



MY YOUNG MIND ENFIELD: INTRODUCTION AND OVERVIEW

Senior Mental Health Lead in School Network Day

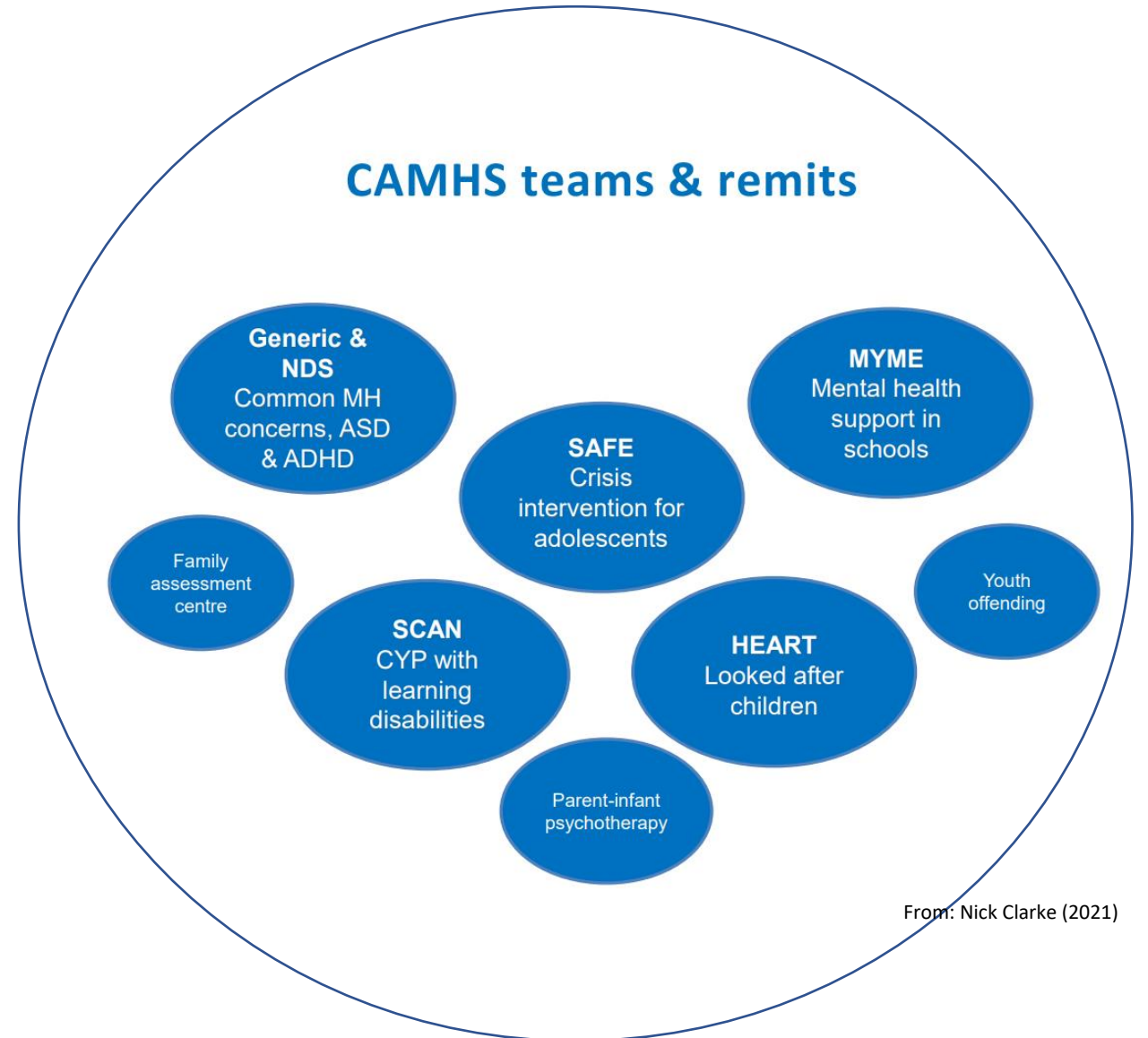
31st January 2022

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(Clinical Psychologist and MHST/MYME Clinical Lead)

Mental Health Support Teams

- **Mental health support teams in schools (MHSTs)** are a national initiative, following the government's green paper and NHS long-term plan to transform child and adolescent mental health.
- They seek to increase access to mental health provision by offering early intervention and prevention, and working closely with schools.
- Enfield CAMHS Mental Health Support Team in Schools started in Oct 2019 as a pilot, and is an NHS funded project, and a partnership between Enfield CAMHS, Enfield Educational Psychology Service, and North Central London Clinical Commissioning Group.



From: Nick Clarke (2021)

Mental Health Support Teams

Nationally, these teams have **three main functions** set out by the government:

- **To provide evidence-based support for children and young people presenting with mild to moderate mental health concerns** (e.g. anxiety / low mood / behaviour), and their parents.
- **To work closely with the senior mental health leads in schools to promote their whole school approaches to mental health.**
- **To work closely with senior mental health leads in schools to signpost children, young people and families to access the right support at the right time and** increase awareness of community services through consultation and signposting.



Department
of Health



Department
for Education

Transforming Children and Young People's Mental Health Provision: a Green Paper

Presented to Parliament
by the Secretary of State for Health and Secretary of State for Education
by Command of Her Majesty

December 2017

Cm 9523

Mental Health Support Teams

- Work alongside existing provision in schools, to add not replace.
- Develop a new workforce, Education and Mental Health Practitioners
- Rolling out gradually and in stages. Anticipated that by 2025/26 all schools / colleges will have access to some form of MYME support.

MY YOUNG MIND ENFIELD (MYME)

We were renamed locally as ‘My Young Mind Enfield’ (MYME) after children, young people and parents in Enfield told us that it was important to have a name that was friendly, approachable, and suitable for children of all ages, and their parents. The name and logo was chosen collaboratively with children in schools.



Guiding Principles – MHSTs and MYME

- The THRIVE framework
- Children and young people's improving access to psychological therapies (CYPIAPT)
- Whole school approaches to mental health and emotional wellbeing
- Guided self-help approaches to mental health and emotional wellbeing
- Models of early intervention and prevention
- Co-production and participation
- Psychologically and trauma informed approaches
- Collaboration and partnership working
- Equality – raising awareness and seeking to reduce health inequalities

Vision, Mission and Actions

Our vision: is for every child and young person to have increased access to a range of timely early intervention, prevention, and holistic wellbeing support.

Our mission: To develop, deliver, and flexibly adapt evidence-based approaches to promote the mental health and wellbeing of children and young people by sharing knowledge, drawing on psychological and trauma-informed ideas, and promoting whole school approaches to wellbeing. We want to work alongside existing community services, and collaborate with schools, parents, and particularly young people, to acknowledge existing strengths and resources, and for them to be active participants in the service development.



MYME TEAM

Multi-professional team

- Clinical Psychologists
- Child and Adolescent Psychotherapist
- CAMHS Nurse Specialist
- Educational Psychologist
- Education Mental Health Practitioners
- Children's Wellbeing Practitioners
- Assistant Psychologists
- Team Administrators
- Students and Trainees
- Peer Worker

EMHPs and CWPs support children and young people with mild to moderate mental health difficulties by offering evidenced-based support.

They provide universal, preventative and early intervention approaches, and support whole school / community approaches to mental health and wellbeing.

CAMHS Supervisors have a range of specialist training and provide clinical **supervision to EMHPs/CWPs**, work closely **SMHLs**, triage and assessment, contribute to whole school / community approaches, service development and delivery, psychologically and trauma informed practice.

EP primarily supports whole school wellbeing audit with schools, contributes to whole school approaches, and ETIPS.

MY YOUNG MIND ENFIELD (MYME)

My Young Mind Enfield is a multi-professional team and primarily:

- Provides universal and whole school approaches and psycho-education to promote prevention of significant mental health difficulties.
- Promote increased awareness of mental health and aim to reduce stigma, for example through psycho-education groups and workshops.
- Offer early intervention support drawing on evidence-based approaches and guided self help.
- Work collaboratively with schools through consultation to better tailor offers of support to school community needs.
- Work in collaboration with NHS, local authority, education, voluntary sector around wider mental health strategies and transformation projects.
- Works collaboratively with children, young people, parents and schools, community engagement.
- Contribute to the transformation of children and adolescent mental health services locally – through work in schools and in partnership with CAMHS and other agencies.

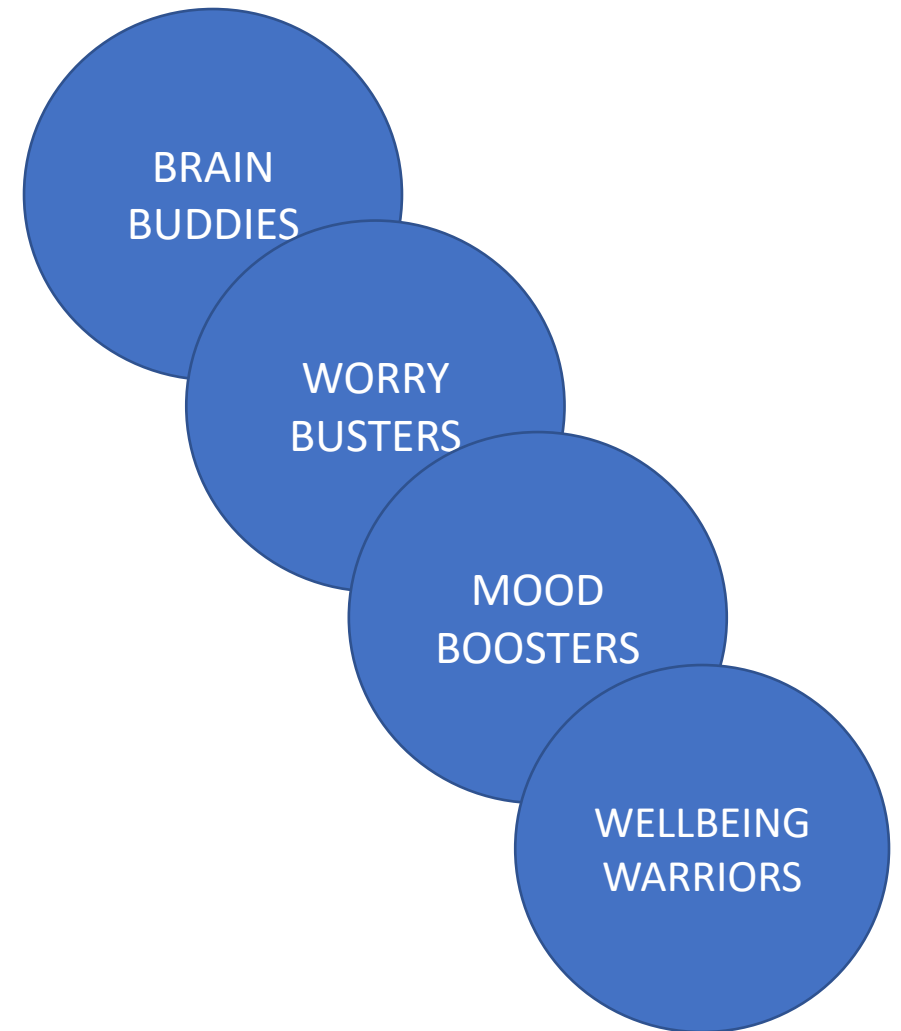
Individual Support

Our Approach	Primary School Aged Children	Secondary School Aged Children
Individual guided self-help School wellbeing practitioners offer short-term, low intensity support for children and young people, and their parents, when they present with a range of mild/moderate mental health concerns such as anxiety, low mood and behaviour concerns, using evidence-based guided CBT self-help, working with parents in primary schools and directly with young people in secondary schools	Parent-led child anxiety support Parent-led child behaviour support	1:1 adolescent anxiety support 1:1 adolescent low mood support

EMHPs/CWPs draw on evidence-based, manualised guided self-help approaches based in Cognitive Behaviour Therapy.

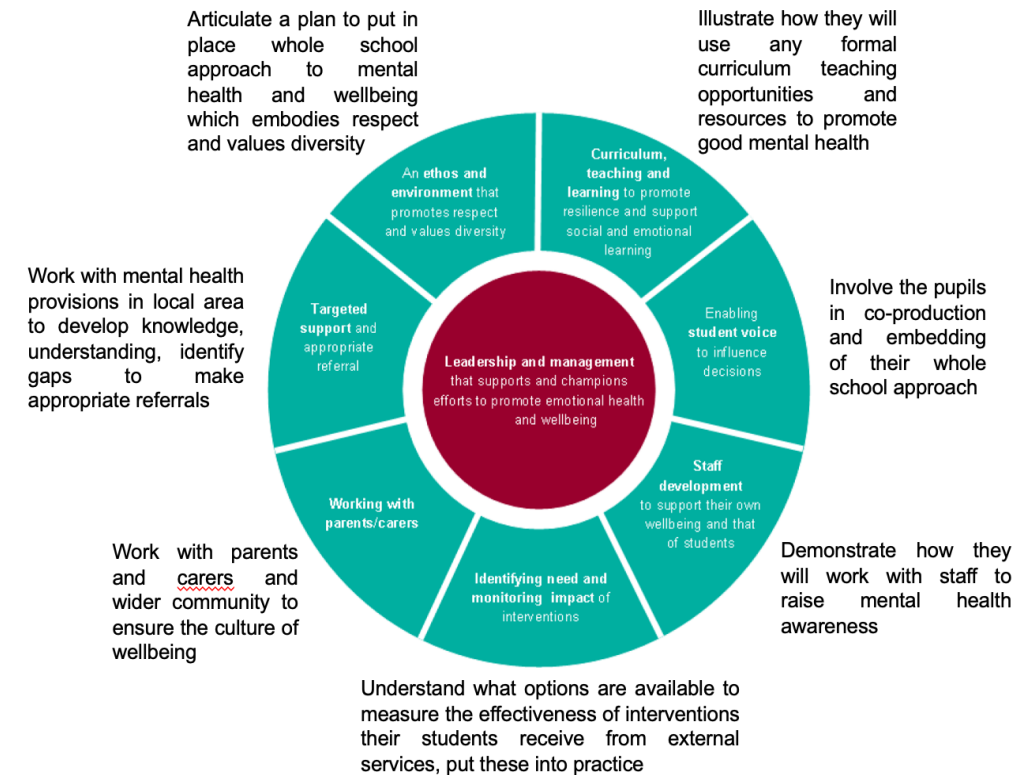
Universal, whole class / school

Universal Psychoeducation Groups and Workshops This could be a one-off or series of sessions on a range of mental health and wellbeing topics, drawing on evidence-based approaches, psychoeducation and guided self. It could be with a small group, whole class or in an assembly. These aim to provide psycho-education and increase CYP/parents knowledge around mental health topics (including what might impact on our mental health, what tools and ideas can promote positive mental health and wellbeing, and increasing awareness of early signs of difficulties and distress, and where to access support).	Transition	Transition
	Emotion regulation	Exam stress
	Managing worries	Anxiety and stress
	Managing changes	Coping techniques
	Building relationships	Managing low mood
	Friendships	Confidence and self- esteem
	(and more...)	Social media and mental health (and more...)



Whole School Approaches

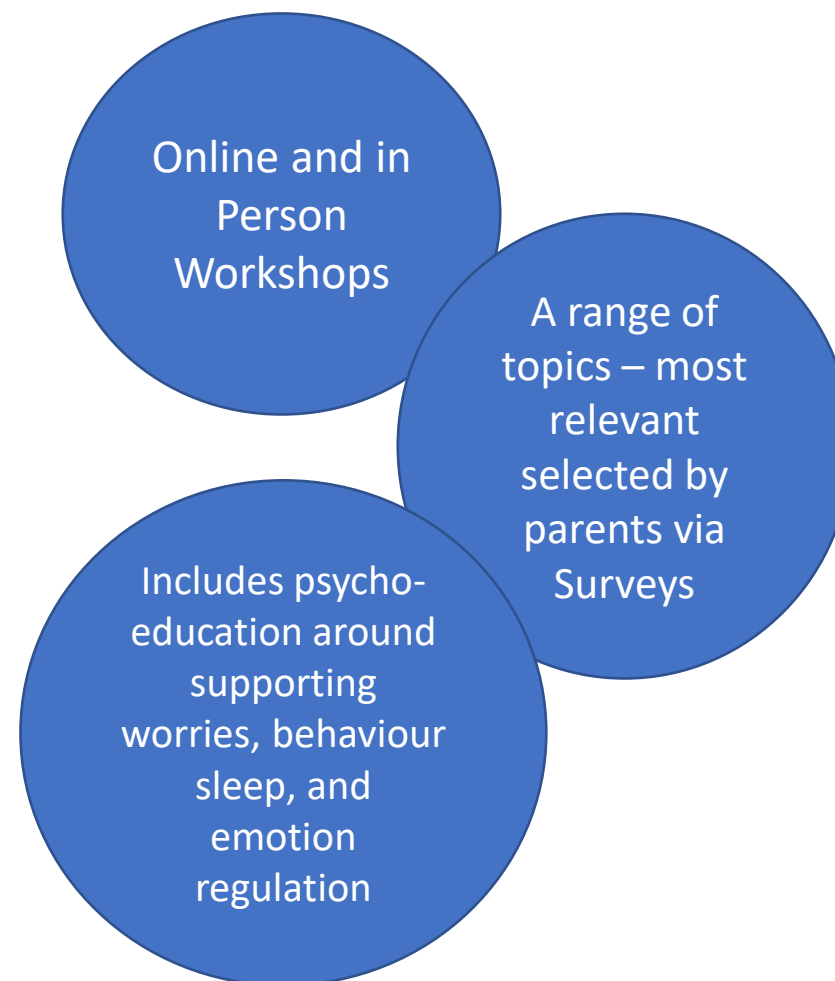
- Our team supports schools to conduct a **Whole School Wellbeing Audit**, as part of your school development process and which **supports your efforts in prevention, identification, early support and enabling access to specialist support through joining your graduated approach to achieve this.**
- The audit provides a special opportunity to **hear directly from your school community** (pupils, staff, parents) about current levels of wellbeing, and think creatively about how to use existing resources and further opportunities to develop new ideas.



PHE (2017). *Promoting children and young people's emotional health and wellbeing: A whole school and college approach.*

Parent Support

Approach	Primary School Aged Children	Secondary School Aged Children
Psycho-education workshops and groups	<p>Supporting your child's worry</p> <p>Managing behaviour that challenges</p> <p>Supporting your child with emotional regulation</p> <p>The importance of play and special time</p> <p>Supporting children's sleep</p> <p>Preparing your child to transition to secondary school</p> <p>What is emotional well-being?</p> <p>Supporting children with SEN</p> <p>Supporting children around friendships</p>	<p>Helping adolescents to manage anxiety</p> <p>Adolescent low mood</p> <p>Adolescent changing brain</p> <p>Helping with exam worries/worries of school</p> <p>Mindfulness approaches and relaxation techniques</p> <p>Social media and mental health</p> <p>Supporting adolescent sleep</p>



What we do

- **School support. Offers include:**

Ongoing Consultation –
support signposting,
drawing on
psychological,
trauma informed
and whole school
approaches

Drop-in
Staff Support

Reflective
Practice
Sessions

Training and
INSET days

Whole
School
Wellbeing
Audit and
Approaches

What we do

- **Research, Co-Production / Participation and Service Development**

We contribute to the development of **national and local research** and transformation in child and adolescent mental health, e.g. the DISCOVER PROJECT

Co-Production and participation is a priority for our team, exploring ways we can promote CYP voices and parents and contribute to the development of MYME.

We are committed to **developing and evolving the service**, grounded in co-production / participation, and feedback from stakeholders.

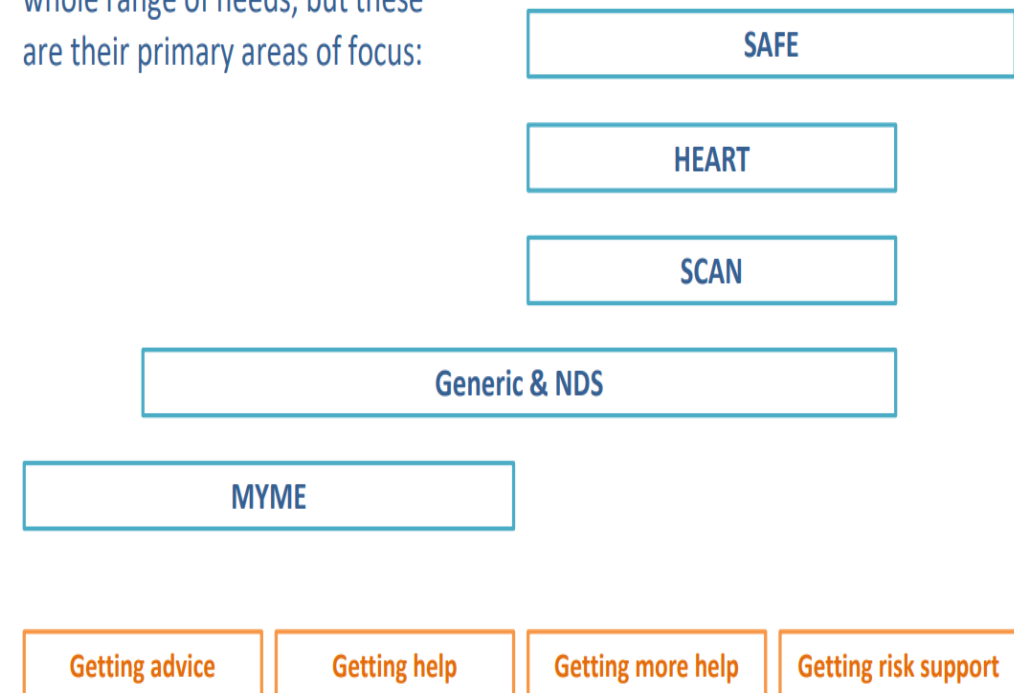
Mapping onto the THRIVE MODEL

Thrive Framework



CAMHS-THRIVE mapping

Individual teams may address a whole range of needs, but these are their primary areas of focus:



From: Nick Clarke (2021)

Enfield Partnership Work

- We are committed to partnership working to support CYP, families and schools in the borough.

ETIPS

MYME has contributed to the development and implementation of the Enfield Trauma-Informed Practice in Schools programme (E-TIPS) .

Wellbeing Connect Service

We have worked with Wellbeing Connect, a service that supports Enfield families particularly BAME to support mental health awareness in school.

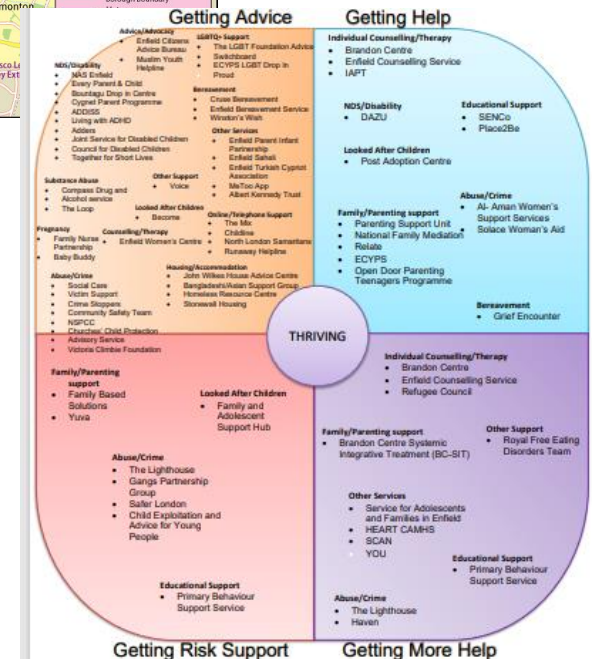
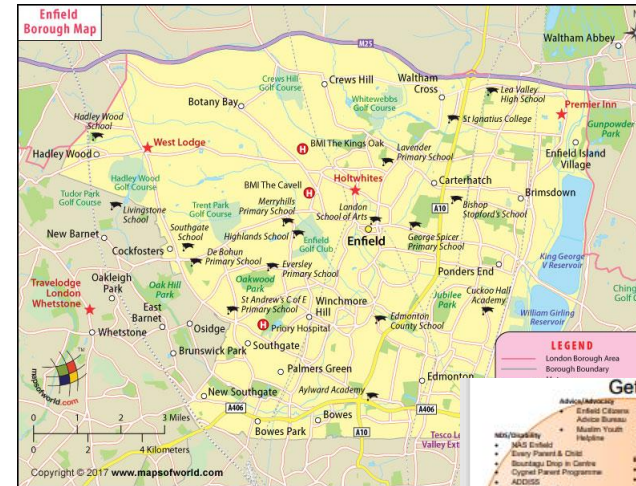
Senior Mental Health Lead Network Day

Enfield Local Area Community Support to Children, Young People and Schools during the COVID-19 pandemic.

Wellbeing for Return Programme AND Anna Freud Link Programme for schools and community services

Borough wide THRIVE includes

- E-TIPS
- Anna Freud Link Programme
- Supporting to develop the local offer and other resources NHS / local authority
- Enfield Thrives Together Network



Supporting healthy lives

Health Inequalities

By providing services differently to traditional clinic based care, MYME aims to reach more CYP who may not access clinic services. For example, by:

- Offering psycho-education groups open to all, rather than referral based.
- Supporting schools develop their whole school approach to increase the capacity in wider systems to support emotional health and wellbeing for all.
- Working in schools and settings in areas of highest deprivation.
- Close partnership working with a range of borough stakeholders, delivering support and sharing resources in more flexible ways, e.g., workshops, online resources.
- Integrating more digital and flexible offers for mental health.
- Supporting the development of NHS /Local Authority Resources offers aligned with iThrive.
- Co-production / participation and collaboration

Achievements, Challenges and Looking forward

- Developing a school based team in collaboration with stakeholders.
- Pandemic and disruption to referrals and initial work in schools.
- Workforce wellbeing and trying to prioritise as best as we can
- Retention of staff – overall good
- Workforce capacity and recruitment
- Success of pilot project contributed to expansion of MYME across Enfield in years to come.
- Developing the service in line with key values and principles and in collaboration with stakeholders.