

Supporting Mental Health in Schools— Signposting Services and Support within BANES



Provided by the Prepare 4 Success (BANES)
Virtual School

Introduction—Our statutory roles in supporting the mental health and well being for all looked after and post looked after children.

Looked-after children and previously looked-after children are more likely to experience the challenge of social, emotional and mental health issues than their peers. For example, they may struggle with executive functioning skills, forming trusting relationships, social skills, managing strong feelings (e.g. shame, sadness, anxiety and anger), sensory processing difficulties, foetal alcohol syndrome and coping with transitions and change. This can impact on their behaviour and education.

It is key that Virtual School Heads and designated teachers have awareness, training and skills regarding these children's needs and how to support them, particularly in relation to behaviour management and mental health.

Many schools will have an officer responsible for making links with mental health services, and in the December 2017 'Transforming Children and Young People's Mental Health' the guidance outlines plans to encourage schools to appoint a Designated Senior Lead (DSL) for mental health. Neither the designated teacher nor the virtual school head are expected to be mental health experts; however, they have an important role in sign-posting designated teachers to appropriate training and specialist services.

Here in BANES we have many services available to support children with mental health. Some of these services are free and some require additional funding. The mental health resources and training in this leaflet are designed to enrich the school's own holistic provision and should benefit all children. However it would be expected that children in care and those previously looked after would be prioritised to receive support. Where clear impact of this support can be measured, this additional funding may be available through the PEP process via accessing the pupil premium plus or for post care children they may be accessed via the adoption support funding. If you have any concerns regarding funding then please contact the virtual school direct, their contact details are available on the back of this booklet.

Within this booklet we have given details of websites, resources, agencies that we work with alongside schools and training that is being offered throughout this academic year. The list is by no means all of the services that are out there but offers a starting point enabling all schools to fulfil their role within the statutory guidance. Further information and the full statutory guidance for designated teachers can be accessed via our website: <https://virtualschool.bathnes.gov.uk>

Resources and websites:

- In Bath and North East Somerset schools are asked to use the **Positive mental health resource packs**, both at Primary and Secondary phases. These activities are flexible. They can be used with whole classes, small groups or on an individual basis. Every school in B&NES has a hard copy of the pack and the activities can also be accessed for free from the Oxford Health CAHMS website: <https://www.oxfordhealth.nhs.uk/children-and-young-people/south-west/>
- **Smiling Minds relaxation app** is free and it encourages children to relax and cope with anxiety <https://www.smilingmind.com.au/our-programs/>
- **The Charlie Weller Memorial Trust** website has useful resources and offers training. Schools are encouraged to have a wellbeing and mental health policy and a guide for this is offered on the website: <https://www.cwmt.org.uk/about-us1>
- **Promoting children and young people's emotional health and wellbeing:** A whole school and college approach. PHE & CYP Mental Health Coalition (2015) https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414908/Final_EHWP_draft_20_03_15.pdf
- **Time to Change** have information on a whole school approach. <https://www.time-to-change.org.uk/get-involved-schools/school-leaders/whole-school-approach>
- **HarmLess** harmLESS is a fabulous easy to use resource for any professional who comes into contact with young people who are self-harming. It is designed to help you talk confidently about self-harm with a young person so that you can decide what support might be helpful, create a plan together and know when you need to refer to CAMHS. CAMHS staff within school Hubs will be very happy to offer training around harmless. <https://www.harmless.nhs.uk/>
- **MIND**—resources and support for carers and young people: <https://www.mind.org.uk/>
- **Young Minds**—great guides to support specific feelings and symptoms. Good support for parents: <https://youngminds.org.uk/find-help/feelings-and-symptoms/>
- **Family Lives**—whilst written for parents and carers it is also relevant to schools and supporting parents: <https://www.familylives.org.uk/advice/>
- **Prevention of Young Suicide UK (PAPYRUS):** <https://www.papyrus-uk.org/>
- **BANES CAMHS:** CAMHS deliver 12 free training sessions throughout the year. These can be accessed through the learning pool. <https://www.oxfordhealth.nhs.uk/camhs/>
- **Early Intervention App;** Available on Apple App and Android App store. Also see Council website for how to access <http://www.bathnes.gov.uk/services/children-young-people-and-families/early-help-support-families/commissioning-early-help>
- **P4S** website—all of the above are available on our website: <https://virtualschool.bathnes.gov.uk>
- **The Children's Workforce Development Team** provides a range of training around mental health issues. To find out what is currently available, <http://bathnes.learningpool.com/to tara/dashboard/index.php>
- **Gender Transition** information for young people, schools and carers, <https://www.actionforchildren.org.uk/media/6718/a-guide-to-supporting-trans-children-and-young-people.pdf>

Supporting Agencies that we currently work with:

As we mentioned at the start this is not an exhaustive list of services available in BANES, but they are a list of professionals that we regularly work with within nurseries, schools and colleges to support emotional and mental needs of our pupils.

Brighter Futures—We have a wide range of practitioners with considerable expertise in special educational needs, health, inclusion, behaviour support, therapeutic approaches, child development, personalised programmes for young people, and training for staff. Our services include assessments for learners with additional needs, therapeutic interventions, training programmes for children and teenagers, professional development and consultancy for staff, as well as advice for parents and carers. <http://www.brighter-futures.uk.net/>

BAPP (Bath Area Play Project)—BAPP is a local voluntary organisation and Registered Charity. We promote and facilitate opportunities for children and young people to play and participate in positive activities. BAPP recognises and promotes the importance of self-directed play in relation to child development and the rights of children and young people. BAPP provide services for disabled children and young people which supports wellbeing including youth provision, holiday playschemes and a Saturday Club BAPP works in partnership with Southside Family Project to deliver the commissioned Family Support and Play Service for 5-19 years olds (referrals to Southside Family project) <http://www.bapp.org.uk/>

Southside Family Project - We deliver the early help Family Support and Play Service in partnership with BAPP providing targeted support to vulnerable families with children aged 5-19 years. Alongside our work to support families experiencing domestic violence we work closely with Children's Centres and Connecting Families to deliver a co-ordinated early help offer to families in B&NES. <http://south-side.org.uk/>
<http://www.bapp.org.uk/support-for-you/family-support-play/>

Mentoring Plus—Alongside our charity-funded volunteer mentoring service, we offer professional mentoring and specialist training to schools and other organisations. This helps us reach more young people than our charitable funding can cover, to support those young people in more acute need. See our training offer for BANES school staff in the final section. <http://mentoringplus.net/schools/services/>

School Nurse Services—School nurses cover universal and targeted provision for schools. Every school has a named school nurse and schools can contact the school nursing service with any concerns regarding children's mental health problems. Schools can also ask their school nurse for additional support, e.g. to run a parent session on anxiety and worries in young children. Contact school nursing using this email address: BATHNES.schoolnursing@virgincare.co.uk

Theraplay—Theraplay is a child and carer therapy designed to build and enhance attachment, self-esteem, trust in others and positive engagement. Ali Cliffe delivers the theraplay support in BANES and she is offering schools training on how to use theraplay with adolescents. This would be particularly useful to Year 5 / 6 and upwards into the secondary phase and to support the transition to secondary school process. Please see the training section to see how you can access training.

CAMHS School Hubs—All secondary schools and colleges in Bath & North-East Somerset have a named CAMHS clinician who provides monthly consultation available for all school staff who may be worried about a pupils Emotional or Mental Health. CAMHS also offer up to 2 days bespoke training, agreed with the school or college, aimed at increasing staff's understanding and confidence around Mental Health. This is a very useful resource that school staff report they find very helpful.

HITZ—Bath Rugby Foundation is the charitable arm of Bath Rugby Club set up to empower all young people in Bath and surrounding areas to succeed. We use the values of rugby to inspire young people to create a better future for themselves. We focus on key areas of need in our community, specifically, improving Health, Education, Employability and Inclusion in the South West. All of our projects pair classroom based learning with getting active on the pitch.

<https://bathrugbyfoundation.com/>

Off The Record—Off the Record provides a range of free, confidential and independent services for children and young people that support the development of their emotional health and well-being. Children and Young People can easily access our services and find someone to listen to them, understand and help them to find their own way to improve their emotional health and well-being. We also promote and support children and young people informing and improving services that impact on their lives. <http://offtherecord-banes.co.uk/>

Bath City Farm—We provide education, training, therapeutic activities, venue hire and events for the local community. We exist to support disadvantaged and disabled people to develop new skills and confidence and boost emotional, mental, physical and social well-being. <http://bathcityfarm.org.uk/>

Project 28—The project's team seek to provide holistic packages of care to young people in the BANES area. The overall ethos behind the project is to provide a physical space in which young people want to spend time and can then access a range of services. <http://www.dhi-online.org.uk/do/bath/project-28/>

Youth Connect—Youth Connect provides a range of services for young people, from positive activities and advice through to individual support for those who need it the most for moving on into adulthood and work or training.

<http://www.bathnes.gov.uk/services/children-young-people-and-families/youth-connect>

Supporting Agencies that we currently work with continued:

Small Strides—Small Strides CIC was established in 2014 to provide equine assisted learning and activities to people who are looking to improve mental, physical and emotional well-being and learn new skills through the interaction with horses. We accommodate adults and children (+5), from a range of disadvantaged backgrounds and all levels of ability. Clients include people with mental health problems, learning difficulties, on the autistic spectrum people in recovery, children with development issues, challenging behaviour, ADHD and generally anyone who feel they can benefit from being around the horses. <https://www.smallstrides.co.uk>

Trauma Recovery Centre—The TRC started when Betsy de Thierry, director and founder of Trauma Recovery Centre, had a dream of the building as a trauma centre helping many families who had no one to support them in the aftermath of a traumatic experience. It was founded in 2011 and Since then, Betsy has worked together with a team of professional psychotherapists and creative therapists, social workers and teachers to fulfil the vision of the TRC: to see children and families restored from trauma. <https://www.trc-uk.org/>

Place2Be—Place2Be provides emotional and therapeutic services in primary and secondary schools, building children's resilience through talking, creative work and play. <https://www.place2be.org.uk/>

Sporting Family Change—Sporting Family Change has a whole based approach to mentoring which is unique. SFC works with a young person within their family unit and works with them on their strengths, helps them build on these successes and support them in areas of their lives where they may find life more challenging.

<http://sportingfamilychange.co.uk/>

The Bath and Mendip Partnership Teaching School - is a teaching school based at Fosse Way School in B&NES and working with all schools and academies in the area. As a teaching school one of our areas of activity is CPD for the education workforce but we also offer a range of support services. The CPD offer is flexible and can be tailored to meet specific needs of schools and settings or professional groupings. Our website includes details of CPD for the forthcoming but is constantly updated with new opportunities organised. There is a specific tab for Emotional Well Being and Mental Health. As well as these CPD opportunities we are a delivery hub for a degree in Child and Adolescent Mental Health (University of Worcester) in partnership with The Learning Institute. This can be a foundation degree or topped up to BSc Honours degree. www.tbmpts.com

Upcoming Training Provided by the Virtual School and Supported with CAMHS Transformation Funding:

Training	Delivered by	Date	Description	Cost
Virtual school – mental health events	Victoria Duke Sarah Gunner	19 th November – schools 22 nd November – carers	Half Day event to highlight statutory requirement upon schools to support LAC and children with emotional health and mental health issues. Includes training on resilience and anxiety. Sign up with the virtual school direct. Virtual_school@bathnes.gov.uk	Free
THRIVE training for people working in secondary schools and alternative education providers	Brighter Futures Kieran McCarthy	2 courses (both 2 days a month for 6 months) 1 st to start October / November 2018—TBC 2 nd Course in 2019.	22 places with 50% subsidy (14 for secondary schools and 8 for alternative education providers) Equipping identified staff in secondary's with skills to identify children and young people in need of emotional resilience building; skills to assess need and design strategies to ensure inclusion. Email Kieran McCarthy of Brighter Futures <i>with the name of attendee and school</i> kieran@brighter-futures.uk.net	Cost: £600.00 per participant (whole cost £1200.00 plus organisation/school will need to purchase software)
Theraplay for people working with adolescents.	Ali Cliffe	2 days 7 th and 8 th March 2019	Equipping secondary school staff working with adolescents with understanding and skills to run small group sessions using Theraplay techniques. This is an accredited course. Email: lisa_pullin@bathnes.gov.uk	Free
Mentoring Training For people working in all phases.	Mentoring Plus Kate Massey	1 day training Nov 8 th —Wellsway School Nov 15 th -Norton Hill School Nov 22 nd —Chew Valley School Nov 29 th —St. Gregorys	What is mentoring? What are the needs of the young people? What is our mentoring model? What skills are required for mentoring? Stages of mentoring. Measuring outcomes. This is an accredited course. Email Kate Massey at Mentoring Plus on katy.massey@mentoringplus.net	Free

Upcoming Training Provided by the Virtual School and Supported with CAMHS Transformation Funding:

Training	Delivered by	Date	Description	Cost
Each Month— Specific bespoke training for clusters or schools.	Dr. Alish Rodgers (P4S EP)	Can be booked to suit training needs. Could be within an hour staff meeting time , an INSET day or a morning / afternoon.	Training that offers practical strategies to help schools support vulnerable children. Choices includes: -Emotion coaching, managing emotions around contact with birth family - Types of attachment difficulty and strategies to support with these - Building resilience in young people - Managing self-harm and suicidal ideation Book directly via Alish: alish_rodgers@bathnes.gov.uk	Free
Drawing and Talking Foundation Course.	Drawing and Talking Foundation	Full day course. 18th Jan— Broadlands 1st Feb— Writhlington 1st March— Writhlington.	Drawing and talking is a safe, easy to learn method of working with pupils in primary phases, to help with underlying emotional difficulties that may be affecting their learning and behaviour. Please book places via the virtual school direct. Virtual_school@bathnes.gov.uk	Free

Upcoming Training Delivered By Other Providers:

Training	Delivered by	Date	Description	Cost
Youth Mental Health First Aid (YMHFA) - 2 Sessions	Gill Welsh	8 th and 9 th October	This two day course is for suitable for anyone working with or supporting children and young people aged 8-18. It teaches the skills needed to spot the signs of mental health issues in a young person .Details on the Hub	£85.00
EYFS - Emotion Coaching - A Different Approach to Managing Behaviour (2 part course)	Francesca Coles	Tuesday 20 th & Tues 27 th November 2018 6.15pm (6.45pm - 8.45pm) -	Emotion Coaching aims to empower practitioners with strategies to approach communication and behaviour effectively and empathetically. Use an Emotion Coaching approach to support young children's emotional well-being and behaviour. Details on the Hub	Free
Emerging Borderline Personality Disorders	CAMHS	5/10/2018 9.30-1	Details and booking available on the learning pool.	Free
Managing Anger and Anxiety in Pupils with Autism	Jo Clay and Conrad Hein Hartmann	11/10/2018 and 5/2/2019 9.00 to 12.00. Bath and Mendip Partner Teaching School (Fosseway School)	This course is open to all staff who work in schools. The course will cover understanding why pupils with autism often have high levels of anxiety and understanding anger - from an autism perspective.	Free to BANES Schools and Academies. £50.00 to all others.
Leading a Mentally Healthy School	Alison Reevey	6/12/2018. Bath and Mendip Partner Teaching School (Fosseway School)	To enable and empower senior leaders to put mental health at the heart of strategic school improvement. To equip senior leaders with practical and sustainable approaches that can be implemented on return to school.	£75.00

Further Training—Please see over the page

Upcoming Training Delivered By Other Providers:

Training	Delivered by	Date	Description	Cost
How to write social scripts	Becca Tranter	22/1/2019 and 18/6/2019 9.15am to noon. The Bath and Mendip Partner Teaching School (Fosseway School)	Why social scripts are effective, how to write to increase pupils' understanding, the rules of writing social stories and sharing examples of stories	Free to BANES Schools and Academies. £50.00 to all others.
Mindful Emotion Coaching	Neil Harris	31/1/2019 9.30am to 4pm. The Bath and Mendip Partner Teaching School (Fosseway School)	Mindful Emotion Coaching is about building emotional resilience by identifying emotional and mental health difficulties early, talking about emotions behind behaviours and understanding the neuroscience of brain development and mindful awareness.	£80.00
Louise Bomber—Conference	Louise Bomber	8/3/2019. Somervale Pavillion	Louise Bomber is qualified as both a specialist teacher, a therapist and a DDP certified practitioner. Louise and her team offer a range of services supporting children and young people who have experienced significant relational traumas and losses to move towards learned security and recovery. Louise's work is informed, in the main, by Attachment Theory.	£90.00
TEACCH two-day introduction	Alison Reevey	20 and 21/3/2019. The Bath and Mendip Partnership Teaching School (Fosseway)	Treatment and Education for Autistic and Communication impaired Children (TEACCH) is generally acknowledged to be the most widely used set of principles and practices for living and working with people with ASD	£250.00
Understanding Girls on the Autistic Spectrum	Jo Clay	12/6/2019. The Bath and Mendip Partnership Teaching School (Fosseway)	This course offers a deeper understanding of girls with autism, how parents can support daughters, how teachers can support girls in their class, strategies to support girls in school	Free to BANES Schools and Academies. £50.00 to all others.

Upcoming Training Delivered By Other Providers:

Training	Delivered by	Date	Description	Cost
Loss and Bereavement	CAMHS	7/3/2019 9.30-1	Details and booking available on the learning pool.	Free
Mental Health First Response – Awareness and management of depression and anxiety (2days)	CAMHS	22/10/18 + 23/10/2018 4/2/19 +5/2/19 Both 9.30-4.30	Details and booking available on the learning pool.	Free
Attachment – Introduction and awareness	CAMHS	21/11/18 9.30-3.30	Details and booking available on the learning pool.	Free
Deliberate self-harm and suicidal behaviour	CAMHS	28/1/2019 9.30-1	Details and booking available on the learning pool.	Free

Suggested Reading to Support Mental Health:

We have a very detailed list of suggested reading books to support a variety of mental health issues. These can be accessed from the supporting mental health page on our website: <https://virtualschool.bathnes.gov.uk>

Supporting Staff Wellbeing:

Working with children who require extra support with mental health can be highly rewarding but it is also exhausting and emotionally tough, above and beyond a normal teaching day. The best practice that we see in schools is where mental health policies not only involve support for the pupil but also for the teaching and support staff involved. Supervision for staff should be considered and opportunities to also support their mental well being.

Contacts at the P4S Virtual School:

Headteacher: Victoria Duke

Victoria_duke@bathnes.gov.uk

Admin Officer: Trish Rolfe

Trish_rolfe@bathnes.gov.uk

Tel: 01225 396932

Phase Leader Year 8—Post 16: Moyra Maxon

Moyra_maxon@bathnes.gov.uk

Phase leader Early Years—Year 7: Sarah Gunner

Sarah_gunner@bathnes.gov.uk

