

# MENTAL HEALTH AND EMOTIONAL WELLBEING FOR SCHOOLS



- **Sarah Gibbs- Service Director CYP - NSFT**
- **Claire Darwin - Principal Educational & Child Psychologist – Suffolk County Council**
- **Beth Moseley- Consultant Clinical Psychologist - NSFT**
- **Lianne Nunn- Assistant Director Of Nursing CYP & Maternity – Suffolk County Council and CCGs**
- **Amy Alexander MHST Clinical Lead / Clinical Psychologist - NSFT**
- **Jaime Hawkins- Programme Transformation Lead CYP MH - CCGs**
- **Fran Russo - Emotional Wellbeing and Health Information Officer – Suffolk County Council**

# OVERVIEW OF THE SESSION

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Overview of Mental Health Transformation in Suffolk – Sarah Gibbs

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Wellbeing in Education – Claire Darwin & Beth Moseley

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Mental Health Support Teams in Schools – Amy Alexander

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School Nursing – Lianne Nunn

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VCSE offer – Jaime Hawkins

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Resources and Support (digital offer) – Fran Russo

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Opportunity to highlight gaps/needs and ask any questions

# MENTAL HEALTH AND EMOTIONAL WELLBEING TRANSFORMATION

## CYP Mental Health Service Aims and Objectives

Whole System Approach  
using Thrive Framework

'No Wrong Door' Wherever  
a young person presents  
there is a route into services  
to get support.

Advice, Support and  
Signposting is always  
available

Consultation and Training to  
be provided to professionals  
working with children and  
young people to support  
their mental health needs

Reducing health inequalities  
and improving outcomes for  
under represented groups

Services will be provided  
based on 'needs' not on  
diagnosis

Trusted Assessment  
removing duplication in  
assessment and service user  
building (not repeating)  
their story

Evidence Based Intervention  
and Treatment provided by  
skilled clinical staff

Trusted Professional  
included as part of the  
Treating Team

Goal Based Treatment  
Planning

Routine of use of outcome  
measures to monitor  
experience and  
effectiveness

Services have the right skills  
mix, level of experience and  
core competencies

# CYP Transformation Framework

- The Thrive Framework is an integrated, person centred, and needs led approach to delivering mental health services for children, young people and their families.
- It was developed by a collaboration of authors from the Anna Freud National Centre for Children and Families and the Tavistock and Portman NHS Foundation Trust.
- It conceptualises need in five categories: Thriving, Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support.
- Emphasis is placed on prevention and the promotion of mental health and wellbeing across the whole population.
- Children, young people and their families are empowered through active involvement in decisions about their care through shared decision making, which is fundamental to the approach.
- The Thrive Framework provides a set of principles for creating coherent and resource-efficient communities of mental health and wellbeing support for children, young people, and families.
- Clear points of transition and warm handovers to support CYP move between quadrants based on their needs – drawing on expertise when needed via consultation or direct interventions.
- It aims to talk about mental health and mental health support in a common language that everyone understands.



# Principles of the new service model

In order to “establish an accessible and responsive service that meets the needs of children, families and young people with mental health problems” the new service model needs to ensure that:

- We have **more than one “front door”** for our services so CYP are able to access help as quickly as possible.
- **Early intervention and wellbeing services are able to work closely together** to best meet the needs of CYP.
- Our staff have **improved career progression opportunities** so that we are able to retain staff and their skills in our care group.
- The **age ranges** covered by our teams better suit the needs of CYP.
- Creation of a **comprehensive** CAMH service for 0 – 16/18 year olds and a YAMHS for 16/18 – 25 year olds **based on need**.
- We have clear **care pathways** and interfaces designed to meet the needs of the children young people and their parents/carers.
- The **localities** our teams work in need to “make sense” and fit as best as possible with other services localities. Ensuring we have a **whole system approach** in place.
- We are **working in partnership** with children young people and their parents/carers to design a service that meets their needs.

# CAMHS New service model: The Four New Service Areas

- Advice and Guidance Helpline for Parents/Carers and Young People
- Early Intervention and Wellbeing Service including
  - Mental Health Support Teams in Schools
  - Early Intervention and Wellbeing Team including PCN MH Practitioners
  - Suffolk Family Focus
  - **Psychiatric Liaison / Specialist MH clinicians embedded in Crisis Help Risk Intervention Service (CHRIS)**
- Child and Adolescent Mental Health Service (CAMHS) 0-16/18 yrs (needs based) including targeted pathway teams
  - Connect, Clinicians in Youth Justice Teams
  - CAMHS LD
  - ADHD part of Neuropathway
- Young Adult Mental Health Service (YAMHS) 16/18 – 25 years (needs based)
- Specialist Pathway Teams
  - Eating Disorders

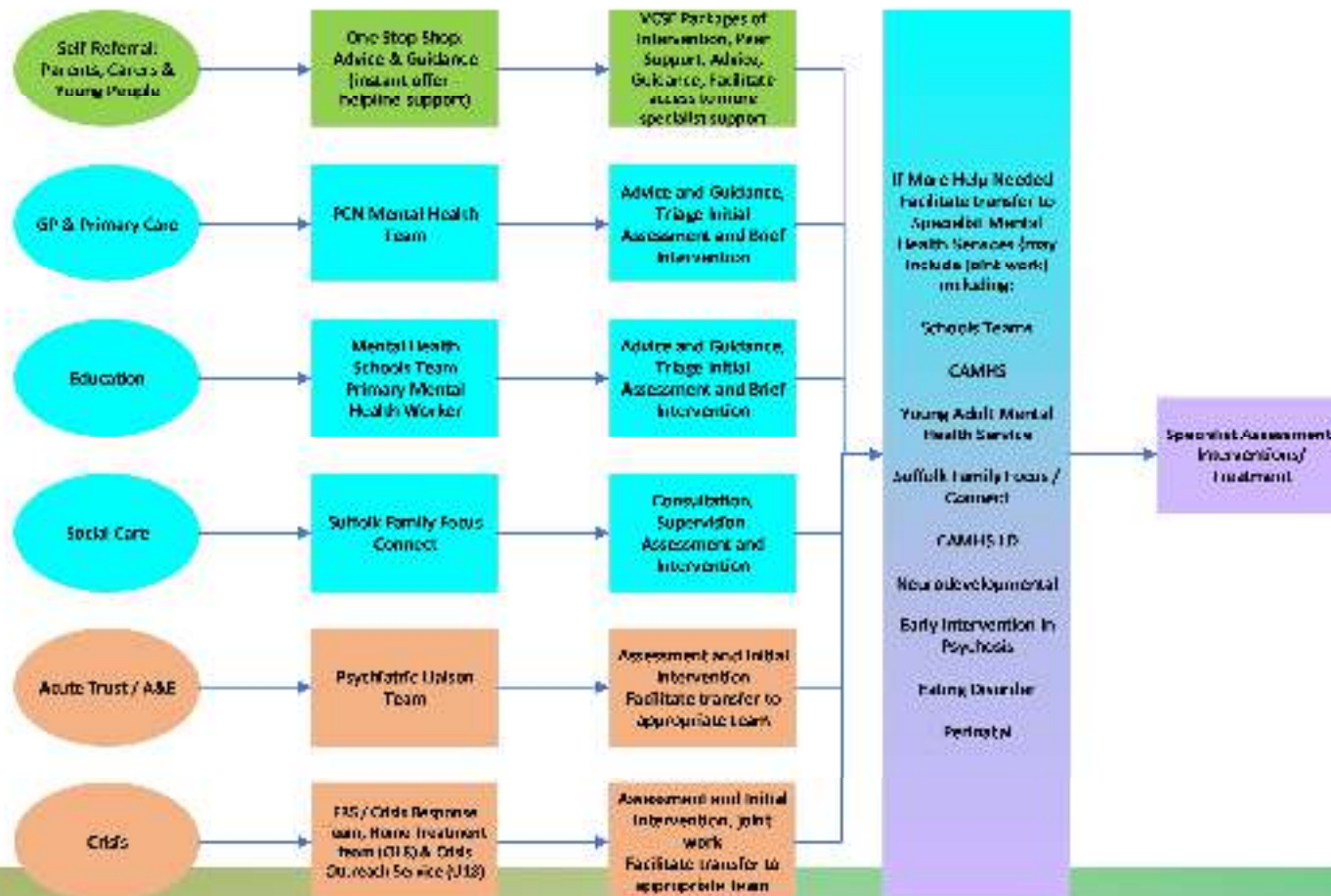






## Priority One: CYPF

### High level Access / Service Interface Pathway



- Whole System Approach wrapping Services around the service users and professionals
- Multiple front doors where Children and Young People present.
- Experienced mental health clinicians to support referrers and practitioners.
- Systemwide use of signs of safety to identify need.
- Provision of Advice, Guidance and Specialist Consultation and Training

- Triage, assessment and brief intervention
- Trusted Assessment (5 Ps) – building the story
- Facilitation of referral to more specialist Clinicians and Teams where more help or risk support is needed
- Increased VCSE offer in relation to support whilst waiting, part of a treatment package and step down
- Specialist Services providing consultation and support to VCSE and universal services

# WELLBEING IN EDUCATION





**The Wellbeing in Education website** provides information, resources and support from services across Suffolk.

Focusing on:

- Staff wellbeing
- Children, young people and family wellbeing (e.g. resources and workshops)
- Adopting a whole school or college approach
- Supporting Emotionally Based School Avoidance (EBSA)

The screenshot displays the Suffolk Wellbeing in Education website. The header features the Suffolk logo and navigation links. The main content area is divided into several sections:

- Wellbeing in Education:** A central banner with the title "WELLBEING IN EDUCATION" and a graphic showing icons for staff, children, and families.
- Latest Wellbeing News and Events:** A section with a calendar view showing upcoming events and news items.
- What is Wellbeing in Education?:** A section with a video player showing a woman speaking.
- Wellbeing in Education Podcasts:** A section with a large graphic for the "WELLBEING IN EDUCATION Podcast" and a list of podcast episodes.
- Navigation Menu:** A horizontal menu at the bottom with icons and labels for "Local Wellbeing News and Events", "Psychology and Therapeutic Services", "Staff Wellbeing", "EBSA Emotionally Based School Avoidance", and "Children and Young People's Wellbeing".

As well as a training and events calendar and a Podcast page.  
Visit: [www.suffolk.gov.uk/wellbeingeducation](http://www.suffolk.gov.uk/wellbeingeducation)

## Slide 9

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**FR2** Hi Claire, this is the draft slide I did so far to promote the website

Fran Russo, 19/10/2021

**CD2** [@Fran Russo] thanks i will finish my slides and send to Jaime today

Claire Darwin, 05/11/2021

## Supporting families: 5 Tips for Families series



5 TIPS  
FOR  
FAMILIES

### Ways to Self-Regulate for Children & Young People

#### Mindfulness

Researching mindful activities have been shown to help us feel calmer, find focus, increase kindness and to let go of worries.



#### Physical Health

Being active, eating a nutritious diet and getting good sleep helps us to have more energy and feel more in control to manage big feelings.



#### Breathing

Controlling our breathing can have a positive impact on how the rest of our body feels.



#### Grounding

Take five minutes in the day to notice what we can see, hear, smell, touch and taste.



#### The Outdoors

Spend time outside every day. Use the grounding techniques to connect ourselves with nature.

Emotionally Based School Avoidance (EBSA)



Emotionally Based  
**EBSA**  
School Avoidance





- Regular meetings
- Web resources, Podcast and YouTube Playlist
- Restorative Justice training offer
- Keys to Inclusion & Circle of Friends training and access to self paced learning
- Info share e.g. whole school mental health presentation
- Request for resource sharing on emotion regulation, anxiety (with particular emphasis on Year 7 pupils) and self harm



# RESOURCES FOR SCHOOLS(NSFT)

- Parent Workshops - <https://www.nsft.nhs.uk/parent-workshops>. Book: <https://www.eventbrite.co.uk/o/psychology-in-schools-team-nsft-32627846273>.
- School Professional Development Workshops – <https://www.nsft.nhs.uk/schools-development-programme>
- Lesson on anxiety for PSHE [Anxiety Workshop - Part 1 – YouTube](#) [Anxiety Workshop Part 2 - YouTube](#)
- Podcasts: [Norfolk and Suffolk NHS Foundation Trust – YouTube](#)
- EWH professionals/ self-referrals: <https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/advice.page?id=Nh2oJw7Qq4I>
- Professional consultation line (01284 471601)



## Free workshop: supporting young people through exam season



It's normal for exams and tests to lead to anxiety, stress, and worry.

Sign up for a free workshop to help you prepare for exams. Filled with hints and tips on how to prepare and manage the stress of exams.

There are two sessions available:

**Mon, 22 November 2021**

**13:00 – 14:00 GMT**

[Book a space](#)



**Mon, 22 November 2021**

**18:00 – 19:00 GMT**

[Book a space](#)



# MENTAL HEALTH SUPPORT TEAMS (MHSTS)

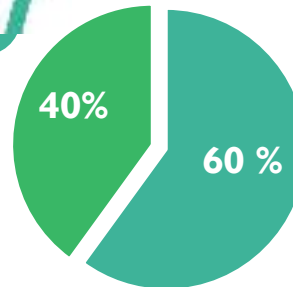
Creating a new mental health workforce of community based mental health support teams

## Expanding the workforce

Supporting a population of 8,000 children and young people

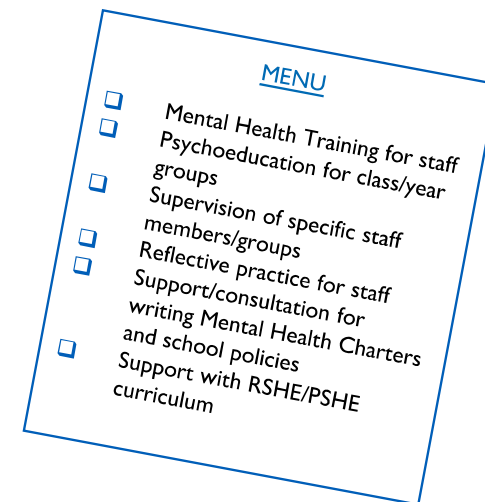
Currently four teams across Suffolk  
A new team starting in January 2023 and another each of the following years

Referrals are predominantly via school/college, but we accept referrals from other professionals and self-referrals. We ALWAYS encourage a conversation about referrals.



To empower mentally healthy communities in schools and colleges

## Consultation and Liaison



# FEEDBACK ABOUT SUFFOLK MHSTS

<p><b>"I felt accepted, understood and listened to" (<i>Young Person</i>)</b></p>	<p><b>"...it has lifted such a weight and I can think clearly again ...I have put the dates in the diary so they are precious time!" (<i>Member of Staff reflecting on supervision provided by MHST</i>)</b></p>
<p>"My concerns were listened to and believed....The weekly meetings made me become more consistent with techniques, follow-up emails were also very helpful. xxx helped me to believe in myself and my parenting skills." (<i>Parent</i>)</p>	<p>"I really appreciate that you all "get" what we are dealing with here. I was determined that we would make best use of the support your team were offering and it feels like we now have a good system going." (<i>Member of school staff</i>)</p>
<p>"XXX has been fantastic, the young person has spoken really positively about her sessions telling me how useful they are ...Not only that, I have also found XXX support really useful and she has been able to explain the formulation really well and help us all understand what's going on for [YP]." (<i>Family Support Practitioner reflecting on joint work with our team</i>)</p>	<p>"It provided me an even broader support network for me and influenced me to make positive changes to daily life."</p>

## What the team are noticing

- Seeing and feeling a shift in culture
- Other teams/services noticing less referrals from the settings we are in
- An appetite and desire to utilise our support despite the HUGE challenges education have faced over the last 18 months



# **SCHOOL NURSING**



# VCSE WORK

We work with a number of charities and local organisations to develop additional provision/support for communities. We currently work with Suffolk Mind, Barnardo's, 4YP, Wednesdays Child, Green Light Trust, Access Community Trust, Suffolk Family Carers, Homestart, Noise Solutions, The Befriending Scheme.....

## **The PATHS<sup>®</sup> Programme for Schools**

- The *PATHS<sup>®</sup> Programme* is an evidence-based **social and emotional learning programme** aimed at 4 – 11 year olds (primary age). It helps children develop fundamental skills which will enable them to make positive choices throughout life. The programme can also be effectively delivered in early years settings.
- It covers five domains of social and emotional development:
- **Self-control**
- **Emotional understanding**
- **Positive self-esteem**
- **Relationships**
- **Interpersonal problem-solving skills**
- The *PATHS<sup>®</sup> Programme* is a universal whole-school programme that seeks to build upon a school's ethos and culture and is delivered as a part of the regular school day by teachers.



*"Through PATHS® I have learnt that all feelings are OK, even uncomfortable feelings."*



*"PATHS® has helped me to understand my own emotions because before I wasn't always sure what I was feeling and I didn't know what to do about uncomfortable feelings."*

*"The most useful part has been how to give compliments and how to look after my friends."*



*"I love being Pupil of The Day and learning how to give compliments."*

*"I am confident because I have had the training, I have the mini posters on my lanyard and I know games to play with children."*



*"I really enjoyed the training. Now I know how to help children who are lonely or struggling in the playground."*

- In September 2020, the PATHS® Programme for Schools (UK Version) was launched in Woolpit Primary Academy, Suffolk. The school is a one-form entry primary school with approximately 40% of children eligible for pupil premium. Woolpit Primary Academy received training and coaching support to ensure fidelity and establish a whole-school approach. The successful implementation of the programme provides an opportunity to reflect on the most effective elements and share best practice. The implementation of the programme will be examined at three levels: 'Classroom Learning', 'Whole School Practice' and 'Home and Community'. These are the areas in which Woolpit Primary School, in their development of a consistent systemic approach to SEL, have implemented and sustained SEL across year 1 of the programme. This practice will be taken forward into schools starting programme implementation in Suffolk in the future

*"I love that the children are encouraged to talk more about their feelings because as a child I know this wasn't ever the case for me when I was at school. Also, that it's ok to feel all these feelings and that they aren't just expected to deal with how they're feeling and move on. I struggle with my mental health so as a parent I want to do all I can to support our children when it comes to theirs."*

*"I love the self-esteem building and the positive vibe around the school."*

*"The parent training is full of logical information which is easy to understand and this makes it more likely that we will be able to use the tips at home! Great information for helping children to engage with their emotions and feelings."*

*"It was reassuring to hear that other parents are feeling similar strains too. It was also really good to hear that it's ok for even us parents to be open to children about our feelings like being worried. We don't have to put up a protective barrier for our children. I would highly recommend this course to any parent. Thank you."*



Woolpit Primary Academy @woolpitprimary · 9 Feb  
Otter and Hedgehogs having their lunch and giving all of their friends kind compliments, taking it in turns to talk. They do this everyday.



***"The training was really helpful, I understand how to talk to children about their feelings and behaviour. That all feelings are OK but behaviour can be OK or NOT OK."***



Woolpit Primary Academy @woolpitprimary · Jun 10  
We had Rosie, our coach from @PATHSEdUK, come in to see us again today. She trained up some of our year 4 children to be B-buddies. These are now our fully qualified ones. Looking forward to them devising games and being our responsible, inspiration people at playtimes.



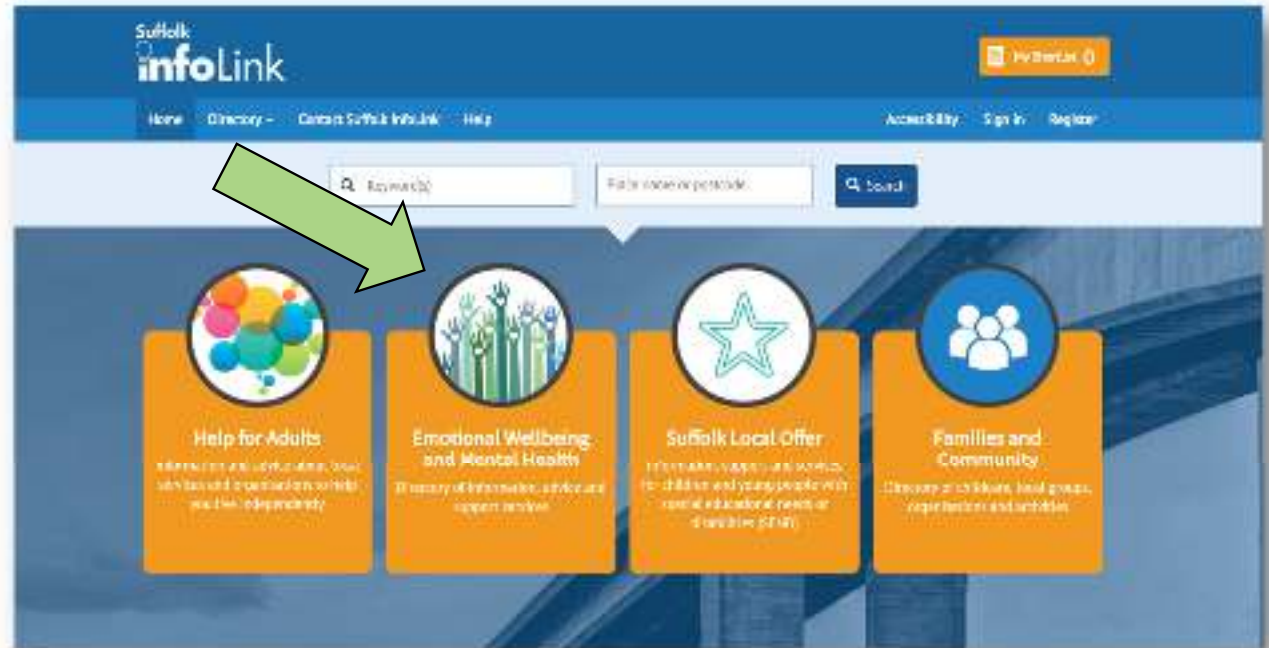
# **RESOURCES AND SUPPORT**

**Fran Russo**

**Emotional Health & Wellbeing Information Officer**



## EMOTIONAL WELLBEING GATEWAY WEBSITE



**Emotional Wellbeing Gateway Website (on Suffolk InfoLink)**

**Visit: [emotionalwellbeinggateway.org.uk](http://emotionalwellbeinggateway.org.uk)**

## EMOTIONAL WELLBEING GATEWAY WEBSITE

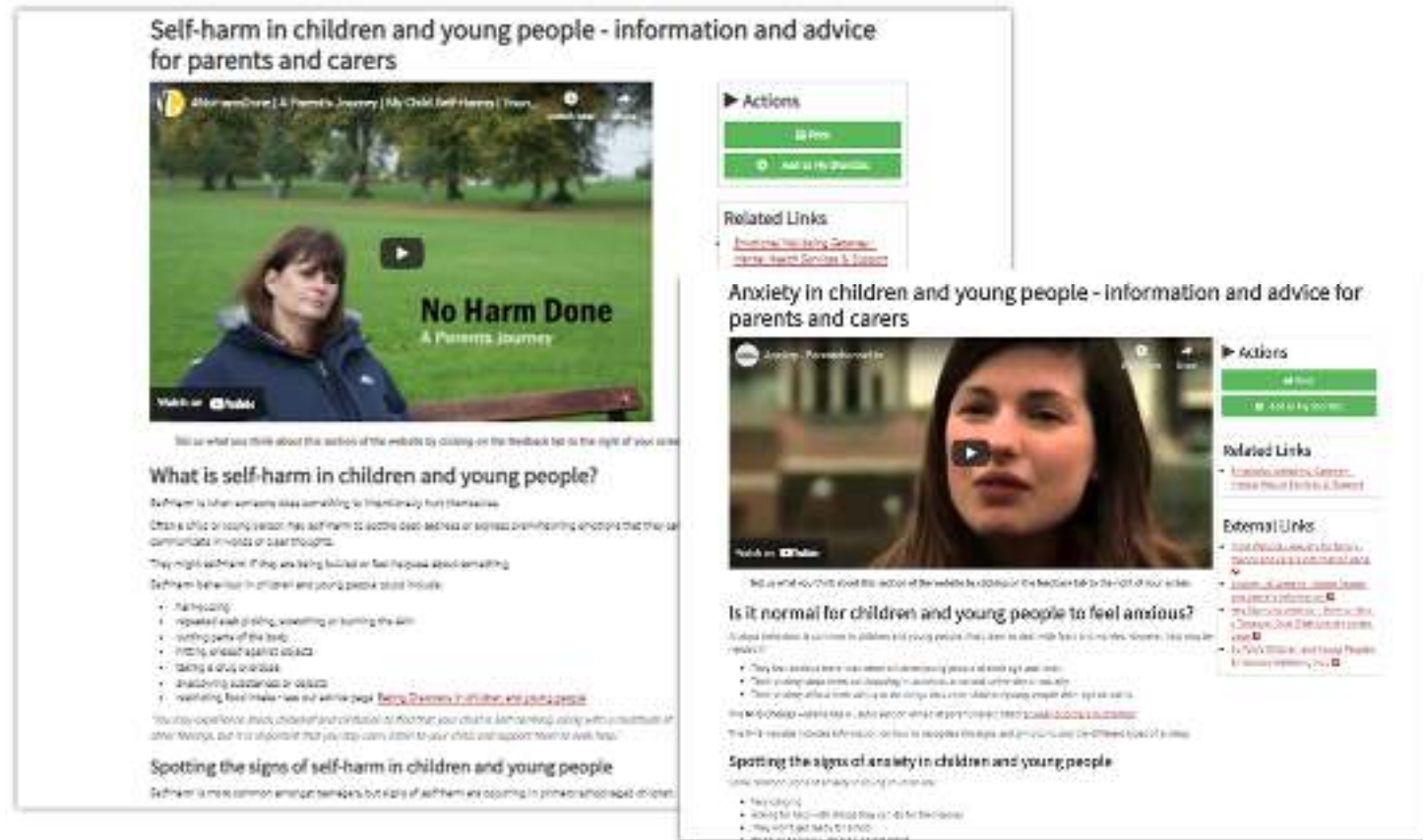


### The Emotional Wellbeing Gateway has:

- Information, advice and guidance pages on common emotional wellbeing issues for families and professionals.
- Local support services and community organisations relating to mental health.



## EMOTIONAL WELLBEING GATEWAY WEBSITE



## Support for families:

- Information, advice and guidance pages on common emotional wellbeing issues for families and professionals.
- Provides practical advice on: self-harm, eating disorders, anxiety, depression, stress and suicidal feelings.

## EMOTIONAL WELLBEING HUB

**Children & Young People's Emotional Wellbeing Plan** 2020

### Emotional Wellbeing Gateway - Mental Health Services & Support

Whether you are experiencing mental health issues, are worried about someone you care for, or want to know how to stay mentally well, the Gateway website is the place to go for families and professionals to access mental health support services in Suffolk.

Please help us to improve the Gateway website by completing our [feedback form](#).

**Worried about your child's mental health?**   **Mental health advice for adults**   **The Source - advice for children and young people**   **Information for volunteers and practitioners**

**Suffolk Children and Young People's Emotional Wellbeing Hub**

Phone: 01445 600 3090

Monday - Friday 8am-5.30pm

Information, advice and support for children, young people and professionals

**Quick Links**

- Emotional Wellbeing Hub
- Eating Disorders in children and young people
- Depression in children and young people
- Anxiety in children and young people

Families and professionals can make an online referral to the Emotional Wellbeing Hub from the Gateway website.

**Visit: [emotionalwellbeinggateway.org.uk](https://emotionalwellbeinggateway.org.uk)**

# PRIMARY MENTAL HEALTH WORKERS

## Primary Mental Health Workers for Schools in Suffolk

### What are Primary Mental Health Workers (PMHWs)?

Primary Mental Health Workers (PMHWs) offer consultation, support and guidance for school staff working with children and young people who are showing mild to moderate mental health concerns.

School staff can contact their Primary Mental Health Worker if they need advice or about making a referral about the needs of a child or young person showing mental health symptoms.

### Other useful emotional wellbeing support services for young people and families:

[Children & Young People's Emotional Wellbeing Hub](#) - provides information and advice, and an online general service for young people and families who are worried about their mental health or have concerns about the mental health of a child or young person.

This service is for those who live in East and West Suffolk aged 0-25.

[Contact Point 1](#) - if the child/young person lives in [Lowestoft](#) or [Weymouth](#).

[The Source website](#) - is for young people in Suffolk to access information, advice, and guidance on health and wellbeing issues.

[ChatHealth](#) - is a confidential text service provided by the school nursing teams.

This service lets young people text a school nurse for advice on any health matter.

Primary Mental Health Workers for West Suffolk Schools

Primary Mental Health Workers for East Suffolk Schools

Actions

[Print](#)

[Add to My Shortlist](#)

Schools can find contact details of their Primary Mental Health Worker (PMHWs) on The Gateway website if they are worried about a child's mental health and need advice. (Schools should contact their PMHW rather than the emotional wellbeing hub.)

[www.emotionalwellbeinggateway.org.uk](http://www.emotionalwellbeinggateway.org.uk)

# Where can young people get emotional wellbeing support?

Children &  
Young People's  
Emotional  
Wellbeing Hub



**wellbeing**  
Service



**ChatHealth**





## KOOTH ONLINE WELLBEING SERVICE



Kooth provides an online emotional wellbeing service for young people aged 11 to 25, across whole of Suffolk.

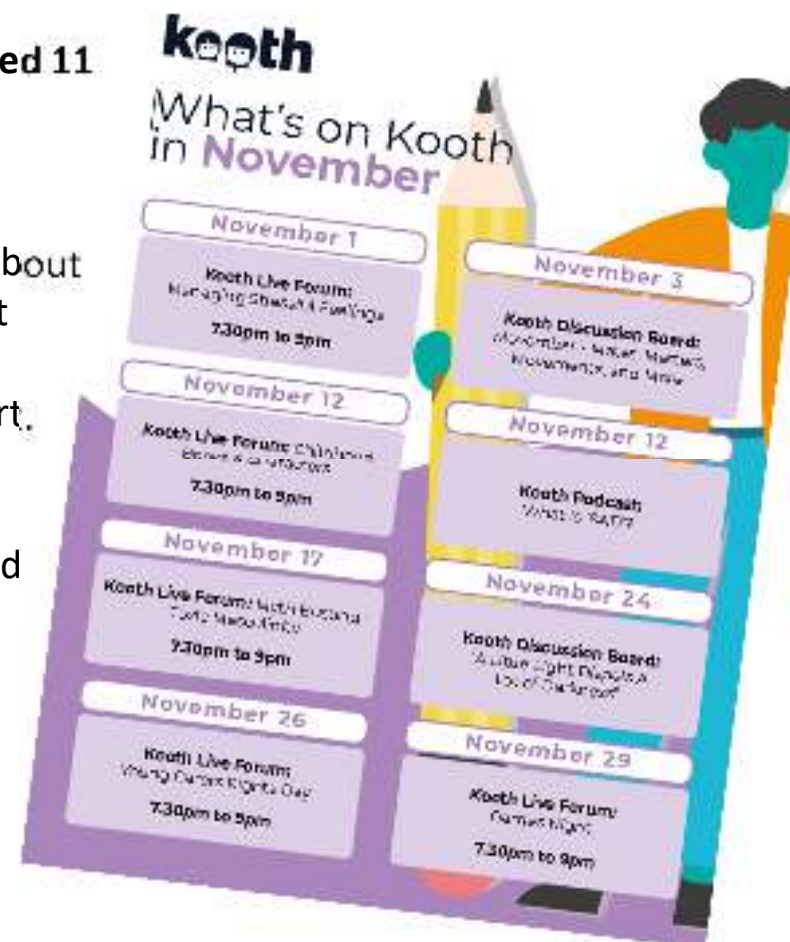
Kooth offers:

- Free, safe anonymous counselling about anything through virtual online chat sessions and text messaging.
- Live forums for peer-to-peer support.
- Self-help articles.
- Their website has journals and goal trackers to reflect their thoughts and feelings.

Young people register on to the Kooth website to start accessing support.

**Visit: [www.kooth.com](http://www.kooth.com)**

Each month there are various Kooth webinar Zoom sessions available to staff and families. **To book on to a Kooth zoom session, contact: [sclark@kooth.com](mailto:sclark@kooth.com)**







## THE SOURCE WEBSITE FOR YOUNG PEOPLE IN SUFFOLK



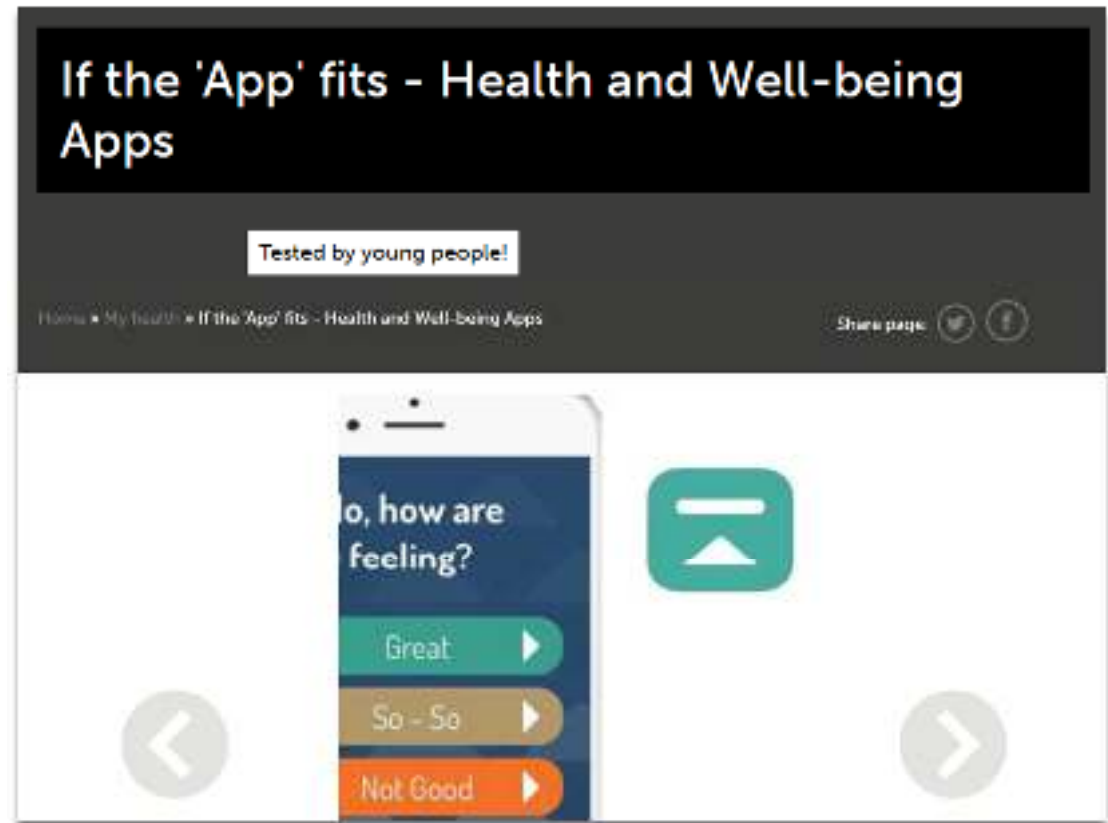
The Source website provides information, advice and sources of support to young people about topics that are important to them.

It has a large health and emotional wellbeing section full of advice that has been co-produced with young people.

**Visit: [Thesource.me.uk/wellbeing](https://thesource.me.uk/wellbeing)**



THE SOURCE WEBSITE FOR  
YOUNG PEOPLE IN SUFFOLK



The Source website health section has a page about wellbeing apps that we have identified with young people as being useful.

**Visit: [Thesource.me.uk/wellbeing](https://thesource.me.uk/wellbeing)**



## SUFFOLK YOUNG PEOPLE'S HEALTH PROJECT (4YP)

- 4YP is a local charity that provides services that improve the social, emotional, and physical health and wellbeing of young people in Suffolk.
- Their service caters for those that struggle to get the support they need elsewhere.
- Offers a drop-in centre in Lower Brook Street, Ipswich and throughout the county, including in many schools.
- They have Youth Support Workers young people can talk to that provide counselling sessions and group activities.

**Call: 01473 252607 email:**  
**[enquiries@syphp.org.uk](mailto:enquiries@syphp.org.uk)**  
(Weekdays 10am-5pm)

**Visit: [www.4yp.org.uk](http://www.4yp.org.uk)**



## HealthWatch Suffolk – “My Health, Our Future”

### HealthWatch Suffolk



Each year, Healthwatch Suffolk release the largest survey of children and young people’s mental health in Suffolk.

- The survey is free to take part in, and schools will receive a bespoke report to help them better meet their children and young people’s mental health and wellbeing needs. Find out more about the survey and previous years results at:  
[healthwatchsuffolk.co.uk/mhof](https://healthwatchsuffolk.co.uk/mhof)
- The survey is available to primary schools, secondary schools and colleges. And also to other educational institutions (e.g special schools, pupil referral units, and others).

**If you are interested in taking part this year (2021 – 2022) email:**  
**[research@healthwatchsuffolk.co.uk](mailto:research@healthwatchsuffolk.co.uk)**

## SELF-HARM TOOLKIT



### Self-harm Toolkit

The Self-harm toolkit is available to school staff, giving them practical guidance on how to talk to and support students who are self-harming.

The toolkit is available on the Schools Portal.

To access the schools Portal contact:

**[jane.stannard@suffolk.gov.uk](mailto:jane.stannard@suffolk.gov.uk)**

There is also a Self-harm leaflet available for parents and carers.

## EMOTIONAL WELLBEING Z CARD LEAFLETS FOR YOUNG PEOPLE



We have a number of emotional wellbeing Z card leaflets for young people which have been co-produced with young people.

Schools can request copies by emailing:

**[engagementhub.enquiries@suffolk.gov.uk](mailto:engagementhub.enquiries@suffolk.gov.uk)**



## EMOTIONAL WELLBEING LEAFLETS



### Toilet door poster

Young people wanted better information on emotional wellbeing support services available in schools. They told us the best location would be the back of toilet doors because it's private, so this poster was created with young people for schools.

To request copies of the Toilet Door Poster email:

**[engagementhub.enquiries@suffolk.gov.uk](mailto:engagementhub.enquiries@suffolk.gov.uk)**

## 30 DAY WHAT'S UP CHALLENGE



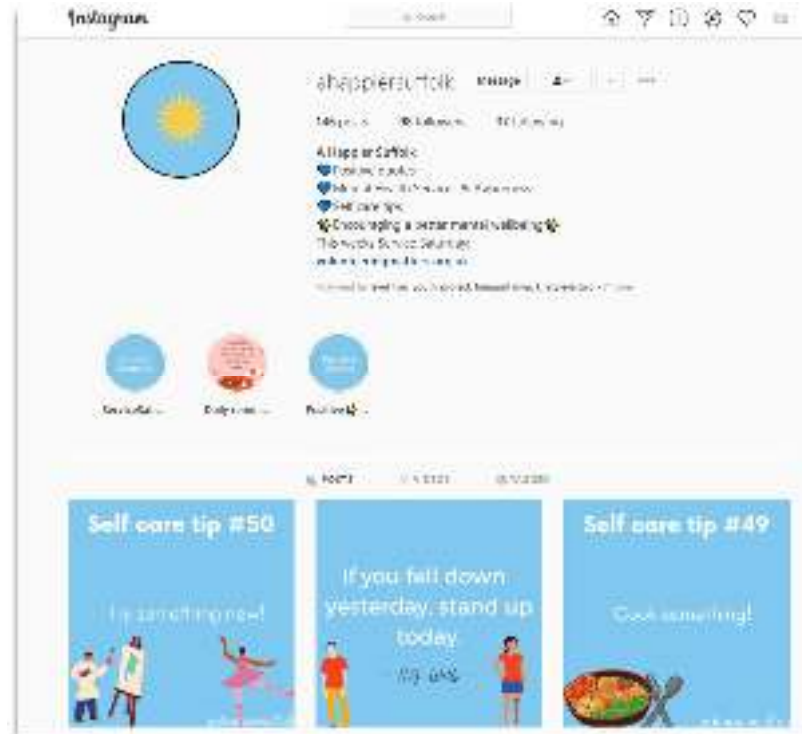
The What's UP Challenge is based on the five ways to wellbeing and gets young people doing simple tasks to support their wellbeing, such as:

- Listen to mood-boosting music.
- Phone a friend or talk to someone about something that is worrying you.
- Give yourself a mirror pep-talk – tell yourself 3 positive things about yourself.

**Visit: [www.thesource.me.uk/whatsup](http://www.thesource.me.uk/whatsup)**

## Social media

### @ahappiersuffolk on Instagram



- An Instagram channel for young people in Suffolk, made by Poppy, a Member of Youth Parliament for South Suffolk and Ipswich, championing mental health support for young people in Suffolk
- They share Mental Health services every Saturday (called Service Saturday) to raise awareness to young people about where to go to find support, as well as self-care tips and positive quotes.

## Yojo Careers & Apprenticeship App for young people in Suffolk.



The CYP Engagement Hub team at Suffolk County Council have launched their new improved yojo careers and apprenticeships app for young people aged 14 to 25.

### **The app allows young people to:**

- Create and send CVs on the go
- Search career paths by subject and interests
- Search for and apply for live apprenticeship vacancy opportunities
- Interview questions quiz and tips to improve their interview skills
- Support for NEET young people
- Plus much more!

**Visit: [www.yojoapp.co.uk](http://www.yojoapp.co.uk)**

# RESOURCES AND SUPPORT

If you would like to request or know more about any of these wellbeing resources, please email:

[engagementhub.enquiries@suffolk.gov.uk](mailto:engagementhub.enquiries@suffolk.gov.uk)

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