

## HOW WE WORK WITH PARENTS

Our work follows the information from the book 'Helping Your Child With Fears and Worries' and aims to teach parents cognitive behavioural strategies to use with their child to overcome difficulties with anxiety. Time is spent on reflecting on what works best for the family, and guiding parents in adapting strategies to meet their child's individual needs, as well as providing opportunity for practice .



### Why with Parents?

#### Insight

Parents are the experts when it comes to their children. They will have a better understanding of their child's responses and what will encourage and motivate them to try different things.

#### Practicalities

Parents often play an essential role in setting the pace and timings of when strategies can be implemented at home.

#### Continuity

Parents are often the ones that are present during the struggles and challenges their child is facing and can support their child both in between sessions and well beyond the end of our services involvement.

## IN SHORT:

We work directly with families with children who have mild to moderate anxiety, largely through parent programmes.

We can offer training/workshops based on the needs of the school.

We can offer a supervision type space for staff to reflect on practice and grow ideas.

We offer consultations to discuss families who require support.

Brainstorm ideas with school staff in how to support families.

Facilitate discussions on the function of behaviour.

## CONTACT US:

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Your Mental Health Support Team link contacts are:

Solent  
NHS Trust



## PRIMARY SCHOOLS

# THE MENTAL HEALTH SUPPORT TEAM

(MHST)  
WHAT DO WE DO?

## INFORMATION FOR SCHOOLS



# SOME BACKGROUND INFORMATION..

Following government reviews on Children's Mental Health and Mental Health Services, a need for a collaborative approach was identified to tackle early signs of mental health issues.

This aims to put schools and colleges in the heart of early intervention by developing and building on whole school approaches to mental health in the hope to prevent mental health difficulties from escalating— This is where we come in!



For more information on this see the 'Future in Mind' report and the 'Green Paper'

## OUR AIM

We hope to be able to help families by expanding capacity for early intervention whilst supporting schools and colleges to assist with ongoing support. We aim to provide interventions to support those with mild to moderate needs whilst assisting with the promotion of good mental health and wellbeing together with education. This will go beyond one to one work with families to include the development of self-help resources and access to up to date reliable information on mental health. We hope to support schools and colleges build a collective understanding of local services to signpost and support families, as well as access to specialised help.



# WHOLE SCHOOL APPROACHES NEW

We are a new service and the evidence base on how to deliver the various elements of the whole school approach is still developing, but we hope by working closely with schools we can identify issues and problem solve these together through strategies such as:

- IDENTIFYING AND RESPONDING TO NEED
- CONSULTATIONS
- TEACHER TRAINING
- TEACHING ABOUT MENTAL HEALTH
- WORK TO IMPROVE ENGAGEMENT OF PARENTS, CARERS, AND PUPILS.