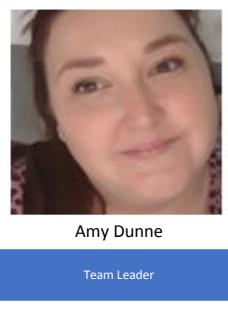


Mental Health Support Teams in Schools

Broxbourne



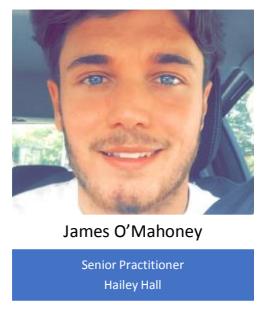
Amy Dunne

Team Leader



Ayzer Gurgur

Senior Practitioner
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James O'Mahoney

Senior Practitioner
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Forres Primary, John Warner, Presdales,
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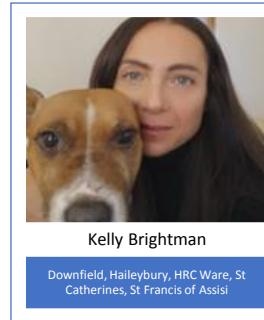
Cristina Rochford-Gardiner

Dewhurst St Marys, Hailey Hall,
Holdbrook, Hurst Drive, Goffs Academy



Kate Melville

Broxbourne School, Holy Trinity, Robert
Barclay, St Josephs, Wormley



Kelly Brightman

Downfield, Haileybury, HRC Ware, St
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We are the Broxbourne Mental Health Support Team (MHST). Our job is to help and support children and young people, in school, with mild to moderate anxiety, low mood and emotion regulation.

We deliver group work & workshops for parents, staff and students as well as 1:1 guided self help interventions for students. Please see next page for details of our interventions.

All our interventions use low level, practical, cognitive behavioural strategies; we are not a counselling service.

If you would like support for your child please speak to your school mental health lead about making a referral.

Alternatively please see our virtual offer below for Parents, School staff and students in Broxbourne MHST schools. Please click the link to view and book on. All sessions starting from January 2022.

Topic	Eventbrite link	Description
Managing your child's Anxiety	https://www.eventbrite.co.uk/e/managing-your-childs-anxiety-parent-programme-tickets-217450338817 https://www.eventbrite.co.uk/e/managing-your-childs-anxiety-parent-programme-tickets-217495935197	This 5-week programme is designed for parents of children aged 4 – 11 whose child is experiencing symptoms of Anxiety.
Managing your teens low mood	https://www.eventbrite.co.uk/e/managing-your-teens-low-mood-parent-programme-tickets-217462344727 https://www.eventbrite.co.uk/e/managing-your-teens-low-mood-parent-programme-tickets-217457821197	This 4-week programme is designed for parents of children aged 11-16 whose child is experiencing symptoms of Low Mood.
Young people who self harm - a guide for parents	https://www.eventbrite.co.uk/e/young-people-who-self-harm-a-guide-for-parents-tickets-217473738807	This one-off workshop is designed to support parents/school staff in their understanding of self-harm, how to have safe and open discussions and what they can do to support young people.
Young people who self harm - a guide for school staff	https://www.eventbrite.co.uk/e/young-people-who-self-harm-a-guide-for-school-staff-tickets-217477720717	This one-off workshop is designed for school staff to increase awareness of young people who may be experiencing symptoms of Low Mood and what they can do to support their students
Low mood awareness for school staff	https://www.eventbrite.co.uk/e/low-mood-awareness-staff-workshop-tickets-217470820077	
Riding the Wave of emotion for young people	https://www.eventbrite.co.uk/e/riding-the-wave-of-emotion-a-workshop-for-young-people-tickets-217467760927	This one-off workshop is designed for young people aged 11-16 who are experiencing difficulties managing emotions and using unhealthy coping strategies.

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All interventions begin with an initial assessment which enables the practitioner to gather background information and gain an understanding of the presenting need for the young person. As part of the process, questionnaires are required to help gather this information and keep the intervention on track. The final questionnaires help to understand if the intervention has been successful.

Low mood (Secondary/Further education age 12-19) This is an evidence based intervention that follows a model developed specifically for adolescents who are experiencing low mood. Signs that a young person is experiencing low mood include, but are not exclusive to; becoming withdrawn, socially isolated, changes in mood or appetite & self-neglect. The intervention follows Behaviour Activation to encourage the young person to look at their activities, values and behaviours and take gradual steps to overcome their feelings whilst providing coping strategies to help manage the process. It requires 8 sessions, normally lasting 60 minutes, and can be completed either in school or virtually using an online platform.

Adolescent anxiety (Secondary/Further education age 12-19) This is an evidence based intervention that follows a model developed specifically for adolescents who are experiencing anxiety. Signs that a young person is experiencing anxiety can include, but are not exclusive to; school refusal, social isolation, changes in behaviour, doing things to avoid bad things from happening, poor sleep routine, & a fear of doing certain things. The intervention follows a Guided Self Help programme to encourage the young person to consider and challenge their thoughts, apply coping strategies & take gradual steps to overcome their fears and worries. It requires 8 sessions, normally lasting 60 minutes, and can be completed either in school or virtually using an online platform.

Child anxiety (Primary age 5-11) This is an evidence based intervention that follows a model developed specifically for parents to support their child using a Cognitive Behaviour approach. The intervention explores Psychoeducation, Impact, Coping Strategies, Distraction techniques and uses goals to drive the intervention to completion. It requires 6-8 sessions, normally lasting 60 minutes, and can be completed either in school or virtually using an online platform. The child is not required to be present throughout the sessions however it is helpful to meet them once or twice. In between sessions, parents will be asked to do a small amount of reading and complete tasks set by the practitioner.

Challenging behaviour (Primary age 5-11) This is an evidence based intervention that follows a model developed specifically for parents to manage behaviour at home. The intervention explores Positive reinforcement, Routines, Sleep Hygiene, Rewards and Consequences and is designed to meet the specific needs of the parent and child. It requires 8 sessions, normally lasting 60 minutes, and can be completed either in school or virtually using an online platform. The child is not required to be present throughout the sessions however it is helpful to meet them once or twice. In between sessions, parents will be asked to do a small amount of reading and complete tasks set by the practitioner.