

December 2019

**Update on Mental Health Support Team in Slough and Early Intervention (Getting Help)  
Teams in East Berkshire**

This newsletter is to provide you with an overview of progress that has been made since September 2019 on the establishment of the MHST in Slough and Early Intervention (Getting Help) across the whole of East Berkshire.

In September 2019, we heard that we were successful in application and bid to be one of the 2019 wave of sites selected to implement the new Mental Health Support Teams (MHSTs), as set out in the Children and Young People's Mental Health Green Paper and the NHS Long Term Plan. The funding was only awarded for one area in East Berkshire – Slough, based on demographic and social information. MHSTs will provide evidence-based early interventions for children and young people with mild to moderate mental health and emotional wellbeing issues. The teams will also support professionals working within education settings, as well as acting as a link to local children and young people's mental health services. With funding from NHS England and Health Education England, East Berkshire has been allocated 1 team, consisting of an administrator and 4 Education Mental Health Practitioners (EMHP's), supervised by a senior-level therapist, a senior practitioner and a team leader in Slough. The aim is that the MHST will be fully operational by September 2020.

In addition to this, was the additional funding made available from East Berkshire CCG for Early Intervention (Getting Help) Teams including a Project Manager across the whole of East Berkshire. An extra 12.6 qualified clinical and non-clinical support staff across East Berkshire to support this work and consists of:

- 1.5 Administrative support
- 3 Recruit to Train CYP Wellbeing Practitioners (one for each locality)
- 4.5 CYP Well-being Practitioners (one for each locality and Bracknell Forest have supplied funding for an extra post)
- 1.8 Supervisor/Practitioner

The Early Intervention Team should be in post by April 2020 with it being fully operational and working alongside the MHST by September 2020.

The Team Leader and a Project Manager will work across both the MHST and EI (Getting Help) Teams to ensure that there is synergy between the two programmes.

## Mental Health Support Teams and the Schools Hosting the EMHP's

### An overview of the work of the Mental Health Support Team:

- provide interventions for CYP with mild to moderate needs in schools and colleges across their patch,
- work with school or college staff as part of a 'whole school' approach.
- work as part of an integrated referral system with CYP mental health services
- Children and young people should be able to access appropriate support all year.

### The work of the Education Mental Health Practitioners:

The EMHPs are trained to deliver brief evidence-based interventions for mild-moderate anxiety (adolescents and children), mild-moderate depression in adolescents, and mild-moderate behavioural difficulties in children. In addition, they are trained to deliver peer-mentoring approaches, group interventions and consultation to school staff, and to support positive mental health promotion and whole school approaches to improving emotional well-being.

The EMHPs are spending one year training at Reading University which started in September 2019 and will be working part time in schools to gain qualification and experience. This stage is referred to as the 'trainee phase'. It is anticipated that the EMPH's will be ready to engage with children and young people in 4 host school settings in January 2020. Once the trainee phase is complete, the team will support the full 13 schools & settings by September 2020.

The 13 participating schools in Slough are:

Beechwood	Ditton Park Academy	Haybrook College
Herschel Grammar	Holy Family Catholic Primary	Littledown
Pippins Primary	Priory	Slough & Eton
St Ethelbert's Catholic Primary	St Mary's C Of E Primary	Virtual School
Wexham Court Primary		

### The Early Intervention (Getting Help) Programme

The Early Intervention (Getting Help) Programme intentions are to support the development of a more comprehensive CAMHs offer – at an early intervention level. This will allow us to offer a more integrated pathway, reducing the fragmentation that exists within the system. It will also help to reduce the pressure on our specialist services (CAMHS) as approx. 40% of referrals into CPE are not accepted (as they require a lower level of support).

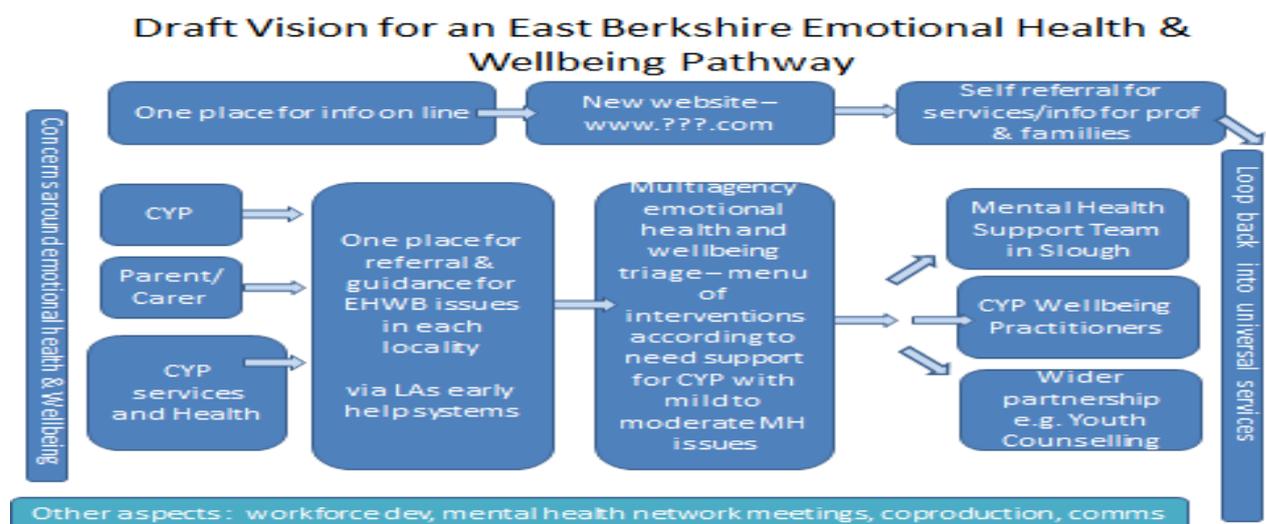
The new early intervention offer will operate under the Thrive model offering advice and signposting, and supporting children, young people and families with Getting Help with emerging mental health difficulties. It will also support families, schools and the local communities with linking into Risk Support and Getting More Help from specialist mental

health services when difficulties are acute, severe and/or enduring. The model will work within a Restorative ethos, where we work “with” and not “to” or “for” our communities, partners and service users.

In summary the programmes outcomes are to:

- Create a new integrated pathway for emotional health and wellbeing both within schools and the local community which is based on joint working, collaboration and coproduction with a single point of entry via LA Early Help systems including a focus on supporting Looked After Children and expanding Youth Health Champions
- Create a new branding for the CAMHS partnership of providers and a new CAMHS partnership website
- Deliver on a wider range of workforce development initiatives

The vision as articulated in the programme outcomes for the East Berkshire Emotional Health and Wellbeing Model and Pathway is shown below and will include the synergy with the Mental Health Support Team in Slough:



As mentioned earlier, the posts are currently being recruited to with the aim of the team being in post by April 2020. Staff will be employed by BHFT but will work within each Local Authorities early help system.

Whilst this work has been focussed on the mental health needs of children and young people, there will be an opportunity to then work with other children and young people professionals to create a multi-faceted physical and mental health needs model.

If you have any queries or would like further information, then please email [CAMHSGettingHelpEast@berkshire.nhs.uk](mailto:CAMHSGettingHelpEast@berkshire.nhs.uk).