

# Harrow Mental Health Support Team

*8<sup>th</sup> March, 2024*

*Roxeth Primary School*



# Harrow Mental Health Support Team

## Who are we?

We are a team of Educational Mental Health Practitioners and Senior Clinicians , who work in schools across Harrow.

## What do we do?

We provide 1:1 sessions to parents/carers on how to support their children with worries, mild anxiety or mild challenging behaviour

- We deliver workshops for children, parents/carers and staff.
  - We consult and collaborate with teaching staff
- We use a Cognitive Behavioural Therapy approach.
- CBT is the idea that we can help change how we feel and think through changing our thoughts and behaviours.



# Support we provide:

## Primary Schools:

- 1-1 Parent Interventions for Challenging Behaviour
- 1-1 Parent Interventions for Child Anxiety
- Universal Programmes

## Secondary Schools:

- 1-1 Interventions for Adolescent Anxiety
- 1-1 Interventions for Low Mood
- Targeted Group

## Both Primary and Secondary Schools:

- School Assemblies
- Case Discussions with staff
- Workshops
- Coffee Mornings



## How we work with parents:

- ✓ Work with parents to support their child's anxiety and/or challenging behaviour.
- ✓ EMHP's and parents work together to develop strategies to manage these difficulties.
- ✓ Parent led interventions have been found to be most effective for working with children up to 12 years old.
- ✓ Interventions are goal focused, and are reviewed weekly.
- ✓ Sessions take place at school.
- ✓ Interventions can be tailored to meet the needs of families/ young people.



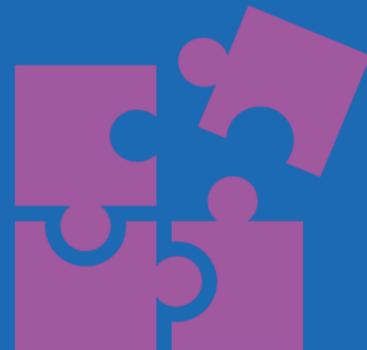
## One to one interventions:

### Child anxiety

Typically up to 6 sessions, and a follow up 4-6 weeks later. Focuses on supporting with frequent worries, separation anxiety, reducing reassurance seeking behaviours and helping to overcome fears by reducing avoidance behaviours.

### Challenging Behaviour

Typically up to 8 sessions, and a follow up 4-6 weeks later. Focuses on understanding the causes of challenging behaviour, learning ways to manage difficulties through the use of rewards, family rules and emotion regulation techniques.



# How we work with Parents

## Case study: Tom

Tom is 9 years old and is experiencing separation anxiety. His parents have been working with an EMHP for help with managing his anxiety and are exploring his anxious thoughts and predictions.

### Goals set by parents:

- For Tom to go to a party, and for Mum to be able to drop him off and him be there for at least an hour.

### What Tom thinks will happen:

"Mum will get hurt while I am at the party and won't be able to pick me up."



### What does Tom need to learn?

- How likely is it that something bad will happen?
- If something bad does happen, how can Tom cope with this?

# How we work with Parents

## Case study: Tom

Tom is 9 years old and is experiencing separation anxiety. His parents have been working with an EMHP for help with managing his anxiety and are exploring his anxious thoughts and predictions.

### Goals set by parents:

- For Tom to sleep in his bed, on his own, every day for a week.

### What Tom thinks will happen:

"Something bad will happen to me in the night and Mum won't be there to help."



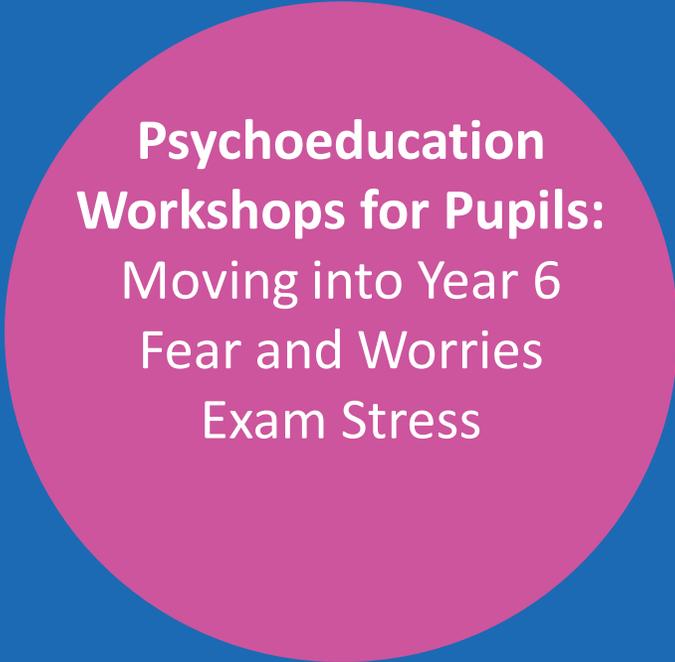
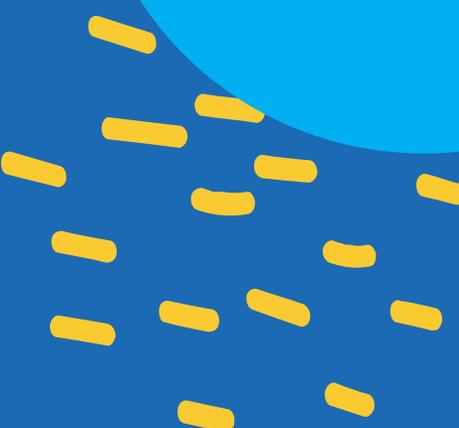
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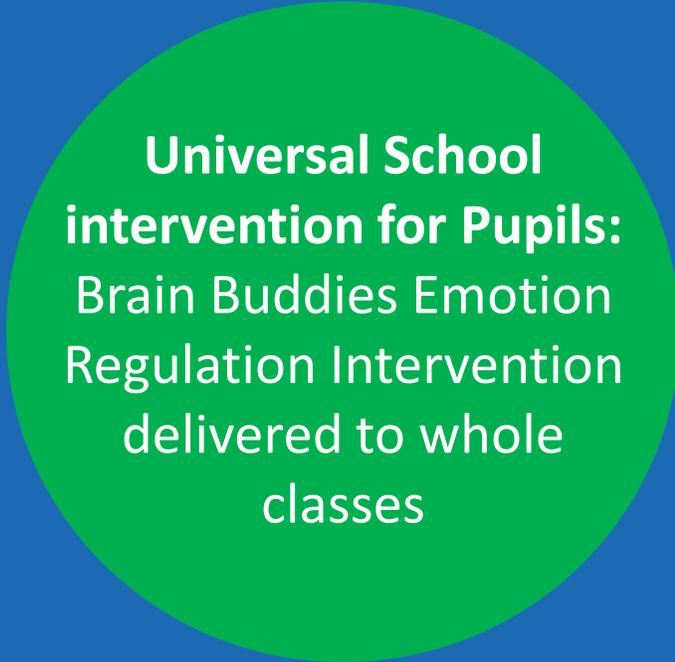
# How else can we help?



**Psychoeducation  
Workshops for Parents:**  
Helping your child  
anxiety  
Emotion regulation Skills



**Psychoeducation  
Workshops for Pupils:**  
Moving into Year 6  
Fear and Worries  
Exam Stress



**Universal School  
intervention for Pupils:**  
Brain Buddies Emotion  
Regulation Intervention  
delivered to whole  
classes

# Any Questions?





Central and  
North West London  
NHS Foundation Trust

# Thank you for coming!

