

The **Test Valley** Mental Health Support Team are based in and around Andover, and are the part of Hampshire West Mental Health Support Teams. We consist of a Clinical Psychologist, Education Mental Health Practitioners and High Intensity CBT Mental Health Practitioners. We work for CAMHS as part of Early Help; our role being to work with schools and offer additional support for young people's mental health needs. We will work with groups of young people with mild to moderate mental health needs, as well as providing 1:1 interventions and parent led work. We will also be working with the school staff to introduce and support with whole school mental health approaches. This helps to bridge the gap between health and education services, as well as providing early help and support.

Kate



**Clinical Psychologist
Clinical Lead for the MHST**

Charlotte



**High Intensity CBT Mental
Health Practitioner**

Gemma



**High Intensity CBT Mental
Health Practitioner**

Amie



**Education Mental Health
Practitioner**

Melanie



**Education Mental Health
Practitioner**

Kate



**Education Mental Health
Practitioner**

Claire



**Trainee Education
Mental Health
Practitioner**



Why is this role important?



- * Half of all mental health conditions begin before the age of 14 so mental health and education working together is vital as school is where young people spend a lot of their time.
- * One in every ten young people have a diagnosable mental health condition. The aim is to intervene early and in turn lessen the impact and pressure on other CAMHS services, therefore enabling young people to access the correct support in a timely manner.
- * It provides a CAMHS professional to work with pupils but also explain routes and other services, bridging the gap between education and health.

MENTAL HEALTH SUPPORT TEAMS

Our teams

Hampshire CAMHS have MHST teams in Gosport and Havant, Test Valley, New Forest, Basingstoke, Winchester, Eastleigh Alton & Petersfield, Romsey & District, and County-Wide specialist MHST.

Background

- ◇ Government highlighted that children and young people mental health as a priority area in 2017 green paper and 2019 shows the NHS long term plan.
- ◇ Additional funding provided to support the roll out of Mental Health Support Teams (MHST).

Useful links and sources

Transforming children and young people's mental health provision: a green paper - GOV.UK (www.gov.uk)

CAMHS (hampshirecamhs.nhs.uk)

www.YoungMinds.co.uk

Text "Shout" to 85258 for free confidential text support at any time of day or night.

Childline: 0800 111 to speak to someone for free confidential support between 9am-Midnight.

www.Samaritans.org or they can be contacted on 116 123

<https://www.annafreud.org/>

The House Metaphor: Where we fit in the CAMHS service



We are part of the CAMHS Early Help Service. Imagine this as a gate before you reach the house (CAMHS). We offer support, advice, interventions to aid a pupil's mental health if they are, for example, at higher risk, showing mild to moderate symptoms of anxiety or depression and/or behavioural difficulties or if they do not reach the threshold for a specialist CAMHS assessment. But we are still very much part of the CAMHS team and service and this may be all the young person needs in their journey.

Next, think of the house as the CAMHS organisation, here the young person may meet a Primary Mental Health Worker (PMHW) and have an assessment to see if they meet the threshold for further help and therefore access to other CAMHS services. You may have heard the term Single Point of Access (SPA) which refers to this stage. We can advise about these stages if necessary.

Finally, young people may need to continue with specialist treatment so they have gone through the house to receive continued care.



MENTAL HEALTH SUPPORT TEAMS

Service delivered in partnership with Hampshire and Isle of Wight Integrated Care System.

