

Gloucestershire's Young Minds Matter (Mental Health Support Teams) Primary Schools: CORE OFFER September 2021

Key Aim: Provide early intervention mental health support in schools and deliver a collaborative system wide approach to supporting mental health and well-being needs.

Presentation	Level of intervention
<p>(Year 1 and above)</p> <p>Mild to moderate emotional wellbeing needs that may benefit from some early help.</p> <ul style="list-style-type: none"> • Anxiety, low self-esteem, low mood, low level self-harm, resilience, low level obsessive/ritualistic behaviour. • Low level family difficulties. • Low level bereavement support • No complex social care involvement. 	<p>Offer:</p> <ul style="list-style-type: none"> • Educational Mental Health Practitioner (EMHP) led Low Intensity Assessment and structured 1:1 CBT Intervention's, 6-8 sessions either with the young person or working directly with a parent or carer. • Your school will be able to access dedicated time for psychoeducational class sessions/school assemblies and/or group work within the academic year. This can be agreed in your September consultation with your SMHP. <p>(Year 4 and above only)</p> <ul style="list-style-type: none"> • 1:1 counselling (7 session model)
<p>(Early Years – Year 6)</p> <p>Moderate mental health needs</p> <p>Where emotional and well being needs are impacting upon a pupils normal daily living and a further specialist assessment of needs is indicated. Presenting needs are likely to be complex and other agencies may be involved, including supporting levels of risk</p>	<p>Offer:</p> <ul style="list-style-type: none"> • Assessment by CAMHS Senior Mental Health Practitioner (SMHP) to complete comprehensive assessment of needs including liaison with other agencies around concerns. • Likely outcome: Short piece of 1:1 work (up to 6 sessions) using an integrative approach, 'step down' for EMHP CBT work or 'step up' to CAMHS level 3. Alternatively signposting to agencies that best meet current needs such as social care.
<p>Consultation/support for teaching staff</p>	<p>Offer:</p> <ul style="list-style-type: none"> • Contact with your allocated SMHP via phone or email, including accessible advice should schools have escalating concerns around a pupil <ul style="list-style-type: none"> - Teaching staff can also ring CAMHS Practitioner Advice Line Mon-Fri 9-5pm (01452 894272) - • Consultation visits (opportunity for teaching staff to discuss specific pupils), Up to 6x per year for schools with 211+ pupils or up to 3x per year for schools with 210 or less pupils. • Direct link and support for the schools Senior Mental Health Lead. • Staff can be invited to attend multiagency meetings/Team Around the Family/Child (TAF/AC) to offer mental health advice and expertise
<p>Whole School Approach</p>	<p>Offer:</p> <ul style="list-style-type: none"> • Gloucestershire Healthy Living and Learning (GHLL) to offer Training for school staff: For example resilience, restorative work, self-harm, relationships, ACEs. YMM attendance at Parents evenings, open days and school events etc

