



**Greater Manchester  
Mental Health**  
NHS Foundation Trust

# Wigan CAMHS Mental Health Support Team

Guide for Parents and Guardians

Version 1, August 2022

Improving Lives



## Contents

<b>Wigan CAMHS Mental Health Support Team (MHST)</b>	<b>2</b>
What is a MHST?	2
How does the MHST work?	2
What does the MHST not cover?	2
The Whole School Approach	3
<b>Meet The Team</b>	<b>4</b>
<b>Brief intervention</b>	<b>5</b>
What is Brief Intervention?	5
Exclusions	5
Brief Intervention for Worry	6
Brief Intervention for Specific Phobias	7
Brief Intervention for Low Mood	8
Brief Intervention for Anxiety (under 12): Parent-led CBT	9
<b>Making a Referral to MHST</b>	<b>10</b>
How do I refer my child for evidence-based intervention?	10
Appropriate referrals	10
Gaining Consent	10
What happens after I refer a child for evidence-based intervention?	11
<b>Get in contact</b>	<b>11</b>
<b>Useful Resources</b>	<b>14</b>



## Wigan CAMHS Mental Health Support Team (MHST)

### What is a MHST?

The Wigan CAMHS Mental Health Support Team (MHST) works alongside select schools in Wigan to provide 3 core functions:

- to deliver evidence-based interventions for mild-to-moderate mental health issues
- support the senior mental health lead (where established) in each school or college to introduce or develop their whole school or college approach
- give timely advice to school and college staff, and liaise with external specialist services to help children and young people to get the right support and stay in education

### How does the MHST work?

Each school within the MHST offer has a group of designated practitioners, who will work closely with the school's mental health lead to provide the 3 core functions. Our team of MHST practitioners is made up of:

- CYWPs – Children and Young People's Well-being Practitioners
- EMHPs – Education Mental Health Practitioners
- Trainee CYWPs/EMHPs
- CBT (Cognitive Behavioural Therapy) Therapists
- Mental Health Practitioners (Senior EMHPs/CYWPs in a supervising role)

The Wigan CAMHS MHST team works separately, but alongside Wigan CAMHS (sometimes referred to as 'core CAMHS'). The MHST aims to provide 'early intervention' to children with emerging mental health needs, so that their difficulties aren't left to worsen, and lead to a core CAMHS referral in the future. Core CAMHS generally support children who have more complex and longstanding mental health difficulties, or who pose a serious risk to themselves or others.

### What does the MHST not cover?

The MHST is not an emergency service. If you have an immediate concern for the safety or well-being of your child, please use the emergency contact information included in this document.

The service does not provide evidence-based interventions for children who are at a very high risk or those who present with some complex mental health disorders. We recommend that these children are referred to 'core CAMHS'. Please discuss with your school's designated Mental Health Lead if you are unsure of where to refer your child.



## The Whole School Approach



The MHST will work alongside schools to identify areas for improvement in the Whole School Approach and help develop them. Examples of how the MHST may support schools include:

- Help with pupil surveys to identify key issues to address
- Supporting positive mental health promotion in school, for example: the development of wellbeing displays; assemblies; consultation on how mental health is covered in the curriculum; or hosting awareness events so pupils and staff can find out about support services locally available.
- Supporting Education settings to create safe spaces where pupils can take a break or helping and advising on the set-up of breakfast or lunchtime wellbeing clubs.
- Leading assemblies or workshops/ whole class work with pupils on specific issues, for example: how to manage your worries; the importance of sleep; or transition (between key stages, and coping strategies for secondary school).
- Training pupils as peer mentors or staff and pupil mental health champions.

This list is not exhaustive. We look forward to working with schools to identify new ways that we can offer support.

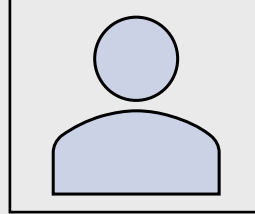
## Meet The Team



**Sonia Cunningham -  
Operational Manager**



**Kathryn Jackson -  
Team Administrator**



**Vacancy- CBT  
Therapist**



**Natalie Benson - CBT  
Therapist**



**Chris Wood - Mental  
Health Practitioner**



**Nicola Diggle - Mental  
Health Practitioner**



**Charmaine Ndlovu -  
Mental Health  
Practitioner**



**Rachel Williamson -  
Mental Health  
Practitioner**



**Katie Taylor - Children  
and Young People's  
Well-being Practitioner  
(CYWP)**



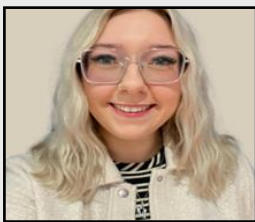
**Amy Sixsmith -  
Education Mental  
Health Practitioner  
(EMHP)**



**Omari Thomas -  
Trainee EMHP**



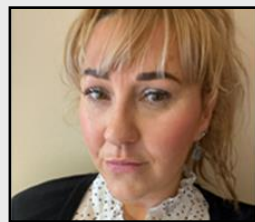
**Sarah Abbott - Trainee  
EMHP**



**Megan Jones - Trainee  
EMHP**



**Chloe Swanwick-Jones  
- Trainee EMHP**



**Karen McDonald -  
Trainee EMHP**



**Ella Riding - Trainee  
EMHP**

## Brief intervention

### What is Brief Intervention?

Our team of low-intensity practitioners consist of EMHPs (Education Mental Health Practitioners) and CYWPs (Children and young People's Well-being Practitioners), some of whom are currently training. Each low-intensity practitioner is able to provide interventions focussing on:

- Worry (Generalised Anxiety)
- Specific Phobias
- Low mood
- Sleep Problems
- Parenting for anxiety (under 12s)

Each brief intervention consists of roughly 6-8 sessions, lasting 45 minutes to 1 hour.

### Exclusions

Each young person who is referred for brief intervention will be considered on a case-by-case basis as to whether low-intensity therapy would be suitable for them. Sometimes young people are not accepted for brief intervention due to:

- Long-standing mental health problems (1 year+)
- Previous support they have received
- High risk
- Systemic issues that are causing mental health problems
- Certain presentations that low-intensity interventions do not tend to be effective for (e.g. Vomit Phobia, some Social Phobia, OCD)
- Non-engagement

Please discuss your child with your school's designated Mental Health Lead if you feel that they need our support but you're unsure if they meet our criteria. There are often young people that do come under the exclusion criteria, for whom we still feel brief intervention would be beneficial.



### Brief Intervention for Worry

The exact session content and structure will be tailored to the specific needs of the child. This, however, provides a general outline.

Session 1.	<ul style="list-style-type: none"><li>• Complete psycho-education (Fight or Flight)</li><li>• Home task: complete a worry diary</li></ul>
Session 2.	<ul style="list-style-type: none"><li>• Problem Based Vs Hypothetical Worries</li><li>• Worry Spirals</li></ul>
Session 3.	<ul style="list-style-type: none"><li>• Worry Tree</li><li>• Problem-solving</li></ul>
Session 4.	<ul style="list-style-type: none"><li>• Worry Time</li><li>• Thinking Traps</li></ul>
Session 5.	<ul style="list-style-type: none"><li>• Embracing Uncertainty</li><li>• Creating an uncertainty ladder</li></ul>
Session 6.	<ul style="list-style-type: none"><li>• Coping Self-talk</li><li>• Calming and distraction techniques</li></ul>
Session 7.	<ul style="list-style-type: none"><li>• Recap of all previous work (Within and Outside of my control task if necessary)</li></ul>
Session 8.	<ul style="list-style-type: none"><li>• Repeat routine outcome measures</li><li>• Creation of a 'Keeping Well' plan</li></ul>



### Brief Intervention for Specific Phobias

The exact session content and structure will be tailored to the specific needs of the child. This, however, provides a general outline.

Session 1.	<ul style="list-style-type: none"><li>• Complete psycho-education (Fight or Flight)</li><li>• Home task: complete a worry diary</li></ul>
Session 2.	<ul style="list-style-type: none"><li>• Explanation of Thoughts/Feelings/Behaviours/Body Sensations cycle</li><li>• Introduce Graded Exposure and Habituation</li></ul>
Session 3.	<ul style="list-style-type: none"><li>• Complete a Graded Exposure chart (how much anxiety caused out of 10)</li></ul>
Session 4.	<ul style="list-style-type: none"><li>• Reassess the steps created and check progress</li><li>• Problem solve any difficulties</li></ul>
Session 5.	<ul style="list-style-type: none"><li>• Check Graded Exposure progress</li><li>• Problem solve any difficulties</li></ul>
Session 6.	<ul style="list-style-type: none"><li>• Check Graded Exposure progress</li><li>• Distraction/ Relaxation techniques</li></ul>
Session 7.	<ul style="list-style-type: none"><li>• Recap of all previous work ('within and outside of my control' or 'alternative thoughts' tasks if necessary)</li></ul>
Session 8.	<ul style="list-style-type: none"><li>• Repeat routine outcome measures</li><li>• Creation of a 'Keeping Well' plan</li></ul>





### Brief Intervention for Low Mood

The exact session content and structure will be tailored to the specific needs of the child. This, however, provides a general outline.

Session 1.	<ul style="list-style-type: none"><li>• Discuss the 'Vicious cycle of depression' and its impact</li><li>• Explain the concept of BA</li></ul>
Session 2.	<ul style="list-style-type: none"><li>• Introduce activity log: complete one in session and set as home task</li><li>• Practise scoring: Importance, Achievement, Closeness, Enjoyment</li></ul>
Session 3.	<ul style="list-style-type: none"><li>• Review activity log: what activities impacted IACE? what scores were low?</li><li>• introduce values</li></ul>
Session 4.	<ul style="list-style-type: none"><li>• Review activity log</li><li>• Complete Life Area Valued Activities (LAVA) worksheet</li><li>• Plan 1 Valued Activity</li></ul>
Session 5.	<ul style="list-style-type: none"><li>• Review activity log</li><li>• Plan 3 Valued activities to complete this week</li></ul>
Session 6.	<ul style="list-style-type: none"><li>• Review activity log: what impact did the valued activities have?</li><li>• Plan more valued activities and create a timetable</li><li>• Develop 'contracts' if valued activities require parent support</li></ul>
Session 7.	<ul style="list-style-type: none"><li>• Review activity log and timetable: problem solve any barriers</li></ul>
Session 8.	<ul style="list-style-type: none"><li>• Repeat routine outcome measures</li><li>• Creation of a 'Keeping Well' plan</li></ul>



### Brief Intervention for Anxiety (under 12): Parent-led CBT

The exact session content and structure will be tailored to the specific needs of the child. This, however, provides a general outline.

Prior to Session 1.	<ul style="list-style-type: none"><li>•Parent to read chapters 6 &amp; 7 of Cathy Creswell's treatment manual</li></ul>
Session 1.	<ul style="list-style-type: none"><li>•Psychoeducation</li><li>•How anxiety develops and is maintained</li><li>•Treatment goals</li></ul>
Session 2.	<ul style="list-style-type: none"><li>•What is my child thinking?</li><li>•What does my child need to learn?</li><li>• Identifying rewards</li></ul>
Session 3.	<ul style="list-style-type: none"><li>•Step-by-Step plan</li></ul>
Session 4. (Telephone)	<ul style="list-style-type: none"><li>•Checking in and reviewing homework</li><li>•Make changes to Step-by-Step plan as necessary</li></ul>
Session 5.	<ul style="list-style-type: none"><li>•Checking in and reviewing homework</li><li>•Problem solving approach</li></ul>
Session 6. (Telephone)	<ul style="list-style-type: none"><li>•Reviewing progress</li></ul>
Session 7.	<ul style="list-style-type: none"><li>•Review progress: discharge, monitor or refer elsewhere (step up).</li></ul>



## Making a Referral to MHST

### How do I refer my child for evidence-based intervention?

Please refer to the 'Brief Intervention' section of this document to see what types of evidence-based intervention we provide and how the sessions are structured.

If you would like to refer your child for brief intervention, please speak with your School's designated Mental Health Lead. If they agree that a referral to MHST is appropriate, they will ask you for the following:

- To sign and return the consent form (to allow the school to share information with us about your child)
- Complete questionnaires: there will be one for you to complete and one for your child to complete

### Appropriate referrals

Will the my child be appropriate for brief intervention with a MHST practitioner?

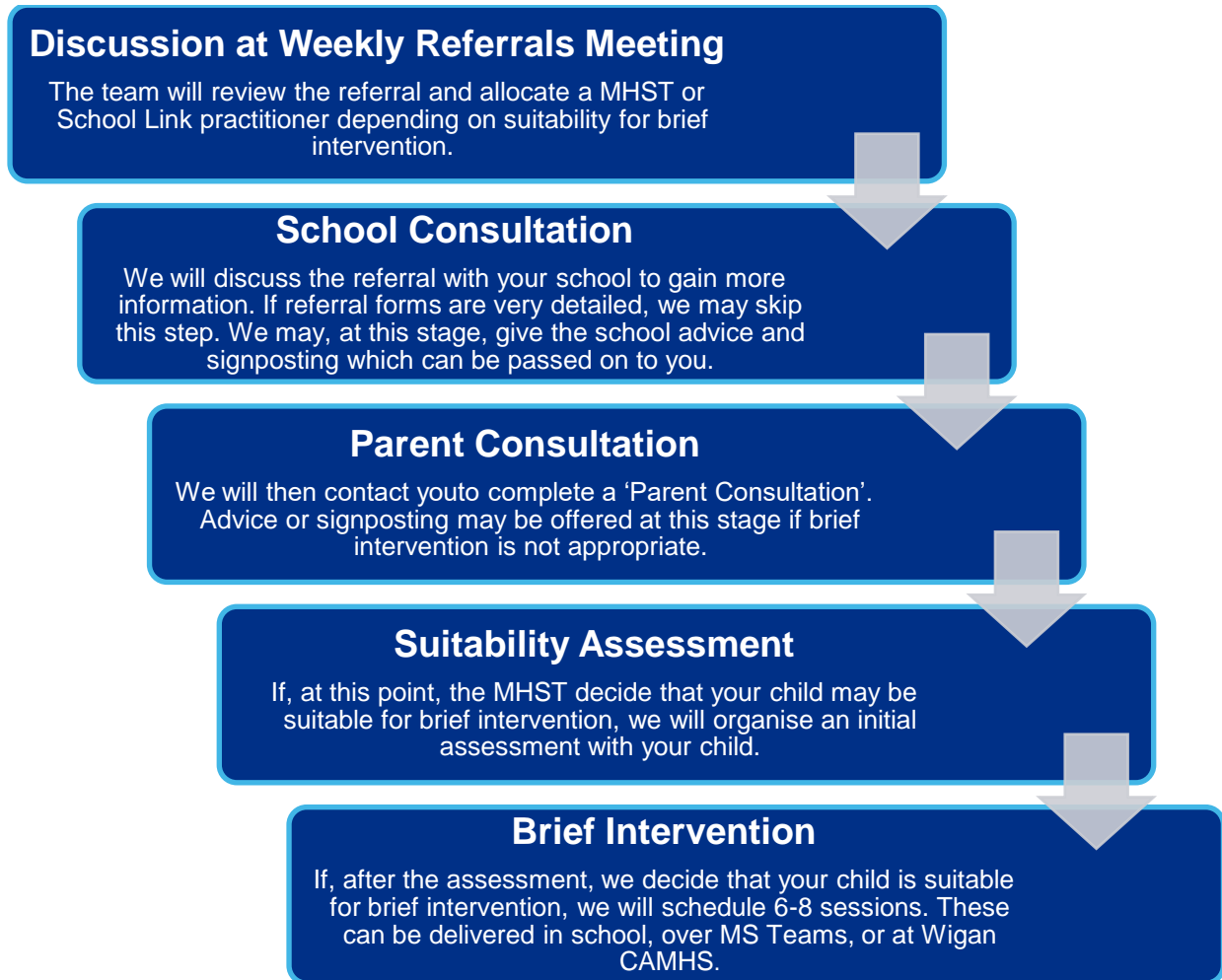
Yes	No
<ul style="list-style-type: none"> <li>• Their mental health problems have been presenting for less than a year</li> <li>• They attend a school that is currently supported by the MHST</li> <li>• They are not open to core CAMHS</li> <li>• Their MH difficulties are not being caused by a systemic issue (e.g. difficult home life, bereavement, bullying)</li> <li>• There is no risk from your child to themselves or others (low-level or past self-harm may be accepted)</li> <li>• They would benefit from one of the interventions we deliver (worry, anxiety, phobias, low mood, parenting interventions)</li> </ul>	<ul style="list-style-type: none"> <li>• Their mental health problems have been presenting for more than a year</li> <li>• They attend a school that is not currently supported by the MHST</li> <li>• Their MH difficulties are a result of a systemic issue (e.g. difficult home life, bereavement, bullying)</li> <li>• They are a risk to themselves or others (including regular and ongoing self-harm and/or suicidal thoughts)</li> <li>• They need support with something other than the interventions we deliver (We do not currently provide interventions for: anger, bereavement, conflict resolution or emotional regulation)</li> </ul>

If your child presents as a risk to themselves or others as a result of a mental health issue, please refer to Core CAMHS.



## What happens after I refer a child for evidence-based intervention?

Once a referral has been submitted, the following process will occur:



## Get in contact

Our team operate all year round, including school holidays.

For general queries, contact: [wiganmhst@gmmh.nhs.uk](mailto:wiganmhst@gmmh.nhs.uk)



## Managing Risk

### Advice for Parents/Carers

If you are worried about your child's emotional wellbeing or mental health, it can be difficult to know how to help. Here are some useful tips and advice for parents for supporting children and how to access help if they need it.

#### How can I help my child?

- **Look out for signs of change** - notice when they seem upset, withdrawn or irritable. Help them to stay healthy, including getting enough sleep, eating well, and balancing school work with hobbies. Encourage them to use online advice and support lines if they need to.
- **Encourage them to talk about their worries** - don't worry if your child doesn't want to say much. Sometimes just knowing their parent or carer is there and willing to listen is enough. They may open up more later when they feel confident enough to do so. Try to avoid asking your child lots of questions all at once.
- **Keep Calm** - Try not to get into a hostile confrontation.
- **Increase supervision** - Keep an eye on your child but avoid 'policing' them because this can increase their risk of self-harming.
- **Seek professional help**. Your child may need a risk assessment from a qualified mental health professional. Talk to your GP and explore whether your child can be referred to your local Child and Adolescent Mental Health Services (CAMHS).
- **Keep the house safe** - some young people may have urges to harm themselves in a crisis so it's important to keep all medicines locked away, including painkillers like paracetamol. Remove sharp objects like razor blades from communal areas such as the bathroom, and store chemicals like bleach and tools like craft knives away safely, in a locked cupboard or drawer if possible.



### Who can support me and my child?

- **Wigan CAMHS Duty Team** – open Monday – Friday and between hours of 9am – 5pm. Tel: 01942 764473
- Support for yourself can be accessed through your **GP**. You could also try speaking to your family, friends or faith leader for emotional support.
- Helplines such as **Samaritans and PAPYRUS** provide out of hours support to those who are struggling. More information can be found on their website (see a full list of helplines and websites below)

### Where can I get information, support and advice?

- **Minded For Families (website)** has a wide range of Department of Health resources on many topics including low mood, self-harm and anxiety, as well as advice and tools for supporting your child during a crisis. Visit: [www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk)
- **Young Minds (website)** has a range of resources and information for both young people and parents. Visit: [www.youngminds.org.uk/find-help](http://www.youngminds.org.uk/find-help)

### What should I do in a crisis or emergency?

- If you feel that your child is at risk and you can't manage this on your own, or if they have harmed themselves or are making serious threats about harming themselves, we would advise you to visit your nearest **A&E** department to get immediate help or call 999.
- You can also call **Wigan Mental Health Urgent Response Team on 0800 051 3253**. They are a 24/7 mental health crisis line for people of all ages in Wigan



## Useful Resources

### Mental Health Apps and Text Services



#### **Cove**

Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking. Visit your app store to get the app



#### **MeeTwo**

Provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as



#### **My Possible Self**

Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health



#### **Calm Harm**

An app designed to help people resist or manage the urge to self-harm. It's private and password



#### **Shout 85258**

A free, confidential, anonymous text support service. You can text from wherever you are in the UK. you're struggling with anxiety, depression, suicidal thoughts, abuse or assault, self-harm, bullying or relationship issues



#### **[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)**

This is a user-led organisation, with resources, text service and info line 03444 775 774



#### **Feeling Good**

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset



#### **[www.kooth.com](http://www.kooth.com)**

An online counselling and emotional well-being platform for children and young people in Greater Manchester, accessible through mobile, tablet and desktop with online materials for self help.

## Mental Health Websites



[www.youngminds.org.uk](http://www.youngminds.org.uk)  
Charity that offers information about mental health and emotional wellbeing.



[www.papyrus-uk.org](http://www.papyrus-uk.org)  
From coping techniques to conversation starters, distraction techniques and dealing with anxiety, Papyrus have a broad range of help and resources available to download.

**childline**

[www.childline.org.uk/toolbox/calm-zone](http://www.childline.org.uk/toolbox/calm-zone)  
Advice online or on the phone (any time or day)



**Moodjuice** <https://www.nhsinform.scot/illnesses-and-conditions/mental-health>  
Self-help, information and advice for people experiencing troublesome thoughts, feelings and actions.



<https://www.mentallyhealthyschools.org.uk/resources/tools-for-managing-emotions>  
Anna Freud Mentally Healthy Schools is a free website for children young people and Teachers with lots of information, advice and practical resources to better understand and promote pupils' mental health and wellbeing.



[www.themix.org.uk](http://www.themix.org.uk)  
The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile.



**NHS booklets** <https://web.nrw.nhs.uk/selfhelp/>  
self help booklets



**National Self Harm Network forums** – <http://www.nshn.co.uk/>

**SAMARITANS**

[www.samaritans.org/about-us/our-organisation/read-our-publications/young-peoples-emotional-health-resource](http://www.samaritans.org/about-us/our-organisation/read-our-publications/young-peoples-emotional-health-resource)



[www.mind.org.uk](http://www.mind.org.uk)  
Information and resources around mental health



[www.harmless.org.uk](http://www.harmless.org.uk)  
coping strategies, leaflets, and factsheets about self-harm



## Bereavement Support Websites

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**www.cruse.org.uk**  
This site is designed by young people for young people and includes an interactive section. If you are a young person you can send a private message to one of their trained volunteers at info@rd4u.org.uk who will reply to you by email. If you want to talk to someone direct, you can call their FREE phone helpline on 0808 808 1677. Cruse also offer support to adults caring for bereaved children or young adults.
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**www.winstonswish.org**  
The leading childhood bereavement charity and the largest provider of services to bereaved families in the UK. They have specialist expertise in supporting children bereaved by suicide and they also have a site for young people.
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**www.griefencounter.org.uk**  
provider of support services for bereaved children and their families throughout the UK in order to help children find ways out of the abyss of grief. Their site has sections for children and young adults.
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**www.ifucareshare.co.uk**  
If U Care Share Foundation are a charity promoting emotional well being in young people & supporting families affected by suicide.
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**www.childbereavementuk.org**  
supports families and educates professionals when a child dies or is dying or when a child is facing bereavement. Young people can contact them confidentially by phone on 0800 02 888 40 or email them.

## Websites for Parent Advice

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**www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/**  
advice for parents and carers talking mental health with young people at primary school
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**www.mentalhealth.org.uk/a-to-z/p/parenting-and-mental-health**  
Parenting support for parents with mental health difficulties
- 

**https://mindedforfamilies.org.uk/young-people/should-i-be-concerned/**  
Information for families about child mental health
- 

**www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/**  
Every Mind Matters – looking after a child or young persons mental health
- 

**www.talkfirst.org**  
Family Meditation training and workshops


## Autism and ADHD Support and Information

 [www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/](http://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/)  
advice for parents and carers talking mental health with young people at primary school


 [www.mentalhealth.org.uk/a-to-z/p/parenting-and-mental-health](http://www.mentalhealth.org.uk/a-to-z/p/parenting-and-mental-health)  
Parenting support for parents with mental health difficulties

## Other Mental Health Websites for Specific Topics

 <https://beaconcounsellingtrust.co.uk/youth-outreach-programme/>  
Gambling Support – Youth Outreach Programme and online support / Resources - 0151 226 0696

 [www.b-eat.co.uk](http://www.b-eat.co.uk)  
Beat (national eating disorder charity) - Contact: 0345 634 1414

 [www.stmaryscentre.org](http://www.stmaryscentre.org)  
Sexual Assault and Rape Counselling

 <https://diasdvc.org>  
Domestic Violence and abusive relationships – specialist counselling. In Wigan and Leigh

 <https://wlccarers.com/im-a-young-carer/>  
Young carers support and advice