

Welcome to the Mental Health Network for Education Settings in Warwickshire

We will be starting at 4pm!

The session will be recorded

Mental Health Network for Education Settings in Warwickshire

22nd June 2021 4pm – 5pm

Margot Brown, Lead Commissioner (School Improvement)

Kate Sahota, Lead Commissioner (Family Wellbeing)

Agenda

4:00	Welcome and general updates	Margot
4:05	Theme: Anxiety	Kate
4:20	Topic: Role of the Mental Health Lead	Margot
4:35	Topic: Mental Health & Wellbeing for Staff	Margot/Kate
4:55	Any Other Business and future schedule	Kate

Welcome and general updates

- NHS/DfE Trailblazer Wave 5 (Mental Health in Schools Teams) for Nuneaton, Bedworth and North Warwickshire

Mental Health Support Teams (MHSTs) are a new resource, funded by and accountable to the NHS. They will work with, and in, schools and colleges to support you with mental health and wellbeing and to treat mild to moderate mental health issues. As one of the first schools or colleges to receive this support, you are helping to develop approaches to introducing MHSTs, which will help us all learn how best to do this to deliver the best outcomes for children, young people and schools and colleges.

Each MHST will comprise:

- **Education Mental Health Practitioners (EMHP):** each team will have four EMHP's. The training will help them to support schools and colleges to develop and implement their whole school or college approach to mental health, and deliver a range of interventions for mild to moderate mental health needs.
- **Supervisors:** senior-level therapists or staff who will train and then act as supervisors to the EMHP's, and work with schools and colleges to embed the support. Their training has been commissioned to run alongside the EMHP training programme.
- **Team manager:** each MHST will have a team manager or lead, who may manage one or more team and will liaise with EMHP training providers (Higher Education Institutions).
- **Administrative support:** each team should have its own dedicated support.

Welcome and general updates

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Each Mental Health Support Team (MHST) is expected to cover a population of approximately 8,000 children and young people.

1. Delivering evidence-based interventions for mild to moderate mental health issues

The new teams will carry out interventions alongside established provision such as counselling, educational psychologists, and school nurses building on the menu of support already available and not replacing it. The MHST will provide:

- **Individual face-to-face work:** for example, effective, brief, low-intensity interventions for children, young people and families experiencing **anxiety, low mood, friendship or behavioural difficulties**, based on up to date evidence.
- **Group work** for pupils or parents such as Cognitive Behavioural Therapy for young people for conditions such as **anxiety**.
- **Group parenting classes** to include issues around **conduct disorder and communication difficulties**.

2. Supporting the senior mental health lead in each school or college to introduce or develop their whole school or college approach:

- Work with the senior mental health lead and existing service providers, to map what provision is already in place in settings and where the gaps are.
- Provide targeted help as agreed with the lead, eg to support monitoring of well-being across the schools and colleges, teaching about mental health (in the context of health education becoming compulsory from September 2020), understanding how peer support and interpersonal relationships impact on children and young people well-being and mental health, train others to help children and young people, parents/carers and teachers to identify and manage stress and anxiety.

3. Giving timely advice to school and college staff, and liaising with external specialist services, to help children and young people to get the right support and stay in education:

- Work as part of an integrated referral system with community services to ensure that children and young people who need it receive appropriate support as quickly as possible.
- External support could include more specialist NHS mental health support, support for autism spectrum disorder, learning difficulties or physical needs, or for issues such as substance misuse.
- Ensure smooth transition from specialist services.

Welcome and general updates

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Mental Health Support Team principles



Several core principles have been established to guide the implementation and operation of Mental Health Support Teams (MHSTs):

- There should be clear and appropriate local governance involving health and education.
- MHSTs should be additional to, and integrated with, existing support.
- The approach to allocating MHST time and resources to schools and colleges should be transparent and agreed by the local governance board.
- MHST support should be responsive to individual schools' and colleges' needs, not a 'one size fits all'.
- Children and young people should be able to access appropriate support all year, not just during term time.
- MHSTs should co-produce their approach and service offer with users.
- MHSTs should be delivered in a way to take account of disadvantage and seek to reduce health inequalities.

Welcome and general updates

- Young Peer Programme pilot for 40 schools in Rugby (2021/22 academic year). As part of the programme a dedicated practitioner will:
 - Support you to **identify Young Peer Wellbeing Champions**
 - **Train Young Peer Wellbeing Champions**
 - Support and **work alongside your named school lead** for the project
 - **Train your named school lead** to be able to self-sustain the programme
- Don't forget to promote Kooth to students age 11 upwards (<https://www.kooth.com/>)
- In addition, there is the MeeToo online pre-moderated peer support app for students age 11 upwards (<https://www.meetoo.help/>)

Anxiety: What is it?

Anxieties are fears and worries that can occur without any objective threat. Some anxiety/worry is normal. When there is too much anxiety and worry for too long, symptoms or disorders may emerge:

- Anxiety (symptoms/disorder)
- Low mood, depression
- Stress symptoms, trauma

We think of anxiety as becoming a problem when it **overestimates** the threat of the situation and:

- Causes a lot of upset to the young person and/or their family
- Interferes with day-to-day life, for example going to school, spending time with friends, taking part in activities, spending time with family and sleeping
- It persists, i.e. it isn't just a brief 'phase'

Anxiety: What to look out for

- Avoiding things linked to the fears
- Turning down invitations
- Spending time alone (for example always going to the library at break times in school)
- Not interacting in class
- Always worrying and being a "perfectionist"
- Looking physically anxious (for example tense, on edge, or shaky)
- Having temper outbursts or 'freezing' if a demand is placed on them
- Having difficulty concentrating
- Difficulty sleeping
- Clinginess to parents
- School refusal in older pupils

Anxiety: Why do some children develop anxiety?

- Some people are more vulnerable to developing anxiety problems because of an interplay between a combination of factors
- Anxiety problems seem to run in families. Research with identical and non-identical twins point to an inherited, or genetic, tendency to be anxious
- Young people may develop anxiety in response to single or multiple stressful life events
- Parents' worries can be transmitted and play some part in the development of the child's anxiety

Anxiety: What can you do?

- **Normalise the anxiety** – this means explaining to the young person that everybody feels anxious and worries at times
- **Listen to the young person** (and their carers) and try to understand what they are anxious about and what problems it is causing in their daily life
- **Praise** the young person's ability to talk to you about their worries. This can be hard to do but it is a really important first step in overcoming anxiety
- **Test out fears** with the young person. This can be really difficult to do, but if we face our fears our anxiety lessens over time. It can be best to break down our fears into small steps
- **Breathing and relaxation** exercises
- <https://dimensions.covwarkpt.nhs.uk/> - use the Dimensions tool for additional resources

Anxiety: What interventions work?

- Rise have developed the Boomerang programme for children & young people:
 - Boomerang is a resilience course – it looks at body mapping feelings and emotions, turning negatives into positive thinking, friendships, self-esteem, relaxation and calm down boxes
 - As well as the facilitator using a manual to deliver the programme, the child and parent/carer receives one so it a wraparound approach with homework set to do with parents at home
 - This can be delivered by Rise and the School Health Service, however we do recommend training staff within schools who are able to directly deliver the programme 1:1 or in group sessions with students
 - The training takes 3 hours, but staff will need to have completed the Mood course beforehand as prior knowledge is expected
- NICE guidelines suggest Cognitive Behavioural Therapy (CBT) for anxiety so they will be offered that at either low intensity, group work or high intensity

Anxiety: What other training/support is available?

- Mood Training from the Primary Mental Health Team - <https://api.warwickshire.gov.uk/documents/WCCC-684757548-346>
- MindEd training links –
 - https://www.minded.org.uk/Catalogue/Index?HierarchyId=0_36198_36204&programmeld=36198
 - <https://www.minded.org.uk/Component/Details/445670>
 - <https://www.minded.org.uk/Component/Details/445673>
- Professionals and parents can access consultation advice through the Primary Mental Health Team - <https://cwise.com/download.cfm?doc=docm93jijm4n5521.pdf&ver=7541>
- School Health & Wellbeing Service - <https://www.compass-uk.org/help-and-support/young-people/young-people-emotions/anxiety/>

Anxiety: Other resources

PSHE Association Links

[Guidance on teaching about mental health and emotional wellbeing](#)

[Mental health and emotional wellbeing lesson plans](#)

Lessons in key stage 1 and 2 include teaching about:

- Identifying and talking about feelings, Understanding how feelings affect behaviours
- Strategies to manage feelings, The link between mental and physical health
- Managing the transition to secondary school/ key stage 3

Lessons in key stage 3 and 4 include teaching about:

- Challenging stigma related to mental health
- Promoting emotional wellbeing and healthy coping strategies
- Developing 'digital resilience' in the context of online pressures
- Reframing negative thinking
- Awareness of unhealthy coping strategies such as self-harm and eating disorders
- Awareness of common mental health concerns such as anxiety and depression

Brand new PowerPoint versions of these mental health lesson plans are also available exclusively to PSHE Association members, complete with:

- Teacher-only slides with clear guidance notes to support you through lesson delivery
- Student-facing slides to support engaging lessons
- A range of activities to deliver during lessons

Anxiety: Other resources

Books for children & young people

- [Reading Well for children](#) recommends reading to help children understand their feelings and worries and cope with tough times. The books have been chosen by children, carers, health experts and librarians. They are endorsed by leading health organisations such as NHS England, Mind and the Royal College of GPs. The booklist is aimed at children in key stage 2 (7-11 years) and includes books that can be read independently or shared with carers.
- [MiniSorted!](#) books help children to understand and talk about a range of common issues (such as feeling sad or worried, bullying and self-esteem). Intended for parents, carers and anyone working with young children to share.
- [Reading Well Shelf-help](#) is a collection of books aimed at young people which can help with concerns such as anxiety and stress or more specific concerns or difficult experiences such as eating disorders, obsessive-compulsive disorder and depression. The books are also likely to be useful for parents, carers and anyone working with young people.

Anxiety: Other resources

- Books for practitioners:

- Cartwright-Hatton S. From Timid to Tiger: A Treatment Manual for Parenting the Anxious Child. Sussex: Wiley-Blackwell, 2010
- Creswell C, Willetts L. Overcoming Your Child's Fears and Worries. London: Constable & Robinson, 2010
- Eisen AR, Engler LB. Helping Your Child Overcome Separation Anxiety or School Refusal. Oakland, CA, USA: New Harbinger Publications, 2006
- Freeston M, Meares K. Overcoming Worry. London: Constable & Robinson, 2008

Topic: Mental Health Lead in Schools

- The Mental Health Lead is a senior individual from who will attend training to support the development of your whole-school or college approach to mental health
- Most schools and colleges already have an individual who leads on mental health as part of their role
- Each school or college is different and these mental health leads will inevitably have different levels of skills and knowledge to support positive mental health, and different responsibilities, as roles are locally defined
- Schools and colleges are encouraged to develop a strategic senior mental health lead role, with the skills and knowledge to lead a whole school and college approach to mental health

Topic: Mental Health Lead in Schools

DFE view of roles of MHL:

- Can support the identification of at-risk children and young people and those exhibiting signs of mental ill health.
- Know how to access children and young people's mental health services, and refer children and young people into NHS services where appropriate.
- Can improve the coordination of support for the mental health needs of young people within the school or college.
- Know how to support staff in contact with children and young people with mental health needs.
- Can support the delivery and measurement of outcomes of interventions on children and young people's education and mental health.
- Can support a positive whole school/college approach to mental health and wellbeing.
- Training

Topic: Mental Health Lead in Schools

2 case studies

Primary – Andrea Eastham (St. John's Kenilworth)

Secondary – Amy Hawkes (Myton, Warwick)

Topic: Mental Health & Wellbeing for Staff



Staff Wellbeing Toolkit for the Warwickshire Family of Schools March 2021

“You are braver than you believe, stronger than you seem,
and smarter than you think.” A A Milne

Contents

- Introduction
- Statement of intent
- Legal framework
- Roles and responsibilities
- Identifying warning signs
- Actions to support staff
- Monitoring and review
- Staff Wellbeing Principles
- Fair Workload Charter
- Appendix 1 - Focus on and Resources for Governors
- Appendix 2 - Wellbeing Resources

Topic: Mental Health & Wellbeing for Staff



Staff Wellbeing Toolkit for the Warwickshire Family of Schools

Appendix 2 – Wellbeing Resources

Contents







- Warwickshire Mental Health information
- Information from Public Health England
- Support for Headteachers
- The Employee Assistance Programme
- Individual Wellness Plans

Sources of support and information for adults

<https://www.warwickshire.gov.uk/mentalhealth>

Struggling to cope?

Don't wait for things to get too much.

<p>VISIT WARWICKSHIRE LIBRARIES</p>	<p>for Reading Well Books on Prescription (BOP) recommended self-help books, audio CDs and e-books visit: www.warwickshire.gov.uk/booksonprescription</p>	
<p>GO ONLINE</p>	<p>bigwhitewall.com completely anonymous online community, free to people living in Warwickshire, available 24/7</p>	
<p>TELEPHONE</p>	<p>a team of trained and experienced support workers - 24/7 via the Mental Health Matters Helpline on 0800 61 61 71 and 0300 330 5487 for mobiles or try Time Online, the online chat service</p>	
<p>SPEAK TO SOMEONE</p>	<p>in person at Warwickshire Wellbeing Hubs - free one to one support, walk-in sessions and drop-in sessions visit: www.cwmind.org.uk/wbw or call: 02477 712288</p>	
<p>ACCESS THERAPIES (IAPT)</p>	<p>a service for people who are feeling stressed, anxious, low in mood or depressed, providing advice, information and therapy - call 02476 671090 to self-refer</p>	
<p>FOR CHILDREN AND YOUNG PEOPLE</p>	<p>Rise - Warwickshire's emotional wellbeing and mental health services for children and young people. Call 0300 200 2021 or visit www.cwrise.com/home</p>	



Find out more at warwickshire.gov.uk/mentalhealth

 @WCCPublicHealth

 facebook.com/PublicHealthWarwickshire

Topic: Mental Health & Wellbeing for Staff

<https://arty-folks.org.uk/whats-on/calendar/>

Summertime for Art
www.recoveryandwellbeing.co.uk www.arty-folks.org.uk

Art for Relaxation
 Mon 21st June, 1pm-3pm
<https://tinyurl.com/2wb3n3rr>


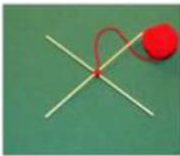



Art After Work
 Wed 30th June, 5pm-6pm
<https://tinyurl.com/53b8yma5>

Fine Art to Wellbeing
 Thurs 1st July, 1pm-3pm
<https://tinyurl.com/4y2c5t6w>

Meet a local Artist
 Sun 11th July, 7pm-8.30pm
<https://tinyurl.com/53mwjm3m>

Creative Arts on Referral
 a programme of free online courses and workshops supporting the mental wellbeing of adults in Warwickshire

Warwickshire County Council logo and Arty Folks logo.

April – July 2021 Advanced 6-week Courses and Workshops To book your place: https://arty-folks.org.uk/whats-on/calendar/		
 MONTHLY ARTY MEET-UP	Workshop dates: 25 th April 23 rd May 11 th July	Monthly Arty Meet-Up Each month we invite a local artist to talk about their work and lead a workshop introducing you to their arts practice. Connect with people you have met on our courses, share tips and skills to continue your creative journey. <i>"Gosh! These artists are a bit whacky but also a lot of fun and really inspiring."</i>
 WOOLLY WONDERFUL	6-week course start dates: 13 th May 9 th June	Woolly Wonderful is for people who enjoy crafting and making, and are open to experimenting what you can achieve with a ball of wool. Each week a new project for your own pleasure, to surprise your loved ones, or to decorate your home and garden.
 QIGONG DRAWING	6-week course start date: 28 th April	QiGong is a practice that combines movement, breath work, and visualisations that work to harmonise body and mind. The movements are slow, gentle, easy to follow, and do not involve remembering sequences of movements or patterns. Drawing will help you feel, understand, and better internalise movements.
 A PASSION FOR PLANTS	6-week Course start date: 7 th June	A Passion for Plants is a 6-week course and to enrol you must have completed the short course Art for Relaxation or Art before Work. Inspired by Botanical Artists you will learn to draw and paint from observation, and use your passion for plants to express yourself like artists Frida Kahlo and Georgia O'Keefe.
 FINE ART TO WELLBEING	Top-up Course start date: 1 st July	Fine Art to Wellbeing is a 3-week top-up course for people who completed their Creative Arts on Referral journey and are looking to further enhance their self-reflective arts practice. We think about creativity as making something new and original, but in fact the root meaning of creativity means 'to grow'.

Topic: Mental Health & Wellbeing for Staff

- Recovery funding

Staff Wellbeing at Bridgetown Primary School

Jane Tailby, Headteacher

Bridgetown is a 2-form entry school with 60+ staff in Stratford upon Avon. Wellbeing is a key area of priority for us, it is on our Learning Improvement Plan and for the last two years our lead TA has been the Wellbeing lead in school.

Our wellbeing display board...



Some of our wellbeing actions at Bridgetown:

1. Termly coaching for all employees and headteacher a Peer coach for the county
2. Termly wellbeing staff meeting, (this year these have been run by wellbeing lead with 'treats' for staff, by WCC county offer or other external provider
3. Free confidential access to WCC Workplace Wellness Service
4. Termly treats from SLT – notebooks, personalised chocolate coin, seeds and survival kits
5. Hot chocolate station during parents' evenings
6. Monthly shout outs from governors and weekly shout outs for staff between staff
7. Birthdays shared in briefing notes/meetings
8. School Whatsapp group open to all staff
9. Half-termly Kindness mugs

Further wellbeing actions taken in the last two years:

10. Half-termly Takeover time
11. Monthly wellbeing emails/powerpoint from wellbeing lead
12. Gourmet coffee van available on Friday lunchtimes
13. Welcome email for all new staff with wellbeing info on
14. Half days at end of autumn and summer term
15. Re-designed report layout to reduce workload
16. Subject leads given half day each half term to develop their subject area, with maths and literacy leads having half a day each week
17. PM meetings for all employees to bring about further inclusion and cohesion
18. Updated behaviour policy to make systems clearer, easier to manage and less stressful

Sources of support and information for schools

WCC directly delivers and commissions a **range of services** able to support education settings with the mental health of children and young people, ranging from prevention and early intervention, through to crisis support.

Universal and Prevention Services

- [Health Visiting](#)
- [School Health & Wellbeing Service](#)
- [Family Information Service](#)
- [Family Information Service – professional briefing booking](#)
- Family Support Line – 01926 412412
- [Warwickshire County Council Mental Health Website](#)
- [Togetherall](#)
- [Chathealth](#)
- [Dimensions Tool](#)

Early Help and Targeted Support Services

- [Kooth](#)
- [Rise](#)
- [Education Psychology](#)
- [Family Support Teams](#)

Crisis Support

- MASH education number – 01926 418608
- [Rise Crisis and Home Treatment Team](#)

Any Other Business

September	Theme – Self-esteem and resilience Topics – Mental health curriculum; MHSTs	January	Theme – Self-harm Topics - social media
October	Theme - Attachment Topics - Mental health training, Mental health and Protected characteristics (Race)	February	Theme – bereavement Topics - transitions
November	Theme – Friendship issues Topics - EHCPs and mental health needs; Mental health and Protected characteristics (LGBTQ+ / Gender Dysphoria)	March	Theme – Eating disorders Topics - TBC
December	Theme – Parental mental health Topics - Support for school refusers		

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Join the network: <https://forms.office.com/r/nWwW79TN82>

Check the website:

<https://schools.warwickshire.gov.uk/mental-health-education>