



Emotional Wellbeing & Mental Health

November 30th 2017



Introduction

**Samantha Morgan – EWMHS Team Manager
(NE Essex) & Schools Project lead**

**Jonathan Large – Educational Psychologist
seconded to EWMHS for Schools Project**

Today's session will address:

- How EWMHS works with CYP & families
- The role of the Single Point of Access (SPA)
- Working with schools to improve outcomes
- Opportunities for questions/discussion



Seven Acronyms ...

Those look familiar – can you say what they stand for?

1. EWMHS

2. NELFT

3. SEMH

4. CYP

5. IAPT

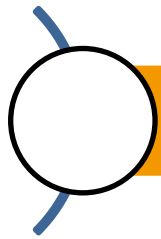
6. CBT

7. SPA



... Four questions & a phone number

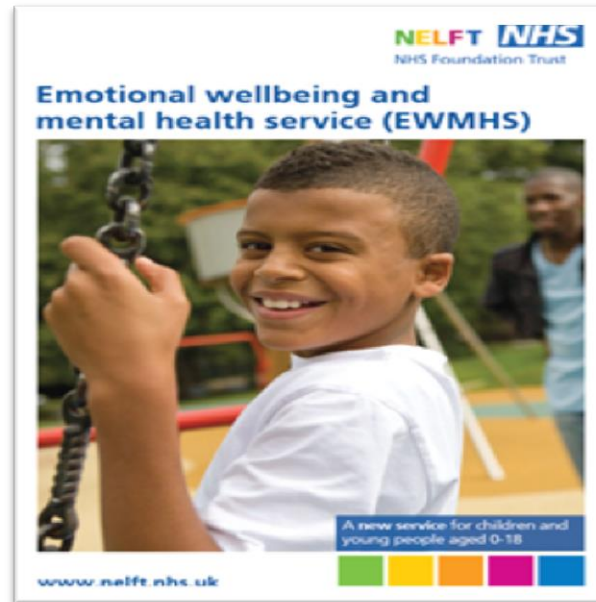
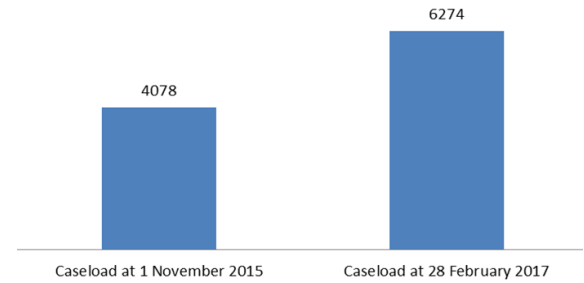
- How many open cases do EWMHS currently hold?
- How many locality teams are there in EWMHS?
- Do you know which is your locality EWMHS team?
- Who currently makes most referrals to EWMHS?
- **0300 300 1600** – what is this the phone number for?



Service Transfer

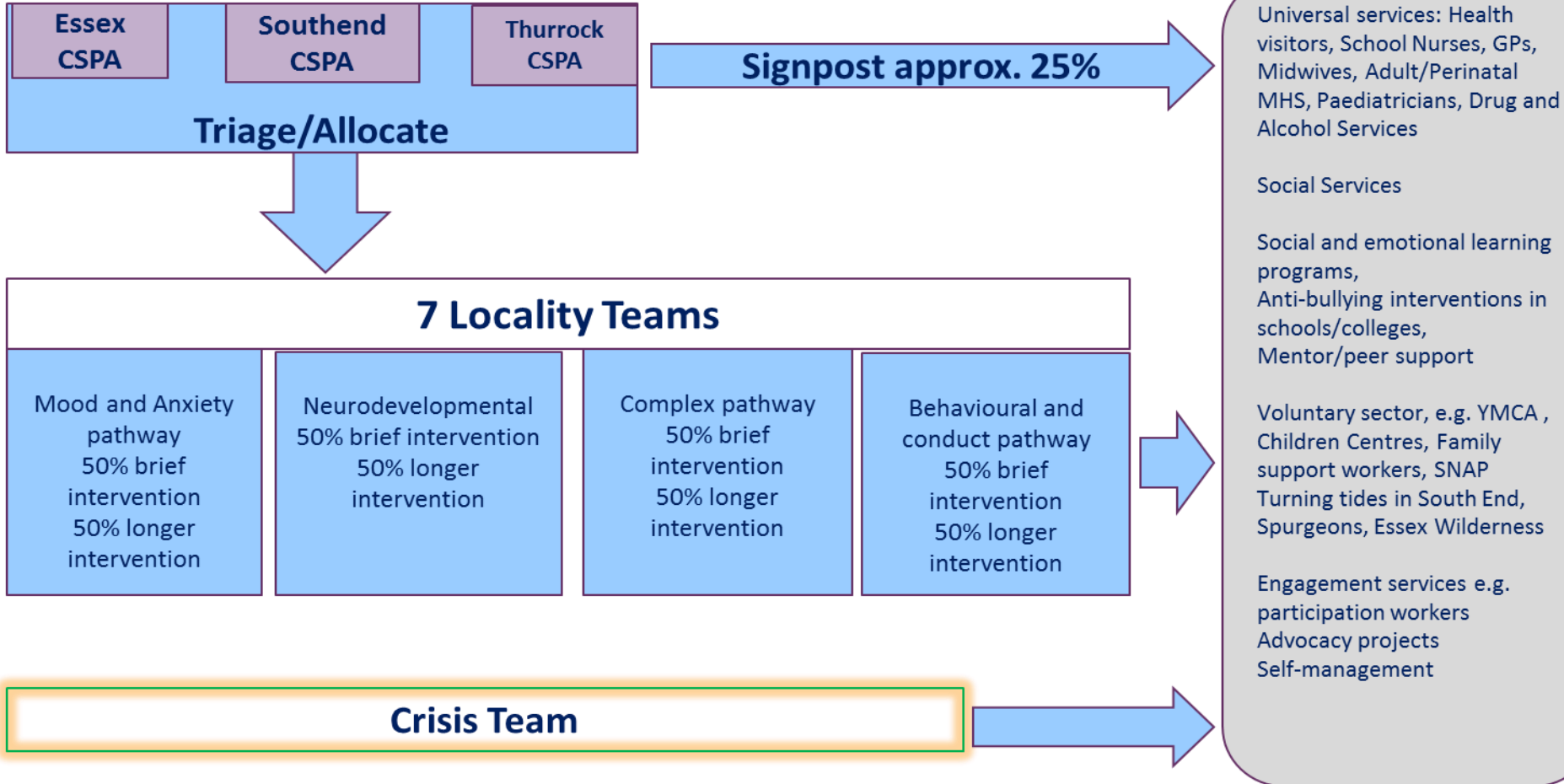
The service transferred on 1 November 2015 with just over 4,000 caseloads. EWMHS currently hold over 6,000 open cases.

Caseloads for EWMHS



Our “Hub and Spoke” model explained

NELFT Model



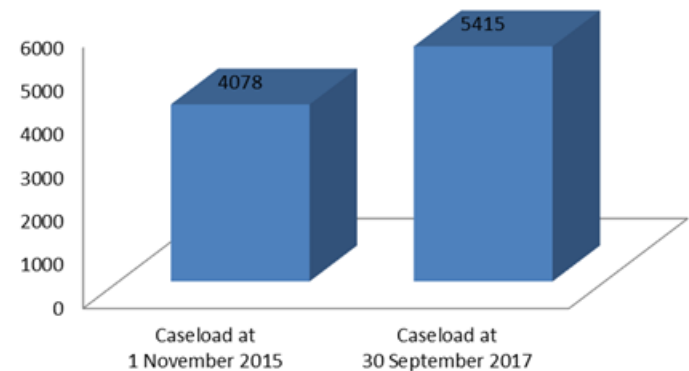
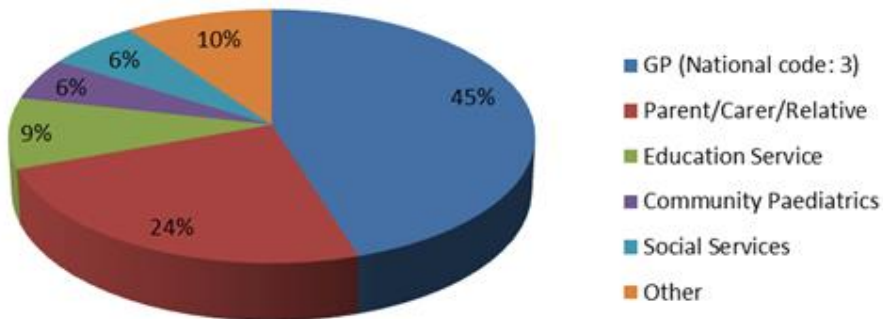
Single Point of Access – Performance Data

**20,223 total referrals received from
April 2016 to September 2017**

15.64% of referrals are currently sign-posted

**High volume experienced since the new
school term started with 1099 referrals
received in September 2017**

By referral source
Referrals Through SPA as a %



EWMHS – SPA



SPA

- Clinical staff
- Triage referrals

Signpost

- Telephone Advise
- Preventative planning, offer of early help



Four questions & a phone number revisited

- How many open cases do EWMHS currently hold?
- How many locality teams are there in EWMHS?
- Do you know which is your locality EWMHS team?
- Who currently makes most referrals to EWMHS?
- **0300 300 1600** – what is this the phone number for?



CYP in UK & Europe

- 25% with mental health difficulty
- 10% with mental health disorder
- Anxiety and depression affect 4%
- Self harm & eating disorders increasing
- Anti-social behaviour most common at 5%
- Suicide one of 3 most common causes of death in teens

(Promoting MH in Schools – EU report – 2011)



Are SEMH difficulties for CYP increasing?

- Quoted figures often still '1 in 10'
- Public sector & voluntary orgs report deterioration
- Social media, celebrity culture, feeling left behind ...?
- Austerity, underfunded services for CYP's SEMH ... ?
- Signs of hope – Green Paper, PM, Royals, media .. ?



Why work in schools?

- CYP spend over 14,000 hrs in school to age of 16
- Schools have significant impact on their outcomes
- CYP can find 1:1 therapy hard – other approaches?
- Groupwork, supportive adults/peers, nurturing ethos
- Sleep, exercise, diet - effective therapy for SEMH
- Need to promote skills & confidence in CWF



What is the EWMHS schools project doing?

Sam

- Consultations with Special Schools in NE Essex
- Workshops for parents with CYP open to EWMHS
- Sharing &/or delivering training packages to schools
- 'Meet the Team' open days - establish relationships

Jon

- Telephone helpline for all primary schools in SET
- Intro to Supervision training offer for Primary HTs
- Training/consultation/supervision offer to schools
- Facilitating links between schools & EWMHS teams



What next?

- Establish more partnership working
- Develop consultation/supervision/training approach
- Increase capacity, skills & confidence in school staff
- What would **you** like from us? – ideas on a post-it ...



Questions?

