

Meeting: Overview and Scrutiny Board

Date: 19 February 2024

Wards affected: All Wards

Report Title Mental Health Support Team Overview

When does the decision need to be implemented? N/A

Cabinet Member Contact Details: Cllr Nick Bye, Cabinet Member for Children's
nick.bye@torbay.gov.uk

Director/Divisional Director Contact Details: Nancy Meehan, Director of Children's Services.
NancyMeehan@torbay.gov.uk

1. Purpose of Report

The purpose of this report is to provide an overview of the work being conducted in Torbay Schools from the Mental Health Support Team (MHSTs).

The Mental Health Support Teams (MHSTs) is a service designed to meet the mental health needs of children and young people in primary, secondary and further education (primarily for ages 5 – 18). The funding for the service is provided nationally and not all schools within a local area, or all local areas are able to participate in the programme.

The purpose of MHSTs is to :-

- Deliver evidence-based interventions for mild to moderate mental health needs.
- Support senior mental health leads to introduce or develop a whole school approach.
- Give timely advice to schools and college staff, and liaise with external specialist services, to help children and young people get the right support and stay in education.

2. Overview of the current service delivery and outcomes

Torbay currently has 2 MHST's: one from Wave 1 funding that began training in 2019 and were operational in 2020 and the second from wave 5 funding that began training in September 2021 and became operational in 2022. Implementation and roll out of MHST is per NHS E/I and DfE National guidance and allocations.

Within Torbay there are 49 educational settings including Primary, Secondary, Specialist and alternative provisions. The MHST's in Torbay support 38% of educational settings (excluding specialist and alternative provision); where specialist provision is included, the MHST's support 41% of Torbay's educational settings. Based on 1 MHST being able to support 7500 CYP, 74.4% of the eligible school age population in Torbay have access to the MHST. The educational settings the Torbay MHST's currently support is listed in the table below.

Wave 1	Wave 5
<ul style="list-style-type: none"> • All Saints Babbacombe C of E Primary School • Brixham College • Curledge Street Academy • Kings Ash Academy • Oldway Primary School • Paignton Academy • Roselands Primary School • Shiphay Learning Academy • St Mary Church of England Primary and Nursery School • Torquay Boys' Grammar School • Torre Church of England Academy • Watcombe Primary School <p>(Total 12)</p>	<ul style="list-style-type: none"> • Furzham Primary and Nursery School • Homelands Primary School • Sherwell Valley Primary School • South Devon High School • St Cuthbert Mayne School • The Spires College • Torquay Academy • Mayfield School <p>(Total 8)</p>

The teams are fully recruited and operational with 21 members of staff covering 20 schools and 15,000 school aged children. There is no current waiting list in Torbay for MHST.

There are two teams:

Our community team is made up of **Child Wellbeing Practitioners (CWPs), supervisors, managers and senior practitioners** who offer 1-1 and group work from an evidenced based Low-intensity Cognitive Behavioural Therapy (Li-CBT) framework. This is offered within Devon and Torbay within a community approach.

The school's team is made up of **Education Mental Health Practitioners (EMHPs), supervisors, managers and senior practitioners** who offer Whole School Approach's (WSA) to mental health. This includes workshops for children, parents/carers and education staff, consultations/supervision, mental health ambassador training, school audits, assemblies and drop in's. EMHPs also offer 1-1 and group work from an evidenced based Low-intensity Cognitive Behavioural Therapy (Li-CBT) framework.

The offer provided within Torbay is:

Child and young person focused support:

- 1-1 CBT interventions- 9 individual options
- Group interventions
- Decider skills groups
- Understanding and managing low mood workshop
- Exam stress workshop
- Resilience and dealing with change workshop
- Sleep hygiene workshop
- Participation and engagement (Mental Health Ambassador training) + refresher/top-up
- Understanding and managing anxiety workshop
- Transition workshop
- 10 a day workshop

Education staff support:

- Staff awareness of mental health workshop
- Introduction to our service
- Time to reflect supervision space
- Consultations
- Spotting burnout and stress reduction workshop
- General Staff Wellbeing and 10 a day workshop
- Promoting a mentally health environment
- Exam stress support workshop

Parents/Carers support:

- Understanding children's mental health
- Supporting transitions
- Understanding and managing anxiety workshop
- Parents evening stand/ transition stand / open evening
- 10 a day workshop
- Supporting your child through exam stress
- 1-1 and group parent-led interventions

The service have created **17 YouTube videos** explaining each of our interventions. The link below takes you to the clips where the young people, carers, education staff and team describe their experiences and interventions.: [Mental Health Support Team \(MHST\) - YouTube](#)

3. Measuring our Progress with Key Performance Indicators

The Torbay MHST's have accepted 939 referrals across the pathway in 2023.

EMHPs: 447 CWP: 110 (please note this doesn't include all the YP referred internally to CWP). They have also supported a further 382 digital interventions.

The table below details the activity the Torbay MHST's have undertaken in 2022 - 2023;

Number of parent/carer workshops:	22 workshops – 410 parents
Number of education staff workshops/training:	322 workshops – 1066 education staff
Number of consultations:	242 - consultations
Number of Children and Young people (CYP) workshops:	270 workshops- 4071 CYP
Number of CYP accessing 1-1 interventions:	939 young people

The following is direct feedback provided to the service from families and schools:



4. Next steps

A prioritisation matrix was developed to help inform team placement and rollout, and this has been refreshed to provide a current updated position. The prioritisation matrix is based on; average % of pupils with Special educational needs and disabilities (SEND), CYP with SEND whose primary need is mental health, CYP social emotional and mental health (SEMH) and pupils eligible for pupil premium. Based on this matrix as Torbay currently has 74.4% coverage of pupils with access to a MHST, it would require 0.69 of a team to reach 100% coverage.

Devon ICB are currently awaiting an update from NHS E/I regarding funding for future MHST's. Based on the current known NHS E/I allocation, we are not anticipating any further teams for Torbay. Should any further allocations be made available, NHS Devon is in a position to proceed at pace

with any expressions of interest. In parallel plans will be developed in 2023/24 to maximise the impact of the MHST's currently working within Torbay in line with the criteria set by NHS E/I.

The MHST Steering Group have developed an outcomes framework to demonstrate the impact of MHST's at an individual, school and system level. This work has been supported in part by the Academic Health Science Network. This will form part of the future reporting of impact.