

# Wellbeing and Mental Health in Schools (WAMHS) - Special Schools Service

## What is WAMHS?



WAMHS is provided by the NHS and Education and aims at improving mental health and wellbeing support for children and young people in schools, colleges, specialist and alternative provision education settings in City and Hackney.

CAMHS Disability is part of WAMHS. We have clinicians based in the four main specialist schools in Hackney: The Garden, Ickburgh School, Stormont House School and Side by Side special school.

WAMHS is funding one clinician from CAMHS Disability to be at a special school for one day a week and for half a day a week in Side by Side.

## What is the Mental Health Support Team (MHST)?



The MHST is one strand of the WAMHS project. It is an early identification and intervention service.

The Special Schools MHST works across Specialist CAMHS and CAMHS Disability.

The MHST has a clinician one day a week in The Garden, Ickburgh and Stormont House.

## What do the WAMHS and MHST workers do in school?

They work closely with school staff and aim to....

- Work with the school to promote wellbeing across the whole school.
- Increase access for all children and young people to mental health services.
- Help develop and sustain closer working links of CAMHS with schools.
- Support schools and staff in managing higher levels of mental health needs in students.
- Provide training, consultation and support, signposting and liaison.
- Increase the capacity within schools to identify early and meet the wellbeing and mental health needs of all pupils.

Children and young people referred to the service often present mild-moderate mental health difficulties (low mood, anxiety, relationship difficulties in the classroom) which may present as behaviour that challenges.

### Our offer:

Early intervention work with young people and parents

Ongoing advice and support to the school organization

Training for staff to identify and manage difficulties

Reflective practice for school staff

Supporting staff in contact with parents

Observations

Student based consultation

Individual/ group interventions

Workshops for staff and parents

Class support

Liaison and signposting, recommending appropriate mental health resources and interventions

Attending planning meetings

### How to access the service

- Speak to the Mental Health Lead in school for further information about WAMHS and MHST.
- For referrals, contact your child's class teacher or any member of your school's senior leadership team.