

# BICS MHST Coffee Morning

18 /09 / 2025

## Pre-workshop insight



# Who are we?

## We are BICS.

We work within Barnet with you, your families  
and your school  
to help listen to what you have to say about  
your mental health.



## GLOSSARY

MHST = Mental Health Support Team

EMHP = Educational Mental Health Practitioner

GSH = Guided Self-Help

CBT = Cognitive Behavioural Therapy



## Statistics

In 2023, the Royal College of Psychiatry described evidence that only a minority receive any mental health support for children and infants under 5. Which can promote healthy relationships and emotional wellbeing in the early years.[NHS pdf, 2025]

Young people in the UK have **higher mental health need than ever**. 1 in 6 young people in England (aged 5 to 16) experienced a mental health problem in 2020, up from 1 in 9 in 2017. [NHS Digital, 2020]

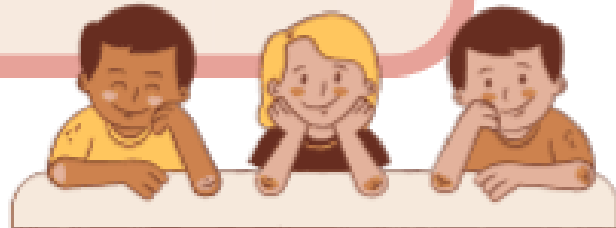
In 2023, one in five children and young people aged 8 to 25 had a probable mental health condition. This number has been rising since 2017, most notably in the 17-19 age group. [NHS England Digital, 2023]



## **'Transforming Children and Young People's Mental Health Provision' - Green Paper**

- December 2017 the Government published this green paper which introduced a new policy to create Mental Health Support Teams (MHST'S).
- Mental Health Support Teams (MHSTs) are a service designed to help meet the mental health needs of children and young people in education settings.

THRIVE Model - Getting Help and Getting Advice



# 3 Main Objectives of MHST



To deliver brief evidence-based interventions to support children and young people with mild-moderate mental health problems



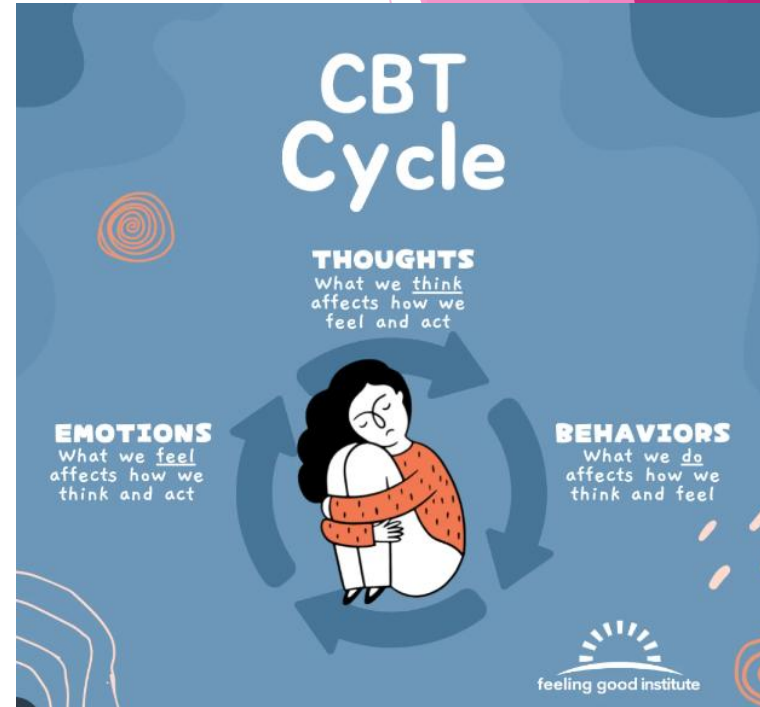
To support schools in developing their whole school / college approach to mental health



To provide timely advice to school staff and liaise with external services, to help children and young people get the right help and stay in education

# Interventions for Junior and Infant school

- ▶ GSH CBT - Guided self-help aims to increase coping and self-management capacity within clearly agreed time frames and resources.
  - ▶ Parent led child anxiety
  - ▶ Parent led challenging behaviour.
  - ▶ Train the trainer- upskilling school staff to improve their support to students.
- ▶ Coffee mornings- presentations based on topics of your interest.
- ▶ Whole class workshops and groups agreed upon with the school.
- ▶ Family Minds Workshops: two-part online workshops for parents and carers to increase knowledge and equip them with practical skills.



# Family Minds Workshops

Workshop	Date/Time	Sign-Up Link
BICS Family Minds: Understanding Low Mood and Self-Esteem Workshop	Wed, 9 Jul 2025 12:00 - 14:00 BST	<a href="#">BICS Family Minds: Understanding Low Mood and Self-Esteem Workshop Tickets, Multiple Dates   Eventbrite</a>
BICS Family Minds: Understanding and Managing Anxiety Workshop (Two part Workshop - Please sign up to both)	Wed, 10 Sep 2025 12:00 - 13:30 BST  Wed, 17 Sep 2025 12:00 - 13:30 BST	<a href="#">BICS Family Minds: Understanding and Managing Anxiety Workshop Tickets, Multiple Dates   Eventbrite</a>  <a href="#">BICS Family Minds: Understanding and Managing Anxiety Workshop Tickets, Multiple Dates   Eventbrite</a>
BICS Family Minds: Supporting your Child's Emotional Wellbeing	Wed, 5 Nov 2025 12:00 - 13:15 GMT	<a href="#">BICS Family Minds: Supporting your Child's Emotional Wellbeing Tickets, Multiple Dates   Eventbrite</a>
BICS Family Minds: Supporting your Child to Manage Difficult Emotions	Wed, 26 Nov 2025 12:00 - 14:00 GMT	<a href="#">BICS Family Minds: Supporting your Child to Manage Difficult Emotions Tickets, Multiple Dates   Eventbrite</a>

# Common question: Why do we work with parents?

Research shows that working with parents of primary school aged children instead of the children themselves leads to better results.

This is because parents and carers, as adults, are usually

- Better at long-term planning
- Better at maintaining consistency
- Have a clearer intention that motivates that change
- More able to make changes to the child's environment to set them up for success



## What you can expect?

- ▶ The practitioner is often in the role of a coach using clinical skills to support the parent to practice things and try new ideas to help cope better
- ▶ Weekly sessions with the same practitioner for 6-8 sessions
- ▶ Online sessions or face to face sessions
- ▶ Weekly homework task
- ▶ Hands-on, practical strategies
- ▶ Transferrable skills!
- ▶ Commitment to attending all sessions

# Referral Process for School

1

Speak to the Senior Wellbeing Lead

2

Case consultation between school and BICS

3

Give consent to fill in Universal Plus referral form

4

Triage call from BICS to gather more information

5

BICS practitioner will contact to arrange for assessment / signposting

# Case Study 1 – Parent-led Child Anxiety

## Referral reason:

Year 5 Child struggling with anxiety in social situations and experiencing anxiety attacks. Child constantly seeks reassurance from Mum and starts avoiding situations.

## Plan:

Understanding the child's anxiety and triggers

Learn ways to speak to child about their anxious feelings and thoughts

Graded exposure through a step-by-step plan

Get practical strategies and calming techniques to practice with child

Feedback: "I personally found the step by step plan a very useful and effective way to break down the steps to reach the end goal, one of mine's being to help boost my son's confidence. I will be using this technique from here on in the future."

## Case Study 2 – Parent-led Managing Behaviour

### Referral reason:

Year 2 Child struggles with social interactions and with peers. Child gets overwhelmed when given multiple instructions and when faced with new situations. As a result, child can act defiant and often gets themselves into trouble.

### Plan:

Understand how children respond to positive attention, rewards and consequences

Learn how to give effective instructions

Practise strategies for reinforcing desired behaviour

Implement rewards system, special time & family rules at home

Feedback: "I have seen some change.. I have been able to implement consequences and put in place a reward system at home in a more effective way"

# For more information

We have a 4 part series “From Challenging to Managing” on our website for parents of children aged 3 to 17, and a specific parents of primary school aged children you can refer to.

Just search “BICS Barnet Videos” on Google and you will be taken to this page:

<https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-0>



Let us know how we did!

