

*Educate for life*

Dear Parent/Carer,

I am really excited to be able to share with you that Cowes Enterprise College has been chosen as one of only eight Island schools to host an Educational Mental Health Practitioners (EMHP).

The Mental Health Support Team (MHST) is a newly established service offering evidenced based interventions in the treatment of mild to moderate mental health conditions. The MHST on the Isle of Wight is a multi-agency collaborative formed of the Isle of Wight Youth Trust, Barnardo's and the Isle of Wight NHS Trust. They are currently in their pilot year of service development and initially working in only eight schools. Until January 2022, the EMHPs are still trainees but are under close supervision of highly experience clinical staff.

The Educational Mental Health Practitioners (EMHP) will be working at Cowes Enterprise College from next week and referrals can now be received for access to their service. They can provide Cognitive Behavioural Therapy (CBT) based interventions working individually with a young person or working in collaboration with parent or carer and a young person, where this is appropriate. This works by looking at things that make us feel low or anxious and think about making changes, looking at how we think and what we do. Below gives some further details of the types of conditions that the EMHP can support with:

**What the MHST Education Mental Health Practitioners can support with?**

Low Intensity CBT interventions can offer a toolkit of support to address many common developing or emerging mental health conditions such as:

- Low mood / mild to moderate depression
- Panic symptoms
- Panic and Agoraphobia
- Worry / Generalised Anxiety Disorder
- Simple phobia (but not blood or needle)
- Sleep problems
- Stress management
- Behavioural Difficulties
- Exam Stress
- School Avoidance

We offer a range of low intensity interventions that are based on cognitive behavioural therapy (CBT) and guided self-help.

**We can offer:**

- 6-8 sessions of 1:1 support with a young person aged 11-18 years and/or with parents and carers of 5-11 year olds
- Group Work for anxiety and mild self-harm
- Group Parenting Classes for conduct disorder and communication difficulties
- Support for school staff with their own Mental Health and developing a Whole School Approach for pupils to peer support one another

The academy puts Mental Health and Wellbeing at the heart of its ethos and this additional service at the academy further strengthens our already supportive Safeguarding and Inclusion teams. We are very excited about this next layer of provision we are able to offer here at the academy for our children and if you do have any further questions, or if you feel your child will benefit from access to this service, then please contact your child's year head in the first instance.

Kind regards

A handwritten signature in black ink that reads "Jemma Harding". The signature is written in a cursive style with a large initial 'J' and a long, sweeping tail.

Jemma Harding  
Vice Principal and Designated Safeguarding Lead