



Peterborough Mental Health Support Team





Meet the Peterborough Mental Health Support Team (MHST)



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Who are we?



We are the Mental Health Support Team (MHST), part of the Emotional Health and Wellbeing Service.

We work with staff, students, parents and carers currently in 32 schools across Peterborough, to support children and young people with their mental health and wellbeing.



Our functions

Our services fall within three functions, and we are continually upskilling our team so that we can tailor our services to meet the individual needs of each of our schools.

Function 1

Working directly with children and young people, or their parents. This includes assessments, 1:1 interventions, and group interventions.

Function 2

Working within a Whole School Approach, to work in collaboration with you to promote a mentally healthy school environment. We can offer workshops, assemblies, PSHE lessons and more.

Function 3

Working with parents and school staff to offer support or advice. This could be in the form of consultations or single session thinking with senior clinicians.



Function 1 Direct Intervention



Primary

- Parent Led Anxiety 1:1 - Intervention looking at providing parents with some tools to help their children manage their fears and worries.
- Parent Led Behaviour 1:1 - Intervention looking at techniques to help parents and children around the management of behaviour through developing the relationship between parents and child.
- Parent-Led Anxiety Group - Exploring the parent-led anxiety intervention in a supportive group setting
- Brick by Brick club - A group to help children develop social interaction and problem-solving skills by learning through play.



Function 1 Direct Intervention



Secondary

- Adolescent Anxiety - Within our 1:1 Worry Management intervention we explore strategies to manage general worries.
- Graded Exposure - addressing specific fears and phobias.
- Adolescent Low Mood - Within Brief Behavioural Activation, we work directly with young people to explore skills to break the vicious cycle of depression by finding balance in their day-to-day lives and exploring what matters to them.
- Mind and Mood - A group looking at skills for understanding and managing thoughts, feelings and behaviours and the impact they have on our emotional wellbeing.



Function 2 Whole school Approach



- Planning Meetings –conversations between MHST and mental health lead within school about the school's mental health and wellbeing agenda
- Brain Buddies
- Assemblies for students
- Training for staff
- Staff wellbeing workshops
- Webinars
- Parent workshops
- Attending coffee mornings, parents' evenings, freshers' fayre, open evenings



Function 3 Support and Advice



- Single Session Thinking (SST)
- Consultation with school and wider network
- Attendance at MASG panel



Frequently asked questions



- How do I know if a student is appropriate for your service?
- How do I refer a student?

<https://cambspborochildrenshealth.nhs.uk/services/cambridgeshire-and-peterborough-emotional-health-and-wellbeing-service/cambridgeshire-and-peterborough-mental-health-support-teams>

- What happens after a student is referred?



Emotional Health and Wellbeing Practitioner Team

Multi-disciplinary Team

- Social Workers
- Nurse
- Drama Therapist
- Teacher
- Plus an Assistant
Psychologist

Cover Cambridgeshire and Peterborough (non MHST schools)

We support professionals to support the emotional health and wellbeing of children and young people.

No direct work with children or families.

<https://bookwhen.com/ehws-webinar#focus=ev-sf9y-20241204123000>



New Peterborough MHST Team

- Starts in January 2025
 - Fully recruited
- 4 of our EMHP's have been successful in becoming senior wellbeing practitioners
- We will have 12 trainees across both teams