

BUCKS MHST

Trailblazer Mental Health Support Teams (MHST)

“Delivering a collaborative, system-wide approach to support the mental wellbeing of children in school.”
 (DfE)



Whats on your mind?

Our emotional health is just as important as our physical health. Although you cannot see it, our emotional health has a big impact on our life. It can affect sleep, appetite, behaviour, thoughts, friendships & many other things.

Sometimes our emotional health goes up and down. It is not always easy to manage our emotional health alone. We are here to support you when you are feeling low or feeling worried.

We work in the Mental Health Support Team to support young people just like you. Come and talk to us if you are feeling:

- Anxious or angry about anything
- Depressed or feeling low
- Confused or frightened

KEEP YOUR HEAD UP

Please speak to the following member of staff for further information |




 oxfordhealth/mhst
 Oxford Health
 NHS Foundation Trust
 Buckinghamshire

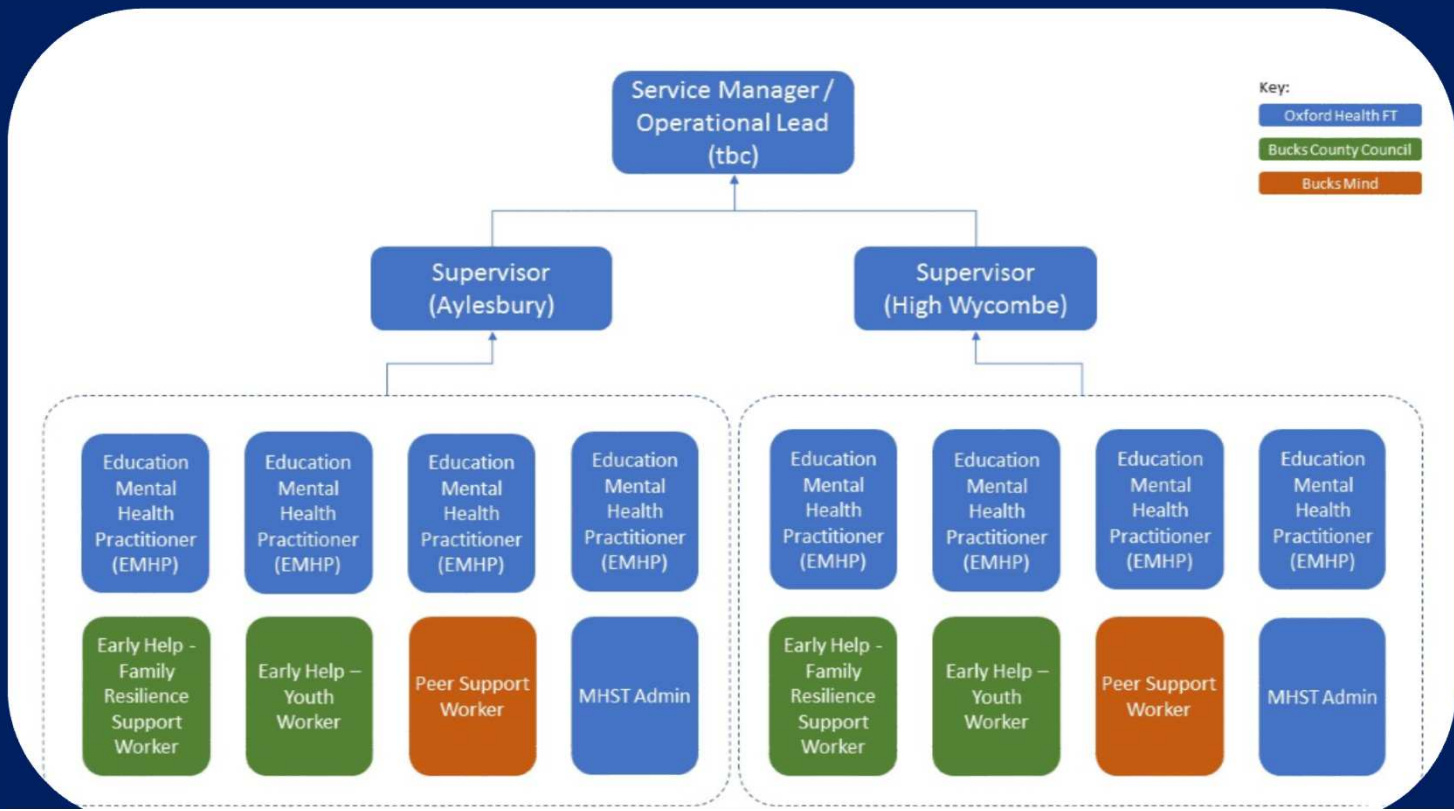
KELLY BARK

Senior Programme Manager | Operational Lead
Bucks MHST

- *Introduction to MHST*
- *MHST Objectives*
- *Bucks MHST partners*



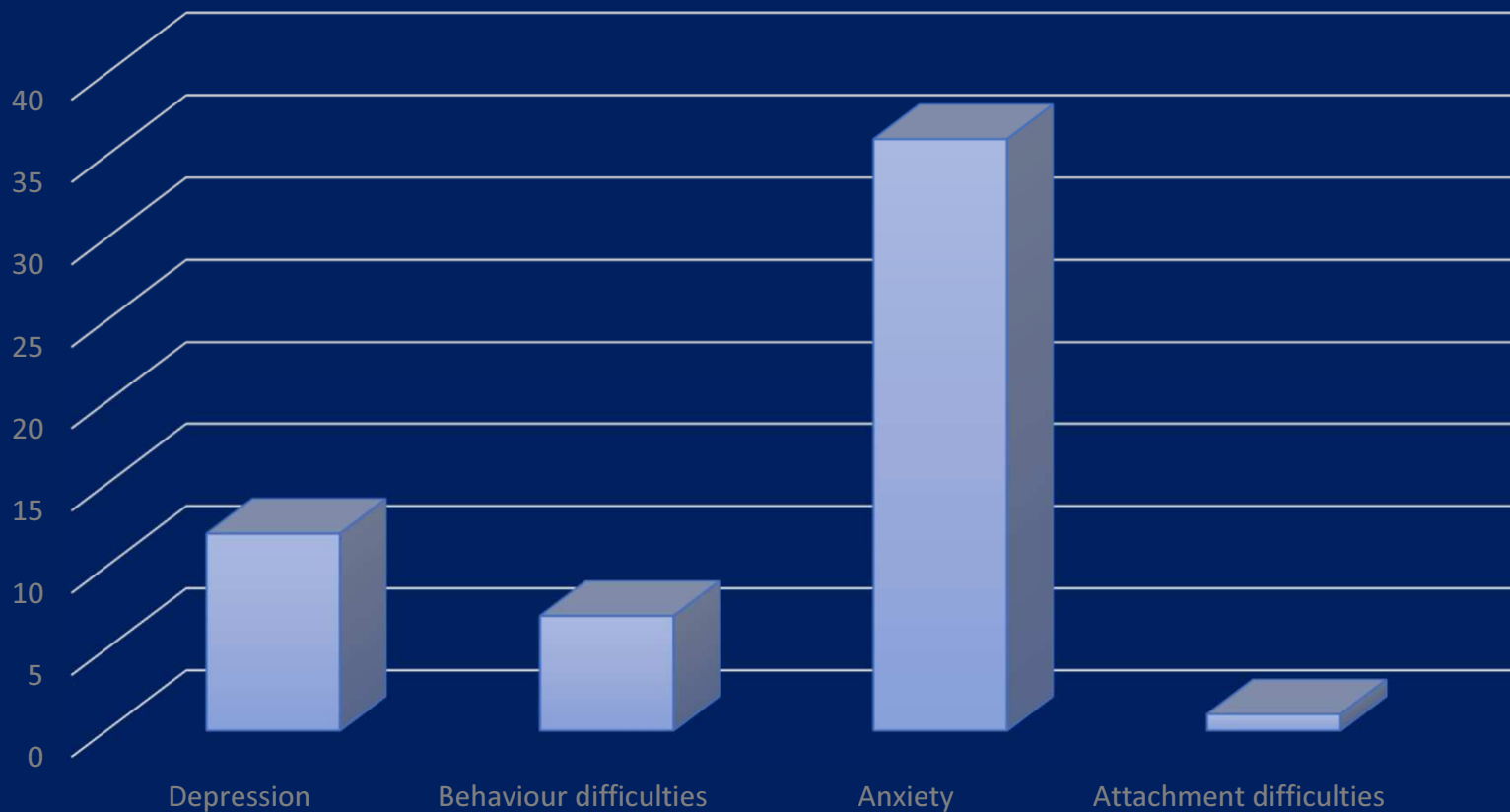
MHST STRUCTURE



MHST schools
Referral criteria & data
Multi-agency perspective

PRESENTING DIFFICULTIES IDENTIFIED AT REFERRAL

MAY-JULY 2019

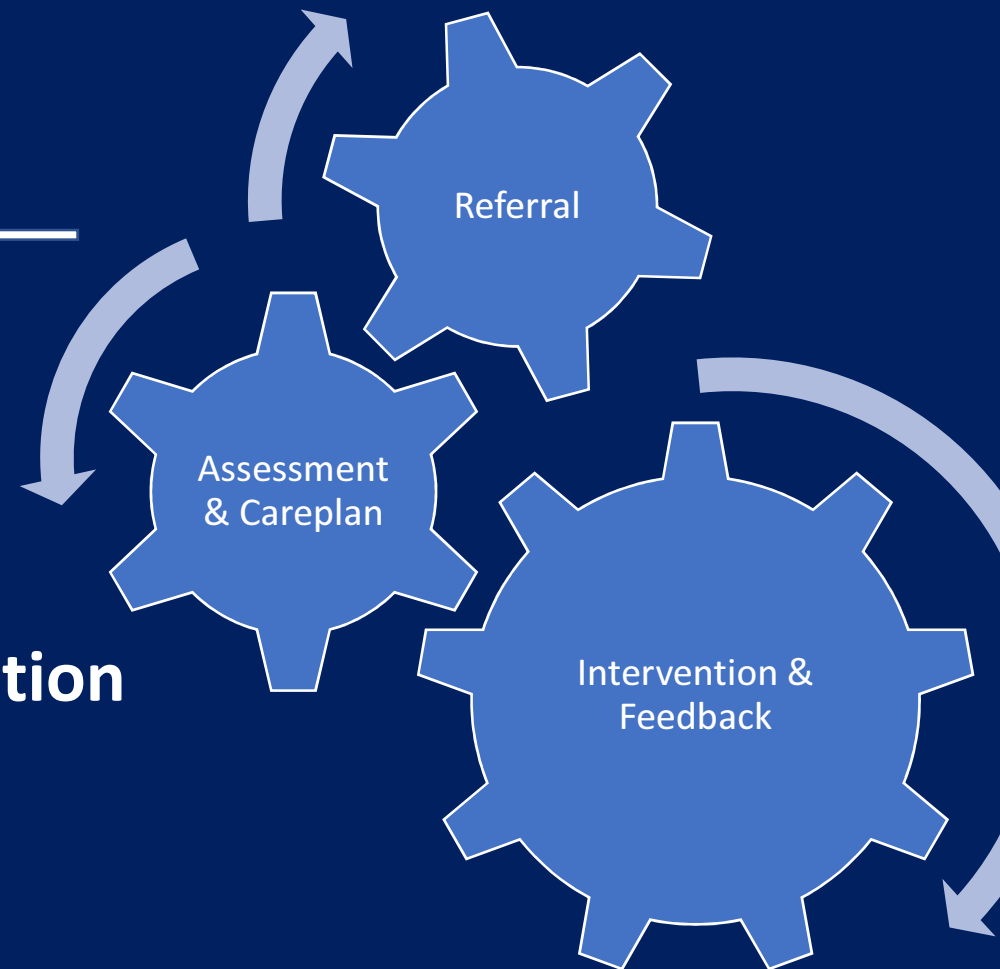


- *Case study*
- *Anxiety: Worry
Management Intervention*

REFERRAL PROCESS

Mental Health Support Team

1. Referral from school to MHST
2. Full assessment (including risk assessment)
3. Collaboration of care plan & intervention
4. Intervention | 6-8 sessions
5. Evaluation & feedback



BUCKS MIND

PEER SUPPORT EDUCATORS TRAINING

- ***PSE AIMS & OBJECTIVES***
- ***SET UP & DELIVERY***



- *Introduction to Family Worker element*
- *Introduction to Youth Worker element*

MENTAL HEALTH SUPPORT TEAM

BUCKS MHST

- *Closing remarks*
- *Q&A*

