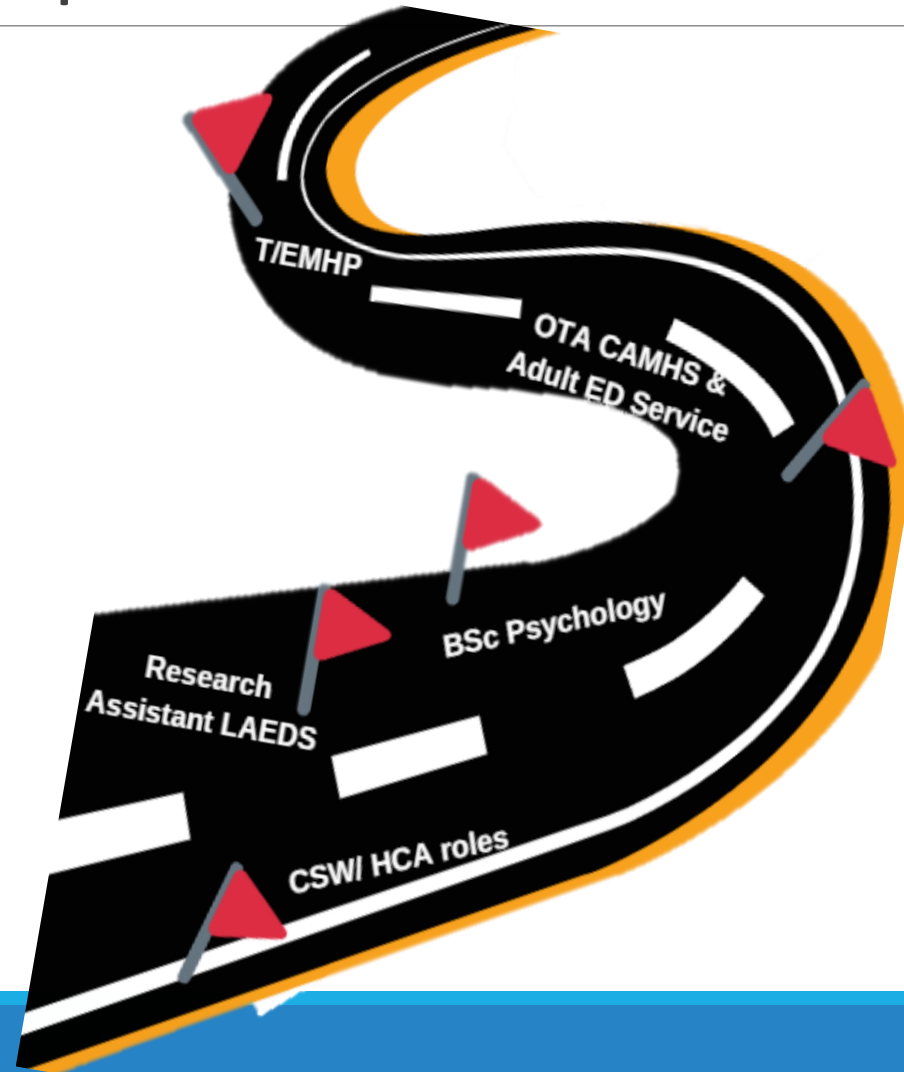


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MY EXPERIENCE AS AN EMHP

# My prior experience...

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# Background

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Part of the CYP IAPT workforce.

- Similar to the Adult IAPT model but sought to improve existing service rather than create a new services.
- Based on the Government's – "Transforming children and young people's mental health provision: a green paper."
  - MHL in every school/college
  - MHSTs working with schools/colleges
  - Shorter waiting times
  - Focus on improving services for 16yr-25yr olds.
  - Improving understanding of MH

Focus on evidence-based practice and collaboration/cross agency working.



# What is involved

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Similar to CWP training in terms of the 1:1/group interventions:

- Brief Behavioural Activation
- Graded Exposure
- Worry Management
  - Parent Led CBT
- Sleep hygiene
- 1:1 Parent-led CBT for behavioural concerns

# What is involved

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The EMHP course teaches three additional modules on the Whole School Approach.

- Assemblies
- Workshops- for young people, parents or school staff
  - Teacher wellbeing
  - Staff training
- Consultations
- School Audits
- Parents evenings

# The training course

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## Completing a portfolio:

- Research into the schools and local area need.
- Meeting reflections with school staff- counsellors, SENCo, DSL, MHL etc.
- Observations of things like assemblies, classes, pupils, break times, the schools current MH provision e.g. mindfulness groups or art therapy.
- Case summaries
- Case reports- Assessment & Treatment
- Learning outcome reflections
- Evidence, reading & supervision logs
- Clinical hours- virtual & face-to-face

OSCEs, presentations, reflective essays, audit report, consultation report.

# A day in the life...

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...varies!

I work 8am-6pm 4 days a week.

Have a caseload of 20-25 young people, some may be on a group.

- Offered 6-8 sessions.

Can be around 1-3 assessment sessions per week.

Can be 1-3 discharges per week.

Remote groups, can be one face-to-face and one remote each half term.

Whole School Approach should take up approximately 1/3<sup>rd</sup> of out workload but it varies based on school need.

## Meetings

- MHST Team meetings
- School link worker meetings
- Supervision

Champion roles: ED champion, SEN champion and Research & Audit Champion

- Offer specific training for school staff
- Attend pilot meetings with other ED staff in Yorkshire & Humber

## Admin

- Creating groups, resources, assemblies etc.
- Session admin- lots of outcome measures & discharge letters
- Liaising with parents/teachers/counsellors/EdPsychs
- Signposting – Early Help Unit, Neurodevelopmental Service etc.
- Tracking Whole School Approach data.
- Diary management- booking rooms etc.

