

# Lucy Mills

## Education Mental Health Practitioner (EMHP)

West Oxfordshire CAMHS Mental Health Support Team (MHST)



### What is an MHST?

An MHST is a new early intervention mental health team embedded within the Oxfordshire CAMHS service.

We deliver **1:1 and group work** with children, young people, and families. We also work with school staff to support their **whole-school approach** to mental health and wellbeing. Our team is made up of Youth Workers, EMHPs, supervisors, managers, and admin.

### Frequently Asked Questions:

#### Can you help my child?

If your child is experiencing symptoms like what is discussed in this poster, I may be able to help. However, we acknowledge every child is unique and this can differ depending on their individual needs.

#### What if you cannot help?

As we are part of CAMHS, we have links to multiple other services within this, and can help to signpost you to the right people – you will not go unnoticed.

#### How do I reach you for support?

Mrs Abberley or Mrs Kenny will be your first port of call! They are Senior Mental Health Leads of Leaffield Primary School, who can help to work out if your child may be suitable for the MHST. If they feel a low-intensity intervention may be helpful, they will have a consultation with me to discuss suitability and support.

### How can I help?

In line with the Governments Policy to increase access and availability of mental health and wellbeing support for Children and Young People (Green Paper, 2017), my job as an EMHP is to provide early help and intervention to young people, families, or schools, to support difficulties with **mild-moderate** mental health or behaviour difficulties.

If your child is experiencing any of the following:

- Multiple worries over lots of different things.
- Worries regarding one specific matter e.g. separation/spiders.
- Presenting with challenging behaviour or emotion dysregulation.

*And* this is beginning to impact their daily life e.g school and/or home, I may be able to help with a **Low-Intensity parent-led CBT-informed intervention**.

### How can I help the school?

The **whole-school approach (WSA)** is a commitment to promoting positive mental health and wellbeing for children at all levels within their community, including the child, their families, and school staff.

Through this work I collaborate with the school to identify areas of need e.g. transition/exam stress and help tailor the school provision to aid children and young people, and their families develop their toolkits in managing these difficulties.

This can be done through:

- Assemblies
- Parent Workshops
- Pupil Workshops
- Staff Training

### What can I help signpost to?

If our MHST service is not suitable for your child's needs, I can **advise school of other resources which would be more appropriate** to your child and yourselves as a family.

For example, school health nurses, bereavement charities, NSPCC, and local children services.

Additionally, as we **work within the CAMHS service**, we have regular communications with other teams which we could signpost to.

For example, Neurodiverse Conditions (NDC) Team, CAMHS Eating Disorder Teams, Getting Help and Getting More Help.

'AMAZING!'  
Year 6

'Kind'  
Year 3

'Lucy is...'

'Caring'  
Year 5

'Happy and cheerful'  
Year 2

For more information, please see:

<https://www.oxfordhealth.nhs.uk/camhs/oxon/mhst/>