Mayden

Young Somerset

MHST
MENTAL HEALTH SUPPORT TEAM
In partnership with Young Somerset & Somerset NHS Foundation Trust

Case Study: Early intervention in schools in Somerset for children and young people aged 5-16

Helen Barnes, CYPMH Champion, Mayden

Sarah Cox, Service Manager Mental Health & Wellbeing, Young Somerset

Kate Gallagher, Clinical Lead, Somerset NHS Foundation Trust

MHOFE @MHSTSomerset @young_somerset @iaptustweets

Providers that we support

Mayden's mission is to create digital technology that changes what's possible for clinicians and patients

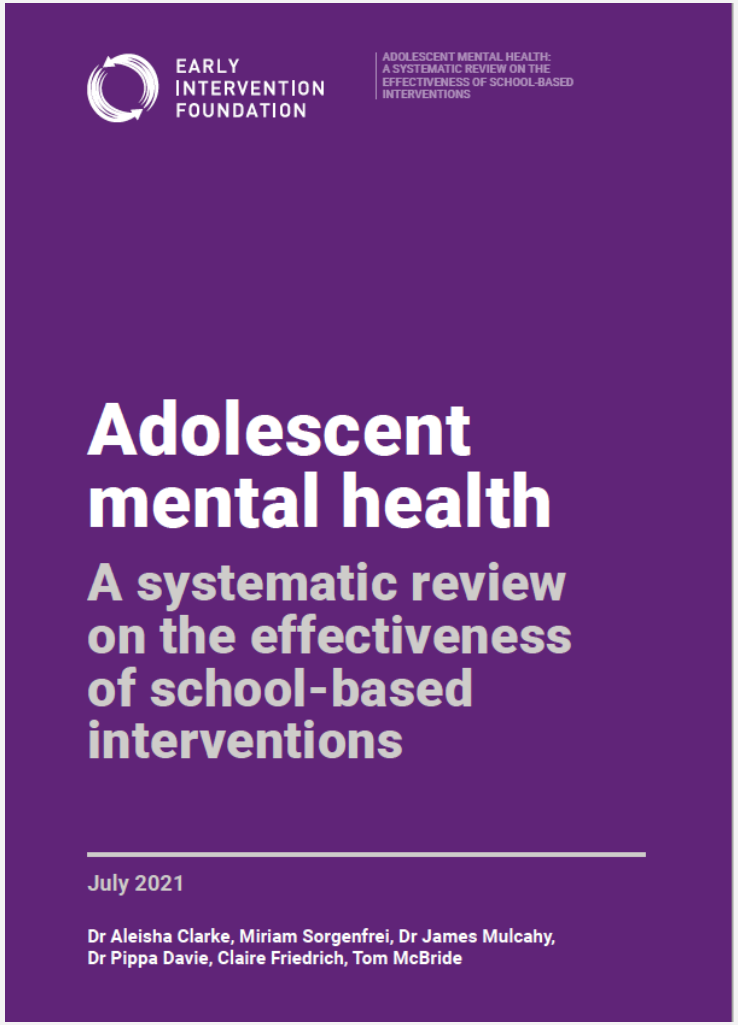
We work with providers of all sizes and backgrounds

National investment in early support in schools

Early intervention and support in schools and community settings is key

The NHS Long Term Plan committed to **Mental Health Support Teams** (MHSTs) being rolled out to cover at least 25% of the country by 2023 - there are now more than 300 MHSTs working in over 3,000 schools

Findings of the Early Intervention Foundation review of the effectiveness of school-based interventions "***CBT interventions delivered by external professionals provide the strongest evidence of impact***"



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SOMERSET MHST

KATE GALLAGHER
Clinical Lead
CAMHS

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Service Manager
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MHST SOMERSET

Somerset was nominated to become a 'trailblazer' site in 2019 to implement the proposals set out in the Government Green Paper ***'Transforming children and young people's mental health provision'*** to increase support for CYP with mild to moderate mental health issues.

MHST CORE FUNCTIONS

1

To deliver evidence-based interventions for mild-to-moderate mental health issues

2

Support the senior mental health lead in each MHST school to introduce or develop their whole school approach

3

Give timely advice to school staff and liaise with external specialist services to help children and young people to get the right support and stay in education.

THE SOMERSET WAY

Young Somerset works in partnership with **CAMHS- Somerset NHS Foundation Trust,** supported by **Public Health** and Somerset's **Educational Psychology Team** to deliver the MHST service in Somerset.

PARTNERSHIP & SUPPORT

Employ the Education Mental Health Practitioners, Assistant Practitioners and management work force

Employ the Senior MH Practitioners (supervision), Whole School Approach Practitioners and Clinical Leads.

Educational Psychology service and Public Health provide training and wider support with school initiatives.

HOW MHST FITS INTO YOUNG SOMERSET

Targeted Youth Work

Jigsaw

Mosaic

Off the Ward

Alternative Education Provision

Skills Development

Enterprise (Bold & Brave)

Mental Health & Wellbeing

Community Wellbeing Service

Mental Health Support Team

Somerset Big Tent

HOW MHST FITS INTO SOMERSET FOUNDATION TRUST/CAMHS

NHS
Somerset
NHS Foundation Trust

Early Interventions offer within CAMHS

- SPA (Single Point of Access)
- MHST
- Tier 2+

Specialist CAMHS services

- Tier 3 CAMHS
- Forensic CAMHS
- National Deaf CAMHS
- Intensive Treatment Team
- Enhanced Outreach Team
- Eating Disorders Service
- Inpatient services

MHST CRITERIA

Suitable

- Mild to moderate;
- Anxiety
- Low mood
- Panic
- Agoraphobia
- Social anxiety
- Health anxiety
- Specific phobia (not blood, sick or needles)
- Separation anxiety
- GAD- generalised anxiety disorder
- OCD- obsessive compulsive disorder
- Behavioural difficulties in Primary age

Sometimes suitable

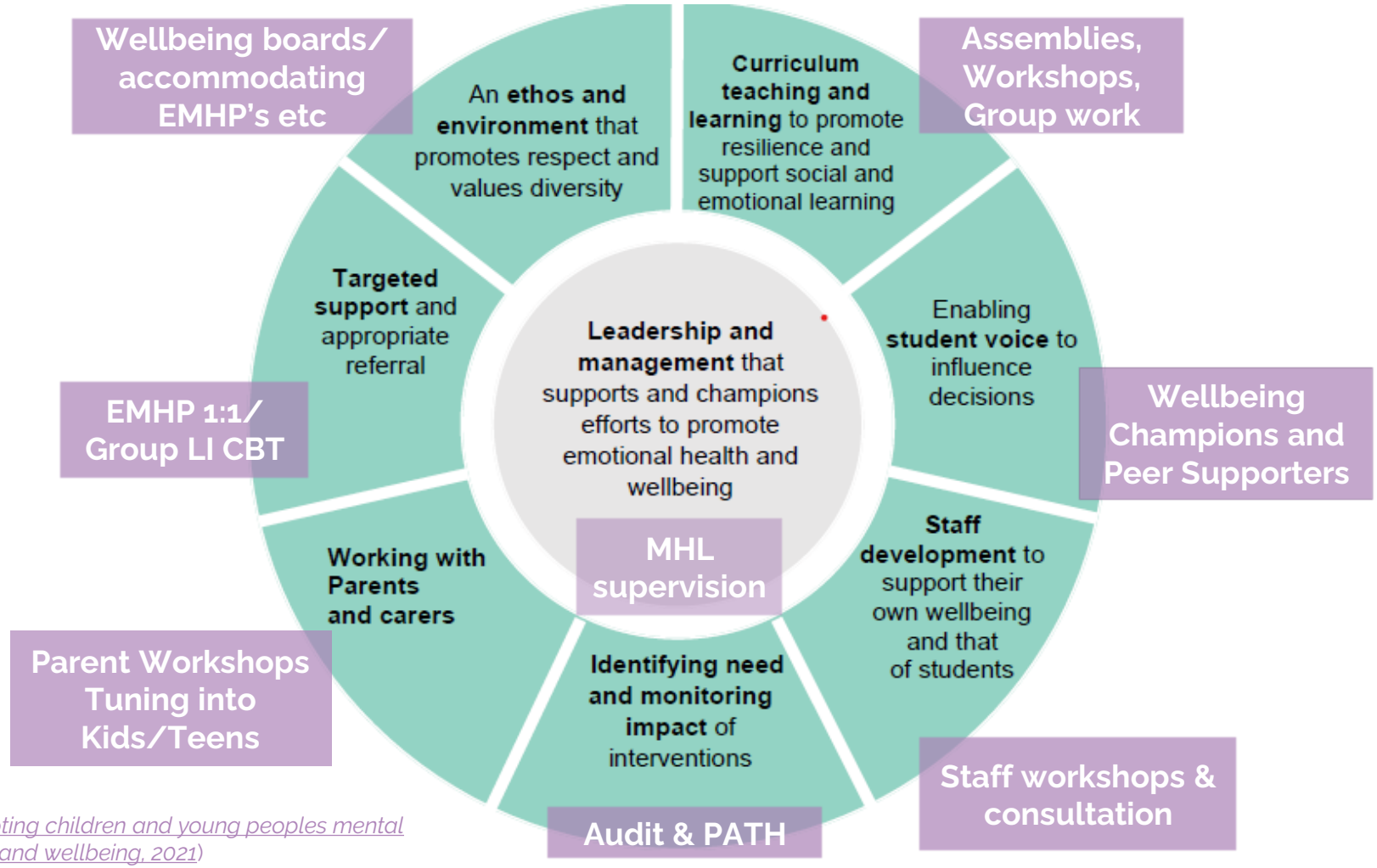
- Comorbidities
- Interpersonal challenges
- Self-injury
- Suicidal thoughts and ideation
- Moderate symptoms that occur every day

Unsuitable

- Significant family instability or conflict
- Self-injury deemed as high risk
- Suicide attempt within 3 months
- Current plans to end life
- No motivation to make changes
- Already in receipt of an alternative treatment (counselling, ELSA)
- Inflicts physical harm on others
- Substance misuse
- Other psychological difficulties/diagnosis

Whole School Approach Offer

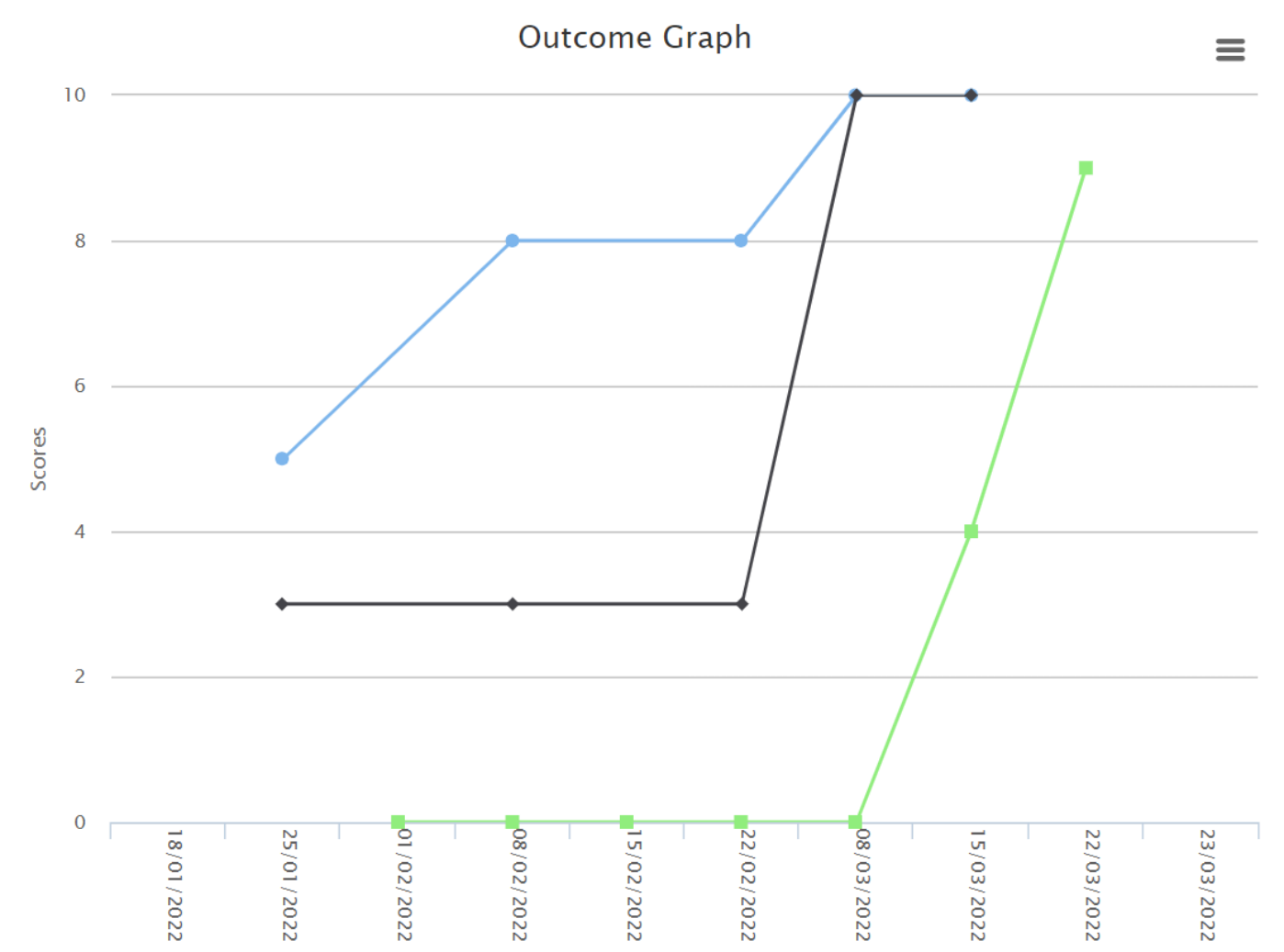
8 principles to Mental Health & Wellbeing in Schools



(*Promoting children and young peoples mental health and wellbeing, 2021*)

IAPTUS CYP:

SUPPORTING PRACTITIONERS IN SESSIONS

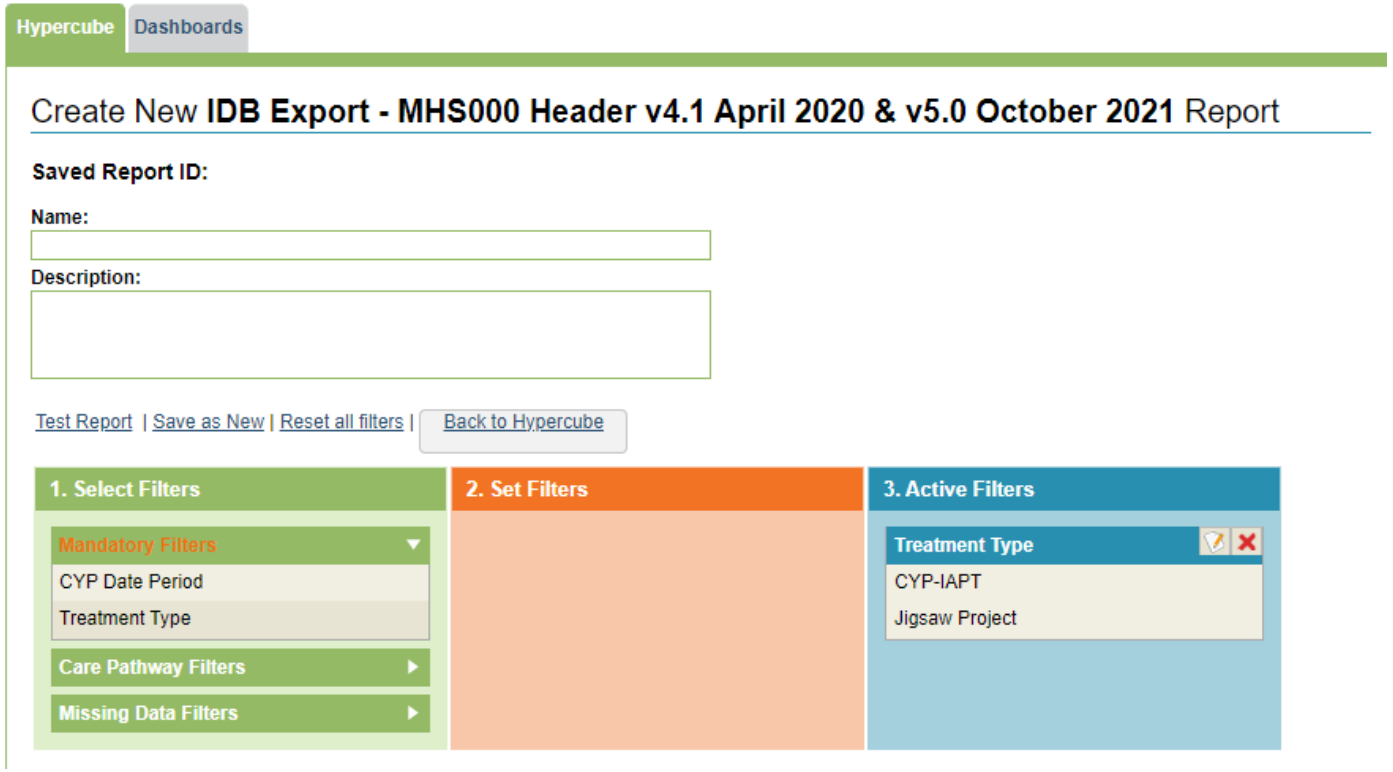


IAPTUS CYP SUPPORTING MHST

Every month, we report our data to, among other sources, the MHSDS (Mental Health Data Set)

Number of predesigned reports in IAPTUS that capture required data

These reports are compatible with the access file needed to upload to MHSDS



DASHBOARDS

A number of dashboard reports, with built in filters, allow you to explore the data- these explore a wide range of metrics including referrals, wait times and contact data

Data from these tables can be downloaded in raw format if you prefer

A range of different filters available including date, service, demographic etc.

WE HAVE HAD SOME 'BUMPS IN THE ROAD'

- **Supervisors and EMHPs university training simultaneously**
- Establishing awareness of the MHST service among schools (identity and remit)
- **Recruitment and retention**
- Waiting lists processes
- Working out roles and responsibilities across services
- Progression opportunities for staff
- Communication across services
- University courses are intense…Impact on staff
- Working across RIO and IAPTUS
- Developing a Whole school approach offer
- Working within existing school support systems
- The impacts of COVID-19

GETTING OVER THE BUMPS AND MOVING FORWARD

- Management restructure & CYP IAPT leadership development
- **EMHP career progression options**
- Training agreements
- **School engagement focus- MHST roadshow , relationships with MHLs, MHST annual conference**
- CPD offer for staff using internal external agencies
- **Practitioner handbook**
- Creating a logo/identity/ resources and merchandise
- **Linking up with other MHSTs to share learning**

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THANK YOU

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NHS Somerset NHS Foundation Trust
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Spend more time with the children and young people in your care

Find out more about how iaptus CYP is supporting CYPMH service providers in community and education setting

www.iaptus.co.uk

- Care pathways tailored to your service
- Online self-referrals and health professional referrals
- Appointment booking and management
- Securely record individual and group sessions
- Integrated video appointments
- Measure outcomes and learn from your data

- Report data to the MHSDS
- Cloud based, work from anywhere

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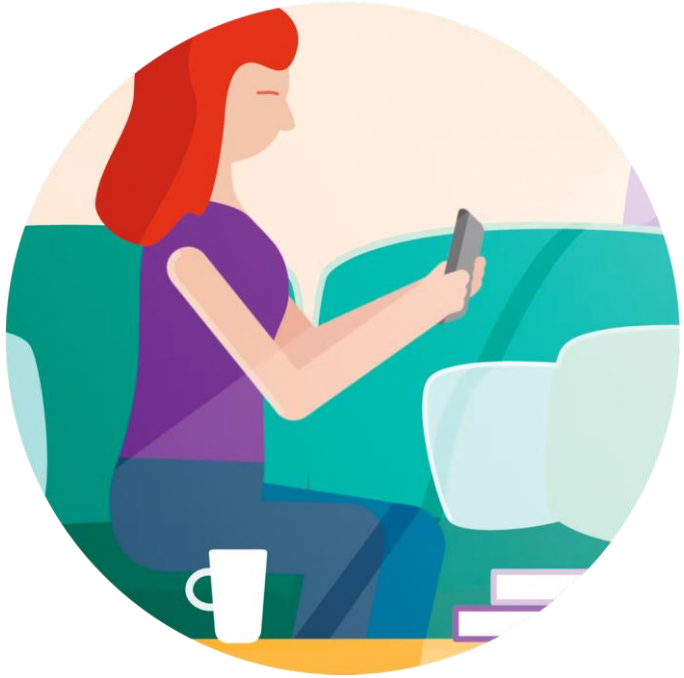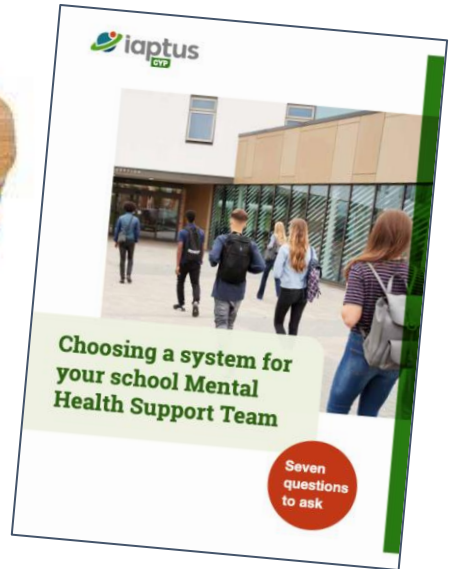
- Join the ‘**lunch & learn’** at our stand today at **1.45pm**
- Book your place at our iaptus CYP webinar on 30th November
- Pick up a copy of the case study with Young Somerset
- And our guide to choosing a system for your school Mental Health Support Team