

My Young Mind Enfield

(Mental health support Teams in School)

An Introduction and overview
Our Voice Panel

Thursday 22nd June 2023

Mental Health Support Teams

- 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.
- Nationally, MHSTs seek to increase access to mental health provision for CYP/families, by offering time-limited, increased early intervention support through working closely with school mental health leads.
- MHSTs also work closely with the senior mental health leads in schools to:
 - (a) promote their whole school approaches to mental health
 - (b) support schools to signpost CYP/families to access the right support at the right time and increase awareness of community services through consultation and signposting.
- This is a national initiative, following the government's green paper and NHS long-term plan to transform children and young people's mental health and wellbeing.
- Work alongside existing provision in schools, to add not replace.
- Develop a new workforce, Education and Mental Health Practitioners.
- The MHSTs are intended to roll out to schools gradually in stages.
- MHSTs can work across primary and secondary schools, special schools, colleges, specialist and alternative provisions.
- Work closely with local services- for example, educational psychology service, specialist CAMHS, local authority and charity sector.

MY YOUNG MIND ENFIELD (MYME)

We were renamed locally as ‘My Young Mind Enfield’ (MYME) after children, young people and parents in primary, secondary and special schools 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.



MY YOUNG MIND ENFIELD (MYME)

- children and young people with SEND

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

- Provides universal, targeted and whole school wellbeing approaches and psycho-education across a range of different education sites.
- Works closely with schools/colleges to promote awareness of mental health, to reduce stigma, and increase awareness of the types of support available, for example through psycho-education groups, workshops, resources.
- Offers direct, individualised, 1-1 support to children and young people experiencing mild/moderate mental health difficulties, and their parents, adapting evidence-based CBT-based guided self help. This might include:
 - Working together with parents to understand and support their child's experiences, such as sleep concerns, low mood, anxiety, emotion regulation, behaviour, relationships/friendships, early signs of emotional based school non-attendance.
 - Working together with young people using a strengths-led approach, drawing on the evidence-base, to develop and adapt strategies for coping with different environments and difficulties.
- Works closely with schools- offering school observations, psychoeducation and training to school staff around a range of mental health and wellbeing topics.
- Offers regular consultation to schools to better tailor our offers of support to the school community's needs.
- Works in partnership with the NHS, local authority, education, charity sector on wider mental health strategies and transformation projects, including supporting the roll out of Enfield Trauma Informed Practice in schools (E-TIPs).
- Working with local / national agencies, such as Our Voice to develop tailored resources for parents of children and young people with SEND.
- Working collaboratively with children, young people, parents and schools, and wider community engagement.