

Mental Health Support Team



Calne Primary Schools	Calne Secondary School	Salisbury Primary Schools:	Salisbury Secondary Schools:
*Marden Vale C of E Academy	*Kingsbury Green Academy	Harnham Infants School	Salisbury 6th Form College
*Priestley Primary School		Harnham Junior School	Sarum Academy
Chippenham Primary Schools:	Chippenham Secondary Schools:	Manor Fields Primary School	South Wiltshire University Technical College
Charter Primary School	Abbeyfield School	Pembroke Park Primary School	St Joseph's Catholic School
Frogwell Primary School	Hardenhuish School	Sarum St Paul's C of E Primary School	Wiltshire College - Salisbury Campus
Ivy Lane Primary School	Sheldon School	St Mark's C of E Junior School	Wyvern St Edmund's School
Queens Crescent School	Wiltshire College - Chippenham Campus	Saint Martin's C of E Primary School	
St Mary's RC Primary School		St Osmund's Catholic Primary School	SEN Schools Salisbury:
St Nicholas Church of England VC Primary School, Bromham	SEN Schools Chippenham:	St Peter's C of E Primary Academy School	Exeter House Special School
St Paul's Primary School	St. Nicholas' School	Woodlands Primary School	
St Peters C of E Academy		Wyndham Park Infants School	
Devizes Primary Schools:	Devizes Secondary Schools:	Trowbridge Primary Schools:	Trowbridge Secondary Schools:
Five Lanes Primary School	Devizes School	Bellefield Primary School	St Augustine's Catholic School
Southbroom Infants School	Lavington School	Holbrook Primary School	The Clarendon Academy
Southbroom St James Academy		Grove Primary School	The John of Gaunt
St Joseph's Catholic Primary School		Newtown Community Primary School	Wiltshire College Trowbridge
The Trinity Primary School	SEN Schools Rowde (Nr Devizes)	Oasis Academy Longmeadow	
Wansdyke School	Silverwood School – Rowde Campus (Formerly Rowdeford School)	Paxcroft Primary School	
Melksham Primary Schools	Melksham Secondary School	St John's Catholic Primary School	SEN Schools Trowbridge:
*River Mead School	*Melksham Oak Community School	Studley Green Primary School	Silverwood School – Trowbridge Campus
*Seend Church of England Primary School		Westbury Primary Schools:	Westbury Secondary Schools:
*St Nicholas Church of England VC Primary School Bromham		Bitham Brook Primary School	Matravers School
*The Manor School		Dilton Marsh C of E Primary School,	
		Westbury Infants School	
		Westbury C of E Junior School	
		Westbury Leigh Primary School	
Pewsey Primary School	Pewsey Secondary School	Wootton Bassett Primary Schools:	Wootton Bassett Secondary Schools:
*Pewsey Primary School	*Pewsey Vale School	*Longleaze Primary School	*Bradon Forest School (Purton)
*St Sampson's C.E. Primary School, Swindon		*St Bartholomew's Primary Academy	*Royal Wootton Bassett Academy

- 1:1 CBT for Low Intensity
- Whole School Approach – thinking of ways to improve wellbeing in the school setting
- Whole School Approach Audit
- Pre Referral Consultation
- Groups (small groups and whole classes)
- Assemblies
- Workshops
- Staff training

The objective is to work with the CYP whose needs do not require specialist CAMHS, but where early intervention can be beneficial.

<p><u>EMHPs can work with:</u> Mild/moderate presentation</p>	<p><u>EMHPs cannot work with:</u> Significant levels of need /complex presentation</p>
<p>Low mood / mild depression / low self-esteem <i>(intervention with young person)</i></p>	<p>PTSD, eating disorders, body dysmorphia, bipolar disorder, assessment for neurodevelopmental or learning needs</p>
<p>Generalised anxiety/worry, simple phobias, panic, social anxiety, mild OCD <i>(intervention with young person or parent/carer)</i></p>	<p>Severe symptoms with significant impact across multiple settings, or multiple co-existing difficulties No motivation to change</p>
<p>Behaviour that challenges <i>(intervention with parent/carer or school staff)</i></p>	<p>Severe, active, high-risk self-harm. Current suicidal plans, or recent suicide attempt</p>
<p>Lifestyle management, for example: sleep hygiene, managing stress, problem solving</p>	<p>Complex needs, including domestic abuse, significant instability in family, moderate additional learning needs in carer, risky substance use</p>

PRIMARY SCHOOLS

FRIENDS group

For managing and preventing anxiety, building resilience and self esteem
For pupils in years 5 and 6. 9 x 1-hour sessions.

Universal - for a whole class

Targeted - for 6-8 pupils who would benefit from support for anxiety

Decider life skills

To help manage distress, regulate emotion and learn effective coping skills
7 x 1-hour sessions

Universal - for a whole class

Targeted - for 6-8 pupils who would benefit from support with emotional regulation

Parenting for behaviour group

To enhance parent/carer-child relationships and reduce problematic behaviour
6 x 1.5-hour sessions

Targeted - for 8-10 parents/carers who would benefit from support with managing challenging behaviour

Parenting for anxiety group

Helping parents/carers to support their child to manage fears and worries
5 x 2-hour sessions

Targeted - for 8-10 parents/carers who have a child struggling with anxiety/worry

ONE-OFF WORKSHOPS

60-90 minutes

- Transition to secondary school
- Sleep hygiene
- Managing anxiety

SECONDARY SCHOOLS

The following four groups are each 4 x 1-hour sessions:

Anxiety group - to understand and manage anxiety

Self esteem group - to improve self esteem

Body image group - to improve body image

Anger group - to understand and manage anger

Targeted - for 6-8 pupils showing difficulties in the relevant area

Mind and mood group

To support with stress, anxiety, and/or low mood

6 x 1-hour sessions

Targeted - for 6-8 pupils struggling with stress, anxiety, or low mood

Decider skills

To help manage distress, regulate emotion and learn effective coping skills

7 x 1-hour sessions

Universal - for a whole class

Targeted - for 6-8 pupils who would benefit from support with emotional regulation

ONE-OFF WORKSHOPS

60-90 minutes

- Managing exam stress
- Social media
- Sleep hygiene
- Managing anxiety
- Managing low mood
- Mental health & wellbeing
- Transition for sixth form

ASSEMBLIES

- Introduction to MHST
- Social media
- Sleep hygiene

STAFF TRAINING

- Introduction to MHST
- Recognising and supporting anxiety and low mood in the classroom
- Understanding behaviour
- Staff wellbeing

Your allocated EMHP can provide you with a referral form or you can email:

Wiltshire

mhstwiltsreferrals@oxfordhealth.nhs.uk

What we look for in a referral – Top tips

Problem clearly identified

The impact the difficulties have on the young person

Length of time the difficulties have been present

An idea of what the young person/family/school wish could be different for the young person

Risks (or lack of) clearly outlined

What has been tried before

Relevant history e.g diagnosis