

Secondary Schools will receive support from EMHP 1 day a week. EMHP days may differ from those of the CWIS.

The Education Mental Health Practitioner for your school is:

**Temí Olayinka**



**Contact Details:**

Mobile: 07584554071

Email: [temi.olayinka@nhs.net](mailto:temi.olayinka@nhs.net)

The MHST Link Clinician (Senior Clinician) for your school is:

**Deborah Kemp**

**Contact Details:**

Email: [Deborah.kemp2@nhs.net](mailto:Deborah.kemp2@nhs.net)

The CAMHS Worker in School (CWIS) for your school is:



### Mental Health Support Team

Children & Young People's Centre

15 Homerton Row, London, E9 6ED

Tel: 0203 222 5600

If you have urgent concerns about the mental health of a young person please follow the usual route of contacting the City & Hackney Specialist Child and Adolescent Mental health Services duty clinician on **0203 222 5600** or Crisis Team (out of hours) **020 8432 8020**

## Wellbeing and Mental Health in Schools (WAMHS)



## Introducing the Mental Health Support Team

East London   
NHS Foundation Trust

## What is WAMHS?

The NHS Wellbeing and Mental Health in Schools Project (WAMHS) focuses on ensuring schools and CAMHS work in partnership. Your school's CAMHS worker in School (CWIS) helps you to embed learning as part of sustainable organisational change, with the aim of improving mental health and resilience for the school community.

## Who is in the Mental Health Support Team (MHST)?

The Mental Health Support Team (MHST) is one strand of the WAMHS Project. It is made up of:

- **Education Mental Health Practitioners (EMPHs)** who are trainee therapists providing evidence-based early interventions for children and young people.
- **Senior Clinicians**, who are experienced and qualified clinicians that supervise the team
- **CAMHS Practitioners**, who are qualified nurses and social workers training in CBT or systemic family practice

## Why we are here

Over the past year your school has been working closely with WAMHS to develop and build on mental health and wellbeing support for pupils. The next phase of this project is the introduction of the Mental Health Support Team.

The school's Designated Mental Health Lead and school team will work collaboratively with the CWIS, MHST and associated professionals to achieve the best outcomes for pupils.

## Who do the MHST work with?

We are an early identification and intervention service. The focus of our service is to provide short-term interventions for young people experiencing mild-moderate mental health difficulties.

Staff will work with senior clinicians to identify parents and or young people who may benefit from interventions with the MHST. Suitability will depend on the senior clinician's assessment of complexity and risk. Other services and options will be identified if the child or parent needs a higher level of intervention.

## Types of intervention

**Guided self-help for anxiety** A brief, 1:1 intervention with the young person or parent/carer, based on the principles of Cognitive Behavioural Therapy (CBT). This intervention supports the young person to reduce the impact of unhelpful cognitions and/or behaviours which tend to maintain the difficulty.

**Guided self- help for young people with low mood –Behavioural Activation** This brief 1:1 intervention encourages the young person to schedule positive and enjoyable experiences which are likely to improve how they feel and think about their life.

## **Group based therapy**

Psychoeducation workshops for groups of students or parents based on a range of topics including:

**Transitions:** Empowering pupils with strategies to cope with exam stress as they transition from year 10 to year 11

**Mental health:** Educating pupils or parents about mental health and ways to cope with mental health problems

**Behaviour:** Educating parents about evidence-based parenting approaches for managing challenging behaviour.

**CBT or family work for moderate mental health difficulties can also be offered.**

## **Supporting the CWIS as part of the WAMHS Project, to develop a whole school approach to mental health and wellbeing:**

The offer to your school, which will be delivered by the CWIS and supported by the MHST, will be tailored to meet the needs of your school and could include the following (list not exhaustive):

- Attending regular multi agency planning meetings to provide mental health consultation
- Delivering particular initiatives such as a targeted group or interventions with parents
- Offering staff training and consultation
- Liaising with organisations around a particular pupil to support signposting to appropriate services
- Offering support and advice for schools on recommended mental health resources and interventions