

school

mental health team

Child and Family Consultation Service (CFCS)

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CFCS

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The Learning Trust

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working together to improve the
emotional well-being of children and young people

The School Mental Health Team is based in Special Schools, Pupil Referral Units (PRUs) and some mainstream schools in Hackney. The team works together with school staff and families to help children and young people with emotional and/or behavioural difficulties.

The aims of the service

During their time at school about one in five children have emotional or behavioural difficulties. There are many different reasons for this, some short-lived and easily solved, while others are more complicated and take longer to resolve. The SMHT aims to work with teachers and families to understand the reasons and to find solutions and strategies that help.

Who are we?

We are a team of nurses who have specialist training in child and adolescent mental health. We are linked with the Child and Family Consultation Service who have other specialist mental health professionals who can join us if this would be useful.

How we try to help

We are able to get to know children, young people and their families in the school setting and can provide a specialist assessment of their mental health needs, in addition to the assessment that is going on of their educational needs.

Some children and their families may benefit from therapeutic interventions, which might include cognitive behaviour therapy,

supportive psychotherapy, family work and occasionally medication.

We hope that the service from this team will enable more children and young people to access education more fully. For those attending the Special Schools and PRUs it is hoped that they will benefit from their time there and where appropriate, return successfully to mainstream schools.

Some people worry about seeing mental health professionals. It is part of our job to explain and give information about the benefits that can result from this sort of service.

Appointment system

All the nurses have a private room where they can meet with children, young people and their families. Sometimes it is also helpful to meet in other locations, for example at home, children's centre or health centre.

How confidential is our service?

We are very concerned about the need for confidentiality. We only discuss cases with colleagues in the team. We would not talk to anyone else without your permission. The only exception to this would be where we are concerned about the safety and well being of a child.

Comments and complaints

If you have any suggestions about improving our service or you feel that we could do more to help please let us know.

