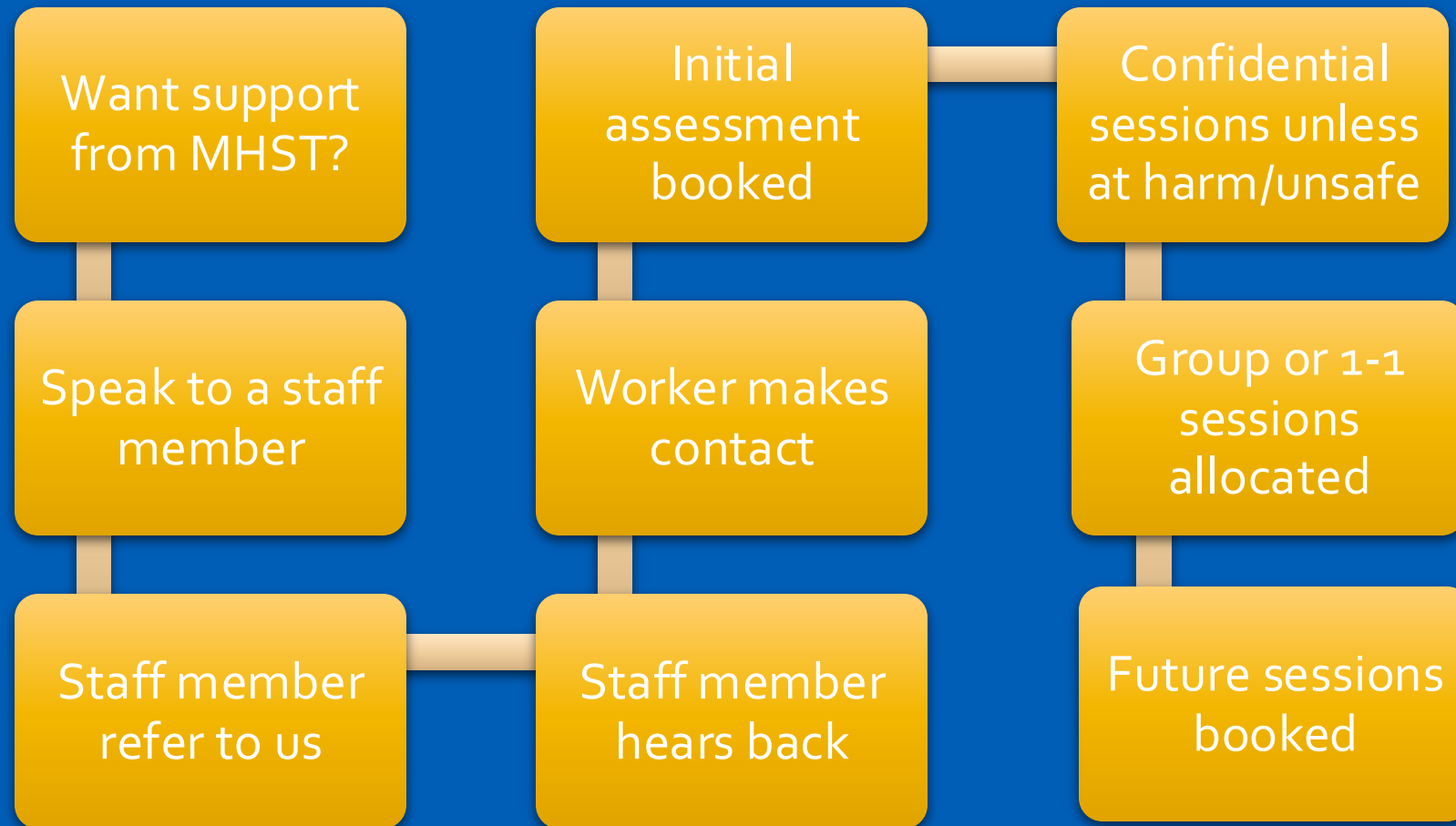
I CAN DO IT! 	I AM A GOOD LISTENER 
I AM FUNNY 	I WORK HARD 
I TRY MY HARDEST 	I HAVE GOOD IDEAS 
I AM A GOOD FRIEND 	I AM POSITIVE 



# HOW CAN YOU GET SUPPORT FROM US?



Mental Health  
Support Team  
Buckinghamshire





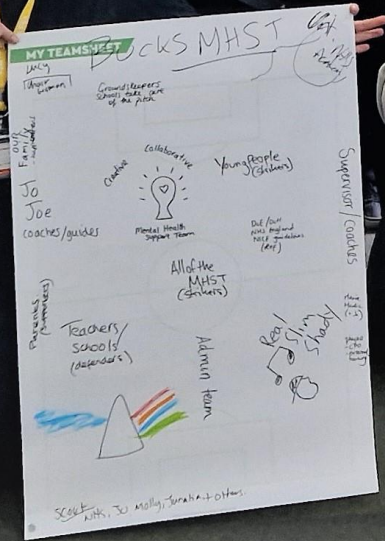
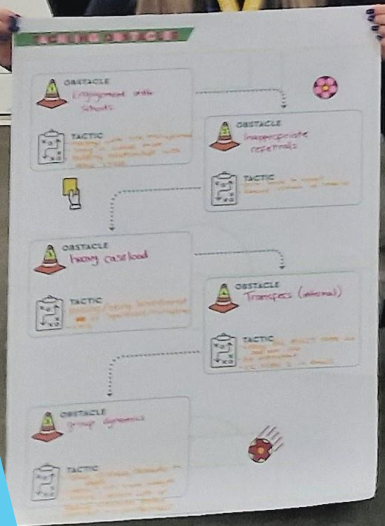
Mental Health  
Support Team  
Buckinghamshire

**ANY QUESTIONS?**





Mental Health  
Support Team  
Buckinghamshire







# Mental Health Support Team

Buckinghamshire

Name

Role