

**Minimum Mental Health Support Teams Therapeutic Room Requirements**

Each Educational Mental Health Practitioner (EMHP) will bring all their own equipment and mobile way of securely storing notes.

**Why is such a space required?**

Consider the type of issues discussed in these sessions. They will be personal and often difficult. These sessions are very different from a music or other out of class lesson. The child or young person must feel able to trust the practitioner, to build a relationship in a secure and confidential setting or the impact of such work will be drastically reduced or even completely stopped. It might help to consider if you were going to discuss why you are feeling low, upset or behaving badly with a stranger, what sort of place would you want? What sort of space would help you establish a good relationship with this person? What sort of place would make you feel unable to talk or feel like you were unimportant?

**Minimum requirements:**

* A consistent, calm space, not subject to change, as this is settling to the children/young people and the process. As all rooms will be shared, this means having rooms with types of appropriate displays. **Not** a place used for sanctions. Must **not** be time out room/ head teacher’s office
* At least 4m x 4m
* Quiet and private – confidential. Not overheard for the duration of the session. **Not** a corner of the dining room, corridor, storage cupboard, nor open plan space.
* No interruptions – clear, **respected** signs. Staff made aware of the importance of not interrupting. Input into staff meeting about purpose and use of room.
* Booking system for medium term advance booking that will not be overridden.
* Covering for any windows e.g. paper, although a blind would be preferential
* Heating (when cold), lighting, ventilation – provision for when it is hot
* 2 chairs or seating for 6 if group work required (foldable chairs stored for use?)
* Table for writing/drawing exercises.

**School requirements**

* Agreement on procedure in case of difficult situation e.g. room being used/not suitable
* The EMHP will cancel any room bookings when not required
* Agreement to leave room as found it by EMHP/ MHST

**IDEAL Mental Health Support Teams Therapeutic Room Requirements**

**As the minimum requirements plus:**

* Comfortable seating for several people
* Daylight with blinds
* Sound proofed
* Used only for similar, positive work
* Pleasant, relaxing, soothing surroundings such as pictures of the natural world, age appropriate stress toys, plants and a box of tissues.
* Whiteboard
* A space (can be staff room or other flexible space) with power socket for EMHP to type up notes

Please feel free to put forward any questions/queries or if you wish to arrange a telephone call to discuss this further please e-mail: [hullccg.schoollinks@nhs.net](mailto:hullccg.schoollinks@nhs.net)