

About Redbridge Mental Health Support Team

London Borough of
Redbridge

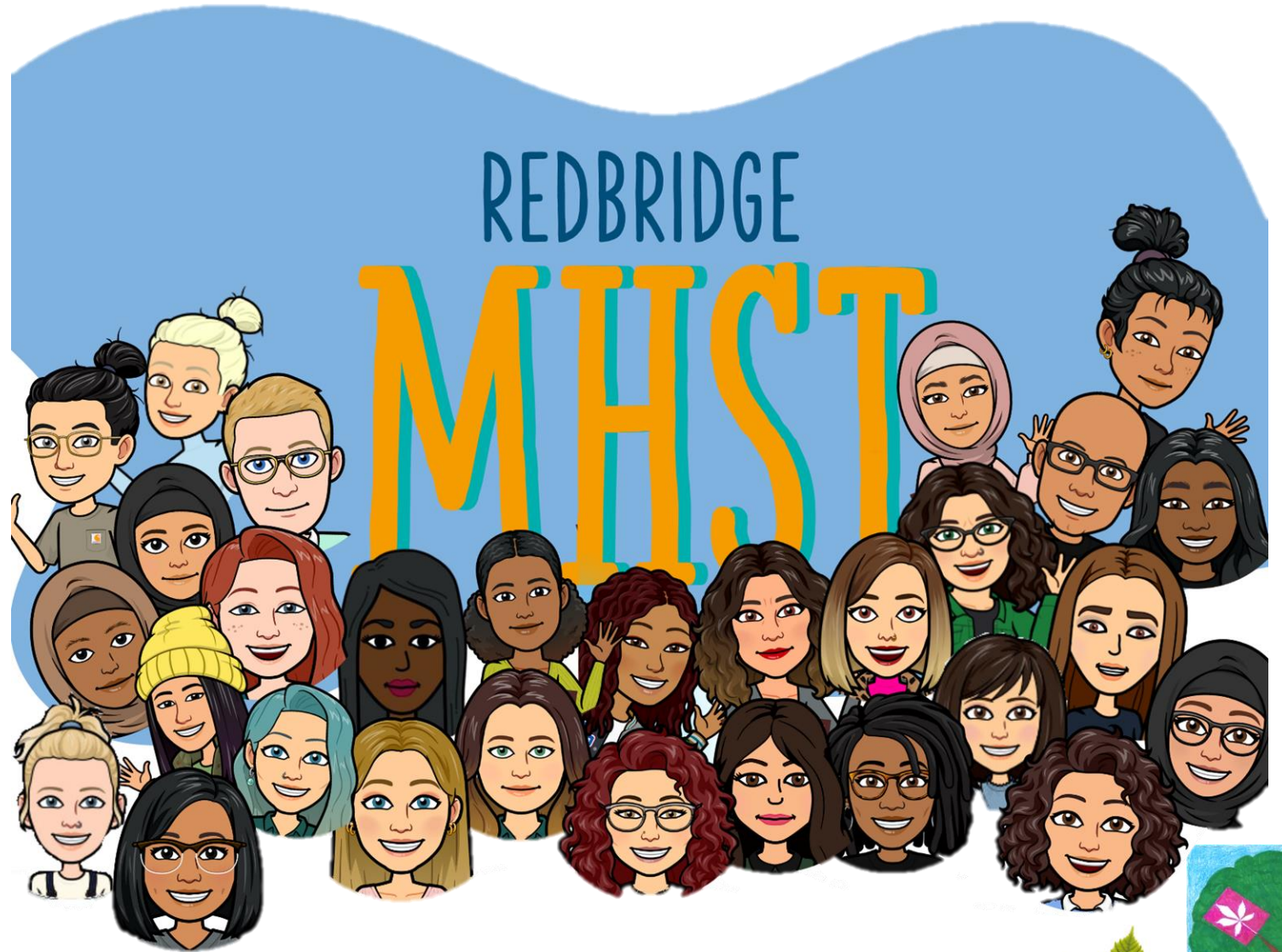


Redbridge Mental Health Support Team

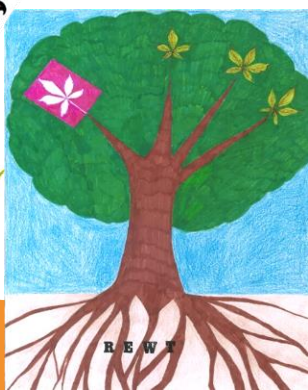
We deliver evidence-based interventions for parents/carers and young people

We support schools with their whole school approach to well-being

We give timely advice and signpost



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Redbridge Mental Health Support Team

How we can help - our individual and group offers

Challenging behaviour - We offer guided self-help to parents of Primary aged children to support with common behaviour problems

Anxiety and/ or Panic - We offer Cognitive Behavioural Therapy (CBT) based guided self-help to parents and young people.

Low mood - We offer Cognitive Behavioural Therapy (CBT) based guided self-help to young people, called Brief Behavioural Activation

We currently work into 30 Redbridge Schools, and are expanding our offer to more schools this year. Please check our website to see if your child's school is involved!



Our whole school offer:

Whole school assemblies to raise awareness of Mental Health and reduce stigma

Coffee mornings

Parent workshops on a range of topics e.g. low mood, anxiety, transition, behaviour support

Staff training

Enhancing interventions available within school e.g. developing peer support models

Direct CBT-informed guided self-help

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Whole Class/ Year Interventions- Brain Buddies

Aims for children to:

- Become more aware of, and express, their emotions
- Have a better understanding of how emotions impact behaviour
- Develop problem solving skills
- Develop emotional regulation strategies

Practicalities:

- Aimed at Year 4, 5 and 6 pupils
- Runs for 9 weeks, one hour a week
- Requires teacher linked to the class to be present for sessions
- GREAT for culture setting at the start of a school year!

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Who can we work with?

Children with mild-moderate anxiety or behavioural difficulties

Parents that can describe their difficulties

Have not gone through many other courses of treatment with no effect

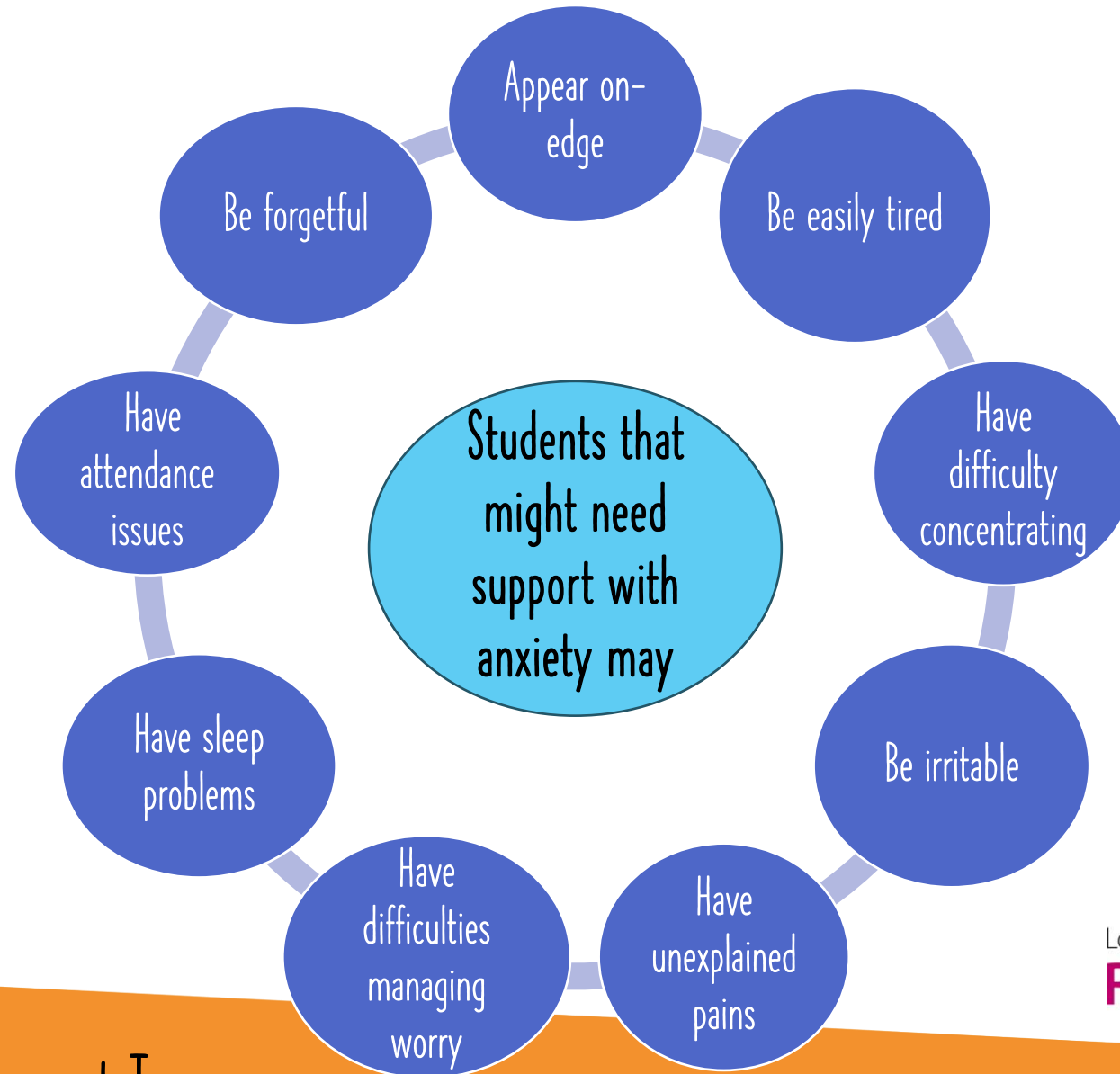
Parents that can define things they would like to change

Parents that are available and can be committed to weekly short-term support

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What signs might you see in primary school children?



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Case Study - Anxiety (Primary School)

Tariq is a 10yr old that lives with his mother, maternal grandparents and uncles. He is healthy and met all his developmental milestones. His mother reports that Tariq often worries what other people think about him and seeks their approval. At school, he worries about the class teacher shouting at him, or not performing well in a test. On test days Tariq will avoid attending school, telling his grandmother he feels sick. Tariq does not participate in class fearing he will get the question wrong and be shouted at. Teachers have noticed that he often has trouble breathing in class and can seem flustered. Mum has taken him to the GP who reports his breathing is fine.

Tariq has a large friendship group and often worries about his friends 'falling out' with him. When worried he will often become frustrated and irritated with both friends and family. Tariq seeks reassurance and clear guidelines from others as to their expectations of him. He needs reassurance from staff to participate in class, often only participating after reassurance that he is right from the class TA.

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Anxiety Support (Primary School)



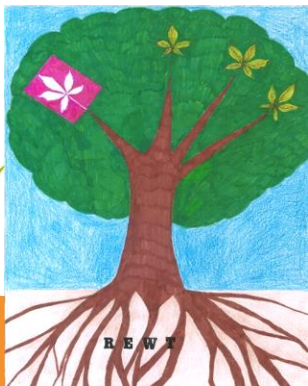
Intervention

Worry management or Graded Exposure with parents

Psychoeducation.

How to break the cycle of giving reassurance and avoiding what worries their child.

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Anxiety Support (Primary School)

What does this look like?

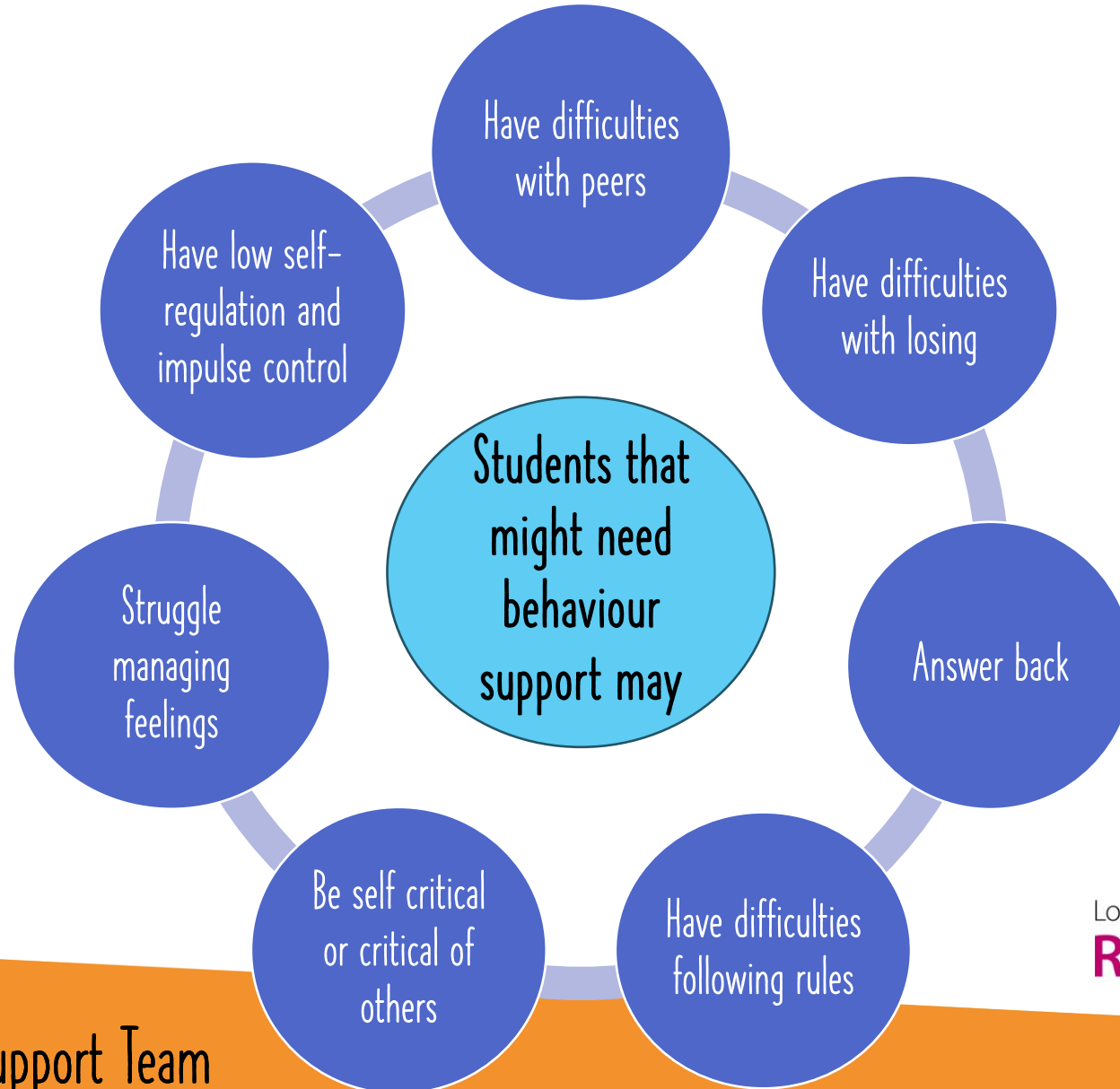
- Weekly sessions
- 1 hour per week for 6 weeks
- 1-1 with parent
- Online or in person at Atam Academy
- Discussing strategies to practice at home with your child



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What signs might you see in primary school children?



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Case Study - Behaviour (Primary School)

Bella is a 7-year-old only child that lives with her mother. Mum and Dad separated when she was 5 - the separation was difficult, Mum and Dad do not have a good relationship and will argue so try not to see each other. Bella witnessed lots of arguments between Mum and Dad. She spends the weekend with Dad and the weekdays with Mum. Dad's new girlfriend who is currently pregnant, has a good relationship with Bella. Dad has a history of substance misuse and reports being 'clean' for the last 3 years. Mum has a history of anxiety and has received CBT in the past.

Bella presents with tantrums, shouting and biting - often biting Mum. She can ignore Mum does not listen to instructions, at times running off. When Bella is with Dad, Dad does not report the same difficulties. The school have noticed low levels of disruption in class such as talking or ignoring the teacher's instructions infrequently. Mum reports that Bella struggles to sleep at night and needs mum to sit by her bed. She refuses to wash and brush her teeth at times. These difficulties started about 4 months after Mum and Dad separated.

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Behaviour Support (Primary School)

Intervention

- Parent-led behaviour support
- Focus on enhancing parenting skills and tools to build secure, loving and trusting attachment between parent and child.
- Coaching to implement strategies which support positive behaviour and reduce negative behaviours



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Behaviour Support (Primary School)

What does this look like?

Weekly sessions

1 hour per week for 8 weeks

1-1 with parent

Online or in person at Atam



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