East Lancashire Hospitals
NHS Trust
A University Teaching Trust

Mental Health Support Team

The Development of a Transition Package for Year 6 Pupils in Blackburn with Darwen

Bryan Pierce (Clinical Team Manager) & Georgina Rush (Senior Mental Health Practitioner)

Safe | Personal | Effective

Mental Health Support Team (MHST):

- Transforming Children and Young People's Mental Health Provision Green Paper (published December 2017).
- Children and Young People's Mental Health Trailblazer programme was launched in 2018 to take forward the Green Paper proposals
- The programme is jointly led by the Department of Health and Social Care, Department for Education and NHS England and Improvement, with support from Health Education England and Public Health England
- Rolled out in Waves nationally (currently Waves 7 and 8)
- Aim to cover 35% of schools in England by 2023. By 2024 there aims to be over 500 MHSTs active within school and college settings

Functions of an MHST:

- To provide direct support, in the form of evidence based interventions, to children and young people with mild to moderate mental health issues.

- To support the Designated Senior Mental Health Lead in educational settings to introduce or develop their whole school or college approach to mental health and wellbeing.

- To provide advice to staff in educational settings and liaising with external specialist services to help children and young people to get the right support and stay in education.

Our Mental Health Support Team:

Bryan Pierce
(Clinical Team Manager)

Primary MHST

Senior MHP
↓
2 Mental Health Practitioners
↓
4 Educational Mental Health Practitioners

Senior MHP
↓
2 Mental Health Practitioners
↓
4 Educational Mental Health Practitioners

Secondary MHST

Georgina Rush
↓
2 Mental Health Practitioners
↓
4 Educational Mental Health Practitioners

Senior MHP
↓
2 Mental Health Practitioners
↓
4 Educational Mental Health Practitioners

Demographic Information:

- 148,900 people live within the borough (115,500 within Blackburn, 27,200 people within the Darwen Town Council area and 6,200 people living rurally).
- The borough as a whole has a relatively young age profile. It has a higher than average proportion of young people (0-19) compared to the national figure.
- Within Blackburn with Darwen, 66% of people identified themselves as White British, 28% as Asian / Asian British and 0.6% Black/African/Caribbean/Black British
- Within the majority of non – white residents, most people identified themselves as either; Asian/Asian British: Indian (13%) or Asian/ Asian British: Pakistani (12%). The borough is also home to people who identify as Bangladeshi, Chinese, African, Caribbean, Arab and people of multiple ethnicities.
- In terms of deprivation the Department for Communities and Local Government published Index of Multiple Deprivation indicates that some area of Blackburn are in the top 10% most deprived in England.

Demographic Information: Our Schools

- 17 Secondary Schools
- 52 Primary Schools
- 5 schools specifically for SEND students

Transition:

- Transition can be a significant experience for some young people and contribute to the development of mental health difficulties
- Successful transition promotes wellbeing and higher self-esteem
- Transition projects help young people tolerate uncertainty, normalise worry and develop skills to navigate future transitions or change

Year 1 & The Transition Offer:

- MHST Training Year
- Covid-19
  - restrictions on service
  - transition projects in schools
- Referral pathway made with local services to determine support options
  - Consultation for education teams and external professionals
  - Psychoeducation & Self-Help workbook developed in conjunction with participation members
  - Assessment & 1:1 offered

Year 2 & The Transition Offer:

- Primary School Team active and in training
- Referral pathway remains active
- Primary school team took the lead on transition
  - Reviewed workbook
  - Interactive Assemblies, Workshops, 1:1
  - Consultation
- General anxiety workshops in year 7 to ‘catch’ those in need
- Some individual work transitioned in to the Secondary team

Year 3 & The Transition Offer:

- Earlier start time for transition work
  - Increase in uptake of interactive assemblies & workshops
- Continuation of previous work completed e.g. assessment, 1:1
- Active inclusion of secondary schools
- Resources developed to support schools in delivering transition projects (WSCA)

Year 3 & The Transition Offer:

- MHST Transition ‘live stream’
  - 5 sessions, 38 year 6 classes in attendance (approx. 1160 pupils)
  - 6 secondary schools
- 75% of year 6’s who participated were worried about the transition from year 6 to year 7
  - 27% of these children were ‘very worried’
  - 48% were ‘a little worried’
- After the presentation this dropped significantly to 48%
  - 11% of these children were ‘very worried’
  - 37% were ‘a little worried’

Feedback & Outcomes:

- Qualitative data
- Recording function on IAPTUS - NHSE

"It was very helpful, and the children found it incredibly useful. Thank you! We thoroughly enjoyed the session.
Thanks for all your hard work"

"Thank you for this experience and making our worries go away"

"The session has been very helpful and has made me less worried than I was about getting ready for high school"

"We enjoyed it and the children feel less worried about starting Secondary school. Thank you very much"

Next Steps:

- Year 11 transition
- Key stage 1-2
- Data collection

Any questions?