

Getting Help Team



Berkshire Healthcare
NHS Foundation Trust

(MHST & Early Intervention Teams)

June 2020

This newsletter is to provide you with an overview of progress that has been made on the establishment of the MHST and the Getting Help Team in Slough.



A warm welcome to you all.

Setting up new services and dealing with the uncertainties that we currently face due to the coronavirus has presented some challenges for all of us. However, I'm really pleased to say that within our **MHST/Getting Help Team we have maintained momentum and pace in developing the services.**

Some of the key ingredients for successful teams are having staff who are passionate about their roles, innovative in their thinking and able to add quality to service provision. So far, **we have been able to recruit an excellent group of people** who have these attributes, however we still have a few vacancies to fill. This is indeed one of our priorities and fortunately we have been able to continue to recruit using online methods. This has meant that for the Slough Mental Health Support team we have filled nine of our ten posts. For the Getting Help Team we have only two vacant posts to recruit to.

See the recruitment table attached with this email for more detail.

Alongside the development of the new teams we have been:

- **Developing our partnerships with schools and other stakeholders. We are now taking referrals from our host schools in the Mental Health Support Team partnership and are providing sessions online or via telephone.** In collaboration with schools we are beginning to formalise referral pathways so that children and young people presenting with low to moderate mental health needs have streamlined access to mental health support.
- In the **Getting Help Team we have made strides with Slough Borough Council and feel confident that we will be able to offer a good integrated service;** one which will allow us to share data under the umbrella of the Connected Care portal.
- **We are forging working relationships with the Education Psychology Service, Public Health, the Charlie Waller Institute, the Anna Freud Centre, Kooth (an online counselling service) and the voluntary sector.** The joined up approach to service delivery will help to ensure that we complement and do not duplicate the support offered to our service users.

The **governance for our development has been the Slough Local Implementation Group** which consists of a range of partners. Monthly meetings are held to monitor if we are on track with our developments and to ensure that we consider other services in our planning and delivery.

I hope you find this newsletter informative and should you have any queries I am always happy to hear from you. You can contact me on.

I look forward to developing our partnership.

Kind regards

Pauline Peters, Team Lead, CAMHS – MHST/Getting Help Team

MHST/Getting Help Team Slough Schools Virtual Support offer

In response to the coronavirus pandemic we put together a **Slough Education Settings Emotional Health & Wellbeing Virtual Support Offer** which includes webinars and online resources which offer staff from education settings (early years through to further education) the opportunity to enhance their knowledge on a variety of emotional health and wellbeing issues.

This offer has been very well received with many positive notes of appreciation from the education settings. Please visit the above link to see the full offer and book onto the webinars and consultation.

For further detail and to book onto webinars please see the Slough Education Settings Emotional Health & Wellbeing Virtual Support Offer attachment sent in this email.

What is the MHST offer?

The MHST is a new resource, funded and accountable through the NHS. Delivering evidence-based interventions for children and young people with mild to moderate mental health problems. They will complement existing resources, rather than replace them.

They will:

- Support the senior mental health lead in each education setting to introduce or develop their whole school/college approach
- Give timely advice to school and college staff, and liaise with external specialist services, to help children and young people to get the right support and stay in education
- Offer six weekly surgeries to schools
- Provide interventions to support those with mild to moderate mental health difficulties*
- Run mental Health Network meetings
- Deliver staff training on supporting children and young people with low to moderate mental health issues
- Offer mentoring and coproduction via links with Young Health Champions and Youth Councils in each school
- Provide clinical consultations via online platform and links with the Kooth Integration and Participation Worker

[\(This may be subject to minor adaption as the offer develops\)](#)

*Nice Guidelines (2011) defines :

- A mild mental health problem is when a person has a small number of symptoms that have a limited effect on their daily life
- A moderate mental health problem is when a person has more symptoms that can make their daily life much more difficult than usual

This includes problems with:

- Stress/exam pressure
- Anxiety
- Low mood/depression
- Hyperactivity
- Low self esteem
- Friendship issues
- Issues stemming from social media
- Common behavioural problems

For the list of Slough MHST host schools and cluster schools please see attachment sent with this email.

Profile of a Trainee Education Mental Health Practitioner, MHST Team



Hello my name is Hannah Forde and I am a Trainee Education Mental Health Practitioner (EMHP). I graduated from Warwick University with a Psychology Degree, after which I worked in a local Special Educational Needs Children Centre and as a Learning Support Assistant in a primary school.

I was really attracted to this recruit to train role as I wanted to combine my knowledge acquired at University with my interest in working in schools with children and young people.

What have the Education Mental Health Practitioners done so far?

We are currently studying at Reading University two days a week. Alongside this we have been working in our four host schools.

So far we have been working with children and young people with anxiety, low mood and behavioural difficulties. We have introduced ourselves to a number of schools to discuss how we can best help them.

In our training year we have four host schools that are supporting us until we are qualified. Once qualified, we will be working in a number of selected schools across Slough. As we help schools foster a whole-school approach, we have each completed an audit in our host schools to assess the level of mental health support they are currently providing, and look at how we can develop this.

What else will you be offering?

We will also be providing targeted help, identified by the School Mental Health Lead. This could include training to school staff, or mental health education, as well as supporting the wellbeing of staff within schools.

We will also provide services such as consultation to staff, 1-1 and group sessions for children and young people, parenting support and peer mentoring.

What is the Getting Help Offer?

- Interventions for children and young people with mild to moderate mental health difficulties, accessed via Early Help
- Supporting the Early Help community to deliver the children and young people's mental health workforce training offer
- Consultations – team around professionals for Early Help colleagues
- Supporting Early Help with multiagency triage by offering dedicated mental health professional input
- Additional capacity to support education settings not covered by the MHST

(This may be subject to minor adaption as the offer develops)

A Day in the Life of a Children's Wellbeing Practitioner (CWP)

Getting Help (MHST/Early Intervention)Team



My name is Sanu. I am a Children's Wellbeing Practitioner working within the Getting Help Service in Slough, offering low-intensity cognitive behavioural therapy (LICBT) to support children and young people with common, emerging mental health and behavioural difficulties.

I qualified at the University of Reading, working within the Neurodevelopmental Team in CAMHS, before joining the Slough Getting Help Team in February 2020.

Each day as a CWP is different but here is what a typical day can look like:

9-10am

I usually catch up with emails and complete various bits of administration, whether that be responding to referrals, emails from the team or children and young people I am working with. I prepare for any assessments and therapy sessions I have coming up in the day. Finally, before I do anything else, I will write up a to-do list for the day.

10am-12pm

I hold sessions with clients, whether that be assessment sessions for new clients, or intervention/therapy sessions. We offer various forms of LICBT interventions, including behavioural activation for depression, graded exposure, worry management, the "Helping your Child" programme for anxiety, and the "Incredible Years" programme for behavioural difficulties.

12-12:30pm

Lunch time! My favourite time of the day! This usually consists of a burrito and a few YouTube videos.

12:30-3.30pm

More client sessions. Clinical supervision usually happens during this time too. Supervision is used for multiple reasons – to ensure that we are working ethically and within our means as LICBT practitioners, to hone our skills through case discussion and roleplay and to reflect on our own personal wellbeing.

3.30-5pm

Usually, this time is set aside to catch up on my emails, and complete any important tasks, such as writing up client notes, risk assessments and making onward referrals to other teams (both internal and external). Finally, I look back over my to-do list before logging off for the day.

After work, I try to wind down by working out or going for a bike ride before coming back to cook my dinner.

I work in a great team, full of excellent professionals, while having the opportunity to meet and help a variety of very interesting people. I look forward to working with children, young people and their families during the coming months and years.

Partnership update

Other organisations in our CAMHS Partnership

The CAMHS partnership consists of a range of organisations that promote emotional wellbeing and deliver preventative mental health and services and support. No 22 Counselling Service and KOOTH Online Counselling Services are two key organisations we are working in partnership with to develop our offer and ensure our services dovetail and do not duplicate provision.



No 22 Counselling Service

Number 22 Community Counselling Service has a small provision of free at point of service 1:1 counselling. They currently work from a shared premises in Slough at 27 Church Street.

Their aim in the next few months is to expand the service we offer both within local secondary schools and the community.

No 22 have recently secured funding for a “Slough Champion” to take on the role of expanding, developing and collaboratively working with other organisations both within the voluntary and statutory sectors.

Cultural diversity will be central to this new role to begin to help young people/families overcome certain barriers to accessing counselling. Their presence in schools will also be an area of growth for us. They have a School Group Counsellor who will be offering emotional support groups which will be at no cost to the local schools.

This is an exciting time for Number 22 with lots of new and creative developments in process.



KOOTH Online Counselling Service

Kooth is an online mental health and wellbeing platform for young people supporting young people aged 11 up to their 19th birthday. You can talk about anything that is bothering you, no issue is too big or too small.

The website www.kooth.com is free and safe for young people. You can speak to a counsellor, send a message to the wellbeing team or complete one of the therapeutic activities. Kooth is an online community so you can share your own stories or poems via the Kooth magazine or start a discussion on the forums.

Everyone needs support sometimes and if you do, Kooth.Com is here for you.

[Watch a video about Kooth here.](#)

Working with National Organisations to learn from best practice

We are working with some national organisations to ensure we are shaping the service around best practice.

MIND

We are organising a national conference scheduled for early in 2021. The focus of the conference will be to officially launch the MHST/Getting Help Team, learn about national and local best practice examples of how best to support children and young people with mental health issues. We are also working with MIND to support our peer mentoring projects in the MHST schools cluster.

The Anna Freud Centre (Link Programme)

The Anna Freud Centre is an evidence-based children and young people’s mental health charity which aims to transform the way we think about and deliver mental health services in England and beyond.

Some of our host MHST schools expressed an interest in bringing all the MHST cluster schools together to discuss partnership working and plan how we strategically progress forward with the new MHST in September. We are working with the Link Programme to organise these events (see Dates for your diary for more detail).

Partnerships with other internal teams in Slough Brough Council – Over the last few months we have been working with a number of internal partners to ensure our services dovetail and do not duplicate. Some of the services/groups we have met with are: Early Help Panel, Designated Safeguarding Leads groups, Slough Schools Partnership, Public Health, NEET Managers and the Slough Virtual School.

Dates for your diary

Audience: Slough Host Schools (inc the Slough Virtual School/NEET)

Anna Freud Online Workshops: Interim Approach to Joint Working

Two free online sessions, led by the Anna Freud Centre, bringing together education and mental health professionals to identify challenges in the locality as a result of COVID-19. You will collaboratively develop solutions that can be implemented to better support children and young peoples' mental health and wellbeing.

Digital Platform: Zoom

Workshop 1: Tuesday 23 June 2pm - 3.30pm

Workshop 2: Thursday 2 July 10am – 11am

Flyer attached with this email.

Audience: MHST Schools Cluster Group

An MHST 'Getting Ready to go Live' webinar meeting facilitated by the MHST/Getting Help Team

Bringing the MHST schools cluster together for a getting ready to go live update. This is an opportunity to hear the latest news on the MHST development in the four host schools and find out more how the MHST will work for your school.

Digital Platform: MS Teams

Date: Thursday 9 July 2.30-4pm

Anna Freud Workshop: Getting children and young people the help they need when they need it

Two face to face workshops for Slough MHST cluster schools on the joint approach to delivering more effective support across schools and colleges, Children and Young People's Mental Health Services (CYPMHS), local authorities and voluntary and community sector. Should a face to face workshop not be possible a shorter online alternative will be arranged for these dates.

Workshop 1: Monday 21 September (9am-4.30pm)

Workshop 2: Wednesday 4 November (9am-4.30pm)

Venue: TBC

Flyer attached with this email.

Please see Slough MSHT host schools and cluster schools attached with this email.

Young Health Champions in Slough



The Young Health Champions in Slough will be part of our co-production in developing the MHST/Getting Help Team. Over the coming months we will be working closely alongside them to ensure that youth voices shape our delivery.

Aida - Young Health Champion, who sits on our Interview Panels



I am a Young Health Champion with Mental Health First Aid training. With the correct training and experience I have been honoured to conduct interviews for future Health Care Professionals in Berkshire. To be able to successfully give my input I was introduced to Pauline, the Team Lead of Getting Help Service.

The experience of being able to work alongside Pauline and the other professionals has allowed me to develop my social skills, presenting skills and allowed me to become versatile and interview people who will have an important role in our young people mental health department.

As a young person, and interviewing professionals for the first time, it was very nerve-racking as I was not as qualified or a professional in this, compared to those who would have conducted these interviews.

I would love to take this opportunity and thank Pauline who made me feel very accepted and ensured I had no worries or concerns and that all the correct materials had been provided to me. She provided me a strong brief of what to do during the interview and ensured I did not go through this interview without having the correct resources and information. Thank You Pauline!

As a Young Health Champion with mental health training, both the opportunity of interviewing and becoming a YHC has allowed to decide my next step in life. I was able to conclude that I want to complete further education in psychology and counselling. This being my passion and how I support my friends and family, I know now I will do counselling psychology at university hopefully this year.

My contribution in interviews and being able to have contact with such inspiring professionals with the same passions, reinforces my ambition and motivated me to drive my passion. It has given me confidence to ensure that I complete my degree to the best of my ability and use my passion to help others and make long term changes for young people.

These interviews have given me an eye-opening opportunity for what should I expect in the real world within counselling. With the current situation of Coronavirus and I have adapted to having to do it online.

It has taught me to ensure I'm always prepared and to expect the unexpected.

The Whole School Approach to Emotional Health and Wellbeing

Education settings are in a great position to help prevent mental health problems by promoting wellbeing, positive mental health and resilience as part of an integrated approach that is tailored to the needs of their pupils and students.

A whole school approach is one that goes beyond the teaching in the classroom to focus on the wider aspects of school life.

Training for senior mental health leads will explore this in much more detail.

What can you start doing now?

You can start right away by doing an Emotional Health and Wellbeing audit of your school. There are lots of audit tools you can use to do this.

Our Education Mental Health Practitioners have trialled some as part of their university study and the audit resource they would recommend is the Measuring and monitoring children and young people's mental wellbeing: A toolkit for schools and colleges.

<https://www.annafreud.org/media/4560/mwb-toolkit.pdf>



#Coping Five Ways to Wellbeing



Offers practical ideas on how to incorporate the NHS's 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.

Visit [here](#) to download.

Local Transformation Plan for Children and Young People's Mental Health: Sign up for the 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

Next time...

The next MHST/Getting Help Newsletter will be issued in July 2020 with a key focus on:

MHST/Getting Help Team - Getting Ready to Go Live

If you have any questions please contact:

Pauline Peters

**Clinical Team Lead
Getting Help (MHST and Early Intervention Team)
Berkshire Healthcare**

Email: Pauline.peters@berkshire.nhs.uk **Mobile:** 07866 003850

Alison Bradshaw

**Project Manager
Berkshire Healthcare**

Email: Allison.bradshaw@berkshire.nhs.uk **Mobile:** 07773 093300