

MHST: Understanding Anxiety


South West London
Clinical Commissioning Group

 **achieving
for children**



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**Are you OK
Kingston?**



**Are you OK
Richmond?**

Who are the MHST?

Mental Health
Support Team



- The Mental Health Support Team (MHST) is an **early intervention**, multi disciplinary team of clinical specialists, mental health clinicians and education wellbeing practitioners (EWPs).
- We provide support for **common mental health and wellbeing difficulties** to children, young people, families/carers and staff in school settings, within Kingston and Richmond.
- The teams are delivered by Achieving for Children as part of our Emotional Health Service.

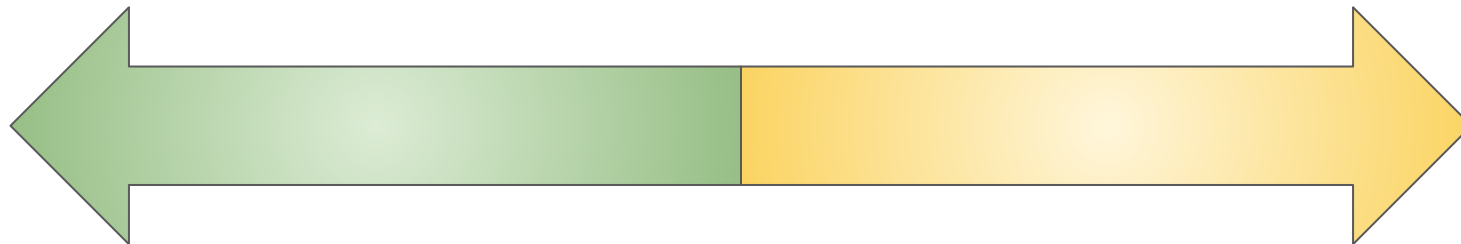


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Mental Health Continuum



**Maximum mental
wellbeing/ fitness**



**Minimum mental
wellbeing/ fitness**

Different types:

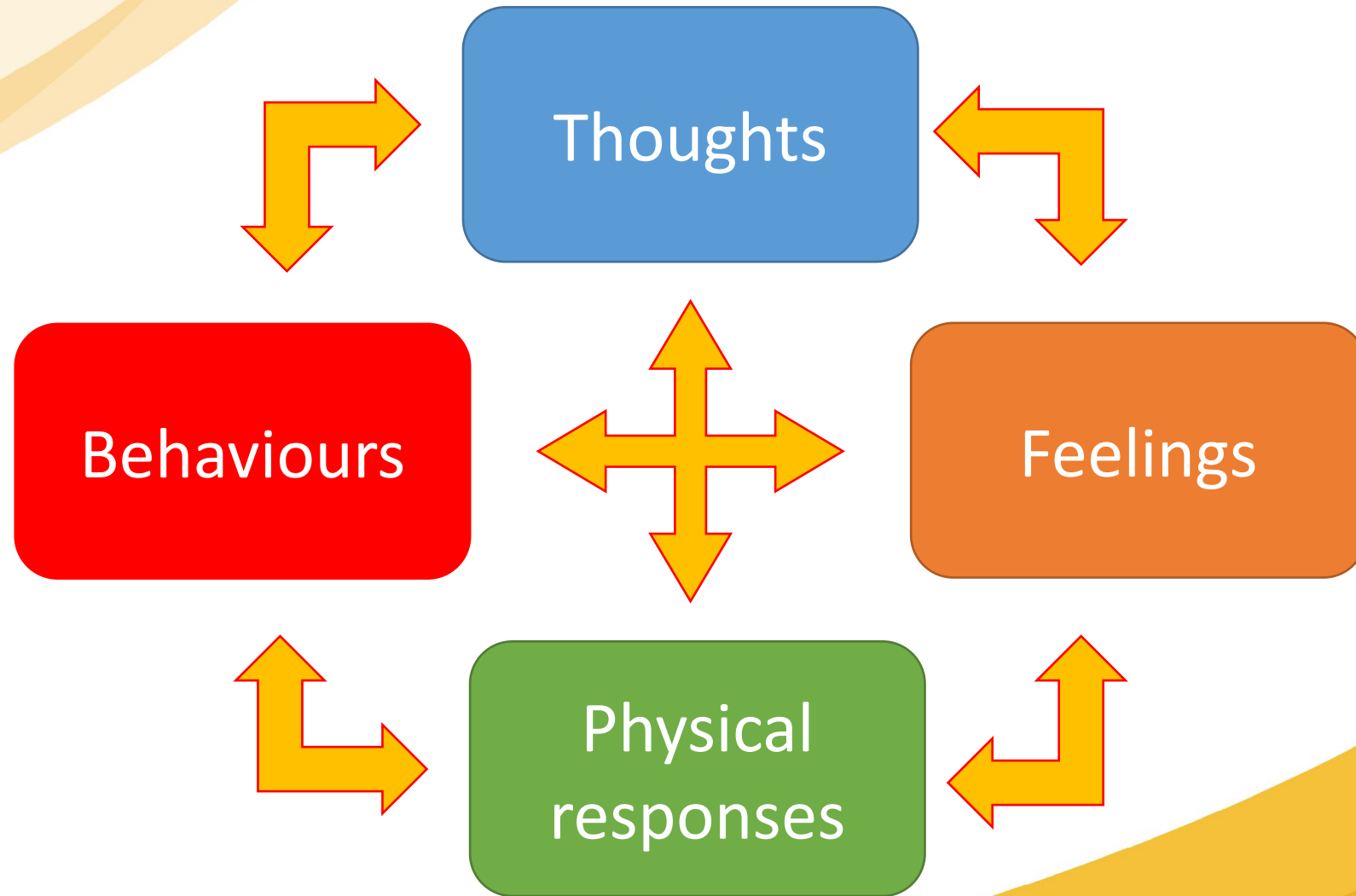
- Social Anxiety
- Separation Anxiety
- Generalised Anxiety
- Health Anxiety
- Phobias
- Panic Disorder
- OCD
- PTSD

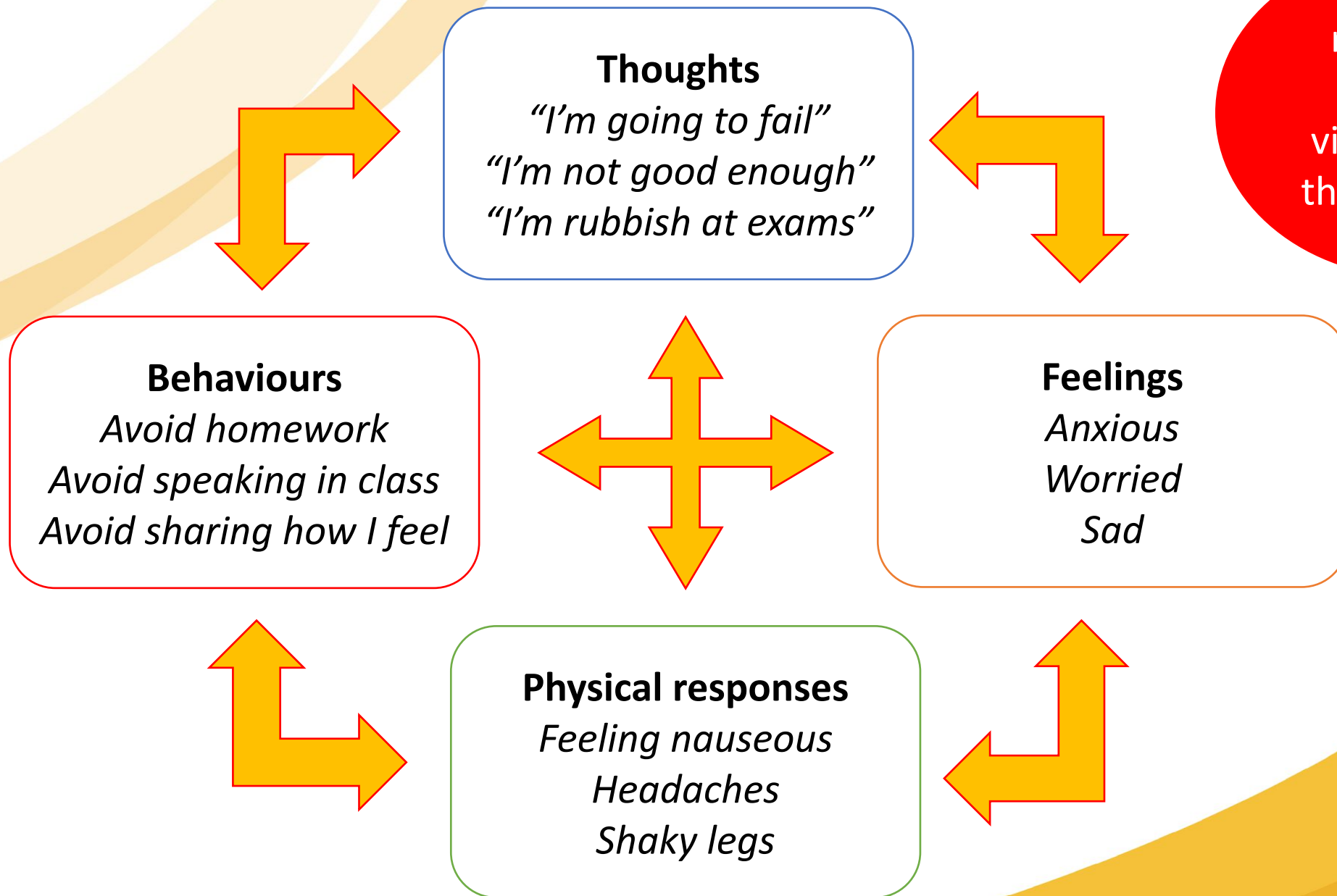
This is going
to be AWFUL!

Anxiety = Overestimation of threat
Underestimation of ability
to cope

I won't be
able to
handle this

The Cognitive Behavioural Model





These responses create a vicious cycle that maintain anxiety

What you may notice...



Thoughts?

Negative
self-critical
thoughts

What if...?

Heavy
thoughts

Behaviours?

Social change

Avoidance &
Reassurance

Difference in
sleep and eating

Feelings?

Loss of
confidence

Overwhelmed
by an emotion

Physical health
complaints

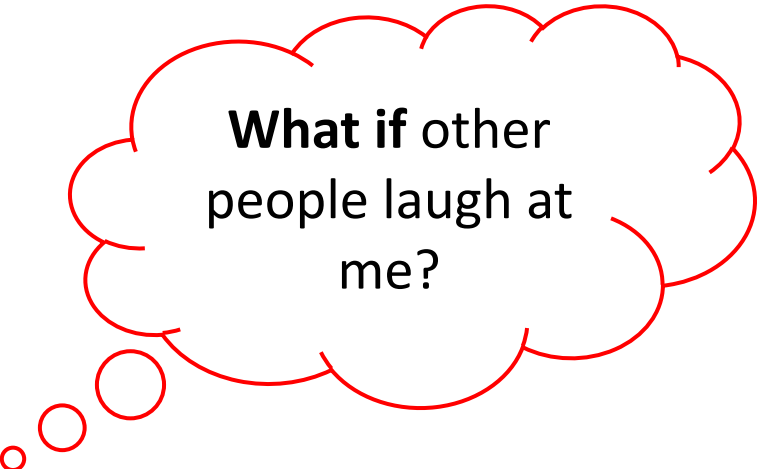
Noticing Concerns & Responding to distress

Young people may not tell you there is something wrong, this means they rely on your **detective skills** to notice *early signs* of mental health difficulties....

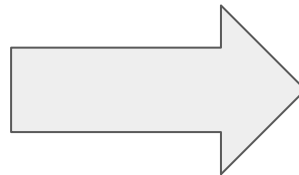
- **Identify signs** of anxiety **early**
- Look beyond behaviour, **be curious** about what is happening for them.
- Hearing the YP's voice - **Wonder aloud** / Use **Open Questions**
- Model **emotion regulation & own awareness**
- **Ask for help**- use systems of support and advice.

Be solution focused!

- We tend to focus on the problem...this is not always helpful
- We need to also spend time on ways to move forward
- Increase problem solving skills:
 - Think **with** your child about possible ways forward (things they can do to make situation better)



What if other
people laugh at
me?



Then I can...

Support at Chessington Secondary

There are lots of different people who can offer support including:

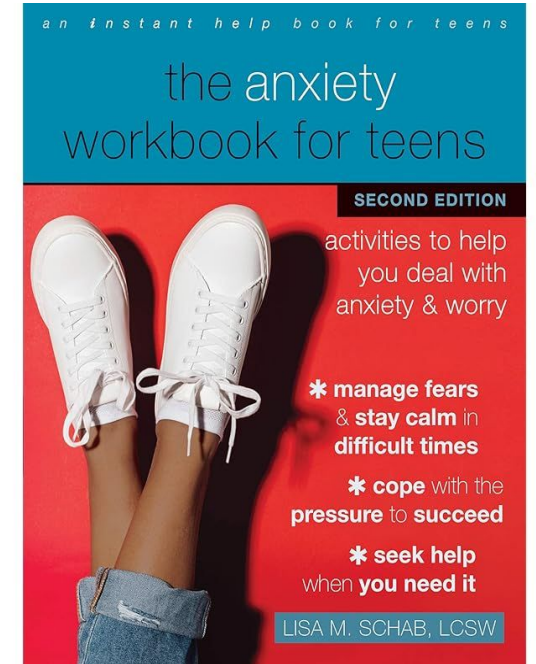
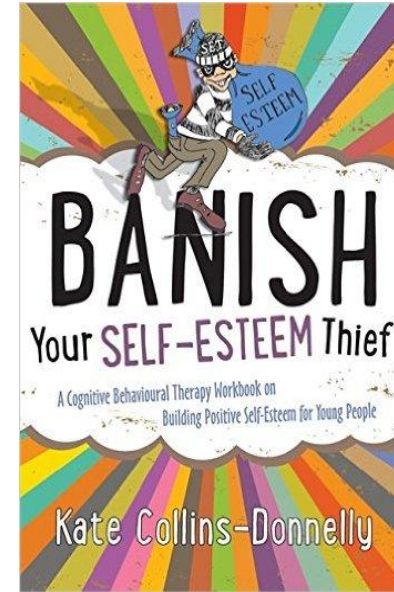
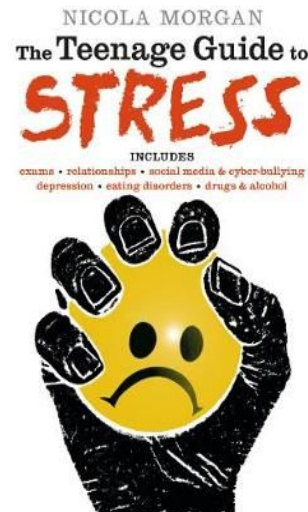
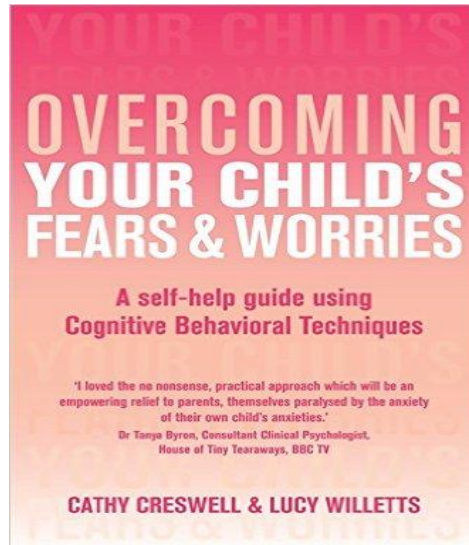
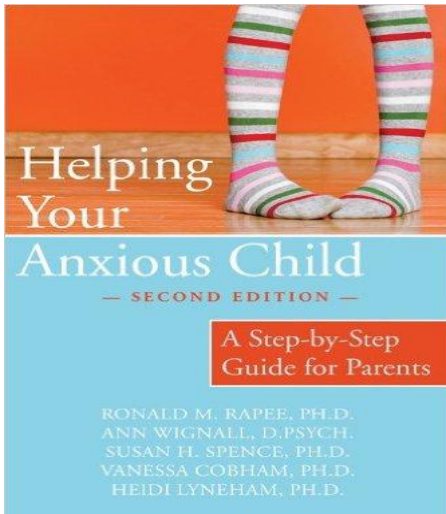
- Form Tutors
- Head of year
- Pastoral support
- Mental Health Ambassadors
- School counsellor
- Health lead worker
- Mental Health Support Team



Remember to talk to *any* adult that you trust within school.

Resources

- Mind Ed (UK): <https://www.minded.org.uk/>
- Family Lives: <http://www.familylives.org.uk/>
- Young Minds: www.youngminds.org.uk



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Questions - Ideas - Feedback



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