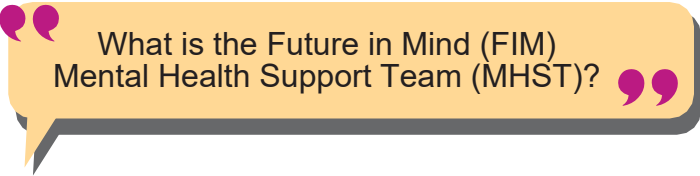




The Future in Mind Mental Health Support Team (MHST) in Wakefield

A guide for professionals

With **all of us** in mind.



What is the Future in Mind (FIM) Mental Health Support Team (MHST)?

Mental Health Support Teams (MHST) in schools are part of a joint national initiative between the Department of Education and NHS England to improve access to psychological therapies for children and young people (CYP) who are presenting with emerging emotional wellbeing needs.

All mainstream schools including colleges and alternative provision settings are covered in the Wakefield district.

Our key messages:

**B**

Behaviour is communication

**A**

A significant trusted adult in school is key

**S**

Staff wellbeing is essential as a priority to supporting students, parents, carers and colleagues

**I**

Interaction can be an intervention

**S**

Students need to feel safe to learn and thrive

What can you expect from your Future in Mind MHST?

- Timely access to 1-1 and group evidence-based interventions for children, young people and their parents/carers where there is an identified support need.
- Case consultation, advice, support and signposting for school staff.
- Collaborative work with school to identify and implement a whole school approach.
- Psycho-education support to enhance understanding of common mental health difficulties for children, young people, parents/carers and school staff.
- Training sessions for professionals including bespoke mental health training.
- A collaborative approach to improving understanding of emotional wellbeing and to reduce stigma around mental health.

We provide a range of evidence based targeted interventions which include:

- Consultation advice via the Future in Mind consultation.
- Group intervention.
- One to one intervention.
- Parent/carer consultation

We provide non targeted work to support the whole school / college approach (WSCA) including:

- Assemblies
- Staff training and support
- Parent/carer information sessions
- Classroom sessions

You can find out more about the Future in Mind Mental Health Support Team by visiting this link [Introduction to the Wakefield Future in Mind mental health support team - YouTube](#)

What support needs do the targeted and non-targeted interventions focus on?

The support the Future in Mind MHST offer is wide-ranging and dependent on the needs of individual school communities. Our interventions cover topics including:



Managing worries and/or anxiety



Sleep and mental health



Understanding and managing low mood



Managing difficult emotions



Improving wellbeing and resilience



Exam stress and transition



Managing self-harm



Self-esteem



Understanding attachment and trauma



Therapeutic working



Staff wellbeing

Our menu of interventions is reviewed with the changing support needs of children and young people within the Wakefield community in mind.

What is the role of the Future in Mind MHST Senior Practitioner?

All mainstream schools, alternative provisions and college settings across the Wakefield district have a named senior practitioner. The senior practitioners are all registered professionals with thorough mental health knowledge and extensive experience of working with children, young people and families. They offer consultation and advice to schools and direct work to children / young people.

Senior practitioners work alongside the senior mental health lead (SMHL) and our school links to aid understanding of how to embed the 8 key principles of the whole school approach. They are involved in the development and delivery of the interventions listed above.

What is the role of the Education Mental Health Practitioner (EMHP)?

An education mental health practitioner (EMHP) is a new role created to promote early intervention and prevention within mental health services for children and young people.

EMHPs work across the Wakefield District. EMHPs deliver evidence based interventions that are informed by low intensity Cognitive Behaviour Therapy (CBT) approaches.

The EMHPs provide sessions on a range of mental health and wellbeing difficulties including low mood, worry management, anxiety, fears, simple phobias, sleep. The EMHPs can also contribute to the provision of our range of whole school approach interventions.

How do I make a referral?

The Senior Practitioners are regularly in school and are a point of contact for the identified Senior Mental Health Lead and the link in school, usually a learning mentor, the SENDCo or a member of the leadership team.

Please note to make a referral to our team, consent is required from a parent/ carer or the young person if they are considered Gillick competent. Referrals are made via school consultations with the link FIM MHST senior practitioner.

Who else does the Future in Mind MHST work with?

In addition to mainstream education settings, the team works in partnership with other services including:

- Family and youth hubs
- The educational psychology service
- Public Health
- 0-19 service
- Social care
- Wakefield CAMHS
- WISENDSS
- Community based organisations including community based organisations



How can I get in touch with the team?

If you work within an alternative provision or a mainstream school or college setting you can speak directly to the senior practitioner linked to your school.

You can also contact us by using our team email address:

wakefieldCAMHS.mhst@swyt.nhs.uk

or you can call us on:

01977 735901

Where do I go if I need more urgent support?

For more immediate advice or support regarding concerns about a child or young person's mental health you can contact the CAMHS single point of access on **01924 316200, Monday to Friday, 9am – 5pm**

For urgent support that cannot wait until the next day, you can contact the CAMHS ReACH team (previously crisis team) **Monday to Sunday, 9am – 8pm**, on **01924 316200**.

Outside of these hours please contact your out of hours GP (by calling your practice number as usual) or NHS 111.

You should only contact the emergency service on 999 or go to your nearest A&E if someone's life is at risk – for example, they have seriously injured themselves or taken an overdose or if they do not feel they can keep themselves or someone else safe.



If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.

إذا كنت تحتاج إلى نسخة من هذه المعلومات بأي صيغة أو لغة أخرى، فيرجى الاتصال بأخصائي الرعاية الصحية الخاص بك في أمانة الصحة الوطنية (Arabic)

Pokud požadujete kopii těchto informací v jakémkoli jiném formátu nebo jazyce, kontaktujte svého zdravotnického pracovníka z Trust. (Czech)

چنانچه اگر شما به یک نسخه از این اطلاعات در هر قالب یا زبان دیگری نیاز دارید، لطفاً با کارمند مراقب بهداشت خود در بنیاد (Trust) تماس بگیرید. (Farsi)

Si vous avez besoin d'une copie de ces informations dans un autre format ou dans une autre langue, veuillez contacter votre professionnel de santé au service national des soins médicaux (NHS). (French)

Ja jums ir nepieciešama šīs informācijas kopija jebkādā citā formātā vai valodā, lūdzu, sazinieties ar savu Trasta veselības aprūpes darbinieku. (Latvian)

如果您需要以任何其他格式或语言版本获取此信息，请与您的国民健康服务医疗保健工作者联系。(Mandarin)

Jeśli potrzebuje Pan(i) kopii tych informacji w innym formacie lub języku, prosimy o kontakt z pracownikiem służby zdrowia. (Polish)

ਜੇ ਤੁਹਾਨੂੰ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿਚ ਇਸ ਜਾਣਕਾਰੀ ਦੀ ਇਕ ਕਾਪੀ ਦੀ ਜ਼ਰੂਰਤ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਟਰਸਟ ਵਿਚ ਆਪਣੇ ਸਿਹਤ ਸੰਭਾਲ ਕਰਮਚਾਰੀ ਨਾਲ ਸੰਪਰਕ ਕਰੋ. (Punjabi)

اگر آپ کو ان معلومات کی ایک نقل کسی اور شکل یا زبان میں چاہیے تو برائے مہربانی ٹرسٹ پر اپنے ہیلتھ کیئر ورکر سے رابطہ کریں۔ (Urdu)

