

PMHT/ STARS/ School Nurse Activity September – October 2020

- Individual Case loads – **49** young people and parents / **173** sessions
- Parents virtual Workshops – 2 workshops per subject - Total – **134** attendees
- Sleep Hygiene - **32** attendees/ Anxiety management – **64** attendees / Physical Health and emotional resilience- **38** attendees - (more planned Nov'-Dec' as a rolling programme).
- School Consultations - Total attended **46** (av. 3-4 schools per session)
- Parents Drop ins* - Total **52** parent drop-ins
- Pupil Drop-ins* - Total **48** pupil drop-ins
- * School Nurses are attending both Parents' and Pupil drop-ins
- Both Ardleigh Green & Clockhouse Hubs to re-open when available

CAMHS UPDATE

- What we have been doing during Lockdown

Five STAR workers and **four** Mental Health Workers currently in post.

Contact Details:

North Team – STAR Worker - Marie-Jose Hagan-Asmah (Marie-Jose.Hagan-Asmah@nelft.nhs.uk). **PMHT** – Justyna Brandys (Justyna.Brandys@nelft.nhs.uk)

North Central Team – STAR Worker – Emma Wood (Emma.Wood@nelft.nhs.uk). **PMHT** – Rebecca Donn (Rebecca.Donn@nelft.nhs.uk)

South Team – STAR Worker – Chance Brako (Chance.Brako@nelft.nhs.uk). **PMHT** – Trevor Watson (Trevor.Watson@nelft.nhs.uk)

South Central Team – STAR Workers – Jamila Mohamed (Jamila.Mohamed@nelft.nhs.uk) and Katie Lidington (Katie.Lidington@nelft.nhs.uk). **PMHT** – Aimee Peters (Aimee.Peters@nelft.nhs.uk)

Schools Link Role: Diana (CAMHS Service Lead) supporting STARs and Ambassador to link in with schools to provide bespoke support (Diana.Daniel-Dawson@nelft.nhs.uk)

North

Bower Park (Secondary)
Broadfords (Primary)
Clock House (Primary)
Crownfield Infant and Junior (Primary)
Dame Tipping (Primary)
Drapers Academy (Secondary)
Drapers Brookside Infants and Junior (Primary)
Drapers Mayland (Primary)
Drapers Pyrgo (Primary)
Harold Court (Primary)
Hilldene (Primary)
Marshalls Park (Secondary)
Mead (Primary)
Oasis Pinewood (Primary)
Quarles College (College)
Rise Park Infant and Junior (Primary)
St Patricks (Primary)
St Ursulas Infants and Juniors (Primary)

South Central

Ardleigh Green Infants and Juniors (Primary)
Brittons (Secondary)
Benhurst (Primary)
Campion (Secondary)
Concordia (Primary)
Francis Bardsley (Secondary)
Gidea Park (Primary)
Hornchurch High (Secondary)
Hylands (Primary)
Langtons Infants and Juniors (Primary)
Nelmes (Primary)
RJ Mitchell (Primary)
Royal Liberty (Secondary)
Scargill Infants and Juniors (Primary)
St Mary's Catholic (Primary)
Suttons (Primary)
The Bridge (PRU)

South

Brady (Primary)
Branfil (Primary)
Coopers (Secondary)
Elm Park (Primary)
Engayne (Primary)
Gaynes (Primary)
Hacton (Primary)
Hall Mead (Secondary)
Harris Academy (Secondary)
James Oglethorpe (Primary)
La Salette (Primary)
Newtons (Primary)
Parsonage Farm (Primary)
Rainham College (College)
Rainham Village (Primary)
Sacred Heart (Secondary)
Sanders (Secondary)
St Josephs (Primary)
Upminster Infants and Juniors (Primary)
Whybridge Infants and Juniors (Primary)

North Central

Abbs Cross (Secondary)
Ardleigh Green (College)
Crowlands (Primary)
Emerson Park (Secondary)
Harold Wood (Primary)
Harrow Lodge (Primary)
Havering Sixth Form (College)
Mawney (Primary)
Olive Academy (PRU)
Parklands Infants and Juniors (Primary)
Scotts (Primary)
Squirrels Heath Infants and Juniors (Primary)
St Albans (Primary)
St Edwards (Primary and Secondary)
St Peters (Primary)
Tower Infants and Juniors (Primary)
Redden Court (Secondary)



STAR Worker support during Lockdown includes*:

- Weekly emails to schools sending the most recent resources and support available for emotional wellbeing
- We have created resources such as a COVID-19 useful resources guide (31/03 and 02/07), school transition resource (01/06), anxiety/behavioural difficulties/low mood packs for primary/secondary schools (14/08), a bereavement (18/06) and kindness week pack (14/05) and a sleep hygiene resource (to be sent out)
- Introducing ourselves virtually to our new school clusters (with PMHT)
- Monthly virtual student/parent drop-ins (with PMHT) and weekly virtual school consultations (with PMHT)
- Liaising with clinicians to support and update teachers who are concerned about a student
- Support calls to parents/carers of young people with ASD to check in and send a resource (with PMHT)
- Issue 2 of the Havering CAMHS Newsletter
- Local Authority back to school pack, supporting young people, parents/carers and professionals
- Back to School workshops x 2 (with PMHT) approx. 30 attended, a mixture of parents/carers and professionals
- Parents workshops x 6 rolling programme - sleep hygiene, anxiety and physical/emotional health (with PMHT)

***Please note some STAR Workers have spent a significant amount of time redeployed during this period**



PMHT support during Lockdown includes:

- Back to School workshops x 2 - approx. 30 attended, a mixture of parents/carers and professionals
- Local Authority back to school CAMHS presentations x 2
- COVID-19 resource - BHR
- Local Authority back to school pack, supporting young people, parents/carers and professionals
- Parents workshops x 6 rolling programme - sleep hygiene, anxiety and physical/emotional health
- Introducing ourselves virtually to our new school clusters (with STARs)
- Monthly virtual student/parent drop-ins (with STARs)
- Weekly virtual school consultations (with STARs)
- Daily availability to discuss individual teacher queries outside of consultation
- Support calls to parents/carers of young people with ASD to check in and send a resource (with STARs)

- Introducing ourselves to our new school clusters
- Trialling our first virtual student and parent/carers drop-ins and school consultations
- Creating kindness packs for schools to mark Mental Health Awareness Week and receiving positive feedback
- Continuing to support schools with any queries or additional resources to support their pupils needs during this time
- Working together with schools to offer them support in a collaborative way

North Schools Update: PMHT: Justine Brandys; STAR Worker: Marie Hagan-Asmah

- We have met with **13/22** schools/colleges to introduce our roles, discuss how we can work together virtually and organise support for the academic year. We have **2** more booked to meet with us over the next month and have been in contact with the other schools to agree a suitable date to set up a meeting. We plan to call schools we have not yet heard back from
- **9** schools have attended our virtual school consultations, discussing a total of **15** students. We have schools booked onto our next consultation date in October.
- We have arranged a virtual meeting with the school nurses in our cluster
- We have responded to **over 17** school email or telephone queries about individual students
- We have provided **1** virtual parent/carer drop in. We are organising more virtual parent/carer drop ins and virtual student drop ins for October/November
- We have sent **over 50** emails containing resources and information regarding emotional wellbeing/support available

North Central Schools Update: PMHT: Rebecca Donn; STAR Worker; Emma Wood

- We have met with **15/23** of our schools/colleges to introduce ourselves and discuss how we can work together in the 'new normal'. We are arranging more booked to meet with us over the next couple of weeks and will be ringing the other schools to ask about setting up a meeting if we don't hear back from them
- **10** schools/colleges have attended our virtual school consultations, discussing a total of **23** students. We have schools booked onto our next monthly consultation date in October
- We have provided **7** virtual parent/carers drop-ins school and **3** virtual student drop-ins
- We have arranged meetings with our school nurses and met with one cluster so far
- We have responded to **over 7** immediate school/parent e-mail or telephone queries about individual students
- We have sent **over 50** emails containing resources and information regarding emotional wellbeing/support available

South Central Schools Update: PMHT; Aimee Peters STAR Worker; Jamila Mohamed

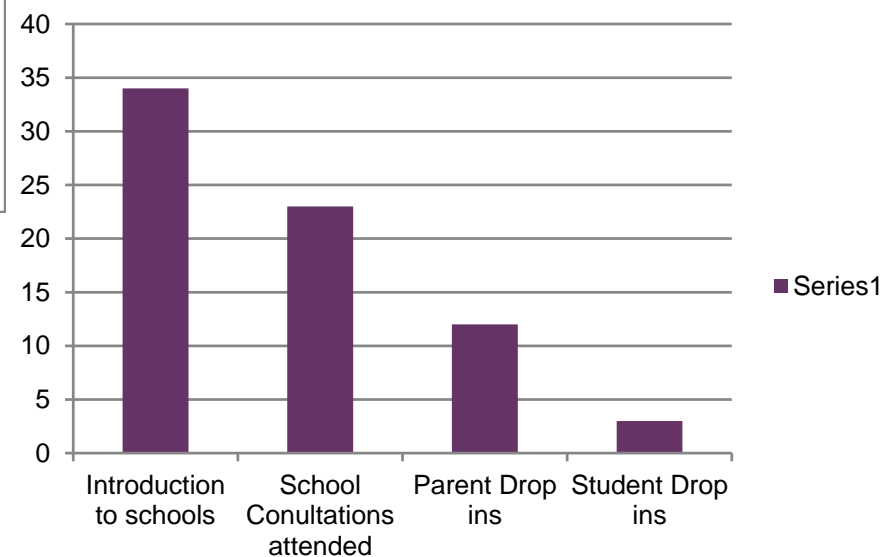
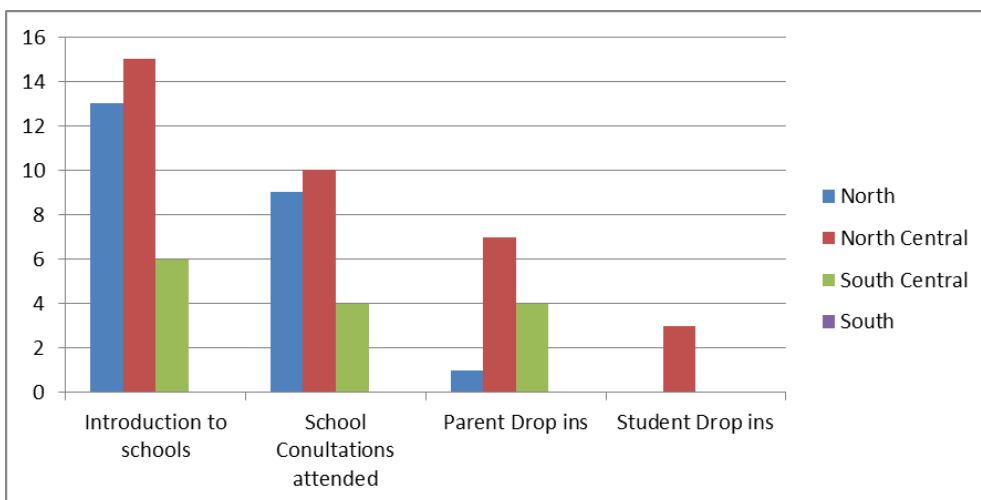
- We have met with **6/20** of our schools to introduce ourselves and discuss how we can work together in the 'new normal'. We will be calling the remaining schools to arrange a date to meet with us over the next couple of weeks.
- **4** schools have attended our virtual school consultations, discussing a total of **19** students. We have 2 consultation dates each month for schools to book on.
- We have provided **2** virtual parent/carers drop-ins and have parents booked in to our October dates
- We have responded to **over 4** immediate school/parent e-mail or telephone queries about individual students
- We have sent **over 42** emails containing resources and information regarding emotional wellbeing/support available

South Schools Update: PMHT: Trevor Watson; STAR Worker: Chance Brako

- We have meeting set with **5/22** of our schools to introduce ourselves and discuss how we can work together in the 'new normal'. We will be calling the remaining schools to arrange a date to meet with us over the next couple of weeks.
- **6** schools have attended our virtual school consultations, discussing a total of **40** students. We have our consultation running weekly on Wednesday
- We have sent out our First virtual parent/carer drop-ins and have strong uptake / First student drop in session trail running our new way of working before
- We have responded to **over 50** immediate school e-mail or telephone queries about individual students
- We have sent **over 100** emails containing resources and information regarding emotional wellbeing/support available
- Parents/ teachers invite to CAMHS workshops on Sleep , going back to school, anxiety, physical health & wellbeing
- We have attend parent form groups in partnership with our school nurse for totally of **70+** parents signposting
- We have sent resource and information based on mental health and wellbeing resource to help and assisted our school nurse and nursey nurses
- **Feedback below from some South schools on Having infromation from CAMHS:**
- *The information that has been sent out during lockdown has been very informative.- Lorri Garnell*
- *The resources that were sent through have helped us to develop our own well being page on our website. We have been able to sign post parents to support where needed from the information given. I have had quick responses and support regarding individual queries that I have had. Support / signposting given directly to parent.- Elizabeth Birchall*
- *Anything that can be improved on: Under the circumstances, I can't think of anything else that could have been done. I had more than enough resources. If I think of anything, I'll email again.*



ALL Schools Update: PMHT; STAR Worker;



Feedback from schools and students during Lockdown about the STAR Worker and PMHT support provision

“I have found the materials being sent very useful indeed. I find it hard to keep track of everything on offer and these serve as timely reminders and also make it clear how to access. It seems like the service has ramped up a notch with regards to that and I have been selecting certain resources that you share and sending them on more widely to my school community. I have received some thankful emails from parents too in response to sharing these. I also think the virtual staff consults are an amazing idea. The fact I am able to get staff to call in directly on concerns is a massive strength. I often act as a middle man with notes, so I can really see the benefit here” – **REDDEN COURT SENIOR SCHOOL**

“Thank you very much for all your support over Lockdown. Really appreciated the support you gave.” – **OLIVE ACADEMY (PRU)**

“Thank you so much for the support. This has really helped me.” – **VIRTUAL STUDENT DROP IN**

“Thank you for the resources you have been sending us. They are very useful and I pass them on to the relevant people. I attach some of the work our children have done at home during mental health Awareness Week. Their parents have agreed for it to be shared on your website or Facebook page.” - **MAWNEY PRIMARY SCHOOL**

Feedback from schools and students during Lockdown about the STAR Worker and PMHT support provision

“Thank you for this, I have forwarded to the new mental health lead at the school. The SEND department will be looking to work closely from September.” – **MARSHALLS PARK ACADEMY (SECONDARY)**

“Thank you all for your support this afternoon we found the process very useful.” (Virtual School Consultation) – **CROWNFIELDS PRIMARY SCHOOL**

“The information that has been sent out during lockdown has been very informative. Thank you.” – **HAVERING COLLEGE**

“Just wanted to say thank you for the resource- I am keeping an eye out on what you are sending and sending to relevant staff so yes very useful.” – **DRAPERS ACADEMY (SECONDARY)**

““I feel your availability, support and advice has been invaluable, particularly for when I have parents questioning things that have happened and you can look into this and advise. It just helps with that joined up thinking and as well it can help to show that health and education are working together. I would like that to continue as I feel it is invaluable to have both professional teams working together as at times they can be played off against one another if you understand what I mean.

I feel that training sessions (virtually) would really benefit staff and myself so that we have a clear knowledge of how we can support. I think any practical tips to support children in school would be helpful too as although information (alongside the borough also) has been sent over sometimes it is tricky to know where to start. I felt the virtual meeting with Justyna was helpful too so that we know that this service is available .” – **CLOCKHOUSE PRIMARY SCHOOL**

Feedback from schools and students during Lockdown about the STAR Worker and PMHT support provision

“Thank you so much for sending this. I have just completed the school refusal one and it is great. Second one will be done this afternoon.” – **PARKLANDS INFANTS**

“From our point of view, we have really found the resources helpful. We have either used them for individual families and/or made them accessible on our website. Being signposted to different services that may be able to support us or our families was also useful.

Thank you for your continued support through difficult times.” – **OASIS PINEWOOD ACADEMY**

“Thank you for your support and communication both of you its always really helpful to be able to speak to someone directly.

I also would like to thank you, for your quick and informative responses when I requested any information.

The information I asked for, parents were grateful for and it was good to be able to respond to their needs quickly.” –

CLOCKHOUSE PRIMARY SCHOOL

“Thank you for all the information you are forwarding to us at the college, it has been very useful and we are forwarding it to our colleagues and students. We have a team of coaches that work with students in a class environment and have 1:2:1 meetings, therefore signposting is something that we always do.” - **HAVERING COLLEGE- QUARLES**

Feedback from schools and students during Lockdown about the STAR Worker and PMHT support provision

“I have found the support from PMHT/Stars over lockdown to be helpful. I submitted a couple of referrals to CAMHs during the Summer Term lockdown and these were picked up. Aimee and I worked together to support one family. It was reassuring to know that support was available albeit in a social distancing way. I think the September parent sessions are a great idea.

Thank you both for all of your work and support. It is appreciated.” – **BENHURST PRIMARY SCHOOL**

“I think the planning meeting was really helpful and all the specific resources following that meeting were really good.” – **ROYAL LIBERTY SCHOOL**

“Thanks so much for your presentation, staff said they found it very informative. I will share the slides with staff now. Thank you all for joining (Virtual INSET Meeting).” – **RISE PARK PRIMARY**

Health Visitor Contacts

Ante Natal Contacts	Universal	Targeted	Type of Contact
28- 34 weeks	Working towards 65%	100%	Virtual and face to face
Post Natal Contact	75%	100%	Virtual and face to face

Case Study –School Nursing Team

A School Nurse referred a child to Noise Solution programme run by CAMHS , this child is on a CIN plan /CP for past 2 years caught between family conflict- was struggling in school with behaviour changes / vulnerable to CSE.

Having commenced this programme 4 weeks ago there has been continuous positive feedback- is better engaged in school work and more focused. Relationships improving, self-confidence improved .

This is a positive piece of work from school nurse team as having built up a rapport with the child, able to have discussions with child/ family, seen at home and in school to promote the emotional health and wellbeing of child .

Improvements now evidenced in child's behaviour which has been accomplished by good partnership working with school staff , CAMHS, family and Children's Social Care