

Slough Mental Health Support Team Newsletter

Issue 1, October 2022

Hello and welcome

Welcome to the first edition of the
Slough MHST2 Newsletter

Thanks to the dedicated support of the team and our fantastic Project Manager, Allison Bradshaw, this new service was launched in selected Slough schools at the beginning of the new Autumn term and our team will have been in touch with you to start promoting and launching the service in your school.

To make sure we keep you fully up to date as the team goes through it's first year of development, we will issue a Newsletter on a termly basis for the first year.

Should you have any articles you would like to add, or you'd like to share some good practice around improving the emotional wellbeing of your pupils please do let me know.

Both myself and the new team really look forward to working closely with you over the coming year.

Dr Natasha Patel
Clinical Team Lead
Slough MHSTs and
Getting Help Team



What are Mental Health Support Teams?

As part of [Transforming children and young people's mental health provision: a Green Paper](#), CAMHS and local authority leads in East Berkshire have been working collaboratively to set up new CAMHS services called the Getting Help Teams and Mental Health Support Teams (MHSTs) and they are based in the local community and selected schools.

This year we have set up another MHST in Slough. Staff have been recruited and we have four Trainee Education Mental Health Practitioners (EMHPs) completing their university course and working alongside Slough schools.

Our clinicians support children, young people and their families who have emerging, mild or moderate mental health difficulties, such as low mood and anxiety, which may be affecting their day-to-day life.

We offer evidence-based brief interventions that can last up to eight sessions directly, as well as offer advice and support on where to find the most appropriate support when we are unable to offer direct help. We also offer workshops to parents and carers as well as consultations and training to school staff.

[Watch this video on YouTube to learn more.](#)



New MHST schools

The schools the new Mental Health Support Team 2 serves are:

- Baylis Court School
- Claycots School
- Colnbrook C of E Primary School
- Foxborough Primary School
- Godolphin Junior Academy
- Grove Academy
- Lynch Hill Enterprise Academy
- Montem Academy
- St Anthony's Catholic Primary School
- Wexham School
- Willow Primary School

Please [visit our website](#) to find out the other education settings in East Berkshire that have an MHST.

Positive feedback from our host MHST schools

Last term our four host schools presented to you some feedback about their MHST experience. Please [visit our website to see this feedback](#). You'll also find lots of tips for how your MHST can support you to improve the emotional wellbeing of your pupils and launching the new service in your school.

Positive feedback from service users and colleagues in East Berkshire

'If it weren't for this team I wouldn't be in the healthy state I am today. I am really grateful.'
(Young Person)

'It felt like I was really listened to and understood and everything I needed help with was answered.'
(Young Person)

'Thank you for your support with the young man we discussed. An assessment took place in the family home and he is now on the waiting list for the Specialist Community Team, who will be able to provide outreach for him and the parent. Thank you for taking the time to listen and follow up with your colleagues. It has made an enormous difference to a very isolated family going through very difficult times.'
(Secondary school Mental Health Lead)

'I have been recommending MHSTs who have been struggling with school engagement to get in touch with you given the brilliant practice we see in East Berkshire.'
(DfE Regional Lead)



What young people are telling us about emotional wellbeing

In the summer we met with several young people who are pupils in our host MHST schools.

They gave us some great feedback on the following themes:

- Access and engagement
- Common mental health presentations
- Barriers to accessing emotional wellbeing support

This information was invaluable in helping us shape our service to make sure we meet the needs of children and young people in our schools.

Please visit the [Young People's Feedback PowerPoint presentation](#) in the Further Resources section on our website to see what they told us.

Meet the MHST2 team



**Team Lead
Natasha Patel**



**Project Manager
Allison Bradshaw**



**Senior Psychological Therapist
Reka Hunyad**



**Clinical Supervisor
Sadie Bansal**



**Lead Administrator
Kathryn Nunn**



**Trainee Education Mental
Health Practitioner
Anisah Taylor**



**Trainee Education Mental
Health Practitioner
Ricardo Nieto-Perez**



**Trainee Education Mental
Health Practitioner
Evie Brooks**



**Trainee Education Mental
Health Practitioner
Shaun Newport**



Spotlight on...

Reka Hunyad

Job Title: Senior Psychological Therapist/Clinical Supervisor

What does your job entail?

I work in the team as a senior clinician, I see a small number of clients every week. I mostly work with Cognitive Behavioural Therapy (CBT) but also use other approaches (for example third wave CBT). I am also involved with our MHST 2 schools, you might find me at a Mental Health Surgery or presenting to school staff about our service. I am also responsible for the line management of some members of staff.

What originally got you interested in working in children's mental health?

My path to become a psychologist was not straightforward and I had not fully decided what I wanted to do when I got my first job as a school counsellor. Despite the challenging aspects of the work, I had some very uplifting and touching sessions, which made me realise the value of my work.

What do you remember most about your first job?

I started out as a school counsellor in a specialist school. Despite being a junior member of staff, I had days when I was dealing with one crisis after the other. I often felt like I was thrown into the deep end. It was a very steep learning curve, but I learned a lot from it.

What's your favourite way to spend a day off?

I like to have a brunch and go somewhere with a lot of greenery. I love places like the London



Wetland Centre or Kew gardens. Afterwards I would probably take my dog for a walk and go see a play in the theatre or a stand-up comedy evening.

What's one thing that can instantly make your day better?

Seeing something green around me, I really like flowers and nature in general. Or seeing a cute dog on the street!

Where is the next place on your travel bucket list and why?

I would like to go to Tbilisi- I have only seen it in pictures but I am excited about seeing something new. I have never been to that part of the world. Also foraging in the New Forest sounds just as good- so undecided where I am going first!

Where has been your best holiday and why?

Iceland. So far, it's the most beautiful place I have ever been. Everywhere I looked there was different scenery. We saw geysers, took a dip at a geothermal spa, hiked in the mountains at 10pm, stroked a puffin, saw some enormous waterfalls. I could go on and on about what was there to see and do

What Colour is my Dragon training

As part of our Whole School Approach, the Mental Health Support Teams (MHSTs) are training to deliver the 'What Colour Is Your Dragon' programme. This is an emotional education programme based on neuroscience, mindfulness and compassion.

In the training programme we met several dragons: the Red Dragon, the Blue Dragon and the Green Dragon. We learned about how to identify our dragons, how to tame them, and how to accept them since everyone has dragons.

The dragons

These dragons are the representation of the three pillars of our emotion regulation system.

- The Green Dragon - our soothing system - activates when we relax and connect
- The Blue Dragon - our drive system - helps us achieve goals and motivates us to meet deadlines
- The Red Dragon - our threat system - protects us from external and internal dangers

What this teaches us

Ideally these systems are truly in balance, for both children and adults. However during a stressful time period, chasing deadlines, being lost in our various worries, we often forget to activate our soothing system and only engage our threat or drive system. This might lead us to feel burnt-out and even more stressed.

That is why the 'What Colour is your Dragon?' programme teaches children (and adults) to be aware of these dragons, to take notice which emotion regulation system they are currently engaging and to be able to switch between them.

This programme can only truly take flight with the active participation of our dedicated EMHPs and our lovely MHST schools. Several schools have already signed up to participate in the 'What Colour is your Dragon?' programme. Members of the educational staff will be trained on how to deliver the programme to Year 5 students teaching them how to spot their dragons, what their dragons needs are, and how to engage different dragons.

So, what colour is your dragon right now?

If you want to find out more and sign up to the programme please contact Reka Hunyad, Senior MHST Supervisor Slough MHST2.

Email: reka.hunyad@berkshire.nhs.uk



To find out more about our services and the exciting career development opportunities in the new CAMHS Getting Help Service, please contact

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