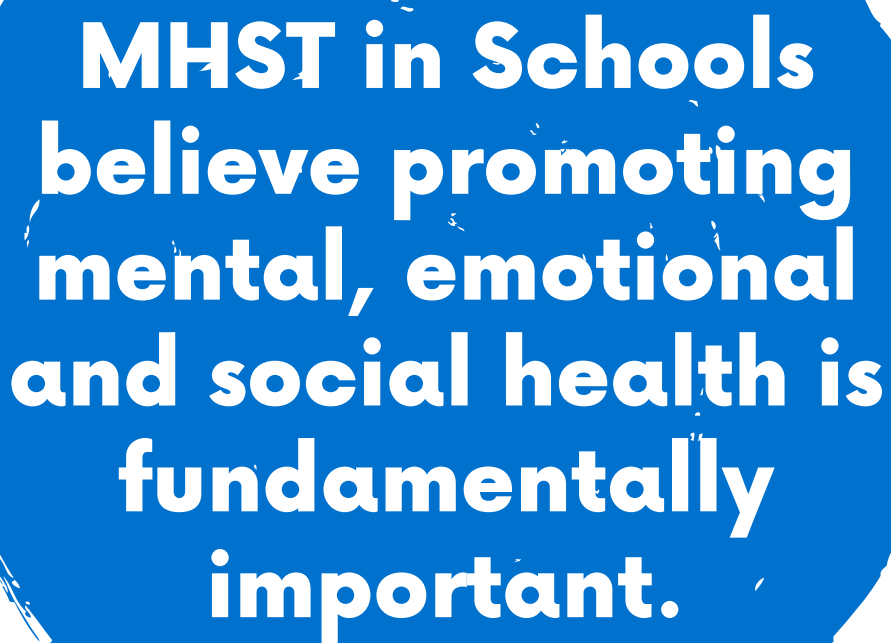


# Mental Health Support Team in Schools North Dorset



Dorset HealthCare  
University  
NHS Foundation Trust



**MHST in Schools  
believe promoting  
mental, emotional  
and social health is  
fundamentally  
important.**

# What is the MHST?

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Schools play an important role in supporting the wellbeing of children and young people at a time when they are experiencing lots of physical, emotional and social changes. The introduction of Mental Health Support Teams (MHST) working within schools is a new skills based approach to provide an additional source of support to families.

We are a new schools based service currently working across a small number of schools in the Blandford and Gillingham area. The team are part of a national programme that aims to build a better understanding of emotional wellbeing in our schools and children, by teaching techniques and strategies to help children and young people (CYP) cope a little better when they experience mild to moderate anxiety and low mood.

Within Dorset there are three teams: Bournemouth, Christchurch and Poole; North Dorset; and Weymouth and Portland.

This pack aims to provide you with an overview of the services on offer from MHST North Dorset, and we hope you find it helpful. If you would like to discuss anything within this pack, or any other matter involving the emotional wellbeing of students at your school, please contact:

**[dhc.mhsteam.northdorset@nhs.net](mailto:dhc.mhsteam.northdorset@nhs.net)**

# in an average classroom



Ten children will have witnessed their parents separate, eight will have experienced severe physical violence, sexual abuse or neglect, one will have experienced the death of a parent and seven will have been bullied <sup>i</sup>

Half of mental ill health starts by age 15 and 75% develops by age 18 <sup>ii</sup>

12.8% of young people aged 5-19 meet clinical criteria for a mental health disorder <sup>iii</sup>

The percentage of young people aged 5-15 with depression or anxiety increased from 3.9% in 2004 to 5.8% in 2017 <sup>iv</sup>

In a 2018 OECD survey of 15-year-olds, the UK ranked 29th for life satisfaction, out of a total of 30 OECD countries <sup>v</sup>

About 10% of young people aged 8-15 experience a low sense of wellbeing <sup>vi</sup>

<sup>i</sup> Faulkner J. Class of 2011 Yearbook: How happy are young people and why does it matter? [Internet]. Doncaster; 2011. Available from: [relate.org.uk](http://relate.org.uk)

<sup>ii</sup> Kessler RC, Berglund P, Demler O, Jin R, Merikangas KR, Walters EE. Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. Arch Gen Psychiatry [Internet]. 2005 Jun 162(6):593. Available from: [archpsyc.jamanetwork.com](http://archpsyc.jamanetwork.com) Davies SC. Annual Report of the Chief Medical Officer 2013, Public Mental Health Priorities: Investing in the Evidence [Internet]. 2014. Available from: [gov.uk](http://gov.uk)

<sup>iii</sup> Sadler K, Vizard T, Ford T, Goodman A, Goodman R, McManus S. Mental Health of Children and Young People in England, 2017: Trends and characteristics [Internet]. 2018. Available from: [digital.nhs.uk](http://digital.nhs.uk)

<sup>iv</sup> Ibid.

<sup>v</sup> OECD. PISA 2018 Results Volume III: What school life means for students' lives [Internet]. Paris; 2019. Available from: [oecd.org](http://oecd.org)

<sup>vi</sup> Rees G, Goswami H, Pople L, Bradshaw J, Keung A, Main G. The Good Childhood Report 2013 [Internet]. 2013. Available from: [childrenssociety.org.uk](http://childrenssociety.org.uk)

# What are the MHST aiming to do?

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Raise awareness of mental health difficulties for young people and their families, whilst actively decreasing stigma around mental health for all.

Provide evidence-based practice for 1:1 sessions, teacher training sessions, PEG's, groups and reflection sessions. This evidence-based practice responds and adapts to research as work within this field continues to develop.

Promote, facilitate and enable authentic participation from young people and their families, their schools and communities at all levels of the service.

Be accountable at all levels of the service on offer for CYP and their families. Young people, their families and school staff are regularly and routinely offered opportunities to provide feedback that is recorded and acted on. We also use questionnaires to assess the effectiveness of interventions used in 1:1 sessions.

Consistently work towards improving access to our services.

# Meet the North Dorset Team

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**Helen Duncan-Jordan**  
Clinical Lead



**Morna Spence**  
Team Lead



**Emma Hopkins**  
Supervisor/  
Practitioner



**Imogen Felstead**  
Team  
Administrator



**Rebecca Rose**  
Education  
Mental Health  
Practitioner



**Amy Wong**  
Education  
Mental Health  
Practitioner



**Alice Starkey**  
Education  
Mental Health  
Practitioner



**Niki Carter**  
Education  
Mental Health  
Practitioner

# What is an EMHP?

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Each school in your area working with the MHST has been allocated an Education Mental Health Practitioner.

An Education Mental Health Practitioner (EMHP) has been trained to use Low Intensity Cognitive Behavioural Therapy (CBT) skills to support young people aged 4-18 years old with mild/moderate emotional and wellbeing difficulties who have been referred to us through their school.

EMHPs work with young people and their families to help manage symptoms of low mood, anxiety and behavioural difficulties.



Low-Intensity CBT helps people to understand how the way people think (their cognitions), or what people do or don't do (their behaviours) can affect how they feel physically and emotionally.

We can then learn how to challenge our unhelpful thoughts and make changes to what we do.

Research has shown that these are effective interventions for use with young people and their families. CBT has been shown to reduce symptoms and help people change their lives for the better.

We offer appointments face-to-face, via telephone and online.

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# What is an EMHP?

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All EMHPs abide by the CYP IAPT principles to improve access to Psychological therapies: accessibility, awareness, evidence-based practice, participation and accountability.

This framework underpins all work undertaken by EMHPs and MHST in Schools.



Further information on EMHPs and MHSTs can be found:

[bit.ly/AnnaFreudWorkforceDevelopment](https://bit.ly/AnnaFreudWorkforceDevelopment)

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# Schools we are currently working with

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We are currently working with schools in the Blandford and Gillingham area. They are:

**Archbishop Wake, Blandford**  
**Blandford St Mary, Blandford**  
**Downlands, Blandford**  
**Dunbury, Blandford**  
**Durweston, Blandford**  
**Gillingham Primary, Gillingham**  
**Gillingham School**  
**Milldown, Blandford**  
**Milton-on-Stour, Gillingham**  
**Pimperne, Blandford**  
**Spetisbury, Blandford**  
**St George's School, Bourton**  
**St. Mary the Virgin, Gillingham**  
**The Blandford School**  
**The Forum Centre, Blandford**  
**Wyke Primary, Gillingham**

Due to the success of our work with these schools, our funding has increased and we will be expanding in to other areas across Dorset.

If you are not yet receiving our services and believe there is a need within your school, please email:

**[dhc.mhsteam.northdorset@nhs.net](mailto:dhc.mhsteam.northdorset@nhs.net)**

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# What services do the MHST offer?

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## MHST Offer | Children and Young People

- Individual face-to-face work for children, young people and families experiencing anxiety, low mood or behavioural difficulties.
- Group work for pupils for young people with conditions such as anxiety.
- Group parenting classes to include issues with behaviour issues and communication difficulties.
- Psychoeducation groups (PEGS) to educate children about emotional wellbeing and ways of dealing with challenging feelings.

## MHST Offer | Staff

- Provide staff with training around mental health issues and awareness.
- Provide staff with reflection sessions in groups or as a 1:1 sessions to support their professional development.
- Work as part of an integrated referral system with community mental health services to ensure children and young people who need support receive it as quickly as possible.

# What services do the MHST offer?

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## MHST Offer | Whole School Approach

- Work with the senior mental health lead and existing service providers, to map what provision is already in place in the education setting and where the gaps are.
- Provide targeted help as agreed with the senior mental health lead eg supporting the monitoring of wellbeing across the school, and providing education.
- Assist and support an audit to assess the current emotional wellbeing status of student and staff within the school.

The MHST work with schools on an individual basis and the level of support and desired approach is adapted depending on the current needs within your school.

We hope, that over time as our relationship with your school develops, our staff become part of your school community.

Our service is designed to support your school and provide evidence-based interventions, information and development.

We aim to support you in transforming the emotional wellbeing of students, staff and school culture.



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## **Contact us**

dhc.mhsteam.northdorset@nhs.net  
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## **Follow us on social media**



@dorsetmhst

