

Emotional Health Academy

Barry Stormont
EHA Manager



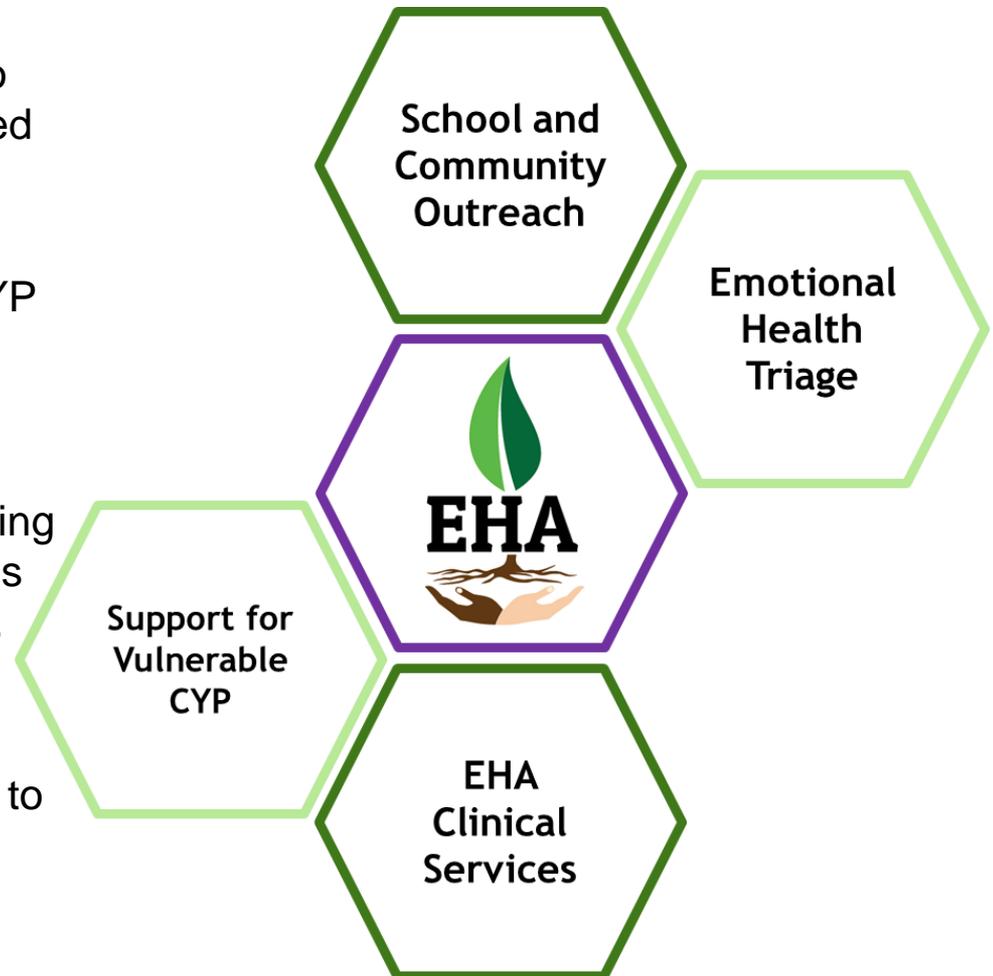
West Berkshire
COUNCIL

From Prevention to Early Intervention

- ❑ The EHA operates from prevention to early intervention, and is a joint funded model.
- ❑ We seek to prevent by supporting CYP who are predisposed to mental ill health.
- ❑ We intervene early with CYP presenting with emerging mental health problems using evidenced based interventions.
- ❑ We provide briefer and more cost effective support enabling more CYP to receive the support they need.

From Prevention to Early Intervention

- ❑ The EHA operates from prevention to early intervention, and is a joint funded model.
- ❑ We seek to prevent by supporting CYP who are predisposed to mental ill health.
- ❑ We intervene early with CYP presenting with emerging mental health problems using evidenced based interventions.
- ❑ We provide briefer and more cost effective support enabling more CYP to receive the support they need.



Triage

- ❑ A Referral Coordinator provides advice and support five days a week
- ❑ Presentations have been delivered to 80% of West Berkshire Schools
- ❑ Referrals are discussed weekly by a partnership of key services
- ❑ 1155 referrals in two years.
 - 54% presented with anxiety
 - 54% presented with mood
 - 53% presented with challenging behaviour



School & Community Outreach

- ❑ 4 Emotional Health Workers & 1 Primary Prevention Worker
- ❑ Support schools with understanding and responding to the mental health needs of their students
- ❑ Working with parents directly is a critical component to how we build resilience in CYP.
- ❑ We also use Restorative Practice interventions to foster strong healthy relationships in young people.
- ❑ We have co-produced wellbeing groups for young people with vulnerabilities to mental ill-health.



Clinical Service

- ❑ 2 practitioners able to deliver CYP IAPT and other evidenced based interventions for common mental health problems.
- ❑ Provide supervision to Emotional Health Workers
- ❑ Clinical supervision is provided by a BHFT CAMHS clinician.



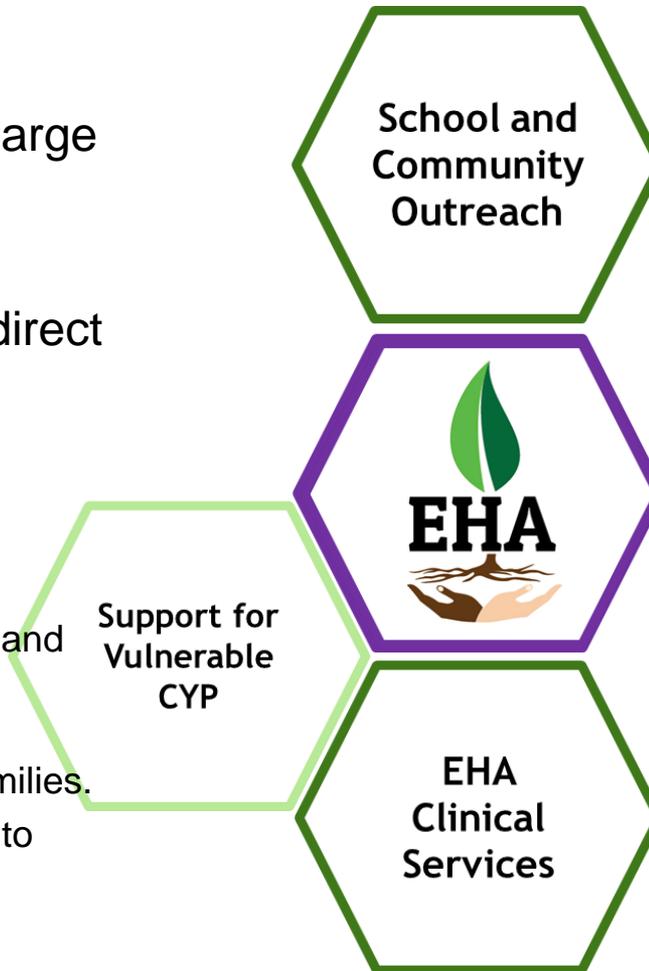
Support for Vulnerable CYP

- ❑ Direct support to our most vulnerable CYP, who have often already received risk support from CAMHS.
- ❑ A full-time practitioner working across WB Pupil Referral Units.
 - Supported 65 students with fixed-term or permanent exclusions in 2017/18
 - Provides holistic and family based support
- ❑ A part-time practitioner for WB Looked After Children
 - Provides assessment and intervention to LAC with poor educational outcomes
 - Provides consultation and support to Children and Family Services



Impact of Direct Intervention

- ❑ The EHA reached 1708 CYP in 2 years via direct interventions and large group or classroom workshops.
- ❑ The EHA completes close to 100 direct interventions per quarter.
- ❑ Improved outcomes for CYP are demonstrated in 80% of cases:
 - Improvements in symptoms, wellbeing and functioning evidenced by standardised routine outcome measures.
 - Direct feedback from CYP and their families.
 - In the last year 33 cases were linked into CAMHS support for additional support.



Impact of Direct Intervention

Stacey*

Stacey was struggling with anxiety, particularly in relation to obsessive thoughts and compulsive behaviours. Stacey was supported at her school over a period of 12 weeks. The EHA provided an evidenced based anxiety intervention that focused on helping Stacey to gradually overcome situations she was worried about and manage her thoughts and behaviours. Stacey experienced a significant reduction in her symptoms and improvements in wellbeing. Follow-up feedback from her family was that Stacey continues to make gains in her emotional health and they now feel confident taking what they learnt during intervention and building on her gains.

'I found the techniques for managing my anxiety really useful'

Stacey

'We have definitely seen a change in Stacey's emotional health and are really grateful for your help. We wish we had of known about the Emotional Health Academy sooner. We were unsure about what would happen after the support ended but by the end we were very confident in being able to move forward on our own'.

Stacey's mother



Impact of Direct Intervention

Alex*

Alex is diagnosed with ASD and ADHD and was referred by his mother due to problems with low mood and aggression that was putting the family under significant pressure. The EHA used a combination of restorative techniques and coping strategies, behavioural activation and psychoeducation with parents to help Alex improve his mood, behaviour and family relationships. His family described the positive impact to be huge, especially when many other interventions had been unsuccessful in the past.

'I would like to say a huge thank you to the Emotional Health Worker for the work that he has done with Alex - it really has had a positive impact. The focus of the work was on Alex's responses to demands and on helping him to manage feelings of anger or frustration. As a result of the input from the Emotional Health Worker, I can see that Alex is taking time to think about his responses and trying really hard to practice the strategies that the Emotional Health Worker taught him.'

Thanks again for all of your help and support, Alex really valued it and myself and his step-father did too. I am so pleased that we have this provision available for children and young people and their families in West Berkshire.'

Alex's mother

Wider Impact

- ❑ The EHA is a key partner in the Berkshire West Local Transformation Plan.
- ❑ CAMHS BHFT have recently reported reduced waiting times for Newbury CAMHS Specialist, and Anxiety & Depression Pathways.
- ❑ While initial signs are positive, we need to evaluate the EHA alongside other partners in the LTP over time to evaluate impact of preventative approaches and sustainable change.
- ❑ We need to continue to think about how we invest in preventative models to promote access to support early.

My Contact

Email:

barry.stormont@westberks.gov.uk

Website:

<http://community.westberks.gov.uk/ehahelp>