



# Liverpool CAMHS

mental health is everyone's business

Whole School Approach to mental health



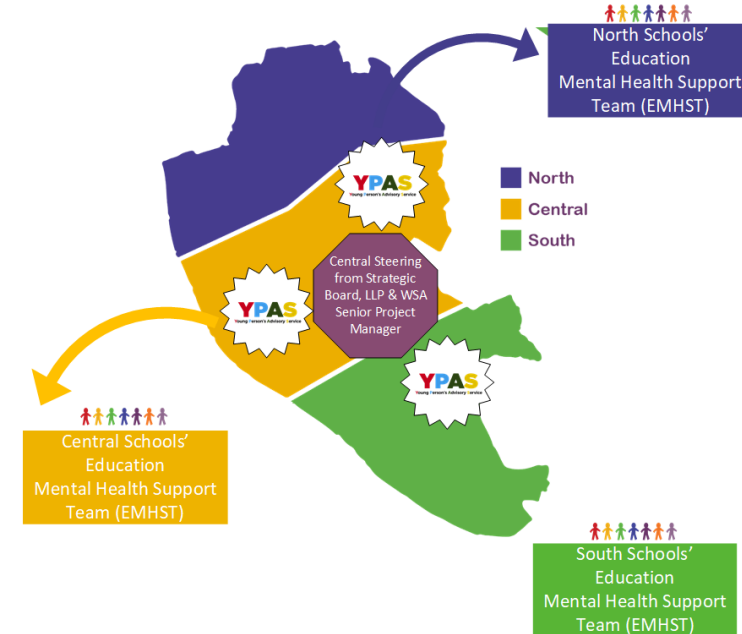
# WSA update Learners Who Need More

## May 2021

# Education Mental Health Teams

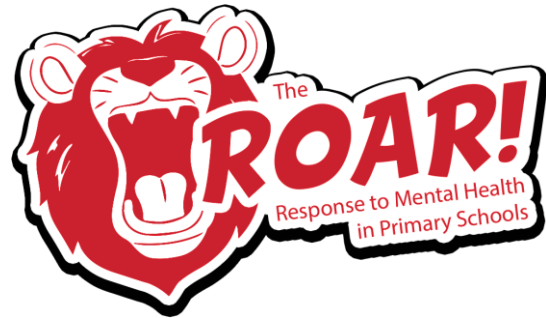
## Progress so far:

- All schools are aligned to an EMHT
- Every Secondary school gets 2 full days from YPAS wellbeing clinics
- 107 primary schools have now been introduced to the MHSTs and are able to refer to this service
- Senior practitioner (linkworker) support from AH is being integrated into the MHSTs
- Training offer and school networks continue to develop school staff.
- Access to resources through the CAMHS website
- MHST drop-ins provided for Secondary school MHL's
- Parenting IAG team at YPAS
- Senior practitioner consultation request form
- Transition MHST workshops
- Single digital referral point for schools into CAMHS services



## Future developments

- Better integration with SEND graduated approach
- Support for special schools



MERSEYSIDE YOUTH ASSOCIATIONS  
RAISE TEAM PRESENT YOU WITH



# EMPOWER

**EMPOWERING YOUNG PEOPLES MENTAL HEALTH BY PROMOTING  
RESILIENCE, OBSERVING SIGNS AND SYMPTOMS AND  
STRENGTHENING WELLBEING THROUGH EMPATHY AND RESOURCES**

EMPOWER has been developed to support young peoples mental health by covering topics around some of the top presenting issues to their mental health over the pandemic.

The project aims to reduce the stigma around mental health, build young people's resilience and offer practical tips to support their wellbeing. The project will run over 1 day with 5 carousel workshops focusing on:

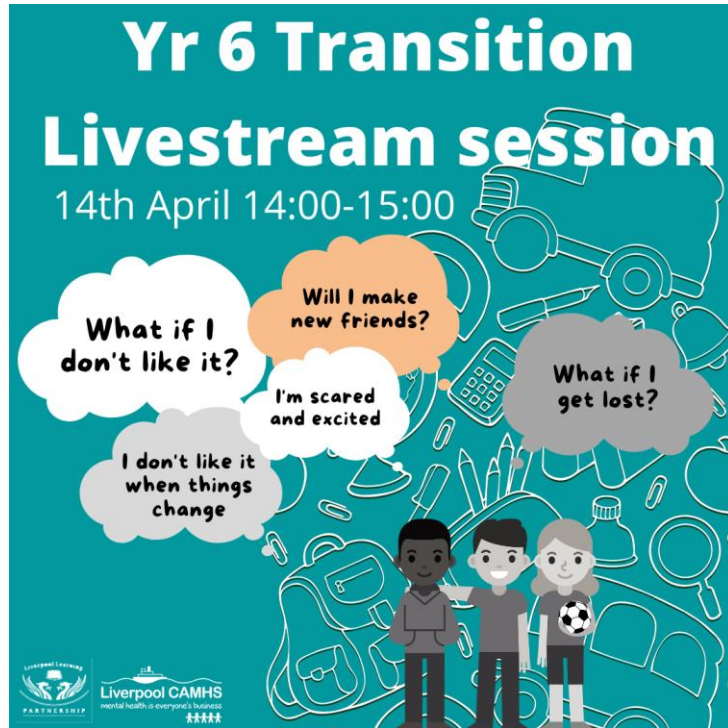
- 1- ANXEITY**
- 2- LOW MOOD**
- 3- BODY IMAGE**
- 4- SUICIDE AWARENESS**
- 5- SELF INJURY - BEHAVIOUR IS COMMUNICATION**



If you would like the MYA RAISE Team to come into your school and deliver these sessions for free or would like further information please contact [francescale@mya.org.uk](mailto:francescale@mya.org.uk)



# Transition Support



**Yr 6 Transition**  
**Livestream session**  
14th April 14:00-15:00

What if I don't like it?  
I'm scared and excited  
Will I make new friends?  
I don't like it when things change  
What if I get lost?

Liverpool Learning Partnership  
Liverpool CAMHS  
mental health is everyone's business

The poster features a teal background with white line-art icons of school supplies like a backpack, pencil case, and calculator. At the bottom, three cartoon children are standing together. The Liverpool Learning Partnership and Liverpool CAMHS logos are in the bottom left corner.

<https://padlet.com/kath204/uhck0fst3mow8c3p>



Transitioning from primary to secondary school can be an exciting and anxious time for both children and parents. New surroundings, new teachers, new friends, new challenges, and new opportunities are all on offer as children head off on the first days of their new school.

**You are invited to join the Education Mental Health Transition Team for 5 Sessions aimed at helping parents and caregivers to support their children through transition to high school.**

Book your place at: <https://youthconnect5.org.uk/parents-carers/book/>



We'll explore how we can cope with difficult times and challenges that life throws up for us.

We'll also be looking at feelings, why we feel the way we do, why we do the things we do, and what we can do to make ourselves and our children feel better.

We'll learn about mental health and emotional wellbeing and how we can improve them.

We'll talk about resilience

We'll think about challenges that our children face as they grow up and transition.

I CAN UNDERSTAND WHAT HE IS SCARED ABOUT.

WHAT IS IT GOING TO BE LIKE?

The illustration shows a woman in the foreground with several thought bubbles above her head. In the background, a man is walking on a street with buildings and a car. The thought bubbles contain text about coping with challenges, feelings, mental health, resilience, and children's challenges.



**Secondary School  
Education Mental Health Team  
Practitioner Consultation Request Form**



Please use this form to request a consultation from one of the EMHT Senior Practitioners or other WSA partnership service. Once completed send this form electronically to [referrals.LiverpoolYPAS@nhs.net](mailto:referrals.LiverpoolYPAS@nhs.net). Please put *EMHT Secondary Consultation request* in the subject box.

School Name	
Your Name	
Your email address	
Date	

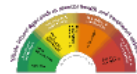
Please tick below to indicate the type of consultation/support needed and give details in the box below. If you are referring to a young person please leave their details off the form for data protection purposes.

Advice/Consultation around a young person's suitability for low-level intervention (yellow level)

Advice/Consultation around a young person who you think needs a higher level intervention (orange/red)

\* Clinical consultations at this level around an individual will require consent as a record will be kept by Alder Hey.

Consultation/advice about developing our whole school approach, putting theory into practice or staff training



Speak to your Wellbeing Clinic Practitioner



Please give details below:

Action/follow-up from EMHT (to be completed by EMHT Practitioner):



# EMHT Consultation

All secondary schools can access free consultation sessions with a senior CAMHS practitioner (previously the link workers). This could be around an individual young person or around developing your Whole School Approach. An individual consultation requires consent and will consider the following:

What support have they already had?

How is their hygiene, physical health, sleep, eating?

What difficulties are they experiencing?

Are they a risk to themselves or others?

Are there ACE's?

Has there been any specific triggers lately?

What specifically is going on?

Has anything helped before?

Are social care involved?





# Virtual Coffee Morning for primary school parents & carers

## Thursday 24th June, 10:00-11:30

Join our Zoom call and find out more about Education Mental Health Teams that are working in your child's school. The session will provide information and give you opportunity to ask questions. To book your free place please visit:

<https://www.eventbrite.co.uk/e/156658163785>





# MENTAL HEALTH BITESIZE TRAINING VIA ZOOM

**Post-Traumatic Stress Disorder**

**Attachment**

**Managing a child's worry**

**Resilience**

**Social media**

**Embracing uncertainty**

**Understanding my stress response**

**Adolescent brain development**

**Managing a teenagers worry**

**Self Harm**

**Eating disorders**

**Suicide Awareness**

**Grief and Loss**

**Adverse Childhood Experiences.**

**To book on - please visit  
[www.liverpoolcamhs.com/training](http://www.liverpoolcamhs.com/training)**



# NEW BITESIZE SESSIONS

**Post Traumatic Growth**

10th June 4pm

21st & 28th June 10am

**An introduction to psychosis**

23rd June 4pm

8th July 9.30am

**An introduction to grooming and exploitation**

16th June 4pm

9th July 9.30am

**To book on - please visit  
[www.liverpoolcamhs.com/training](http://www.liverpoolcamhs.com/training)**







The MYA RAISE team invites you to join our training in

## THE ROAR RESPONSE TO MENTAL HEALTH IN PRIMARY SCHOOLS

The ROAR training programme will equip primary school staff to implement ROAR across the whole school. The course will cover children's mental health and an introduction to the ROAR response.

*Virtual ROAR Zoom Training 24th, 25th and 26th May (3, 2 hour sessions)*

*1st and 2nd July 9am-12pm (2 half days)*



The MYA RAISE team invites you to join our training in

## ACE AWARE & TRAUMA INFORMED PRACTICE

Our training is designed for school and non school facing staff to learn how to embed a trauma informed approach within their organisations. The training will be delivered over 2 half days 9-12.30pm via zoom.

**School staff: June 8th & 9th**

**Non school staff: July 6th & 7th**

To book on please visit  
[www.liverpoolcamhs.com/training](http://www.liverpoolcamhs.com/training)



MYA RAISE Team

# SUICIDE AWARENESS TRAINING



Join us for our free suicide awareness training taking place on:

27th May - 4pm

10th June - 10am

23rd June - 10am

**To book on please visit**  
[www.liverpoolcamhs.com/training](http://www.liverpoolcamhs.com/training)



## Child and Adolescent Mental Health Services (CAMHS)

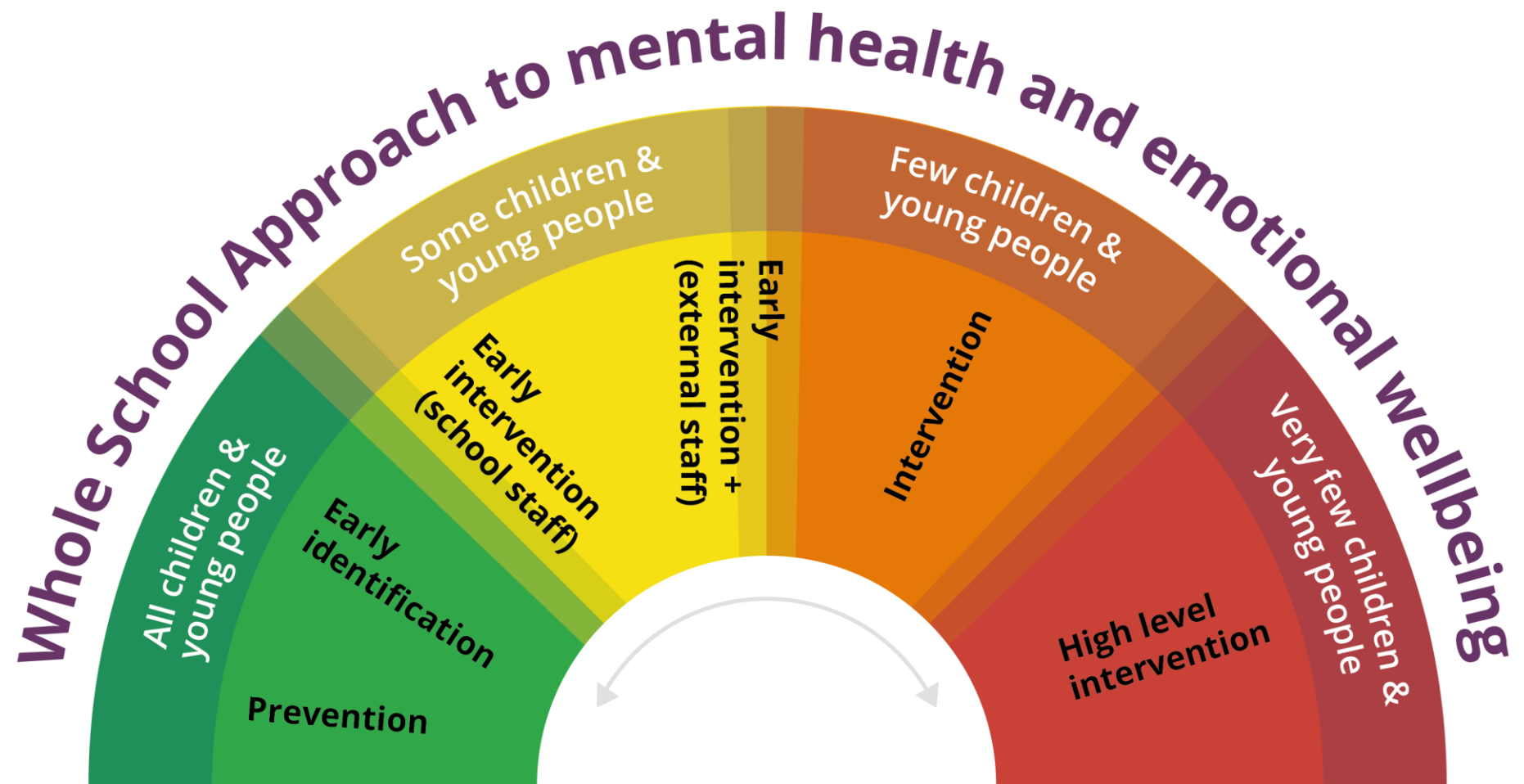
Getting help can be hard, but we want to make it easier

Sefton & Liverpool CAMHS services aim to promote the mental health and wellbeing of all children, young people, families and carers.

This platform provides you with useful resources to support mental health and wellbeing for children and young people. It also allows young people 14 and over, parents / carers and professionals to make referrals to Sefton & Liverpool CAMHS services.



# The WSA Graduated Approach



# Schools' Levels of Support/Presenting Need





## How is Robyn?

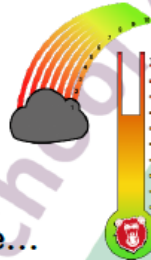
Robyn is thriving and doesn't need any additional support to stay mentally healthy

Robyn needs low-level support

Robyn needs mid-level support

Robyn needs high-level support

## What do you see?



Good levels of resilience and generally able to cope when things change or go wrong. Can make and maintain healthy relationships. Making expected academic progress and school attendance is good. Looks physically well and cared for.

May be struggling with low-level anxiety/worry/phobias have a low-mood or mild behavioural difficulties. These may be having a minor impact on their learning, attendance, appearance, relationships and academic progress. Self-esteem may be impacted.

May be struggling with one clear, or a number of mental health difficulties that will be having obvious impact on their learning, attendance, appearance, relationships and academic progress. Self-esteem is likely to be impacted.

May be struggling with one clear, or a number of mental health difficulties that will be having significant impact on their daily functioning including learning, attendance, appearance, relationships and academic progress. Self-esteem is likely to be impacted. They may need several types of support.

## Examples are...

Examples could include looking physically well and cared for, being able to adapt to changes and challenge, visibly enjoys taking part in fun activities, emotionally literate in line with age, developing normally, can tolerate and sometimes enjoy solitude, able to self-regulate their emotions.

Examples could include being quieter than usual or acting out. Robyn may display attention seeking behaviours or begin to withdraw from activities. If anxious or worried they may have recurrent tummy ache or seem tense. They may appear tired or on edge. Robyn may struggle to relate emotions - especially at home.

Examples could include struggling to cope in the classroom, with friendships and regulating emotion. They may seem regularly anxious, tired, low, angry or withdrawn. Their mental health is likely to be having a negative impact on their physical health and wellbeing. Robyn may feel as though problems are piling up and he/she/they can't cope

Examples could include finding it very difficult to attend school and function in the classroom. Robyn may be significantly withdrawn, low, anxious or depressed. Their poor mental health will be having significant impact on physical health. Robyn may be overwhelmed, appear confused or forgetful and is likely to be experiencing disturbed sleep. Home life can be significantly affected.

## What are the risks?

No risk to self or others. Minimal ACES and other risk factors and any that are present are not causing Robyn any problems.

Minimal risk to self or others. Minimal complexities, ACES and other risk factors and any that are present are not causing Robyn any significant problems.

There may be some risk to self or others. There may be some complexities, ACES and other risk factors and any that are impacting on Robyn's mental health. Robyn may have SEN. Robyn may have a child protection plan. There may be some low risk/intensity self-harm such as scratching/biting themselves or hitting out at others when they are distressed.

There may be significant risk to self or others. There may be multiple complexities, ACES and other risk factors and any that are significantly impacting on Robyn's mental health. Robyn may have SEN. Robyn may have a child protection plan. There may be frequent and higher intensity self-harm and/or suicidal thoughts. May need medication to help manage symptoms.

## What could help?

A WSA that promotes positive mental health and wellbeing.

Training for school staff to promote resilience and equip staff to identify the signs that a Robyn may be struggling.

A WSA that promotes positive mental health and wellbeing.

Pre-EHAT checks  
EMHP 1:1 support or group session  
School Staff may provide intervention using the ROAR toolkit or other interventions

A WSA that promotes positive mental health and wellbeing.

EHAT may be needed  
Seedlings 1:1 therapy  
Other CAMHS services

A WSA that promotes positive mental health and wellbeing.

EHAT may be needed  
SPA referral  
Other CAMHS services

