

HAST Mental Health Support Teams

CONSULTATION APPROACH - A brief guide

“A collaborative approach between schools and the MHST for Getting the Right Help at the right time”.

1 The Framework



Membership

Key school staff identified to support children and young people's mental health including: Schools SMHL, EMHP, Senior MHST SCL, SENCO, PSA, Secondary/ FE Settings – Joint with EP, TEWV Community CaMHS, Year Managers, Pastoral Care Teams)

Frequency

Monthly, 1-hour Remote/F2F

Facilitator

SMHL in Schools supported by MHST

Agenda

Schools Plan on a Page for Whole School Approach

Roles

Areas for development of WSA, requests for help

Recording of Information

Schools to report on C-POM's/internal system, MHST to document non-identifiable on database, schools gather and report group information ie WEE

2 The Preparation



The 5 P's Formulation

What are the **PRESENTING** issues?

What **PRECIPITATED** the Problems? (Set them off)

What **PERPETUATED** the problems? (Keeps them going?)

What is the child **PRE-DISPOSED** to? (Historical)

What are the **PROTECTIVE** factors? (Strengths)

3 The Meeting

Getting Help & Signposting



Schools Plan on a Page (Based around 8 Key Principles of WSA)

<https://www.gov.uk/government/publications/promoting-children-and-young-peoples-emotional-health-and-wellbeing>

Maximum of 5 Individual CYP to be discussed at consultation, including children identified

Skills Knowledge Transfer sharing knowledge, strategies of what works, self-help materials, agree groupwork request (E-Form, name of school, year group, number of children, gender, name of workshop, facilitator, for MHST admin)

Agreeing Next Steps Getting Help

Following the discussion and with consent, schools should complete a digital request for help form (**found here**) or request for additional support through TEWV SPOC which MHST's will support completion

4 Getting More Help/Risk Support



A small number of children may need additional support through multi-agency meetings and high levels of risk support. The MHST's may support children and young people presenting with moderate-severe mental health presentations following an assessment or direct referral to TEWV CaMHS Services.