



The Mental Health Support Team

Service Criteria

The **Mental Health Support Teams (MHSTs)** are intended to provide early intervention for some mental health and emotional wellbeing issues, such as mild to moderate anxiety, as well as helping staff within a school or college setting to provide a 'whole school approach' to mental health and wellbeing.

The 2017 Green Paper Transforming Children's and Young People's Mental Health introduces the role of a Designated Senior Mental Health Lead within every school. This person is expected to be responsible for developing the wellbeing approach within the school and to be the point of contact for identifying the right children and young people for the MHSTs to work with.

MHSTs will deliver three core functions:

1. Evidence based interventions for mild to moderate emotional and mental health issues
 - Individual/face to face
 - Group work
 - Group parenting classes
2. Supporting the designated Mental Health Lead in each school/college to introduce or develop a whole school/college approach to emotional wellbeing.

3. Giving timely advice to school and college staff, signposting and liaising with external specialist services to help CYP to get right help and support

Each Team is made up of a Clinical Lead, Senior Team Lead, higher-level Supervising Therapist and Education Mental Health Practitioners (EMHPs) each working across 15-18 schools each. Teams may also include Counsellors and Mental Health Support in Schools Practitioners who support the work of the service.

Who will MHSTs work with?

The table below sets out the range of presentations the service will be working with. We will be asking school leads to help identify children and young people who fit with the following criteria.

Presenting issues we will work with	What may be being impacted on or noticed	Useful websites for self help
Low mood	<p>Signs may include:</p> <ul style="list-style-type: none"> • Recent onset of low mood • Impacting on falling out with friends, or socially withdrawing • Not doing well at school • Reduced concentration and attention • Reduced self-esteem and confidence • Poor sleep • Reduced appetite <p>Has not been present for more than 3 months.</p>	<p> www.youngminds.org.uk www.camhsdorset.org www.minded.org.uk www.beatingtheblues.co.uk (possible charges apply) </p>

Stress	<p>Signs may include:</p> <ul style="list-style-type: none"> • High level of stress around exams • School work • Relationships • Family break up • Loss (not bereavement) • Short outbursts or tearfulness 	www.youngminds.org.uk www.camhsdorset.org www.minded.org.uk www.anxietybc.com www.anxietyuk.org.uk
	Symptoms have been present less than 4 weeks	
	<p>Signs may include:</p> <ul style="list-style-type: none"> • Worry around many things, not specifically in one area • Difficulties impacting on friendships • Increased restlessness • Sleep problems 	www.youngminds.org.uk www.camhsdorset.org www.moodjuice.scot.nhs.uk/anxiety.asp www.minded.org.uk www.anxietybc.com www.anxietyuk.org.uk
	Symptoms have been present less than 6 months	
Panic disorder	<ul style="list-style-type: none"> • Experience of a panic attack/fear of having a panic attack 	www.youngminds.org.uk www.minded.org.uk www.nopanic.org.uk
	Symptoms have been present for less than 1 month	
Phobias	<p>Terror around a specific place, things, or actions – but not phobia or fear of blood, needle or vomit</p>	https://www.nhs.uk/conditions/phobias/ www.youngminds.org.uk www.camhsdorset.org www.moodjuice.scot.nhs.uk/anxiety.asp
	<p>Symptoms may include:</p> <ul style="list-style-type: none"> • Trembling hands • Feeling sick • Needing the toilet more frequently 	
	Duration of less than three months	

Sleep problems	<p>Signs may include:</p> <ul style="list-style-type: none"> • Difficulties getting to sleep • Waking during sleep • Recent change in the amount/quality of sleep • Feeling tired • Irritable • Unable to concentrate. <p>Duration of less than 3 months</p>	<p>https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/ https://www.sleepstation.org.uk https://www.mentalhealth.org.uk/publications/how-sleep-better https://youngminds.org.uk www.camhsdorset.org</p>
	<p>Signs may include:</p> <ul style="list-style-type: none"> • Symptoms not associated with learning disabilities or neuro-developmental difficulties • A recent change in behaviour which is impacting on learning or social functioning <p>Symptoms of less than 1 months duration</p>	<p>https://www.nhs.uk/conditions/pregnancy-and-baby/dealing-with-difficult-behaviour/ www.familylives.org.uk www.parentlineplus.org.uk www.camhsdorset.org</p>
	<p>Signs may include:</p> <ul style="list-style-type: none"> • Difficulties in attending school every day • School refusal no more than 2 days in a week • Worries about attending school • Not wishing to leave parent at gate • Difficulties in certain lessons <p>Symptoms present no more than 1 month</p>	<p>www.camhsdorset.org https://what0-18.nhs.uk www.Kooth.com https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/</p>

Presenting issues we may work with - Please discuss with us further first	What may be being impacted on or noticed	Useful websites for self help
Anger difficulties	Recent change in behaviour and presentation possibly linked to a specific event/incident	https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-angry-child/ https://youngminds.org.uk www.camhsdorset.org https://www.moodjuice.scot.nhs.uk/Anger.asp
Low self- esteem	Recent change in behaviour and presentation possibly linked to a specific event/incident	www.familylives.org.uk https://www.camhsnorthderbyshire.nhs.uk/low-self-esteem www.youngminds.org.uk
Mild social anxiety disorder	Fear of social or performance situations, which impacts on ability to function effectively in daily life, causing distress or presentation of physical symptoms.	https://www.nhs.uk/conditions/social-anxiety/ https://www.anxietycanada.com/disorders/social-anxiety/ https://www.nhs.uk/conditions/anxiety-disorders-in-children/
Compulsory behaviours	New presentation of repetitive, rigid or ritualistic behaviours starting to impact on daily life possibly linked to a particular event/incident	www.camhsdorset.org www.ocduk.org www.youngminds.org.uk www.ocdaction.org.uk

Mild health anxiety	New presentation of worry around becoming unwell or someone close becoming unwell (not in relation to already diagnosed conditions) which is impacting on function and/or wellbeing	www.youngminds.org.uk www.camhsdorset.org www.moodjuice.scot.nhs.uk/anxiety.asp www.minded.org.uk www.anxietybc.com www.anxietyuk.org.uk
Friendship difficulties/bullying	New presentation resulting in impact on emotional welfare	www.youngminds.org.uk www.camhsdorset.org www.bullying.co.uk https://www.supportline.org.uk/problems/bullying-at-school/ www.nationalbullyinghelpline.co.uk
Moderate Emotionally Based School Non Attendance (EBSNA)	<ul style="list-style-type: none">• School refusal less than 4 days a week• Will attend for specific events/lessons• Reduced timetable• Early help intervention Symptoms present no more than 3 months	https://dorsetconnexus.org.uk/Page/5117 www.camhsdorset.org https://what0-18.nhs.uk www.Kooth.com https://www.youngminds.org.uk/parents-a-z-mental-health-guide/school-anxiety-and-refusal/
Self-harm	Self-harm is disclosed but is assessed as linked to low mood but not enduring and high risk in nature	http://www.nshn.co.uk/downloads/Distractions.pdf www.papyrus-uk.org www.camhsdorset.org https://www.rcpsych.ac.uk/mental-health/problems-disorders/self-harm

We cannot work with the following but can help to signpost to other services if needed.	What may be being impacted on or noticed	Useful websites for self help
	Conduct disorder	If there are concerns around conduct disorder please seek advice from GP, Paediatrics or the Core-CAMHS duty worker www.actionforchildren.org.uk www.youngminds.org.uk/psaytoolkit www.familylives.org.uk www.parentlineplus.org.uk
	Anger Management	If anger issues are more longstanding and are seen in conjunction with a primary mental health need, refer to CAMHS. If there are safeguarding concerns around family and safety, then school to follow their safeguarding procedures and consider discussion with CHAD/MASH https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-angry-child/ https://youngminds.org.uk www.camhsdorset.org https://www.moodjuice.scot.nhs.uk/Anger.asp
	Treatment of parental depression or anxiety	Parents to be encouraged to seek support in their own right either through self-referral to Steps2Wellbeing or via their GP www.steps2wellbeing.co.uk www.mind.org.uk www.samaritans.org

Chronic depression	If symptoms of low mood have been present for a long (1 year plus) time, and there are concerns around impact on function and wellbeing , please refer to CAMHS Gateway	www.youngminds.org.uk www.camhsdorset.org www.minded.org.uk www.beatingtheblues.co.uk (possible charges apply) www.moodjuice.scot.nhs.uk/depression/asp
Social anxiety disorder	If social anxiety is severe and longstanding, then please refer to CAMHS Gateway or seek advice from CAMHS Gateway duty worker.	https://www.nhs.uk/conditions/social-anxiety/ https://www.anxietycanada.com/disorders/social-anxiety/ https://www.nhs.uk/conditions/anxiety-disorders-in-children/
Extensive phobias	Blood, needle or vomit phobias should be referred to CAMHS Gateway. Other phobias which are more established should also be referred to CAMHS Gateway in the first instance.	https://www.nhs.uk/conditions/phobias/ www.youngminds.org.uk www.camhsdorset.org www.moodjuice.scot.nhs.uk/anxiety.asp
Severe, active and high risk self harm	Refer to CAMHS Gateway for support around this level of self-harm. Contact CAMHS Gateway duty worker for advice on standard working days. If immediate danger call 999 or take to A&E.	www.papyrus-uk.org http://www.nshn.co.uk/downloads/Distractions.pdf www.camhsdorset.org https://www.rcpsych.ac.uk/mental-health/problems-disorders/self-harm
PTSD, trauma or nightmares	Follow local safeguarding procedures if trauma is disclosed and ensure young person is safe. Seek advice from CAMHS Gateway duty worker in first instance.	www.youngminds.org.uk www.camhsdorset.org www.assisttraumacare.org.uk www.rcpsych.ac.uk/mentalhealthinfo/problems/ptsd/posttraumaticstressdisorder.aspx www.rcpsych.ac.uk/mentalhealthinfo/problems/ptsd/posttraumaticstressevent.aspx

Relationship problems	This may be better suited to support from school counsellor or pastoral worker/lead but seek advice from MHST if in doubt.	www.relate.org.uk www.youngminds.org.uk
OCD – moderate to severe	Refer to CAMHS Gateway or suggest discussion with GP	www.ocduk.org www.youngminds.org.uk www.ocdaction.org.uk www.camhsdorset.org
Attachment – moderate to severe	Discuss with early help teams/family partnership zones or with CAMHS Gateway duty worker in first instance.	https://healthyyoungmindspennine.nhs.uk/media/1052/attachment-difficulties.pdf https://heeoee.hee.nhs.uk/sites/default/files/attachment_disorders.pdf
Assessment and diagnosis of neurodevelopmental disorders and LD	Request family seek advice from GP/Paediatrics in first instance. Request family seeks advice from GP/Paediatrics (via School) in first instance.	www.autismwessex.org.uk www.fasdtrust.co.uk www.autism.org.uk www.tourettes-action.org.uk www.youngminds.org.uk
Pain management	Suggest discussion with GP or Paediatrician	https://www.nhs.uk/live-well/healthy-body/how-to-get-nhs-help-for-your-pain/ https://www.britishpainsociety.org/people-with-pain/
Historic and current abuse/violence.	Follow local safeguarding procedures and ensure that child is safe.	www.youngminds.org.uk www.nspcc.org.uk www.victimsupport.org.uk www.actionforchildren.org.uk www.the-shores.org.uk
Severe Emotionally Based School Non Attendance (EBSNA)	<ul style="list-style-type: none"> • School refusal • Complete non attendance at school • Refusal to attend school for any events/lessons • Not on school roll • Social care involvement 	https://pdscp.co.uk/guidance-for-practitioners-working-with-cme-cmoee-ehe/ https://pandorsetscb.proceduresonline.com/p_ch_missing_educ.html
Symptoms present for more than 3 months		

What do the MHSTs offer?

The EMHPs will be able to deliver 6-8 sessions per child/parent from a menu of low intensity CBT interventions for children aged 5yrs -18yrs. Alongside this, MHSTs will work with school staff to identify and offer a range of whole school activities such as assemblies, preparation for transition and managing exam stress etc. The teams are also there to provide support to teachers and pastoral teams to help with their reflection and management of difficult or more complex cases and signposting to other services. The team will also offer group work to children and parents on specific topics which have been identified as necessary.

How will the MHSTs work?

MHSTs will work with the designated senior MH lead within schools to set up a process to identify and approach children, young people and parents who meet the service criteria and who would benefit from a low intensity intervention.

During the COVID-19 period the MHSTs will work with schools to decide the best way to contact families. Once families have agreed to become involved with the service we will find the most appropriate way to deliver the interventions. This may be through a digital offer or when possible a safe distancing face to face intervention within the school environment.

Consent

Any EMHPs currently in their training year will need consent from families for sessions to be recorded. This is for the university's purposes to assess the EMHPs skill and competency levels. A consent statement is contained within the Request for Support Form, which needs to be signed before we can start work.

During the COVID-19 period it is most likely that all contact with children will be with the consent of a parent/carer. However under normal operating circumstances the following will apply;

If working with children up to the age of 13 years, the team will contact their parents and/or carers and ask for agreement to start any support with their child.

If the young person is aged 13 years and over, the team may agree to see them on their own and contact them directly without first seeking parental agreement. These decisions will be based on a case by case basis and agreed with the school.

Confidentiality and Safeguarding

A confidentiality and information sharing statement will be agreed at the start of the any work with a child or young person, as part of the treatment contract. Where concerns regarding the safety of a child are raised, this will be shared with the designated safeguarding lead within schools.

All members of the MHST will adhere to Dorset HealthCare University NHS Foundation Trust's Safeguarding Policy and Pan Dorset Safeguarding Partnership Procedures and staff all hold a current clear DBS certificate.