

Mental Health Support Team at Brentfield Primary School

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Educational Mental Health Practitioners (EMHP)

From us

We are not social workers & we do not work for social services

We are not here to blame or judge your parenting or how you are raising your children, we believe that you are the expert on your children & family life.

We would like to help break the stigma that surrounds children's emotional health & provide you with skills, information & tools on children's mental health.

From You

Please respect the privacy/ confidentiality of other group members.

e.g. any children discussions should be kept within the group and not discussed outside the group



Rundown

- 1. Introduction of Mental Health Support Team**
- 2. Parent led GSH Intervention**
- 3. Brain Buddies**
- 4. Art Therapy**
- 5. Q&A / Discussion**



Brent Mental Health Support Team (MHST) work within schools providing additional wellbeing support to children, young people, their families and the schools they go to.



**We currently support over
30 primary and secondary
schools in Brent**



What kind of support do we offer?

PRIMARY SCHOOL:

We offer 1:1 & group work with parents/ carers who have children who might be struggling with **difficult behaviours** or **worries & fears**.

Many parents have benefitted from working with an EMHP at school to help improve their child's wellbeing and relationship between **child/parent**.

What does 1:1 support look like?

- **Guided self-help is where a parent works with an EMHP to learn new strategies that can improve their child's wellbeing. The parent will take the newly learnt information and apply it to their parenting.**
- **Each intervention has 8 sessions, 1 per week. Each session would take 1 hour and usually takes place in school. If preferable, parent can also request to have the session online via Zoom.**

If needed, parents can request a professional interpreter to join.

We also deliver coffee mornings in schools on a variety of themes and topics such as:

- **Managing behaviour**
- **Emotional wellbeing**
- **Managing Anxiety**
- **Online parent workshops**
- **Managing internet & screen time**
- **School transitions (e.g. going to secondary school)**



EMHP's offer Brief Evidence Based Interventions:

Secondary school/Colleges:

- Guided Self-Help CBT for low mood (1:1 work with adolescents) (12 – 17yrs)
- Guided Self-Help CBT for anxiety (1:1 work with adolescents) (12 – 17yrs)
- Psychoeducation workshops e.g. on Exam Stress
- An evidence-based targeted group intervention



- Promoting a whole school approach to supporting the school community on Mental Health and Wellbeing/Mental Health First Aid

Case Study 1

Parent-led Anxiety - Parent of Yr 5

- Child struggling with anxiety in social situations, panic attacks and constantly reassurance seeking
- Plan: Graded exposure, teaching child strategies calming techniques for panic/distress

Feedback: "I personally found the step by step plan a very useful and effective way to break down the steps to reach the end goal, one of mine's being to help boost my son's confidence. I will be using this technique from here on in"

Case Study 2

Parent-led Challenging Behaviour - Yr 3

- Child who struggles with following instructions from Mum, gets into fights and quite aggressive with younger siblings, shows risky behaviours such as running off in public places
- Plan: Reinforcing consequences for undesired behaviours, instilling rewards system, special time & family rules at home

Feedback: "I have seen some change.. I have been able to implement consequences and put in place a reward system at home in a more effective way"

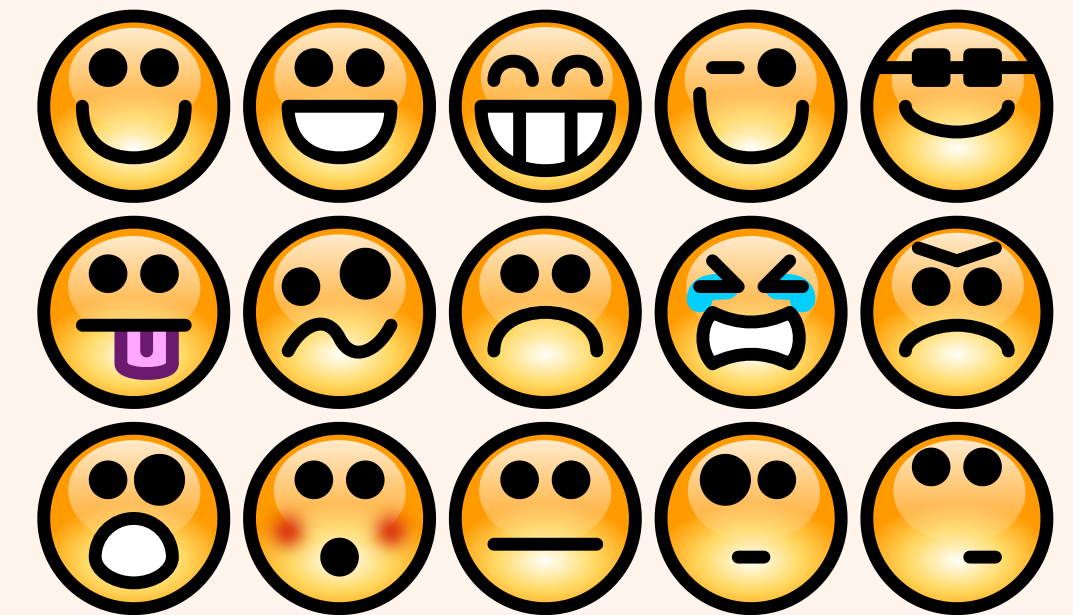
Brain Buddies

1 hour classroom intervention across 7 weeks

Emotional regulation is the ability to be aware of, understand, express and manage one's emotional states.

There is lots of research linking self-regulation to academic achievement, social competence and how well children get along with peers and adults, and also general health and wellbeing.

The aims of Brain Buddies are to improve students' understanding of emotions and to equip students with strategies that they can use to regulate their own emotions through self-care, self-calming strategies and thinking strategies such as problem solving.



Art Therapy



Individual or Art Therapy-informed Group
Referral process

Individual Art Therapy
one-to-one
Initial assessment

Year 6 Transition Art Therapy-informed Group
6-8 group members + 2 group facilitators
Initial assessment
60minute session per week x 6 weeks



If you are interested in 1:1 parent support

Speak to Ms Rawat/ Ms Matthews

**Or leave your name and child's name
with me after this presentation**

*Thank
You*

