



The Ferrers
School

Parent Forum

SEND and Inclusion

13/05/2026



The Ferrers
School

Introduction and welcome

Agenda

- MHST - working with the Ferrers to support mental health in school
- Outside agency support:
 - a) Maplefields - supporting SEMH needs within school
 - b) BTLT - supporting Cognition and Learning in school
- School update on Wave 1 and Wave 2 register
- Exam Access Arrangements

Mental Health Support Team



- early intervention,
- low intensity,
- mental health support within schools for children and young people with mild to moderate mental health difficulties.

Introduction to the Mental Health Support Team

NORTHAMPTOSNHIRE HEALTHCARE NHS FOUNDATION TRUST



nhft.nhs.uk/children



Why school based?

- Schools are ideally placed to support early identification and intervention.
- Supporting children's wellbeing is a shared responsibility, similar to safeguarding.
- By providing support for in school we can work within a familiar and safe environment.



Mental Health Support Team



The NHS Long Term Plan



- The MHST is comprised of EMHPs, Supervisors, Mental Health Practitioners, CBT therapists and Clinical Lead
- We are part of the NHS Long Term Plan
- Aim is for a schools to develop a whole school approach to wellbeing
- All schools have a Designated Mental Health Lead who is point of contact

A collection of colorful line-art icons including a rainbow, a juice carton with a straw, an envelope, a cloud, and a diamond.

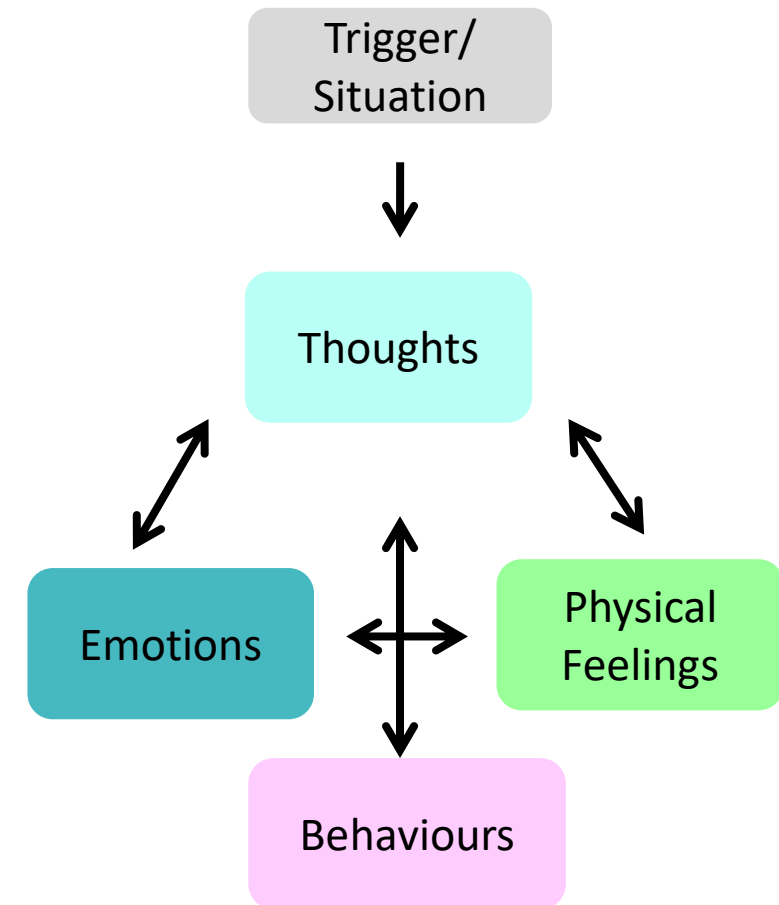
What can we do?

- **Consultations**
- **Signposting**
- **Audits**
- **1:1 work**
- **Group work (students and parents)**
- **Staff training**
- **Parent support**



Evidence-based CBT approach

- CBT is based on the theory that thoughts, feelings, what we do and how our body feels are all connected.
- CBT has a good evidence base for a wide range of mental health problems in children and young people.



1:1 Interventions

Intervention

Presentation

What is it?

Behavioural activation

Low mood

Helping someone feel better by gently increasing positive, meaningful activities, even when they don't feel motivated at first.

Graded Exposure

Phobias, anxiety

Faces fears in small, manageable steps, starting with what feels easiest and building up slowly.

Worry management

Worry/anxiety

Teaches young people how to recognise worries and use strategies (like calming, problem-solving, or setting worry time) to feel more in control.

Cognitive restructuring

Anxiety, low mood

Noticing unhelpful thoughts and learning to look at them in a more balanced, helpful way.

Other support MHST can offer includes sleep hygiene, emotional regulation, body image and food and mood.

Parent-led interventions

Intervention	Presentation	What is it?
Helping your child with fears and worries (Cathy Creswell)	Anxiety/worry/phobia's	The Cathy Creswell Intervention focuses on helping parents support their child's anxiety by responding in calm, confident ways that encourage independence rather than avoidance.
NVR Parent Program (Nonviolent resistance)	Challenging behaviour	Supports parents to reduce challenging behaviour by using calm authority, consistency, and support from others.

Parent interventions can be facilitated both online or face-to-face.



OUR REMIT



Low Intensity and early intervention



Can not be under another service for mental health intervention

CBT informed approach



We do not diagnose



We do not provide medications

Is it the right support?

6-8 sessions/30-45 minutes each

CBT Informed approach, guided self help

Motivation and home tasks

Sessions can take place at school or at an MHST base

1:1 Referral Process



Consult

- Mental Health Lead meets with MHST in regular consultation slot to discuss child's presentation

Referral made

- Referrals are made by the Mental Health Lead (usually following consultation)

Screened

- Screened by the team

Assessment

- Suitable referrals are assigned to practitioners who will then conduct an initial assessment

Outcome

- If the case is appropriate, a treatment plan is discussed and created with the young person

Contact us

**You can contact us through your schools
Mental Health Lead.**

nhft.nhs.uk/children





Maplefields
Training & Development

Providing advice and guidance
with regards to **SEMH** needs
within school





Better Together

LEARNING TRUST



Providing advice and
guidance with regards to
Cognition and Learning in
school

School update - Knowing our students



Monitoring
Register



Streamline
the
information



Easier for
staff



Evidence
based
adaptive
practice



Strategies
mapped
against 4
AON

Exam Access Arrangements



Active identification and evidence gathering **starts in Year 9**



Parents contacted to trial AAs. Students notified and given information on how to use their access arrangements.



Official application (year 10 or 11) **evidence** of normal way of working, and/or they meet the **criteria in the JCQ guidelines**.



Three assessment windows of use before applying officially - if student isn't using the arrangement consistently, then the trial will be ended.



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