

MENTAL HEALTH SUPPORT TEAM

The promotion of health and wellbeing in children and young people is paramount for preventing long term mental health problems. Therefore, as part of the government's brand new initiative we are delighted to be part of the new Mental Health Support Team working in the Bradford area.

Our Mental Health Support Team will consist of Educational Mental Health Practitioners, Senior Mental Health Practitioners, Educational Psychologists, Cognitive Behavioural Therapists, Clinical Leads and Supervisors. Additionally, we will be working in partnership with Healthy Minds and Youth in Mind.

As well as working 1:1 with children and young people who are suffering with Mental Health issues, we will be working with a Whole School Approach - linking with all staff, parents and pupils. We will be working closely with schools to help them identify social, emotional and mental health issues as early as possible.

This is a very exciting new role and we are looking forward to getting to know our schools and communities within Bradford and Craven.

LISA.S



Hi, I'm Lisa. I am the Programme and Clinical Lead of the Mental Health Support Team. I have worked in childrens mental health for 20 years and am really excited about this new team! My passion lies with early intervention as we all know Mental Health starts with good social and emotional development at an early age. Our team strives towards being an accessible and approachable resource in schools to get the right care, at the right time, for children and young people in Bradford and Craven. We aim to promote emotional well-being to help young people cope with everyday challenges and build their resilience. I have 3 teenagers - 2 girls and a boy. In my spare time I enjoy spending time with my family, keeping fit and walking my dog.

Acroynm Buster

MHST

Mental Health
Support
Team

SEMH

Social,
emotional,
mental health

EMHPs

Education
Mental Health
Practitioners

SMHPs

Senior
Mental Health
Practitioners

CBT

Cognitive
Behavioural
Therapy

The SMHPs

The Education Mental Health Practitioners were pleased to welcome additional members to the team in August. Our Senior Mental Health Practitioners have a range of experience and expertise to maximise the support offered by the team. They utilise the evidence-based practice of their professional bodies, offering a more holistic approach to mental well-being for those who need it. In this team we have two CBT specialists and three senior mental health practitioners.

HELEN

Hello! My name is Helen. I have over 15 years' experience as a Mental Health Nurse (RMN) and most of my work has been with children, young people, and families. I have worked in forensic hospitals, acute hospitals, community CAMHS and more recently in primary care alongside, schools, GPs, early help services and the voluntary sector. I am also a cognitive behavioural therapist and CBT supervisor. Having always been passionate about emotional and mental health, I am super excited to be a part of the Mental Health Support Team. I have a cheeky cockapoo called Fred and I enjoy spending my evenings going on fun walks around my local area. We love to play frisbee.

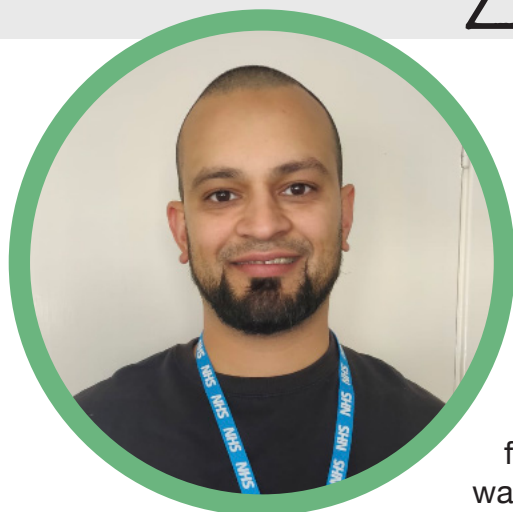


AMY



Hi! I'm Amy, Trainee CBT Therapist for the Bradford MHST. I am really excited to be part of this fantastic new team! I qualified with a degree in Social Work in 2011 and worked in the voluntary sector for almost 10 years. Before starting this role, I worked for a Bradford based charity and supported children and young people with addiction and surrounding issues such as mental health, youth offending and homelessness. I worked closely with specialist CAMHS and spent lots of time visiting some of the young people I worked with in schools and colleges. I worked with adults for 6 years before this, supporting women through addiction from class A drugs and the surrounding issues. Work aside, I'm at my happiest when I'm with my family and when I'm exploring the great outdoors with my little girl. I love trying new things (like trekking with Alpacas!)

ZAHID



Hello, my name is Zahid Iqbal. I am one of newly recruited Senior Mental Health Practitioners. I am excited to be part of this new trail blazer team. I am a Mental Health Nurse by background and have completed additional training in Public Health Nursing. I have a passion for working with young people, broadening their perspectives, and helping them build positive relationships. Alongside work, I enjoy playing squash and archery. I am also partial to a bit of Netflix – I am currently watching Star Trek: Deep Space Nine. If all those things are not keeping me busy you might find me reading, or writing poetry. Thank you in advance for your warm welcome.

LISA.D

Hi, I'm Lisa and I am a Senior Mental Health Practitioner within the Mental Health Support Teams. I am an Occupational Therapist by background which means I support children and young people to do the things they want and need to do, working towards their individual goals to stay healthy and enable participation in life! The meaning and purpose that we place on our daily activities makes us who we are, and these can sometimes be disrupted when experiencing mental health difficulties. I work with young people, families, and schools to help problem solve creative ways to overcome these barriers. My favorite tagline is "wake up with determination and go to bed with satisfaction". I have experience working with a range of different services including mental health, learning disabilities and child development. In my spare time I enjoy shopping, macramé and socializing. I also love swimming, climbing, and exercising on spin bikes to dance music! My guilty pleasure is watching Coronation Street.



JO

Hi, my name is Jo and I am really excited to be part of this fabulous new mental health support team. My passion is to live life to the full. This includes pushing boundaries and stepping out of my comfort zone. I ran my first (and last) marathon October 2019. I enjoy all sports, baking, eating out and travelling. I have a gorgeous chocolate Labrador who I enjoy taking on walks. I am Social Work trained and over the past 16 years I have had the pleasure of working with lots of fabulous young people of all ages from babies to 18. Prior to this I worked in the leisure industry. There was a common goal in both these jobs where I have helped people to reach their personal goals. Within this role I am a senior mental health practitioner. I look forward to meeting and supporting lots of new people.





VERITY

Skipton Girls High & Sutton-in-Craven (CofE) Primary

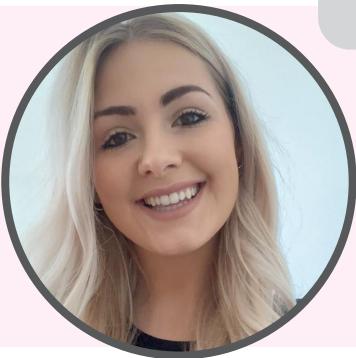
Hello, my name is Verity and I have over 15 years' experience working with children and young people. I have gained a wide range of skills and knowledge over the years which has enabled me to gain a real insight into the issues facing young children in today's world. I love to get out in the outdoors and if I could eat only one food for the rest of my life it would be pizza!



CLAIRE

Skipton Academy & St.Stephen's Primary

Hi, my name is Claire! I love to travel and meet people from all over the world. I speak French and Spanish and have lived and worked in Mexico, France, the USA and Canada. I am originally from Teesside and have worked as a teacher in secondary, primary and universities in the North East as well as Mexico and Hungary. I am married and have two children and a Jack Russell called Connie.



JAMIE

Upper Wharfedale & Craven College

Hello, I'm Jamie! I have a degree in Childhood Studies and a Masters in Educational Psychology. I have primarily specialised in the inclusion for Special Educational Needs and worked in a number of Social Emotional and Mental Health provisions. I am extremely excited to be working in Craven and being in the countryside where I grew up. I love to dance, travel and spend time with friends and family.



ELIZABETH

Settle College & Sutton-in-Craven (CP) Primary

Hi, I'm Elizabeth. I have worked with young people my whole career - from teaching English in Italy, to being a teaching assistant at a local secondary school. In my previous role I ran mindfulness sessions for young people to help with anxiety and stress. I have a big, brown labrador called Stanley who I love taking out for walks in the countryside. I have a passion for travelling and have my own little photography business on the side!

How to get in touch:

If you would like to get in touch regarding any Mental Health concerns with a child or young person, please speak to your representative Education Mental Health Practitioner at your school.

Alternatively, email our team on **mhst@bdct.nhs.uk**

Please allow _ working days for a response from our Admin, who will pass your concerns to the most suitable member of the Team.

Please be aware that we are not a crisis team. If the issue is urgent, please contact First Response on 01274221181 or present the CYP to A&E.



Call: **01274 221181**

MICHELLE



Hi, my name is Michelle. I am an admin coordinator for the Mental Health Support Team and I have worked in NHS admin for over 19 years. I love animals and before working for the NHS I was a veterinary nurse. In my spare time I love walking, gardening, running and baking. I have a cat called Moomin who likes to eat butterflies.

FIND US ON OUR SOCIALS:



To keep up-to-date with everything our team is up to, follow us on our Instagram and Twitter accounts. We post top-tips, motivation quotes and regular updates!

@BDFCT_MHST

