MHST Parent Meeting Minutes

Date	03/03/2026
Focus	Meet the MHST Team & Parent Support Pathways
Attendees	Parents/Carers, MHST Team, Mrs Megan Cronin

Agenda Item / Question	Parent Voice / Observations	School / MHST Response & Next Steps
Awareness of MHST services	Many parents reported they had never heard of MHST services before.	Increase communication about MHST support through newsletters, Arbor messages and parent workshops.
Accessing CAMHS support	Parents expressed frustration about difficulties accessing CAMHS and long waiting times.	MHST explained referral pathways and early intervention support available through MHST.
Waiting lists	Parents reported being on waiting lists for support for long periods of time.	School and MHST will ensure parents are aware of interim support strategies while waiting.
Children removed from waiting lists	A parent reported their child was removed from a waiting list because the secondary school said the child was not disruptive.	MHST clarified referral criteria and discussed advocacy and re-referral routes.
Where to access help	Parents said they were often told to seek support only from the school or the GP.	School will create clearer guidance outlining referral routes and support services.
Awareness of local support	Parents reported they did not know what support services existed locally.	School will share information about the Local Offer and community support services.
Support at home	Parents said if their child is coping at school they feel there is little support available for difficulties at home.	MHST discussed how emotional needs can present differently across settings.
Masking concerns	A parent asked for advice about supporting a child at home where they suspect masking in school.	School and MHST will share strategies to support emotional regulation and communication.
EHCP process	A parent reported they had to fight for a long time to	School reiterated commitment to supporting

	secure an EHCP for their child.	families through the EHCP process and signposting SENDIASS.

Next Steps
1. Share clear information about the MHST service and referral pathways.
2. Provide parents with information on the Local Offer and community support services.
3. Plan further parent workshops focused on mental health and wellbeing.