

# Senior Mental Health Leads Training Swindon Services

**Victoria Smith**

Children and Young People's Programme Manager, BSW ICB

# Session Overview

Time	Agenda Item	Presenter
13.00	Introductions and session outline	Victoria Smith
13.05	Kooth	Rachel Potter / Abbey Rennie
13.15	STEP Therapeutic Groups	Paul Dobson
13.25	TAMHS & CAMHS	Danielle Kemp, SBC Kirk Anderson, Oxford Health
13.55	MHST	Naomi Marturano
14.05	Educational Psychology	Carys Marfleet
14.15	School nursing & Mental Health in Schools Award	Caroline Gaulton
14.20	Local System Overview: <ul style="list-style-type: none"><li>• Swindon Services Poster</li><li>• Swindon Local Offer</li><li>• MH Resources – CCG YouTube channel</li></ul>	Victoria Smith
14.25	Summary and Close – join main event	



**bacp** | Accredited  
Service

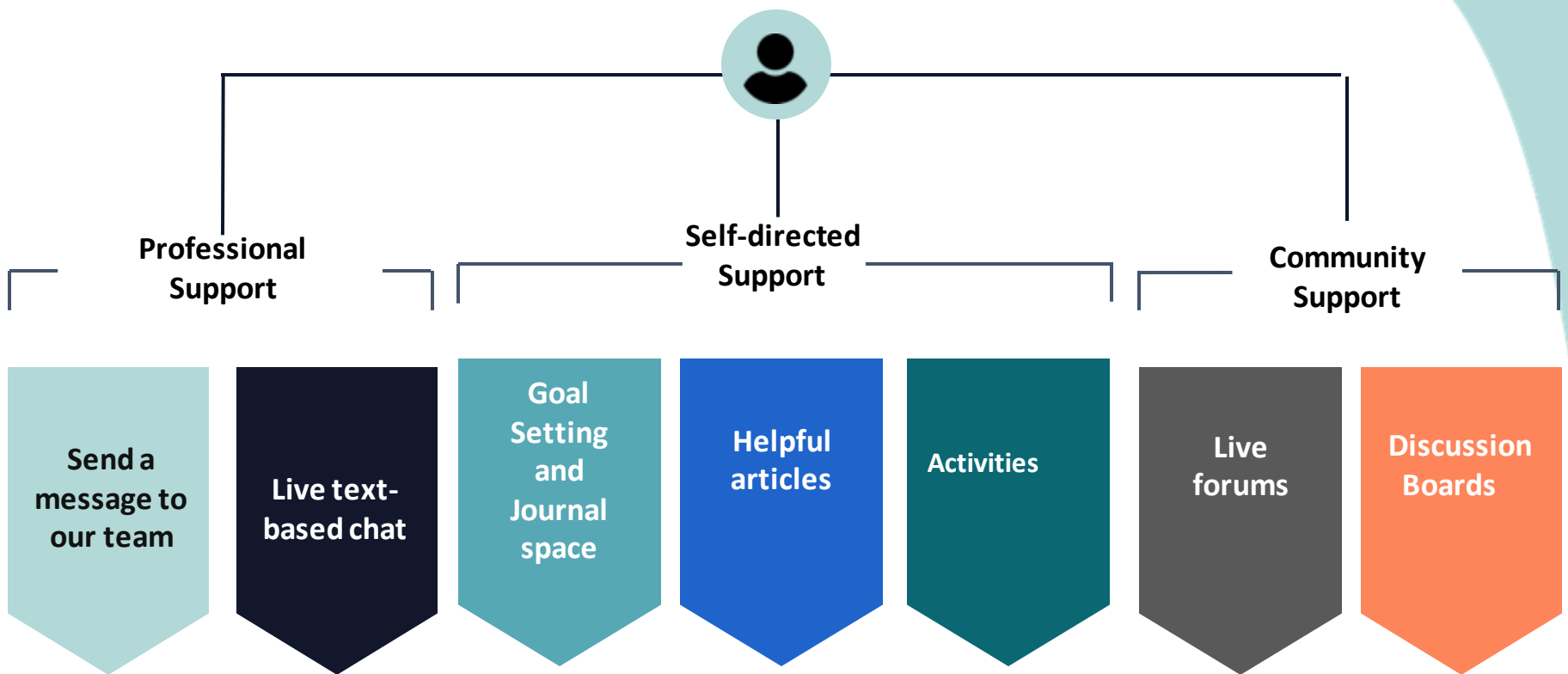
**NHS**  
Providing NHS services



# Mental Health Support Website

We offer a range of  
support options and  
the young person has  
**complete control** of  
the support pathway  
they enter





# Professional Support

We're home to a **diverse range of practitioners** that are all fully qualified to work with children and young people effectively and safely.

Emotional  
Wellbeing  
Practitioners

Counsellors

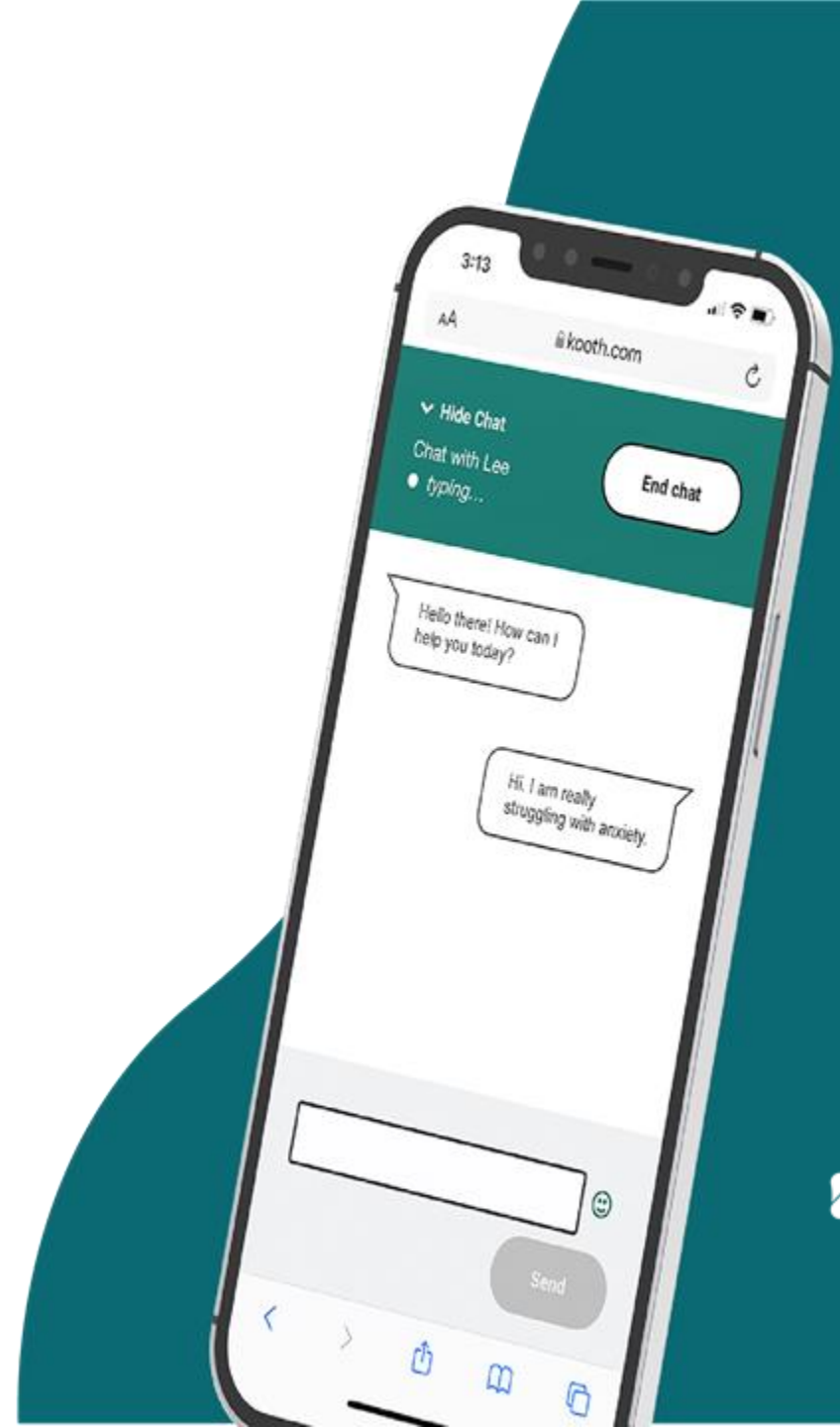
Senior  
Practitioners




# Your first chat session


When you first come to chat, we will talk with you about:

- Understanding a little bit about you
- Exploring your current difficulties and what's brought you to Kooth
- Thinking together about the best way we can support you





Our team are available  
**365 days a year**



Live chat with us during the  
following hours:

Monday - Friday

**12pm - 10pm**

Saturday and Sunday

**6pm - 10pm**



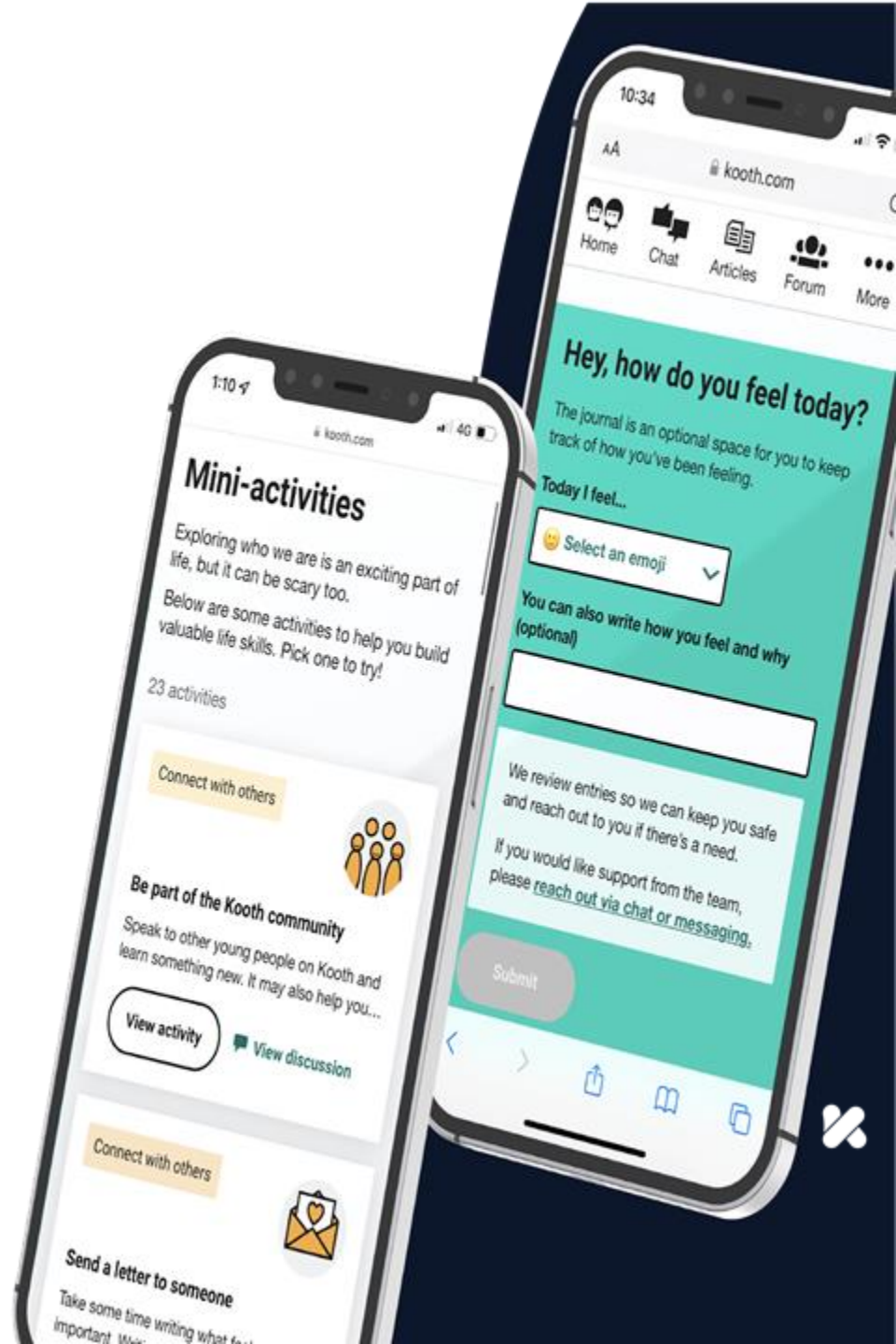


# A range of **self-help tools** all in one place

Our self-help tools can be accessed at any time.

## Options include:

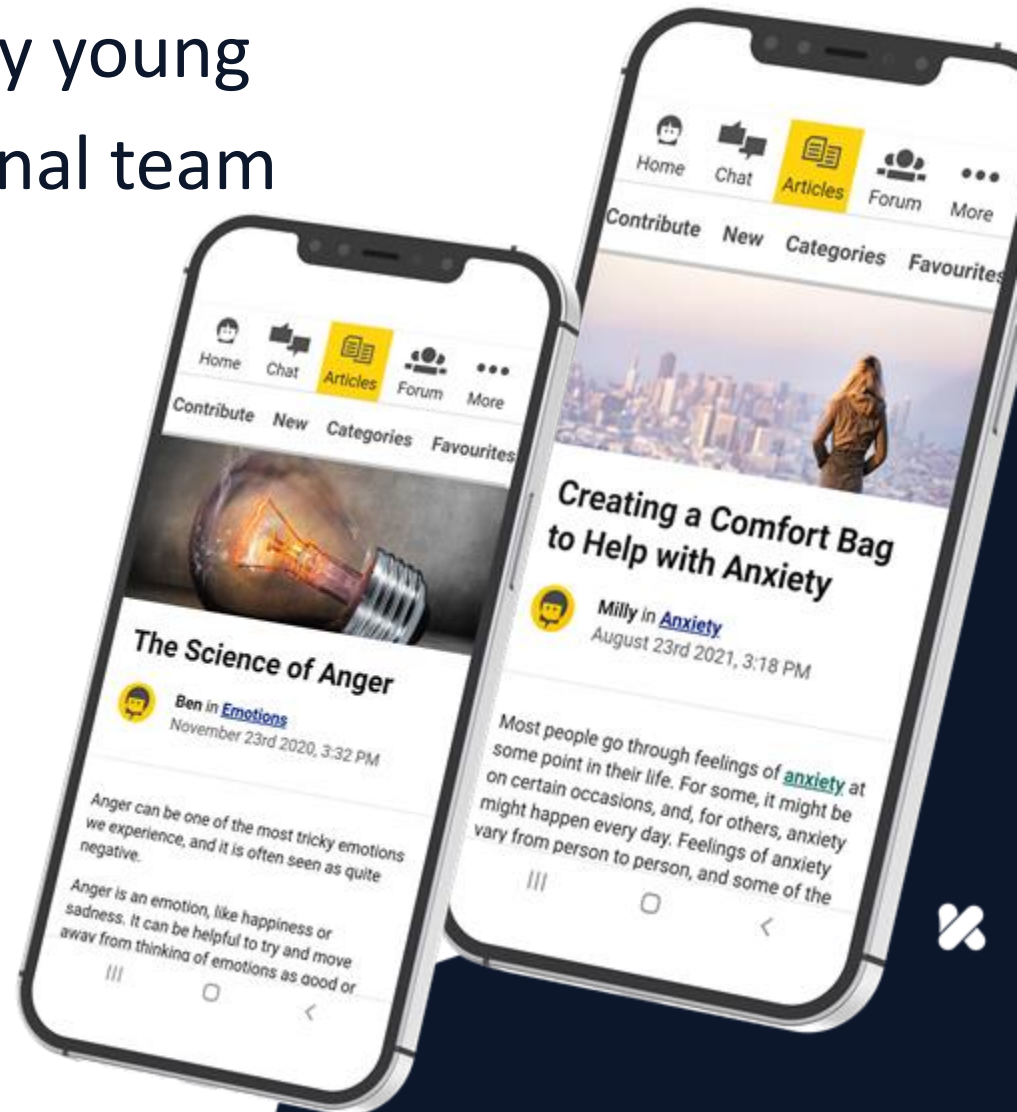
- Wellbeing mini activity hub
- Journal space
- Goal setting



# Helpful articles written by young people and our professional team

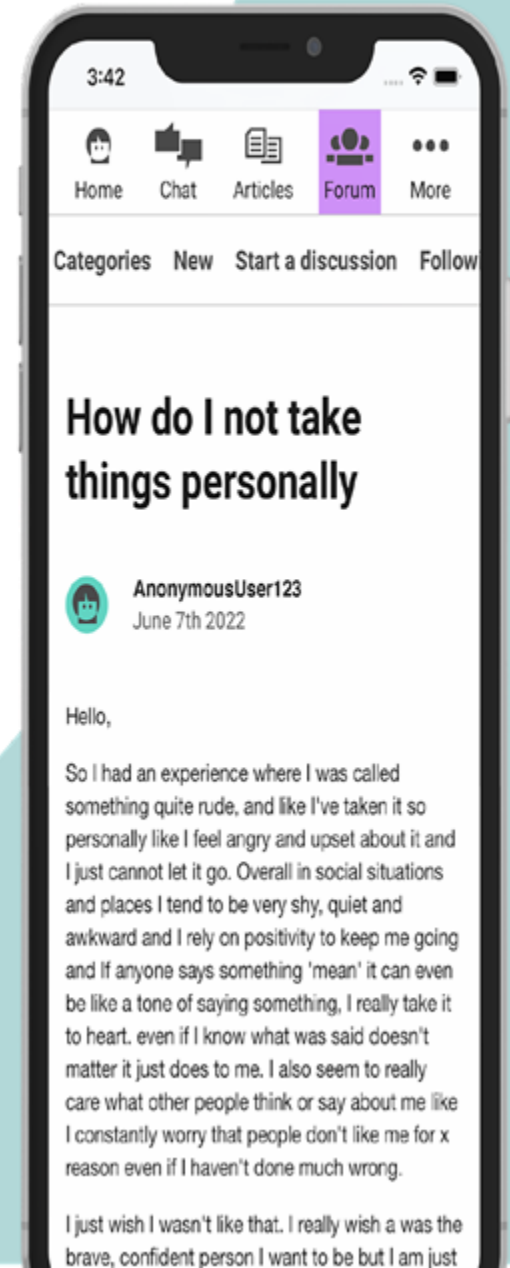
## Article topics include:

- Personal stories
- Identity
- Bullying
- Hobbies and interest
- General health and wellbeing



# Support from other young people in our **safe online community**

- **Join the conversation** on one of our many helpful discussion boards
- **Engage in a live forum topic** that's led by a professional member of our team



A large teal shape on the left side of the slide, with a large orange circle overlapping it.

# Why Kooth?





## No problem is ever too small at Kooth

If it's on your mind, we're here to help. Some of the feelings or difficulties we can support with could include:

- Stress
- Anxiety
- Friendships
- Life at home
- Exam or coursework pressures
- Eating difficulties
- Loneliness
- Body image concerns
- Anger
- Confidence
- Big changes
- Social media

You can **trust us**



Providing NHS services



**Real people who  
want to listen  
and help,  
not bots**

**95%**

of our users would  
recommend Kooth to  
a friend



# **Adapting our approach to support young people with SEND**

We recognise that many young people using Kooth may have special educational needs and disabilities.

In these events, we'll explore with them the different ways we can accommodate their needs in a person-centred and collaborative way that works for them.



# Safeguarding is always a priority for us

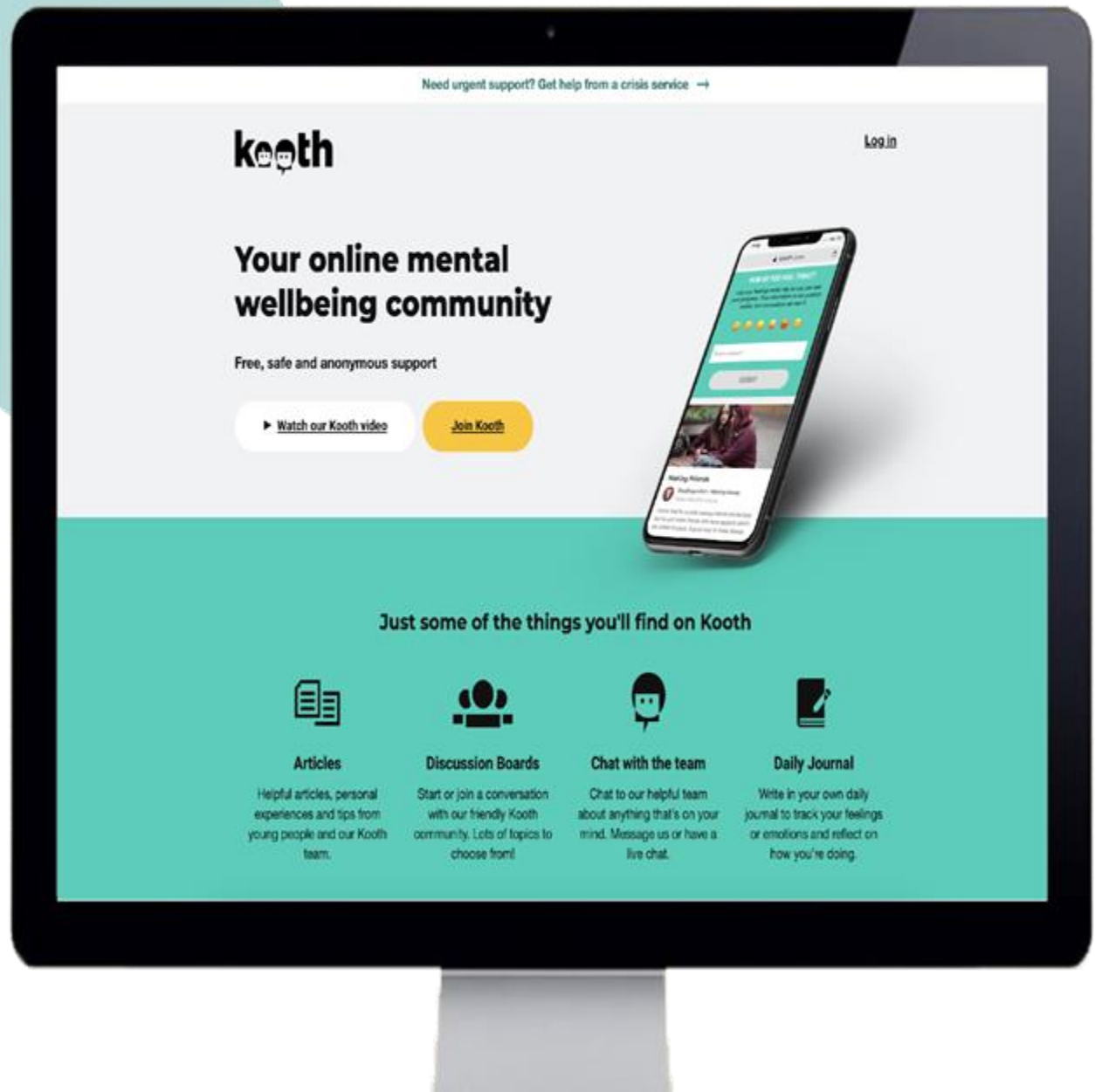
At Kooth, we believe that **safeguarding is everybody's business**. It is a core value amongst all our staff.

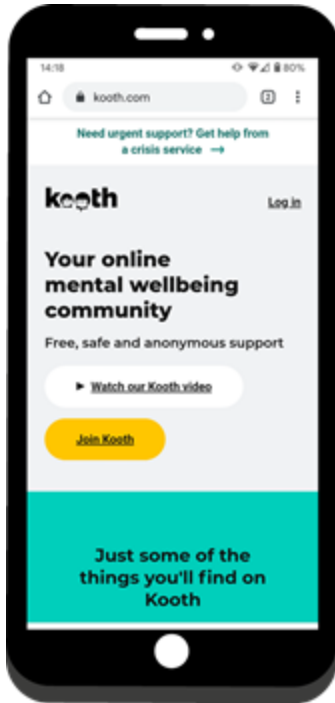
We have clear processes for escalating safeguarding concerns, supported by our safeguarding team.



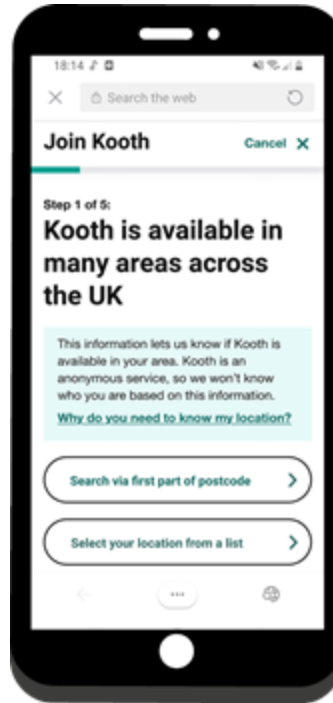


Click on the  
'Join Kooth'  
button to  
get started





1. Select **Join Kooth**.



2. Sign up by postcode or select your location from our dropdown list.

How to **sign up**

5. Select your month and year of birth.

6. Select your gender and ethnicity.

7. Create an **anonymous (not your real name)** username and secure password.



Questions from parents and carers

[parents@kooth.com](mailto:parents@kooth.com)

Enquiries about promoting us in your area

[arennie@kooth.com](mailto:arennie@kooth.com)

**Focusing on children, young  
people, their needs,  
experiences and contributions**

**STEP**  
**SWINDON**



**STEP is a registered Charitable  
Incorporated Organisation (CIO),  
established in 1984 to provide  
therapeutic support to children  
and young people across Swindon**



# Therapeutic Evening Sessions

# STEP SWINDON

## Therapeutic Services

7-11 years: *Junior STEP* and 11 -18 years

Bespoke therapeutic group sessions focusing on:

- Raising confidence and self-esteem
- Understanding and managing emotions
- Developing communication skills
- Forming appropriate friendships
- Managing relationships
- Assertiveness and resilience
- Anger/ stress management

## Behavioural

7-18 years

Sessions focus on:

- Preventing anti-social acts and involvement in criminal activity
- Actions & consequences
- Early intervention and harm reduction

## 5 STEPs to well-being

7-11 years; *Junior STEP* and 11 -18 years

For young people suffering from poor mental health and experiencing:

- Social isolation
- Low self-esteem / sense of self-loathing
- Anxiety
- Self-harm
- Disconnection from family, peers, and the wider community

**7  
sessions  
a week**

## RESTORE

7-11 years; *Junior STEP* and 11 -18 years

Sessions for young people living with DV, mental health, substance misuse & neglect in the home

- Learning to express feelings appropriately
- Dealing with stressful situations.
- Self-esteem / self-worth
- Resilience and confidence
- Healthy relationships
- Staying safe





## Daytime Sessions (in school provision)

# STEP

## SWINDON

**3  
sessions  
a week**

### Positive STEPs – Behavioural

7-18 years

Sessions focus on:

- Managing emotions and behaviours within educational settings
- Actions & consequences
- Early intervention and harm reduction
- Social isolation
- Low self-esteem / sense of self-loathing

### 5 STEPs to well-being

For young people suffering from poor mental health and experiencing:

- Social isolation
- Managing emotions and challenges within educational settings
- Low self-esteem/ sense of self-loathing
- Anxiety
- Self-harm
- Disconnection from family, peers, and the wider community



# SEND Inclusion Project (Saturday Group)

# STEP SWINDON



Inclusions provisions - SEND children & young people

*3 separate age appropriate groups; focusing on:*

- Emotions
- Friendships
- Communication
- Independence
- Community safety
- Taking care of yourself
- Social skills development
- Communication
- Appropriate relationships
- Transition into adulthood



## Participation & Co-production



- Commissioned by Swindon Borough council to ensure that children & young people with SEND have a voice and are given the opportunity to participate in decisions that affect their lives and makes a real difference to both them and other young people.

**Young  
Inspectors**

**Representatio  
n on Strategic  
Boards**

**Web site  
review (CYP  
Friendly)**

**Recruitment**

**Training**

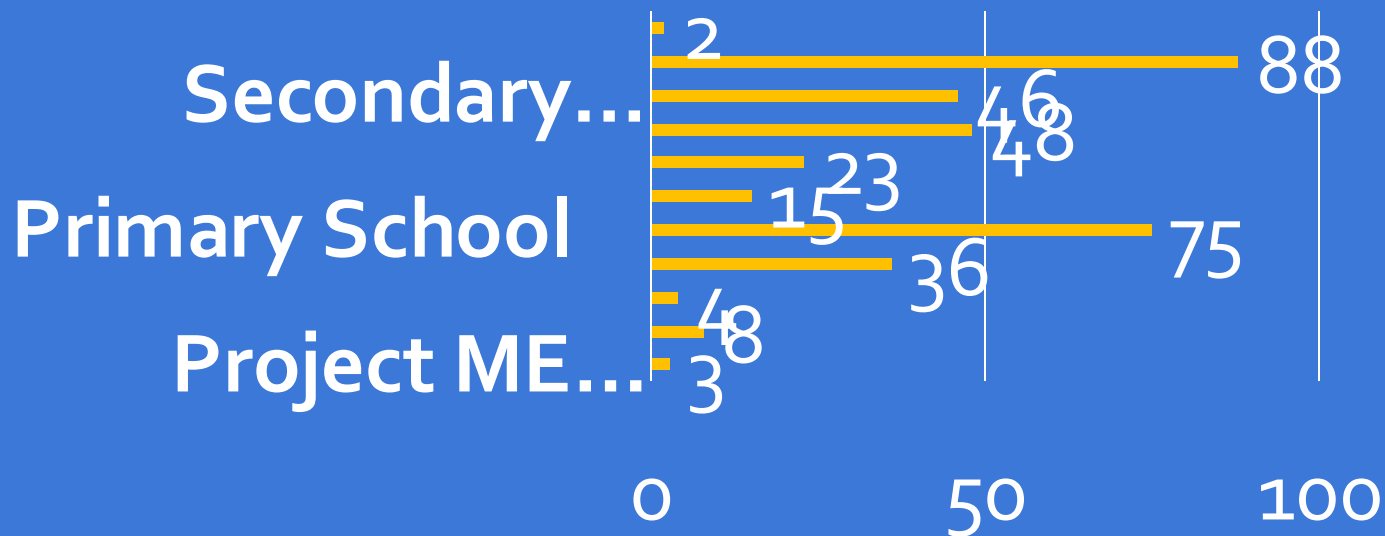
**Consultation**

- Commissioned by Barnardo's to ensure the views of children and young people are core to the work of Mental Health Trailblazer, in relation to informing service design and delivery.

## Referrals – January '22 to December '22



### Referrals



# Key Vulnerability Factors\* - January '22 to December '22 *\*at point of referral*



- Poor emotional health and well-being / self-harm/ social isolation **86%**
- Poor communication / inability to express emotions effectively **58%**
- Anti-social behaviours / Anger management **62%**
- Relationship / friendship issues **71%**
- SEND (including ASD / ADHD) **43%**
- Disruptive homelife conditions – parental substance misuse, parental mental health, incarceration, Domestic Abuse **48%**
- Low self-esteem / confidence **49%**
- Living in area of deprivation (lowest 10% nationally) **19%**
- CHIN/TAC **16%**
- Child Safeguarding **4%**
- Child Looked After **3%**

# **STEP in Numbers** *(January '22 to December '22 across all provisions)*



**324 young people supported**

**264 Sessions delivered**

**90% young people leave service with needs (identified at point of referral) met**

**96% of young people said that STEP has helped them**

**88% of young people can better manage behaviour & emotions**

**Average 21% positive shift across SDQ scores**

**91% of parents and carers said they felt STEP has helped their child**

**87% of parents and carers said they felt the intervention had a positive impact upon their family**

**87 AQA Short Course qualifications awarded**

**23 young people have received additional one to one support from In-house counsellor**



# TaMHS, CAMHS and Local children's Mental Health Services

**Danielle Kemp**

Professional Lead TaMHS

**Kirk Anderson**

Team Manager, LD CAMHS

CAMHS





There are 3 local Children's Mental Health Services in Swindon. At the lowest level there is Trailblazers – Project Me. TaMHS the Targeted Mental Health Service is part of SBC. And CAMHS offering the higher level support part of the NHS – which includes Learning Disability CAMHS and TEDS – The Eating Disorder Service

How to refer: Schools can refer to Trailblazers and TaMHS direct if they have the service in their school. All other referrals will come via TaMHS who will screen and action the referral. Young people presenting at GWH after e.g. an overdose will be assessed directly by CAMHS

**Project Me** (Trailblazers) run by the **Barnardo's** charity are the newest addition to the mental health support offer in Swindon. They were created with government funding to increase Mental Health support in schools. They offer lower level support using a Low intensity CBT model (Cognitive Behaviour Therapy). They're in 62 schools currently.

**TEDS** – The Eating Disorder Service, another part of CAMHS offer. Offering specialist assessment and evidence based treatment for young people with an eating disorder such as Anorexia Nervosa using CBT and Multi-family Therapy

**TaMHS** – the Targeted Mental Health Service part of the FISS service delivered by SBC. There are 2 parts to the service: 1- the Traded service that schools can purchase and 2-the Single Point of access where we take referrals for TaMHS, CAMHS and LD CAMHS holding a daily joint screening meeting with all 3 mental health services leads present. TaMHS staffing compliment includes Registered MH nurses, social workers and Outreach Workers

**LD CAMHS** – Learning Disability CAMHS, delivered alongside main CAMHS and offering assessments and intervention to children with a formal Learning Disability as opposed to a Learning Difficulty. They work alongside the more specialist schools in Swindon supporting pupils and their additional needs. CAMHS also have a Neurodevelopmental clinic which provides assessment and diagnosis of neurodevelopmental disorders for young people with complex needs who have additional mental health needs.

**CAMHS** – Child and Adolescent Mental Health Service the 3<sup>rd</sup> service, is part of the NHS under Oxford Health NHS Trust, encompassing CAMHS and LD CAMHS. There is also an inpatient mental health unit on the site also. CAMHS have a wider range of Multi disciplinary staffing including Child Psychiatrists, Clinical Psychologists, Family Therapists and Registered Mental Health Nurses.



# TaMHS

The **Targeted Mental Health Service (TaMHS)** provides mental health assessment and therapeutic work to children and young people 0-18.

We are in a unique position around the UK to be part of Swindon Borough Council rather than the NHS which allows us to be part of the Early Help process. Offering a better access to wider support from SBC. Working in a very integrated way with the other agencies such as Family service and Educational psychologists.

There are 2 parts to the Service; Traded and Single Point of Access.



# TaMHS Interventions

- TaMHS Assessments - TaMHS offer 9 assessment sessions per day, two days a week, equating to 18 assessments per week. From the assessments children/young people are either seen by TaMHS for a therapeutic intervention, discussed with CAMHS colleagues or signposted to other services.
- TaMHS Therapeutic interventions Individual sessions are offered to children following assessment using CBT based therapies and solution focussed therapies. These sessions offer support to manage anxiety, self-harm, improve self-esteem, addressing eating issues & low level eating disorders. TaMHS also offer wellbeing groups using the CBT informed approach, again looking at managing feelings and anxiety, these are a 5 week programme, other groups are available on a needs based approach such as year 6 transition groups or Stressbusters.

# TaMHS Traded

TaMHS Traded work - TaMHS traded workers offer consultations, group work and individual work with children and young people. These are short-term interventions, tailored to meet the needs of each pupil, using evidence-based interventions, such as solution focused therapy, or cognitive behavioural therapy. Schools can also purchase bespoke training packages, additional consultancy for school staff or parents, clinical supervision and group interventions. TaMHS also offer wellbeing groups using the CBT informed approach, looking at managing feelings and anxiety, these are a 5-week programme, other groups are available on a needs-based approach such as year 6 transition groups or Stressbusters. TaMHS are in 46 schools this academic year.

# Swindon CAMHS



# What we offer

- Routine and urgent assessments.
- Care planning, allocated workers and regular reviews, (CPA process), medication and monitoring.
- TEDS (The Eating Disorder Service)
- Professional consultation, safety planning -via duty system
- Complex Case consultation clinic
- Family Therapy clinic
- LD CAMHS

# What we offer continued.....

Psychotherapy

Psychological interventions (CBT, DBT, distress tolerance skills, formulation)

Neurodevelopmental Assessments

Youth Justice liaison

Infant mental health pathway

Crisis and home treatment team

GWH Liaison

# Partnership working

- Link working with Police
- Reflective case and risk reviews
- Links with GWH, Community Paediatrics and GP's
- Participation for Children and Young People
- Parent Groups
- Early Intervention Psychosis Team
- Transition work for young people turning 18.
- FCAMHS
- Student placements
- Multi-agency training

# Session types

- Digital
- Telephone
- Face to face
- In clinic
- In schools
- Home visits
- Community appointments

# Types of difficulties we work with

- Generalised Anxiety
- OCD
- Specific anxieties
- Eating Disorders
- Depression
- Self Harm
- Suicidal ideation
- Trauma
- Assessment and treatment of complex neurodevelopmental conditions (with additional mental health needs)
- Young people with a learning disability with additional mental health



# Single Point of Access

- TaMHS holds the Single Point of Access (SPA) for all referrals to TaMHS/CAMHS/ LDCAMHS
- Screening process is the triaging of the incoming referrals is completed by TaMHS
- Daily meetings between TaMHS/CAMHS to ratify decisions which the Trailblazers join twice weekly.
- TaMHS send outcome letters to the referrers and can action any queries or gather more information.

# What makes a good referral?

When making a referral these key points are useful to remember;

- History is useful but more importantly to help young people get the right service is what is happening for them now.
- What are they experiencing? It is most useful to describe this rather than using terms such as depression or anxiety.
- How long has this been an issue for, and has it got worse?
- What is the impact on home, school and social circumstances?
- How severe are the impacts or symptoms? Are they still able to attend school/engage with community?
- Specific and factual .... If there are concerns around eating provide current height/weight. If concerns around self-harm or self-injurious behaviour describe this.

# What makes a good referral?

- What else has been tried or currently being tried?
- Who else has the young person been referred to?
- What does the young person want to happen following referral, and are they agreeing to the referral?
- What do parents want following referral?
- What do you, as referrer want to happen as result of referral?

Thank you

[www.swindon.gov.uk](http://www.swindon.gov.uk)

## Who are we?



The Project Me Mental Health Support Team (MHST) is part of a nationwide government initiative to improve access to mental health support for children and young people.

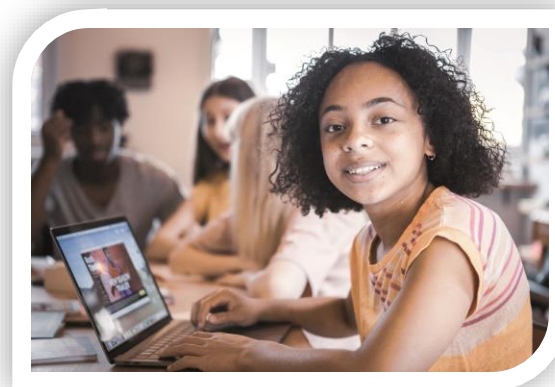
We are currently supporting children and young people who have emerging mild or moderate mental health difficulties which may be affecting their day to day life. We are also supporting schools to develop their whole school approach to Mental Health and Wellbeing through a range of early help initiatives.

Within our Mental Health Support Team, we have two clusters.  
Each cluster consists of:

- Children's Service Manager
- Team Lead
- Clinical Supervisors
- Triage Practitioner
- Mental Health Practitioners (EMHPs & CWP's)
- Administrators
  
- Peer Mentoring Co-ordinators
- Outreach Workers
- Director

### Management Support

EMHPs have access to weekly specialist supervision. Barnardo's line manager are available at all times to support with safeguarding concerns, practice guidance, operational queries and to interface with schools. The nominated school lead is the main point of contact for EMHPs within the school. This role may be delegated if necessary, provided the EMHP is aware of the key contact.



## What We Do

We offer a range of evidence based Individual and group interventions for children and young people with emerging mild to moderate mental health difficulties. Our interventions are short term (6-8 sessions) and based on cognitive behavioural therapy (CBT) which focuses on the link between thoughts, feeling and behaviours. Unlike other talking therapies CBT is based in the “here and now”, meaning the focus is on how the problem is being maintained rather than how or why it started.



### Individual Interventions

Parenting to support with behavioural difficulties (ages 5-9)  
Parent Led CBT to support with anxiety (ages 5-12)

A range of interventions to support with the following issues (ages 10+):

- Generalised Anxiety
- Separation Anxiety
- Social Anxiety
- Phobia
- Low Mood
- Lifestyle management

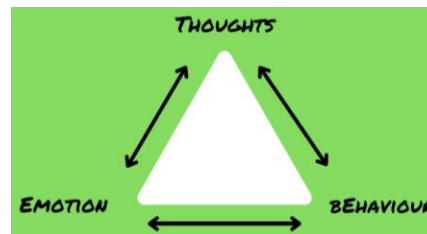
### Group Interventions

**Mind and Mood:** focuses on increasing understanding of anxiety and/or low mood and developing coping strategies

**Decider Skills:** focusing on skills development – distress tolerance, mindfulness, emotional regulation and interpersonal communication

**Parenting:** Supporting parents to understand and positively manage behaviour

**Parent–Led CBT:** Supporting parents to understand their child’s anxiety and help manage it using CBT strategies



# MENTAL HEALTH SUPPORT TEAM


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Project Me, Barnardo's





## Making a referral to 1:1 and group work

- 
- Any child or young person on roll in participating schools can be referred for individual or group interventions.
  - We are an early help service which means the support we provide is suitable for children and young people with emerging mild to moderate mental health difficulties.
  - **Those whose mental health needs are more enduring and/or severe, or who have experienced trauma, bereavement or family difficulties would be better supported by other specialised services.**
  - If you are unsure about how or where to refer a CYP for support, please contact our triage team who can provide you with up to date advice and signposting information.
  - Questions about referral criteria can also be directed to triage or your designated EMHP
  - Any member of school staff can make a referral through their SMHL/ Pastoral team
  - Parent/guardians can speak to the Special Educational Needs Co-ordinator (SENCO) or Senior Mental Health Lead (SMHL) at school to complete a referral form. They can also seek a referral through their GP.
  - Young people aged 13+ can self-refer.



## What happens After you Make a Referral?

- The referral goes through a triage process to explore how the child or young person's needs can be best met.
- Our service is not suitable for everyone and this helps to ensure the right type of support is being offered.
- As part of this process a member of the triage team may contact the referrer and/or parent/carer for further information (depending on demand for the service there may be a wait time)
- If the referral is accepted, this will be confirmed in writing and the child or young person will be added to our waiting list.
- Once a child or young person reaches the top of the waiting list, their allocated practitioner will make contact to arrange an assessment appointment
- During the assessment, the practitioner will ask questions explore the child or young person's difficulties and check they are safe. Time will also be spent making goals to find out what they would like to achieve from the support.
- If it is agreed that the child or young person will benefit from LICBT, a support plan will be made and worked towards over 6-8 intervention sessions.
- If at any point during the triage or assessment process a referral is identified as unsuitable, we will discuss other options and help to signpost the family to the most appropriate service.



## What We Do

We offer a range of initiatives to support a Whole School Approach to Health and Wellbeing, and have also developed a universal offer that is accessible to all children and young people across Swindon. These activities support the overall early intervention aim to improve wellbeing and prevent mental health issues in the future.



### Universal Whole School Approach Offer

For Participating Schools

Staff Training

Staff Consultation

Psychoeducation Workshops for children, young people & parent/carers.

Peer Mentoring

Mental Health and Wellbeing Personal Development Workshops (secondary schools)

Mentoring and Holiday Camp Programmes Delivered in Collaboration with Swindon Town Football Club

### Community Outreach Offer

For all children and young people across Swindon

Online Wellbeing Programme

Easter & Summer Wellbeing programmes

Assemblies (primary schools)

Signposting events

Attendance at school events (e.g. fetes)

### How can you access our Whole School Approach or Universal Offer?

For more information on booking our Whole school Approach, or Universal offer please speak with your EMHP or contact us:

Telephone: 01793 957900

Email: [info.projectme@barnardos.org.uk](mailto:info.projectme@barnardos.org.uk)

## Consent and Confidentiality

### Consent

- All referrals must be sent with knowledge and consent of the child/young person.
- Parental consent is required for any child under 13 years of age.
- Young people over 16 do not require parental consent.
- For those aged 13-16, parental consent is not essential providing that they are considered Gillick competent (i.e. the young person can demonstrate that he/she understands the purpose of and requirements for treatment).
- Research has shown that outcomes are better when parents/carers or another responsible adult in the young person's life is aware of the difficulties and can support the young person between sessions.

### Information Sharing

- We offer a confidential service, this means:
- We will share information with the informed consent of the young person (or parent/carer where appropriate) on a need-to-know basis. This will be information agreed with the young person, for example action plans, or attendance information.
- In line with Barnardo's Safeguarding and Confidentiality procedures, we will also share information if we have significant concerns about the safety of a young person or others.





## Contact us

Monday to Friday 9am – 5pm.

Telephone: 01793 957900

Email:

[info.projectme@barnardos.org.uk](mailto:info.projectme@barnardos.org.uk)

Nexus Business Centre

6 Derby Close

Cheney Manor

Swindon

SN2 2PN



### Cluster 1

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Naomi Marturano, Team Lead  
[naomi.marturano@barnardos.org.uk](mailto:naomi.marturano@barnardos.org.uk)

### Cluster 2

Polly Atkins, Children's Service Manager  
[polly.atkins@barnardos.org.uk](mailto:polly.atkins@barnardos.org.uk)

Kathleen Kinloch, Team Lead  
[kathleen.kinloch@barnardos.org.uk](mailto:kathleen.kinloch@barnardos.org.uk)

Michael Hammond, Assistant Director Children's Service  
[michael.hammond@barnardos.org.uk](mailto:michael.hammond@barnardos.org.uk)

If a child or young person is experiencing moderate to severe difficulties with their mental health, where symptoms are having a significant impact on their daily life, you can refer to your local TAMHS/CAMHS or signpost to their GP!

**For urgent support please call 111/999 or go to A&E**

**Believe in  
children**  
 **Barnardo's**



Patron: HRH The Duchess of Cornwall  
President: Natasha Kaplinsky OBE  
Barnardo's (a company limited by guarantee)  
Registered Office: Barnardo House, Tanners Lane,  
Barkingside Ilford, Essex IG6 1QG. Registered No. 61625  
England. Registered Charity Nos. 216250 and SC037605



- EPs are Psychology graduates who have also undertaken Postgraduate doctoral training in Educational Psychology.
- EPs apply psychological theory and research to promote the learning, development and emotional wellbeing of children, young people and their families.

- Principal EP, Deputy Principal EP, 2 Senior EPs
- 11 Main grade EPs 2 Trainee EPs, 1 Assistant EP & 2 Business Support Officers

- The EPS provides a range of traded services to promote the development and well-being of children and young people aged 0-25, e.g. consultation, coaching, training & ELSA training and supervision.





# SMHLs - what Swindon Educational Psychology Service can offer

## Statutory (Non-Traded) Work

- The Local Authority funds the EPS to support with their statutory responsibility in relation to children and young people with SEND – including Annual Reviews

## Critical Incident Response

- EPs may support leaders of settings where there is a critical incident

## Core Values

- Collaboration
- Hope
- Compassion
- Curiosity

## Pledges

- We will listen
- We will reflect
- We will keep the child's best interests at heart
- We will look for solutions
- We will keep learning



# School Nursing

Offer a confidential service to pupils and/or parents and carers as long as they have capacity to consent and there are no safeguarding issues (usual safeguarding procedures are followed)

SN's can support with low confidence & self esteem, anxiety and a range of other issues this is usually completed over 3-4 sessions in school  
We are currently using Outcome Stars to monitor and evaluate progress

Referrals can be made using a Request for Service form (it has the email address on it) and there is more information online:

<https://localoffer.swindon.gov.uk/content/send-local-offer/landing-pages/health-landing-pages-and-content-pages/swindon-school-nursing-service/>

Jan Sadler

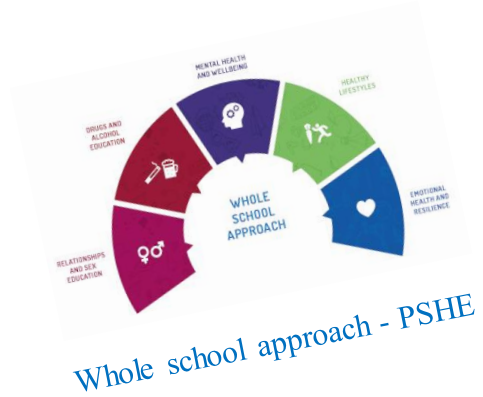
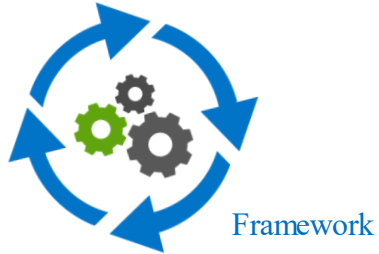
Professional Lead for School Nursing



## Swindon Mental Health & Emotional Wellbeing Award



## Aim of: Mental Health & Emotional Wellbeing Award



## 5 Key Sections:

*1 – Whole School Programme – Universal Emotional & Mental Health*

*2 – Anti bullying work*

*3 – Targeted Support*

*4 – Staff Mental/Emotional Wellbeing*

*5 – Staff training*

## ***Final Section 6 – Evidence / Impact of support to staff and students***

Whole School Evidence:	Targeted Evidence:
How will you develop this work further?	Identify areas the school will need for further support:

*Please state how you will continue to develop this work or what support you may need to develop this work further.*

# Local System Overview

- Swindon Services Poster
- Local Offer: <https://localoffer.swindon.gov.uk/content/send-local-offer/landing-pages/health-landing-pages-and-content-pages/health-needs/mental-health-needs-menu/>
- MH Resources – CCG YouTube channel:  
[https://www.youtube.com/channel/UCI\\_TDbv\\_ZHo6AeQaPokmhYg/videos](https://www.youtube.com/channel/UCI_TDbv_ZHo6AeQaPokmhYg/videos)
- Swindon Mental Health and Emotional Wellbeing Award:  
[New Mental Health Award : Swindon Healthy Schools](#)
- Details and documents from the whole day can be found here:  
[Senior Mental Health Leads Training : Swindon Healthy Schools](#)