

Harrow Mental Health Support Team

8th 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?

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:

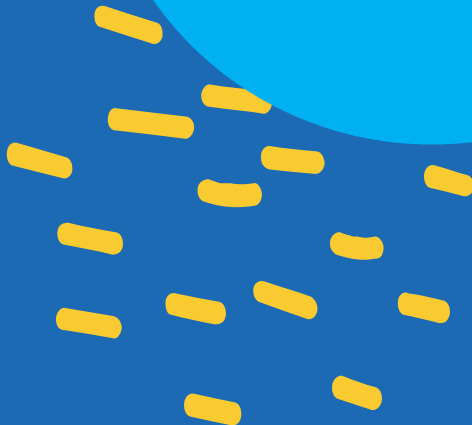
"Something bad will happen to me in the night and Mum won't be there to help."



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 else can we help?

A cluster of approximately 20 short, thick yellow dashes of varying lengths and orientations, scattered in the bottom left corner of the slide.

**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?



Thank you for coming!

