**Transforming Children and Young People’s Mental Health**

**Delivery of Mental Health Support Teams - Briefing Paper for Education Settings**

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**May 2019**

**Summary**

* Over the next five years the NHS will fund new Mental Health Support Teams (MHSTs) working in schools and colleges, building on the support already available
* The trailblazer sites will be set up in between one-fifth and one quarter of the country by 2023 to 2024.
* These school and college-based services will be supervised by NHS children and young people mental health staff (CAMHS) and will provide specific extra capacity for early intervention and ongoing help.
* Each designated team will support up to 8,000 children and young people in around 20 schools and colleges in their ‘trailblazer’ area
* Wave 1 of the new MHSTs based in and near schools and colleges has started in 25 areas these teams began their training in January 2019 at 7 universities nationwide. East Berkshire did not apply for this wave.
* To set up additional trailblazer sites Clinical Commissioning Groups (CCGs) will be invited to express an interest in taking part in programmes. Expression of Interests (EOI) will be prepared in collaboration with local providers, education professionals and commissioners in the local area.
* The wave 2 EOI has been launched the deadline for submission is 24th May, with two planned started dates - Sept 2019 and Jan 2020.
* The Department for Education will also fund training for Senior Mental Health Leads (formerly referred to as the Designated Senior Lead for Mental Health but changed to distinguish the role from the Designated Safeguarding Lead) in schools and colleges to the development of a ‘whole school approach' to mental health and wellbeing.

**Context**

The 2017 [Green Paper for Transforming children and young people’s mental health](https://www.gov.uk/government/consultations/transforming-children-and-young-peoples-mental-health-provision-a-green-paper) set out proposals to improve mental health support in schools and colleges. The Department of Health and Social Care and the Department for Education published its [Response to the Children and Young People’s Mental Health Green Paper Consultation](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/728892/government-response-to-consultation-on-transforming-children-and-young-peoples-mental-health.pdf).

The three key elements of the Green Paper being implemented area:

1. every school and college will be encouraged to appoint a Senior Mental Health Lead (lead DfE)
2. **creating community-based Mental Health Support Teams, helping children and young people in schools and colleges (lead NHS E)**
3. pilots in a small number of areas to test the feasibility of achieving and maintaining a 4-week waiting time for NHS children and young people’s mental health services (lead NHS E)

**How is this programme funded?**

* Health Education England: Provide all training and salary support costs for the new roles and supervisor training during year one for the Mental Health Support Teams
* NHS England: Provide all project initiation and implementation costs, pay and non-pay costs for the Mental Health Support Teams
* Department for Education: Provide funding for Senior Mental Health Lead Training

The new Mental Health Support Teams are fully funded. Funding will be allocated to CCGs, once accepted as a trailblazer site.

**What are the functions of the Mental Health Support Teams (MHSTs)?**

MHSTs will have three core functions

1. To deliver evidence-based interventions for mild to moderate mental health issues, alongside existing provision such as counselling, educational psychologists and school nurses. This will build on the menu of support already available and will not be replacing it.
2. To support a Senior Mental Health Lead in each education setting to introduce or develop a whole school or college approach.
3. To give timely advice to school and college staff and liaising with external specialist services to help child and young people get the right support and stay in education**.**

**What will the Mental Health Support Teams look like?**

**Education Mental Health Practitioners (EMHP)**

Each MHST will have 4 Education Mental Health Practitioners, who will support a pupil population of up to 8,000. Their role will be to deliver evidence-based interventions for mild to moderate mental health issues through:

* **Face to face work**: for example, effective brief, low-intensity interventions for children, young people experiencing anxiety, low mood, friendship difficulties and behavioural difficulties.
* **Group work**: for pupils or parents such as drop ins, and group Cognitive Behavioural Therapy for young people for conditions such as self-harm and anxiety.
* **Group parenting classes**: to include issues around communication difficulties.

The teams will also equip and support schools to do more on mental health by:

* Working with Senior Mental Health Leads and existing service providers, to map what provision is already in place and where opportunities to improve are.
* Training education staff through support and consultation on whole class approaches, to issues such as bullying.

An important function of this role is also to ensure that children and young people are supported to get the right help when they need it as quickly as possible through integrated working with specialist Children and Mental Health Services.

**Higher level therapist**

Each MHST will be supported by senior level therapists who will act/train as their supervisors throughout their year of training, and once the team becomes fully operational.

**Team manager**

Each MHST will be managed by a team manager/lead that will oversee the day-to-day operational aspects of the service and will be supported by a dedicated administrator.

**What is the commitment from educational settings?**

Educational settings will be required to commit to:

* Providing a name of a senior lead/point of contact who would work with the project team in setting up the MHST.
* Supporting and enabling a whole school approach to mental health and wellbeing.
* Involving children and young people and their families/carers in the design and set-up of the teams.
* Engaging fully with the monitoring and evaluation requirements, including taking part in a benchmarking survey on the support currently available in your setting.
* Recognising that the MHST workforce will complement, rather than substitute for existing support and therefore committing to not reducing any existing pupil support/pastoral care.
* Supporting EMHPs in their training year, where it is possible to do so.

**How will the coverage of education setting per area be selected?**

The decision of the groupings of settings is made locally in partnership with education colleagues. The successful bids are likely to reflect the full range of education 5-16 including across phases. The decisions will be strengthened by the use of evidenced based health data, to identify schools with the greatest need.

* MHST’s have been developed based on delivering a population of 8000 pupils which is estimated to be between 10 – 20 education settings.
* All education provision that cover 5-19 year olds are in scope including - special schools, pupil referral units, virtual schools, further education and independent schools.
* Non mainstream settings such as home school networks, work based learning are also in scope.
* For wave 2 (2019-2020) schools and colleges with an inadequate Ofsted rating are excluded. DfE colleagues have advised that whilst the programme is still in its early phases settings who have an inadequate judgment may not be in the best place to receive and engage the support that will be offered through the teams.

**What is the role of the Senior Mental Health Lead?**

**All schools that are part of the programme will need to commit to having a named Senior Mental Health Lead**

The Senior Mental Health Lead will:

* Oversee the help the school gives to pupils with mental health problems
* Help staff to spot pupils who show signs of mental health problems
* Offer advice to staff about mental health
* Refer children to specialist services if they need to

All education settings will also be offered the opportunity to enhance the skills and experience of the education senior lead through fully funded Senior Mental Health Lead training commissioned by the Department for Education. The learning outcomes of the training closely align to Public Health England’s ‘eight principles for promoting a whole-school approach to emotional health and wellbeing’.

They will also need to commit to fully engaging with the MHSTs and work with the CCGs and project team to plan for implementation. Consultation with schools suggests that to operate effectively, leads ideally are part of the senior leadership team or with express senior endorsement. The lead will be required to commit towards achieving the key aims and principles of the programme, including:

* Sharing best practice and lessons learnt.
* Engaging fully with the monitoring of the programme to help inform future rollout
* Support the MHSTs engagement and fit with statutory roles in the school including the SENCO, Designated Safeguarding Lead, Designated Teachers for Looked-After and Previously Looked-After Children.

**Additional Information**

The multiagency [Local Transformation Plan For Children and Young People’s Mental Health and Wellbeing](https://www.eastberkshireccg.nhs.uk/wp-content/uploads/2019/01/FINAL-LTP-refresh-13th-Jan-2019-NHS-East-Berkshire-CCG-watermark.pdf) (Oct 19 – Oct 2020) sets out further information about a wider programme of local transformation.

The Local Transformation Plan steering group would benefit from headteacher representation. We will be contacting the chairs of the local groups to invite representatives.

Further plans for the development of children and young people’s mental health care are detailed in the [NHS Long-Term Plan](https://www.england.nhs.uk/long-term-plan/)

**How do I find out more?**

For more information please contact:

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