

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.

Date	Time	Theme	Description	Audience	Presenter Facilitator	Enrolment Details
Thurs 11/06/2020	15.00- 16.00	Kooth	The session will provide an overview of the Kooth Online Mental Health and Wellbeing platform for young people. It will also cover simple wellbeing activities that can be done online with your students. You will also get to meet the East Berkshire Integration and Participation worker, KOOTH who can offer additional sessions to your school.	Secondary Schools Further Education	Presenter: Jenny Fennessy, East Berkshire Integration and Participation worker, KOOTH Facilitator: Nikki Brough, Children's Wellbeing Practitioner, Getting Help Team (Bracknell), Berkshire Healthcare	Click here for further details and to book
Friday 12/06/2020	9.30-10.30	Depression and Anxiety	Supporting children and young people with their worries, anxiety, and low mood.	Secondary Schools Further Education	Presenter: Dr Ray Percy, Clinic Director & Principal Clinical Psychologist, AnDY Clinic Facilitator: Pauline Peters, Team Lead, MHST/Getting Help Team, Berkshire Healthcare	Click here for further details and to book
Mon 15/05/2020	15.00- 16.00	Kooth	The session will provide an overview of the Kooth Online Mental Health and Wellbeing platform for young people. It will also cover simple wellbeing activities that can be done online with your students. You will also get to meet the East Berkshire Integration and Participation worker, KOOTH who can offer additional sessions to your school.	Secondary Schools Further Education	Presenter: Jenny Fennessy, East Berkshire Integration and Participation worker, KOOTH Facilitator: Amy Straughan, Children's Wellbeing Practitioner, Getting Help Team (Bracknell), Berkshire Healthcare	Click here for further details and to book
Monday 15/06/2020	15.00 - 16.00	Talk with children under 5 years about Covid-19	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	Presenter: Dr Anna Bryant, Senior Educational and Child Psychologist, Slough Children's Services Facilitator: Sanu Pattni , CWP, MHST/Getting Help Team, Berkshire Healthcare	Click here for further details and to book

Date	Time	Theme	Description	Audience	Presenter Facilitator	Enrolment Details
Friday 19/06/2020	9.30 -10.30	Depression and Anxiety	Supporting children with their worries, anxiety, and low mood.	Primary Schools	Presenter: Dr Ray Percy, Clinic Director & Principal Clinical Psychologist , AnDY Clinic Facilitator: Katie O'Brien, Supervisor , MHST/Getting Help Team, Berkshire Healthcare	Click here for further details and to book
Wednesday 24/06/20	10.30 11.30	Looking after our Wellbeing	During these uncertain and anxiety provoking times it is important to look after ourselves and our wellbeing. Learn some practical tools to keep well during these unprecedented times.	Early Years Providers Primary Schools Secondary Schools Further Education	Presenter: Kylie Duncan, Psychological Wellbeing Practitioner, Talking Therapies Facilitator: Hannah Forde, Trainee Education Mental Health Practitioner , MHST/Getting Help Team, Berkshire Healthcare	Click her for further details and to book
Monday 29/06/2020	9.30 11.00	Autism and Mental Health (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	Presenter: Lisa Thomson, PPeP Care Trainer, CAMHS, Berkshire Healthcare Facilitator: Pauline Peters, Team Lead, MHST/Getting Help Team, Berkshire Healthcare	Click here for further details and to book
Wednesday 01/07/2020	15.00- 16.00	Solihull Approach Online Parenting Programme	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 and are now available FREE to across East Berkshire.	Early Years Providers Primary Schools Secondary Schools Further Education	Presenters: Jane Lynch, Work Stream Lead, Frimley Local Maternity System (LMS) Nancy Makamba, Project Support LMS Facilitator: Amethyst Cunningham, Children's Wellbeing Practitioner, Getting Help Team (RBWM), Berkshire Healthcare	Click her for further details and to book
Monday 06/07/20	10.30 - 11.30	5 Ways to Wellbeing	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	Presenter: Tim Howells, Public Health Programme Officer, Public Health, Slough Borough Council (SBC) Facilitator: Melissa Urwin, Trainee Education Mental Health Practitioner , MHST/Getting Help Team, Berkshire Healthcare	Click here for further details and to book
Date	Time	Theme	Description	Audience	Presenter	Enrolment Details

					Facilitator	
Wednesday 08/07/20	10.30 11.30	Looking after our wellbeing	During these uncertain and anxiety provoking times it is important to look after ourselves and our wellbeing. Learn some practical tools to keep well during these unprecedented times.	Early Years Providers Primary Schools Secondary Schools Further Education	<p>Presenter: Edward Rennie, CBT Therapist and the Clinical Service Manager for East Berkshire, Talking Therapies</p> <p>Facilitator: Charlotte Kay, Children's Wellbeing Practitioner, Getting Help Team (Bracknell), Berkshire Healthcare</p>	Click here for further details and to book

#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

#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 1st 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

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.



Pauline Peters
Clinical Team Lead
MHST and Getting Help Team
Berkshire Healthcare

Email: Pauline.peters@berkshire.nhs.net
Mobile: 07866 003850



Alison Bradshaw
Project Manager
Berkshire Healthcare

Email: Alison,bradshaw@berkshire.nhs.net
Mobile: 07773 093300

To sign up for the quarterly newsletter on CAMHS transformation please email: cypmhtraining.eastberks@nhs.net

