

## **CAMHS Mental Health Support Team (MHST) / Getting Help Service – Offer for Education Settings Summer Term 2020**

Berkshire Healthcare and partners are continuing to develop and integrate the new MHST/Getting Help service to provide a more comprehensive CAMHS offer for early intervention and plan for these teams/services to be fully operational by early in the new academic year.

It is unclear how the coronavirus situation will affect children and young people's mental health but we know it will have an impact. We want to do all we can to prevent this from happening or, at least, reduce the effects. Therefore, as a new team in CAMHS, we are thinking about how to help you now and what will help you in the future as we work through this crisis and manage the ongoing ramifications for the mental health of our children, young people and their families.

We have put together menu of opportunities which offers staff from education setting (Early Years through to Further Education) the opportunity to enhance their knowledge on a variety of Emotional Health and Wellbeing issues that may be relevant to concerns you are facing with children and young people you are supporting. We have worked together with some of our key partners to help us to support you to support CYP and develop this offer.

This offer contains the following information

- Webinars
- One to one consultations
- Information about the #Coping Guides
- Key useful resources
- Key contacts for the implementation/delivery of the new Mental Health Support Team and Getting Help Service

## Webinars

Our webinar series is being delivered in collaboration with a range of partners including Public Health, Number 22 Youth Counselling, Kooth, Reading University and the Educational Psychology Service (Slough Borough Council) We aim to make these as interactive as possible so professionals can strengthen their knowledge and skills at all levels. All webinars will be hosted via the Microsoft Teams Platform.

	Time	Title	Description	Audience	Presenter Facilitator	Enrolment Details
Tuesday 05/05/20	10.00 - 11.00	<b>Five Ways to Wellbeing</b>	A fun and engaging overview of the 5 ways to wellbeing, with local examples, structured ideas and a Health at Home challenge. The session will also cover - the #5Way5DaysNHS challenge and new #Coping Five Ways to Wellbeing resources.	Primary Schools Secondary Schools Further Education	<b>Presenter</b> Tim Howells, Public Health Programme Officer, Public Health, Slough Borough Council (SBC)  <b>Facilitator</b> Melissa Urwin, Trainee Education Mental Health Practitioner , MHST/Getting Help Team, Berkshire Healthcare	To book email: <a href="mailto:allison.bradshaw@berkshire.nhs.uk">allison.bradshaw@berkshire.nhs.uk</a>
Tuesday 12/05/20	13.30 14.30	<b>No 22 Schools Counselling Service</b>	A local counselling charity is introducing new group work and 121 resources that are available to support students in Slough schools/colleges. Find out more about their offer of both counselling and supervision support for pastoral care staff. THIS IS A NEW EXCITING SERVICE, some of which is free at point of delivery.	Secondary Schools Further Education	<b>Presenter:</b> Alison Batey Counselling Service Manager No 22 Counselling Service  <b>Facilitator:</b> Katie O'Brien Clinical Supervisor MHST/Getting Help Team	To book email: <a href="mailto:allison.bradshaw@berkshire.nhs.uk">allison.bradshaw@berkshire.nhs.uk</a>
Monday 18/05/20	15.00 - 16.00	<b>KOOTH - An online platform supporting the Mental Health and Wellbeing of Young People Age 11-18 (25 for SEND and Care Leavers)</b>	Introduction to the Kooth Online Mental Health and Wellbeing platform for young people. The session will also cover simple wellbeing activities that can be done online with your students.	Secondary Schools Further Education	<b>Presenter</b> Jenny Fennessey, Integration and Participation worker, KOOTH  <b>Facilitator</b> Eleanor Idowu, Children and Young People's Wellbeing Practitioner, MHST/Getting Help Team, Berkshire Healthcare	<a href="#">Click here for further details and to book</a>

	Time	Theme	Description	Audience	Presenter Facilitator	Enrolment Details
Wednesday 20/05/20	14.30 - 15.30	<b>Solihull Approach Parenting Programme</b>	An overview of the Solihull Approach On-line Guides for Parents, Parents-To-Be and Carers. These guides offer the latest evidenced based advice to anyone working with - or caring for children,  The session will also cover an introduction to new Slough multi-agency Parenting Strategy.	Early Years Providers  Primary Schools  Secondary Schools  Further Education	<b>Presenters</b> Jane Lynch, Work Stream Lead, Frimley Local Maternity System (LMS)  Nancy Makamba, Project Support LMS  Shelly Khan, Public Health Programme Officer, Slough Borough Council  Michael Jarrett, Service Lead, Early Years and Prevention , Slough Borough Council  <b>Facilitator</b> Ally Bradshaw, Project Manager, MHST/Getting Help Team, Berkshire Healthcare	<a href="#">Click here for further details and to book</a>
Tuesday 02/06/2020	9.30-11.00	<b>Autism Awareness</b>	This informative module will help you gain a broad understanding children and young people on the Autism spectrum.	Primary Schools  Secondary Schools Further Education	<b>Presenter:</b> Lisa Thomson, PPeP Care Trainer CAMHS, Berkshire Healthcare <b>Facilitator:</b> Eleanor Idowu MHST/Getting Help Team, Berkshire Healthcare	<a href="#">Click here for further details and to book</a>
Friday 05/06/2020	9.30-10.30	<b>Depression and Anxiety</b>	Supporting children and young people with their worries, anxiety, and low mood.	Secondary Schools  Further Education	<b>Presenter:</b> Dr Ray Percy, Clinic Director & Principal Clinical Psychologist, AnDY Clinic  <b>Facilitator:</b> Katie O'Brien, Supervisor, MHST/Getting Help Team, Berkshire Healthcare	<a href="#">Click here for further details and to book</a>
Friday 12/06/2020	9.30-10.30	<b>Depression and Anxiety</b>	Supporting children and young people with their worries, anxiety, and low mood.	Secondary Schools  Further Education	<b>Presenter:</b> Dr Ray Percy, Clinic Director & Principal Clinical Psychologist, AnDY Clinic  <b>Facilitator:</b> Pauline Peters, Team Lead, MHST/Getting Help Team, Berkshire Healthcare	<a href="#">Click here for further details and to book</a>
Monday 15/06/2020	15.00 - 16.00	<b>Talk with children under 5 years about Covid-19</b>	Practical tips about how to talk, play and support children in the early years in relation to COVID-19 (and post COVID-19)	Early Years providers	<b>Presenter:</b> Dr Anna Bryant, Senior Educational and Child Psychologist, Slough Children's Services	<a href="#">Click here for further details and to book</a>

					<b>Facilitator:</b> Sanu Pattni , CWP, MHST/Getting Help Team, Berkshire Healthcare	
Friday 19/06/2020	9.30 -10.30	<b>Depression and Anxiety</b>	Supporting children with their worries, anxiety, and low mood.	Primary Schools	<b>Presenter:</b> Dr Ray Percy, Clinic Director & Principal Clinical Psychologist , AnDY Clinic  <b>Facilitator:</b> Katie O'Brien, Supervisor, MHST/Getting Help Team, Berkshire Healthcare	<a href="#">Click here for further details and to book</a>
Monday 29/06/2020	9.30 11.00	<b>Autism and Mental Health</b> (Attendees must have completed the Autism Awareness webinar/course)	Explores the relationship between autism and mental health. You will explore the way in which mental health problems develop and present in children and young people with autism.	Primary Schools  Secondary Schools  Further Education	<b>Presenter:</b> Lisa Thomson, PPeP Care Trainer, CAMHS, Berkshire Healthcare  <b>Facilitator:</b> Pauline Peters, Team Lead, MHST/Getting Help Team, Berkshire Healthcare	<a href="#">Click here for further details and to book</a>

## One to One Online Consultations

The MHST/Getting Help Team will deliver one to one online consultations with staff. If you are aware of a child or young person in your school who is experiencing emotional wellbeing / mental health difficulties you can talk about your concerns with a member of the MHST/Getting Help Team. This will be an opportunity to reflect and consider the presenting issues and how you can best support the child/young person. The appointments are **individual 20 minute sessions**.

Places will be allocated on a first come first served basis. ate	Time slots	Consultation Facilitator	To book a session
<b>Wednesday 13 May 2020</b>	1.30pm 2.00pm 2.30pm 3.00pm 3.30pm 4.00pm	Katie O'Brien, Clinical Supervisor MHST Getting Help Team, Berkshire Healthcare	Catherine Henderson Email: <a href="mailto:CAMHSgettinghelpeast@berkshire.nhs.uk">CAMHSgettinghelpeast@berkshire.nhs.uk</a>  Please state the time of the slot and?

<p><b>Tuesday</b> <b>2 June 2020</b></p>	<p>1.30pm 2.00pm 2.30pm 3.00pm 3.30pm 4.00pm</p>	<p>Pauline Peters, Team Lead MHST Getting Help Team, Berkshire Healthcare</p>	<p>Catherine Henderson Email: <a href="mailto:CAMHSgettinghelpeast@berkshire.nhs.uk">CAMHSgettinghelpeast@berkshire.nhs.uk</a></p>
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This is a new initiative so we will be asking you for feedback and if we have a positive take up we will schedule further consultation sessions during the summer term.

## #Coping – Guides for Children, Young People and Families

We have been working with NHS East Berkshire Clinical Commissioning Group who have launched a #Coping campaign and as part of this are releasing three guides to help support children, young people and families in these uncertain times.

For full information [click here](#), you can also sign up for the young people’s guide, the 5 ways to wellbeing guide and 5Ways5DaysNHS challenge by emailing: [cypmhtraining.eastberks@nhs.net](mailto:cypmhtraining.eastberks@nhs.net)

### #Coping Family life during the lockdown

[click here](#) to download

Contains information on high-quality resources to support family life and parenting, with advice on keeping children entertained, looking after everyone’s mental health and where to turn for extra help, including confidential helplines.

### #Coping Five ways to wellbeing

Offers practical ideas on how to incorporate the Five Ways to Wellbeing into family life to support children and young people through these challenging times. Includes a version for children of primary school age and one for those at secondary school

## #Coping

## Young people's guide

Lists lots of useful self-help apps and websites and a range of resources, including helplines, to support young people with their mental health.

## #5ways5daysNHS challenge

Launches on 1<sup>st</sup> May. Based on the Five Ways to Wellbeing

The challenge aims to encourage young people to take care of their mental wellbeing during lockdown and help to raise awareness so that other children and young people can learn simple ways to look after their mental health too. This challenge is being supported by Young Health Champions and will run during May. To receive information about the challenge please email: [cypmhtraining.eastberks@nhs.net](mailto:cypmhtraining.eastberks@nhs.net)

### Key resources for education settings

Raising awareness



fighting depression

**Newsletter** the latest news from the Trust and features on mental health, out twice a year

**Resources** View, download or order hard copies of free booklets and posters for children, young people and professionals there are resources for schools and families, colleges

**E-learning resource** for Further Education College Staff



**Schools in Mind Network** - A free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools.

**Resources for schools** - Child mental health experts have developed a booklet series aimed at supporting all staff working in school settings.

## YOUNGMINDS

**Resources** - The Young Minds resources library is full of useful toolkits, publications, reports and policy information about children and young people's mental health.

**360° Schools' Community** - By joining the 360° Schools' Community you will receive e-newsletters packed with free teach resources, videos tips and examples of good practice in mental health and wellbeing from other professionals.



**Teaching resources** – contains a number of lesson plans, assembly plans, programmes and PSHE resources to support and assist in teaching and learning about mental health and wellbeing.

Whole-school approach to mental health and wellbeing. Information and resource to support a whole school approach to mental health and wellbeing

**Resource library** and a section on section on **mental health needs** includes information on the different conditions that might affect children, the behaviours that school staff might see that could indicate a child is struggling, and the strategies that school staff

## Who to contact for more information

It is really important that during this time of uncertainty we are here to support you. If we can't help you directly we will find someone who can. Should you have any queries or questions about the Getting Help Team or our Early Years Providers and Schools Covid offer please do contact either Pauline or Allison.



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To sign up for the quarterly newsletter on CAMHS transformation please email: [cypmhtraining.eastberks@nhs.net](mailto:cypmhtraining.eastberks@nhs.net)



