

## **School Support Teams in Scarborough, Ryedale and Selby**

### **Who are we?**

School Support Team (SST). A new service designed to help meet the mental health needs of children and young people in education settings, providing extra capacity for early intervention and ongoing help in these settings. In 2017 the Department for Health and NHS England said they wanted to expand access to mental health services for young people and young adults. The proposal by the government and the NHS is to offer teams based within an educational setting to work with young people, young adults and educational staff around emotional and mental health needs.

The team will be based across education settings as an additional resource within a whole-system approach to support resilience and wellbeing, support earlier intervention, enable appropriate signposting and deliver evidence-based support, care and interventions. The SST will not displace or replace any support which already exists.

### **Our aims;**

To transform the mental health provision for children and young people in schools and colleges through collaboration with schools and integrating with the existing support available.

### **How do we achieve this?**

- Supporting schools and colleges to develop the whole school approach. In collaboration with the school we will provide targeted help and understanding of how peer support and interpersonal relationships impact on children and young people's wellbeing and mental health. We will help train others to help children and young people, parents/carers and teachers to identify and manage stress and anxiety.
- Provide timely advice to school and college staff, liaise with external specialists services to help children and young people get the right support and stay in education.
- Deliver evidence based interventions for mild to moderate mental health issues. Early help will aid young people to maintain their mental wellbeing. Help with anxiety and mood difficulties will be provided, we may also focus upon current topics within your education environment that are impacting upon your wellbeing.
- The new teams will carry out interventions alongside established provision such as counselling, educational psychologists and school nurses, building on the menu of support already available and not replacing it. The SST will provide; Group sessions for parents to include issues such as communication difficulties and anxiety difficulties. Group work for pupils such as Cognitive Behavioural Therapy (CBT) for stress management and anxiety. Individual face-to-face work: for example, effective, brief, low-intensity interventions for children, young people and families experiencing anxiety, low mood, friendship or behavioural difficulties, based on up to date evidence.

### **What does the team look like?**

The team is made up of senior clinicians and Education Mental Health Practitioners (EMHP's) trainees. Senior clinicians within the team will be responsible for the supervision and management of the EMHP trainees within the team. The SST's will work with the mental health

supports that already exist within your school such as counselling, pastoral care and other external agencies.

The SST will be working into schools and further education settings across Selby, Scarborough and Ryedale. **Further information about the service can be accessed via your school.**