

## MHST REQUEST FOR SERVICE

Requests for service can come into the MHST through a range of sources:

- Child or Young Person self-referral
- Parent referral
- Senior Mental Health Lead in schools
- Other external organisation (GP, Social Worker, LCSS)
- Central CAMHS team pass down to MHST

Referrers complete the online form found at: <https://secureforms.oxfordhealth.nhs.uk/mhst/>

MHST staff are happy to support the completion of the form.

All requests for service will be triaged by the Locality Team Manager and the Clinical Lead to determine suitability for MHST support and will contact the referrer as soon as possible with the outcome/decision.

Please put as much information as possible onto the request for service form in order to inform the decision-making process and prevent delays.

### Types of support offered by MHST

- One to one brief CBT informed interventions for anxiety or depression (6-8 sessions) – children over 12 years usually
- Parent-led brief interventions for parents of children under 12 with anxiety or behavioural difficulties
- Help setting up and delivering peer mentoring schemes
- Assemblies/workshops raising awareness of mental health issues
- Groupwork on specific mental health issues
- Supporting schools to identify needs and signpost to appropriate services (where not appropriate for MHST intervention)
- Supporting schools to develop mental health resources/information packs
- Wellbeing sessions and workshops to support the agenda of the school

### Suitability for MHST intervention

MHST aims to offer a range of interventions for those CYPs with mild-moderate mental health needs. Nice Guidelines (2011) defines levels of need as:

A *mild* mental health problem is when a person has a small number of symptoms that have a limited effect on their daily life.

A *moderate* mental health problem is when a person has more symptoms that can make their daily life much more difficult than usual.

Please see the table below for guidance around which CYPs could potentially benefit:

<u>Suitable</u>	<u>Not suitable</u>
<ul style="list-style-type: none"> <li>• 0-18 year olds</li> <li>• Identified emotional/ mental health needs (Early Intervention)</li> <li>• Mild to moderate anxiety or depression (typically, one to one interventions would only be offered to secondary school age children, although this could be offered to 10 or 11 year olds on a case by case basis)</li> <li>• Parents of CYPs under 12 with anxiety or behavioural difficulties (parent-led approaches are generally considered to be more effective for this age group)</li> <li>• The Young Person may or may not be open to CAMHS; they may be suitable for both MHST and specialist approach for example (but if they have been accepted into CAMHS they may not be suitable for MHST support).</li> <li>• CYP who may benefit from peer mentoring</li> <li>• CYPs with low level emotional difficulties who may benefit from a workshop to develop awareness of mental health issues and gain ideas on where to go for further support</li> </ul>	<ul style="list-style-type: none"> <li>• Over 18s</li> <li>• Complex needs (e.g. multiple agencies involved, safeguarding concerns, complex systemic issues)</li> <li>• CYP open to specialist CAMHS, (either already receiving intervention or awaiting assessment) and EMHP intervention not beneficial (decision informed by mutual agreement)</li> <li>• <b>Significant current</b> identified risks (to self, to others or from others)</li> <li>• More complex or severe mental health needs (e.g. eating disorders, PTSD, OCD, psychosis, emetaphobia or needle phobias, clinically significant social or health anxiety as the primary disorder)</li> <li>• CYPs with a social and communication problem that is at a level which would interfere with treatment.</li> </ul>

**Consent**

Consent for referral **must** be gained from the CYP (if considered competent to grant own consent to treatment) and/or the parent of the CYP being referred.

**Data Sharing**

Please be aware that we will need key pieces of information on the family and child/young person. When you are sharing this information with us, please be aware that you need explicit consent to pass this information to us.