

Mental Health Support Team



Dear Parents/Guardians,

Within Brighter Futures for Children and Berkshire Healthcare Foundation Trust we are pleased to be launching the new Mental Health Support Team (MHST) in January 2020 and would like to take this opportunity to provide some information about this exciting new project.

Our aim

The MHST will support children and young people with emerging, mild or moderate mental health difficulties which may be affecting day to day life. The project is for those pupils on roll at 15 schools in West Reading.

Depending on the age of the child or young person, we may work either directly with them or with their parents. We also work with school staff and offer support on different levels; with the aim of developing and supporting a whole school approach to mental health.

The team consists of:

- Senior Educational Psychologists
- Primary Mental Health Workers
- A Specialist CAMHS practitioner
- An Outreach worker
- Educational Mental Health Practitioners (EMHPs)
- Administrator

Participating schools

Our service is only available to children and young people who attend or are on roll at one of the following schools with emerging or mild to moderate emotional and mental health needs

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|--------------------------|---------------|
| • Blessed Hugh Faringdon | • Meadow Park |
| • Prospect | • Moorlands |
| • The Wren | • Oxford Road |
| • Cranbury College | • Park Lane |
| • Battle | • Ranikhet |
| • Churchend | • St Michaels |
| • English Martyrs | • Wilson |
| • Manor | |

What we offer

We deliver a range of evidence-based interventions focused on mild to moderate anxiety, low mood and behaviour management.

This may include interventions such as:

- Overcoming Your Child's Fears and Worries programme: an individual guided self-help intervention for parents of anxious children aged 12 and under
- Webster-Stratton Incredible Years: an individual guided self-help parenting intervention for parents of primary aged pupils
- worry management for children experiencing anxiety (Year 6 and above)
- graded exposure (facing feared situations step by step) for children with phobias and other anxiety difficulties (Year 6 and above)

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- support for young people to explore and develop helpful coping strategies specific to improving low mood (Year 6 and above)

The MHST also offers support to school staff by:

- delivering training on various mental health topics
- offering consultations (individual or group) where staff can think through their concerns or difficulties regarding students or class groups
- working with staff to support students individually
- supporting staff wellbeing

How can you access the service

Young people under 16 years old

Parent/Guardians can use the online referral form www.brighterfuturesforchildren.org/MHST-referral-form and find more information on the Local Offer webpage or on this website www.brighterfuturesforchildren.org/MHST

Parent/Guardians can speak to the Special Educational Needs Co-ordinator (SENCO) or Senior Mental Health Lead (SMHL) at school and they will complete a simple referral form with you.

Young people can also speak to a member of school staff, School Nurse, their GP or any other professional who works with them who could support them with completing a referral.

Young people who are 16 years or over and on roll of a project school

Can self-refer www.brighterfuturesforchildren.org/MHST-referral-form

Or as above the referral can be supported with consent from the young person.

Our service is open Monday to Friday 9am to 5pm.

If pupils are experiencing moderate to severe difficulties, where symptoms are having a significant impact on their daily life, requiring more help you can refer to your local CAMHS/visit your GP.

For more urgent support, please phone urgent / out of hours support 0300 365 1234.

What happens after you make a referral

When referrals are received they go through a triage process to explore how your needs can be best met. We may contact you if we need more information.

If the referral is accepted, an MHST practitioner will be in contact to let you know. Depending on demand for our service, there may be a waiting list.

Once an MHST practitioner has been allocated, they will contact you and school to arrange a visit and an initial assessment to explore with you what intervention we may be able to offer.

If we are unable to offer you a service, we would discuss other options with you and look to signpost you to other services that may be able to meet your needs.

Contact details

Telephone: 0118 937 6548

Email: MHST@brighterfuturesforchildren.org



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