

Secondary Jigsaw is an Education based mental health team. We work within all mainstream Secondary schools in Stockport, promoting the mental health and educational opportunities of young people.

Who we are?

The Secondary Jigsaw Team's philosophy and aims are underpinned by Department of Further Education and Skills, 'Every Child Matters' framework and Standard 9: 'The Mental Health and Psychological well-being of Children and Young People'.

We are part of Community CAMHS, alongside 'The Kite' project and 'Sound Minds'. We are a multi disciplinary education based mental health team, working with secondary aged young people, who may be presenting with Tier 1 & 2 difficulties. We are made up of three Mental Health Practitioners, two Teachers and a Child & Family Worker/Drama therapist. We have mixed skills and a shared knowledge of working with young people, their families and school staff in a community setting.

Aims

The aims of the service are to provide: early, short-term intervention, providing information, advice, consultation, assessment, training for school staff, education and support, for anyone working with young people who have concerns around their mental health. We are able to access support and advice from specialist CAMHS, and work in partnership with a range of agencies from Children's services. We are a short-term based intervention, providing support for a period of 6-8 weeks.

Interventions

We tailor our interventions to the individual case and can support the young person, family and school staff in the following ways:

Young People

- * anti-bullying groups and 1:1 work
- * self-esteem groups and 1:1 work
- * anxiety management groups and 1:1 work
- * stress management
- * cognitive behaviour therapy approach
- * brief solution therapy approach
- * dramatherapy
- * systemic family work with parents/carers
- * peer mentor training

Families/Carers

- * 1:1 parenting support around Positive Parenting strategies

- * Family work

School

- * mental health training and supervision for school staff, in order to raise the profile of mental health and help them to gain a greater knowledge of and confidence in promoting the psychological well-being of young people in schools
- * consultation via telephone
- * liaison and advice to school staff around supporting a young person
- * liaison with appropriate professional re post-16 transition
- * attend 'Pastoral Inclusion Forums'

Who to refer?

If the young person is presenting with recent changes in the following:

- * anxiety
- * low mood
- * difficulty in attending school
- * difficulty in accessing lessons
- * tearful
- * behavioural difficulties
- * family relationship difficulties
- * difficulties getting along with peers
- * self-harm

Referral process:

Step 1: Consultation to Jigsaw via telephone.

Step 2: If appropriate, referral form to be completed and sent to Community CAMHS

Step 3: Discussed at CAMHS weekly panel

Step 4: If appropriate, we will invite the young person and parents/carers for an initial 'Choice' appointment.

Initial 'Choice' appointment

The young person and their parents/carers will be invited to an initial 'Choice' appointment, for a chance to talk about their thoughts and feelings. From this meeting we will help find the best possible support for them.

At the end of our support we will meet to review progress, provide a final letter with any recommendations that may maintain progress. We may also signpost or refer to an appropriate agency with regards to further support if needed.