



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

Briefing for all Slough Schools and Early Years Providers (not including the MHST schools) re Getting Help Service

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

In September 2019, we were successful in our application 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, social information and prevalence data.

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 in CAMHS.

With funding from NHS England and Health Education England, East Berkshire has been allocated one team, consisting of: an administrator and four Education Mental Health Practitioners (EMHPs), 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 the MHST additional funding was made available from East Berkshire CCG for Early Intervention (Getting Help) Teams including a Project Manager across the whole of East Berkshire. This is in addition to an extra 12.6 qualified clinical and non-clinical support staff across East Berkshire to support this work, which consists of:

- 1.5 administrative support
- 3 Recruit to Train Children and Young People (CYP) Wellbeing Practitioners (one for each locality)
- 5.5 CYP Wellbeing Practitioners (1.5 wte for each locality, with an extra post funded by Bracknell Forest)
- 1.8 Supervisor/Practitioner

The Early Intervention Team – Getting Help Service and MHST will be up and running 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.

Meet the New Getting Help Team so far



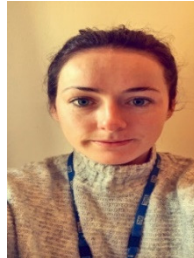
Pauline Peters

Clinical Team Leader



Ally Bradshaw

Project Manager



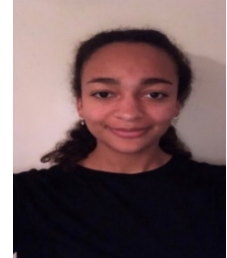
Katie O'Brien

Supervisor



Sanu Kumar Patti

CWP – Community



Eleanor Idowu

CWP - Community

Key: CWP: Children & Young People Wellbeing Practitioner



We are in the process of recruiting to the following Slough based posts:

- Clinical Supervisors (Band 7) 0.6
- Administrators (Band 3 & 4) 0.5
- CWP Qualified (Band 5) 0.5

If you are interested in finding out more about these roles please email: CAMHSgettinghelpeast@berkshire.nhs.uk

Mental Health Support Teams and the Schools Hosting the EMHPs

The work of the Mental Health Support Team

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 – including the Senior Lead for Mental Health – to ensure mental health and wellbeing is supported as part of a ‘whole school’ approach
- work as part of an integrated referral system with children & young people mental health services
- cover a population of 8000 CYP and provide 500 interventions a year, per team
- should be additional to, and integrated with, existing support
- should provide responsive support to individual schools' and colleges' needs, not ‘one size fits all’
- should provide access to appropriate support for children and young people all year (not just during term time)
- should co-produce their approach and service offer with users

The work of the Education Mental Health Practitioners

The EMHPs are trained to deliver brief evidence-based interventions for mild to moderate anxiety in adolescents and children, mild to moderate depression in adolescents, and mild to 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 wellbeing. Competencies in these areas are assessed during the course and they must complete 80 clinical hours in total of direct clinical work. Trainees must achieve a passing grade in all assessments to complete the course.

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 qualifications and experience. This stage is referred to as the ‘trainee phase’. In this phase they will build up their skills and experience through individual, group and whole school work with pupils, families and staff.

It is anticipated that the EMHPs will be ready to engage with children and young people in four host school settings from the spring term. They will undertake assessments; evidence based individual and group pupil work, shared decision making with pupils, parenting groups, onward signposting to more specialist teams and whole school projects. For these reasons the EMHPs and MHSTs will start their work in a limited number of schools. Once the trainee phase is complete, the team will support the full 13 schools and settings including the children looked after and NEET cohorts.

The 14 participating schools in Slough are:

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

From the 14 schools that were selected to be part of the MHST in Slough, four were identified to host the EMHPs during their training phase, these four schools are:

- Primary schools – Priory and Wexham Court
- Secondary schools – Slough & Eton and Herschel Grammar

A briefing session facilitated by the University of Reading, the Department of Education and the Head of Specialist Mental Health, Children, Young People and Families and Slough Borough Council with those selected hosting schools above was held on December 4 2019 to:

- introduce the EMHPs to the schools
- advise of the cases that EMHPs can work with
- advise of the key course requirements for the EMHPs to successfully complete their training
- deliver lessons learned from trailblazers: “Getting it Right from the Start”
- inform of timescales and what needs to be done by end of January 2020 for EMHPs to be in the hosted schools

The cases that the EMHP’s can/may/should not work with are described on the next page.

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 approximately 40% of referrals into the Common Point of Entry (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. **The two Wellbeing Practitioners will be part of the early help team in the local authority. They are currently based at St Martin's Place and then will move to the Observatory in the near future.** 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.

Programme outcomes supporting the Early Intervention (Getting Help) Team

- Implement a more comprehensive CAMHS offer providing evidenced based (NICE Guidelines) early support for emerging mental health difficulties to children and young people (ages 0 to 18) with the dedicated Early Intervention (Getting Help) Team, working on the same cases as described above for the Education Mental Health Practitioners
- Create a new integrated pathway for emotional health and wellbeing which is based on joint working, collaboration and coproduction
- Create a single point of entry for emerging mental health difficulties (i.e. Emotional Health Triage) via LAs Early Help systems
- Create new branding for the CAMHS partnership of providers, including the voluntary sector and a new CAMHS partnership website
- Deliver on a wider range of workforce development initiatives to enhance the system's response to emotional health need in East Berkshire
- Develop emotional wellbeing drop ins within the local community to support ease of access to advice and support including the voluntary sector and the digital offer
- Expand the Young Health Champions network to support coproduction and peer education
- Create a LAC CAMHS worker post to offer advice, consultation and support to the professional networks across the three areas of Bracknell, Windsor/Maidenhead and Slough, who are responsible for the care of Looked After children and young people, to ensure the needs of children/young people are understood within the context of their lived experience

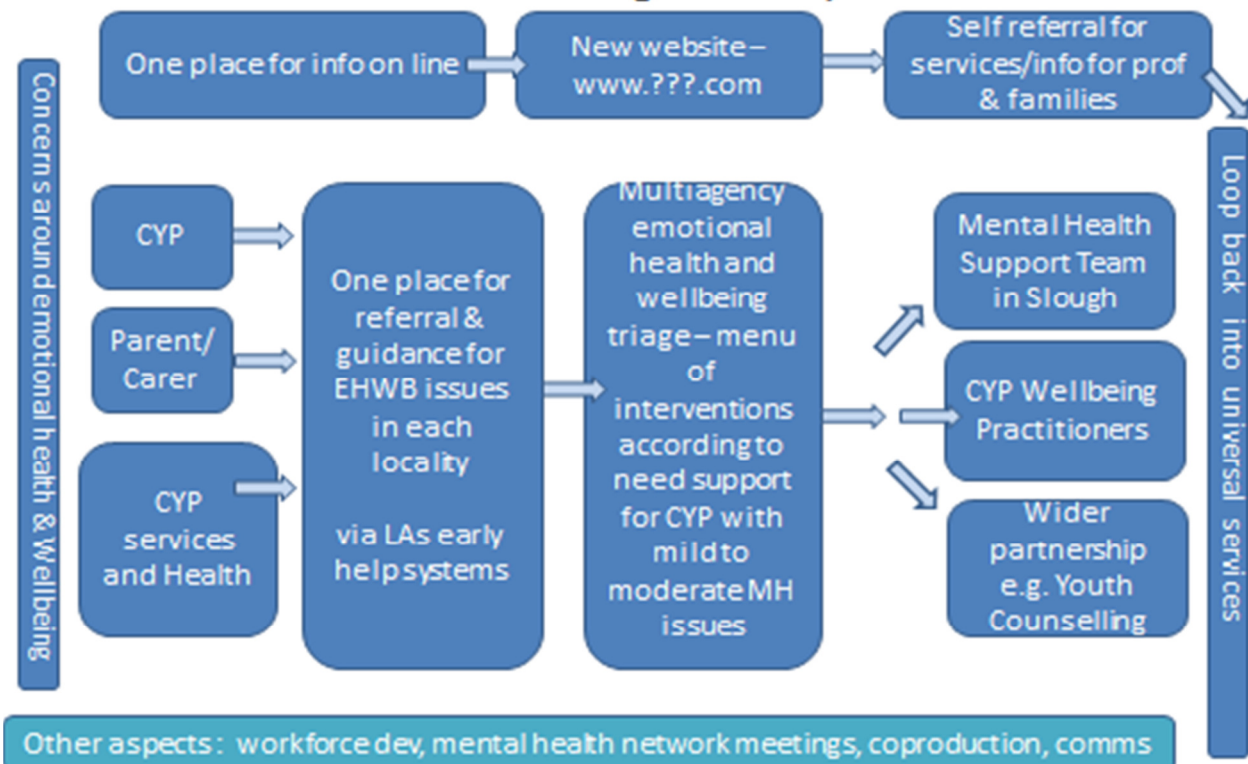
The new model would include the following aspects:

- Use of standardised routine outcome measures (ROMS) for direct interventions with children and young people
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- Flow data to the Mental Health Service Data Set to contribute to the national access rate target (planned number of CYP 700 which will contribute to a 7% increase for our access standard, a key national performance indicator)
- Coproduced with the local system including children and young people, supported by development of our Young Health Champions Network
- Will build on existing support, not replace it
- The structure will provide a solid foundation to expand MHSTs into Bracknell Forest and Slough when funding becomes available through NHSE

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.

Draft Vision for an East Berkshire Emotional Health & Wellbeing Pathway



The posts are currently being recruited to with the aim of the team being in post by April 2020. Staff will be employed by Berkshire Healthcare but will work within each of the Local Authorities early help system.

A communication plan has been developed to keep all interested stakeholders aware of the progress that is being made.

The developmental work that has been achieved since September 2019 with the MHST and the Early Intervention Programmes include:

- formation of key governance arrangements
- recruitment of staff as identified earlier involving young people in the selection process
- regular communications to key stakeholders

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- hosting four briefings in November 2019 to key stakeholders across East Berkshire about the planned outcomes that the two programmes are aiming to achieve
 - developing a workforce training programme
 - ensuring performance management and reporting arrangements are established
 - the development of a Local Group in each of the 3 localities to start implementing the new model and pathways in February 2020.

Other developments across East Berkshire

In addition to these two new programmes, the following additional outcomes have been achieved:

- tripartite panel set up to ensure a multiagency, coordinated approach for CYP with complex needs
- young people have been trained as young commissioners
- increased capacity in local, age-appropriate, crisis-response services, (CYP Psychiatric Liaison)
- multiagency process for CYP presenting with MH/SC crisis set up
- a comprehensive, all age, multiagency systems review of autism and ADHD services has taken place
- strengthened governance arrangements and refreshed multiagency LTP group working are ensuring shared ownership of the CAMHS transformation agenda
- Young Health Champions peer education/Coproduction programme set up in Slough and Bracknell and due to expand into RBWM in January 2020
- increase in the numbers of CYP being supported by Berkshire Healthcare: 35.2% access standard
- as a result of a review of the eating disorder service, additional investments have been made in the service.

The Local Transformation Plan for Children and Young People's Mental Health

Do you want to sign up for quarterly newsletters?

Our Local Transformation Plan for Children and Young People's Mental Health group – a partnership of organisations working with children and young people, is currently delivering on a series of changes to transform children and young people's mental health support and services across East Berkshire. To stay informed about this transformation work, you can receive a quarterly newsletter from East Berkshire CCG. Sign up by emailing:

cypmhtraining.eastberks@nhs.net. The first edition of this is due out at the end of March 2020.

How to contact us

If you have any queries or would like further information, please email:

CAMHSGettingHelpEast@berkshire.nhs.uk

<https://cypf.berkshirehealthcare.nhs.uk/>

