Educational Psychology Team

City of BRADFORD METROPOLITAN DISTRICT COUNCIL

Info on mental health and emotional wellbeing services and organisations for school attendance leads

Dr. Claire Cooper-Jones,

Lead Specialist Senior Educational Psychologist

Bradford Educational Psychology Team

Mental Health Champions/Mental Health Matters in Schools Website:
https://bso.bradford.gov.uk/content/www.mentalhealthmattersinschools.org.uk
Email: mhchampions@bradford.gov.uk

Mental Health Projects on offer from EP team

- Mental Health Champions – Basic offer known as MHC Core and enhanced offer known as MHC Plus
- Healthy Minds Chartermark
- DfE Senior Mental Health Leads training
- Healthy Minds Wellbeing Intervention Training

Educational Psychology Team

Mental Health Champions Core

For schools who require access to key info but not further support or training.

- Termly network meetings.
- Termly Parent Workshops.
- Training for school governors (new for 2022)
- Half-termly newsletters and other regular communication.
- One nominated member of staff (MH Champion) attends Network Meetings to exchange info and signposting. Champion can be any member of staff but limited to one per school. **Champions should disseminate info to colleagues and advise parents/governors of workshops/training.**
- **NB** there is no 'pre-training' that makes you a Champion, you simply join the project, and attend 3 events per year, plus access to newsletters etc.

Mental Health Champions Plus

For schools who wish to access training and further support and are actively seeking to develop whole-school approaches.

- **All MHC Core** with addition of:
- Termly network meetings for (same) nominated Champion to access training on a variety of topics to support with awareness raising and early intervention.
- Supervision for nominated Champion to complete audit of **one** area of mental health provision/policy ect and action plan to identify areas for development.
- *Implementation* of action plan done internally, no support or monitoring.
- Please do not try to book/attend an MHC Plus session unless you are registered and engaged with the project.
- *MHC Plus is an add-on, not an alternative: you are still expected to attend/access all that is on offer at MHC Core, plus the additional MHC Plus sessions.*

Healthy Minds Chartermark

- Schools are supported to critically analyse their systems, policies and procedures in order to identity how to make improvements to support mental health and emotional wellbeing of pupils
- Audit and action planning to identify and then demonstrate changes and improvements (rather than just awareness of issues)
- EP acts as a critical friend/process consultant to help with examining whole school systems, potential vulnerabilities, needs arising etc, and then supports school with exploring *how* those systems can be improved.

Expectations of Chartermark involvement

Schools must be willing to critically analyse several aspects of school policy and provision, to seek out areas for development, and to make active changes in order to address these.

It is an opportunity for schools to gain recognition for outstanding practice through a robust moderation and accreditation to demonstrate that the improvements they have made are sufficient to reach a set standard: 3 levels of award: Silver, Gold and Platinum.

The Chartermark is not simply an award or ‘pat on the back’. Although there is recognition of good practice, it is intended to make a positive difference in terms of outcomes for CYP.

DfE Senior Mental Health Leads

- A national course, grant funded and approved by the DfE. (Other providers available!)
- For individuals at management level in schools.
- Designed to help strengthen the school or college's offer on mental health and wellbeing.
- Emphasis on psychological theory and practical aspects of managing change. Also provides information on evidence based whole school approaches.
- Suite of 7 x 3 hour webinars.

Healthy Minds Wellbeing Intervention Training

Access to training in 1 of 6 evidence-based interventions:

- Emotion coaching
- Zones of Regulation
- Mindfulness
- Restorative Practice
- CBT-based approaches
- Resiliency

To be eligible, schools must be actively involved in either:

- *MHC Plus*
- *DfE Senior Leads (Bradford version)*
- *Healthy Minds Chartermark*

Plus follow up support for whole-school implementation

Access for 2 members of staff.

NB School must demonstrate that intervention has been embedded into school practice before accessing any additional training.

EPT mental health projects in schools

Claire Cooper-Jones

Nominated member of staff (MH Champion) attends termly Network Meetings to exchange information and signposting.

Termly Parent Workshops.

Half-termly newsletters and other regular communication.

(Champion can be any member of staff – limited to one per school)

Training for school governors

For schools who only require access to key information but who do not require further support or training.

Sophie Davis

All MHC Core with *addition* of:

Termly network meetings for (same) nominated Champion on MH/EW related training on a variety of topics to support with awareness raising and early intervention.

Access to supervision for nominated Champion to help with their development of whole-school practice.

Senior Mental Health Lead Training

Kay Tasker-Smith

Grant Funded and approved by the DfE, this course is for individuals at management level in schools. It is designed to help strengthen the school or college's offer on mental health and wellbeing. There is a strong emphasis on psychological theory and practical aspects of managing change. It also provides information on evidence based whole school approaches.

Healthy Minds Chartermark

Kay Tasker-Smith

Alongside improving outcomes for children, the Chartermark offers opportunity for Bradford schools to gain recognition for outstanding practice with regard to mental health and emotional wellbeing. with three awards being built into the process: Silver, Gold and Platinum.

For schools who wish to access training and further support and are actively seeking to develop whole-school approaches to mental health and wellbeing. As a commitment to developing provision, practice and understanding with regards to mental health and emotional well-being is expected, this involves completion of audits and implementation of an action plan.

Healthy Minds Wellbeing Intervention Training

Sophie Davis and Claire Cooper-Jones

Access to staff training in 1 of 6 evidence-based interventions relating to MH/EW/SEMH:

- Emotion coaching
- Zones of Regulation
- Mindfulness
- Restorative Practice
- Social skills*
- Resiliency*

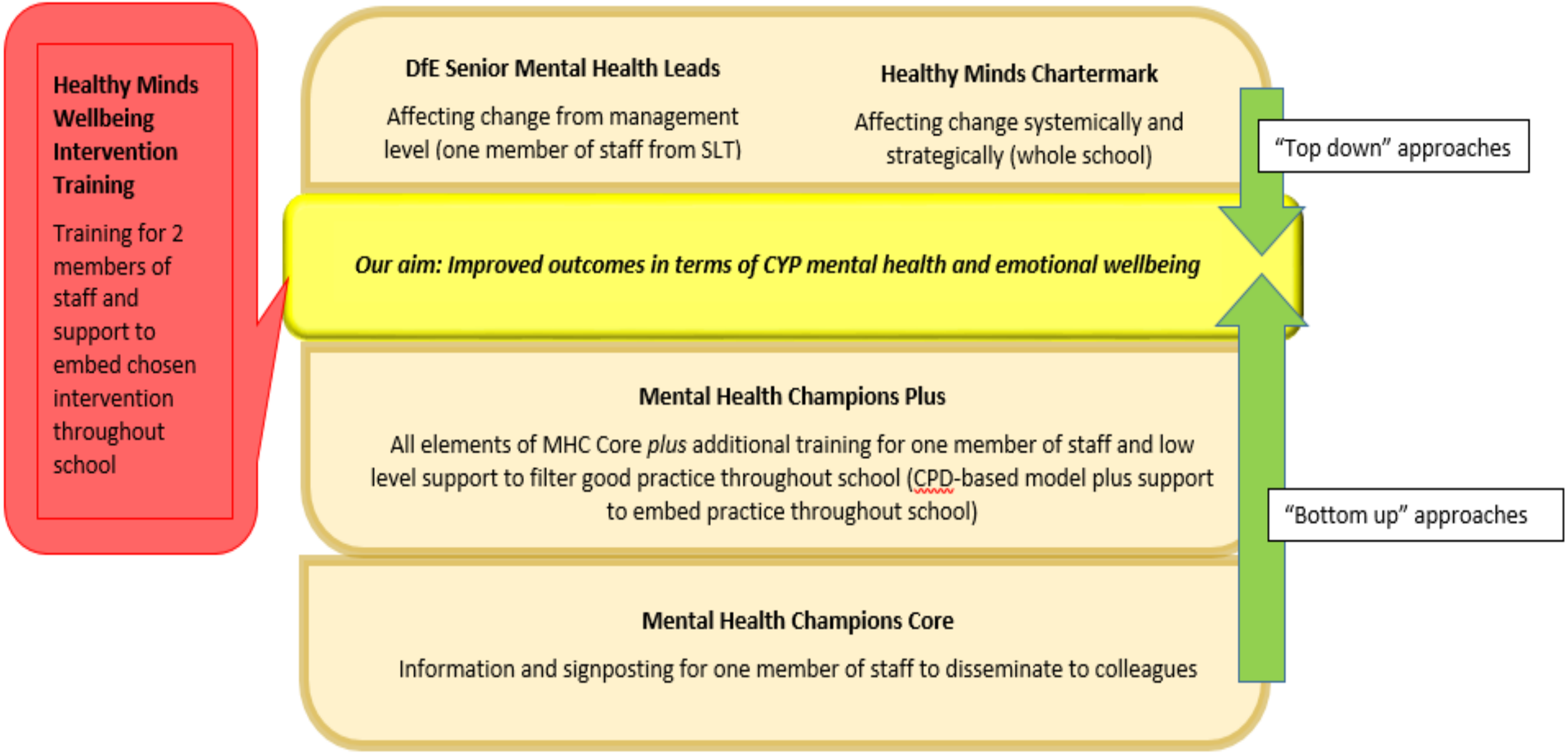
Plus follow up support for whole-school implementation

Schools signed up to any one (or more) of these 3 projects can access the intervention training.

Schools can send their MH Champion or DfE Lead and one other member of staff.

One intervention per term.

How our projects fit together:



Other services/projects/initiatives in schools

EEWPS:

The Education Emotional Wellbeing Practitioner team (EEWPs) are part of the Educational Psychology Team and work with schools and colleges in the Bradford district that do not have an NHS Mental Health Support team (MHST) within their setting.

EEWPs work with CYP aged 0-25 experiencing mild to moderate emotional and wellbeing difficulties.

The team is no longer Covid-specific

https://bso.bradford.gov.uk/content/education-based-emotional-wellbeing-practitioners-(eewp)-team

MHSTs

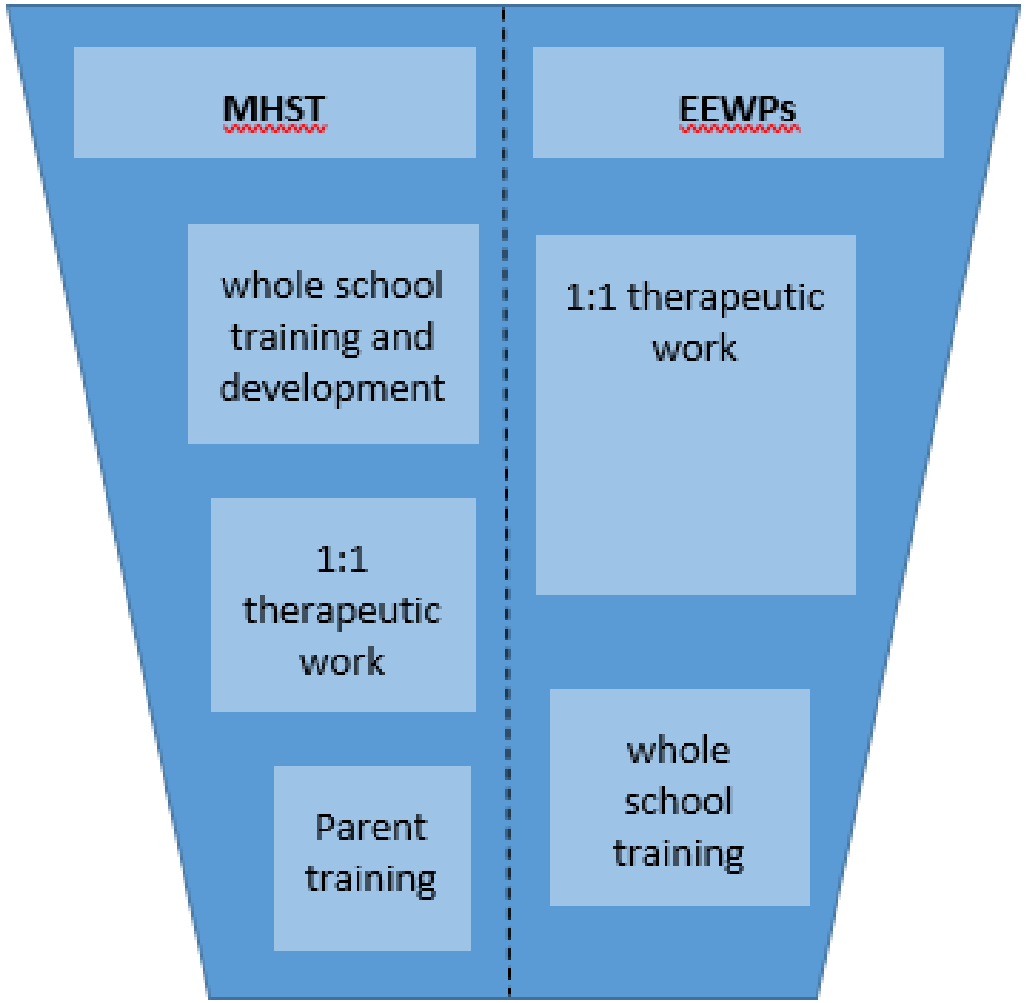
The Mental Health Support team provides support to children and young people (school age), school staff, parents, and carers.

They offer therapy and support to young people who may be struggling with mild to moderate mental health difficulties.

They also offer support to their designated schools to adopt a whole school approach to mental health and wellbeing.

https://www.bdct.nhs.uk/services/mental-health-support-team

Other services/projects/initiatives in schools



Wider EP team offer

Educational Psychology Team

EP Consultation Hubs: Consultation hub sessions are available to school staff to enable them to access support and advice from an EP in a timely and efficient way. EP Consultations are available across the year via MS Teams.

Bookings made through S4B, where you can find details of availability. Up to 2 sessions are fully subsidised for maintained schools. Cost of £100 for non-maintained schools or for more than 2 sessions.

Traded Services: The wider EP team also offers support for mental health and emotional wellbeing to schools through the traded offer. (There are costs involved in this service). This might be:

- Individual casework, which usually include an assessment of a pupil's needs and recommendations given to school. It is rare for an EP to provide 1:1 support such as counselling for a student.
- Whole staff school training relating to mental health and emotional wellbeing.

Educational Psychology Team: https://bso.bradford.gov.uk/content/educational-psychology/educational-psychology

Email: EducationalPsychologyTeam@bradford.gov.uk

Where else can I find support?

Educational Psychology Team

HEADS TOGETHER

Anna Freud National Centre for Children and Families

YOUNGMINDS fighting for young people's mental health

WINSTON'S WISH Giving hope to grieving children

MindEd learning to support healthy minds

Little Minds Matter: Bradford Infant Mental Health service

Better Health every mind matters

STEP 2 young people's health

family action

Building stronger families

Roshni Ghar promoting positive mental health for women

kooth

Qwell

The Parents' Forum for Bradford and Airedale

SHARING VOICES

Self-help and information for CYP

- **Kooth** – an online platform for young people in Bradford to access information on emotional wellbeing, confidential counselling and other forms of support. This service is free to all young people aged 11-18 who live in Bradford www.kooth.com
- **Young Minds** – an organisation that offers information and advice to children and young people https://youngminds.org.uk/find-help/feelings-and-symptoms/

Online information/services for all:

- **Young Minds** – a website covering many aspects of children and young people's mental health. https://youngminds.org.uk/
- **Heads Together** - a mental health initiative spearheaded by The Royal Foundation of The Duke and Duchess of Cambridge, which combines a campaign to tackle stigma and change the conversation on mental health with fundraising for a series of innovative new mental health services. https://www.headstogether.org.uk/
- **The Anna Freud Centre** – a mental health charity for children and families. https://www.annafreud.org/
- **MindEd** - a free educational resource on children and young people's mental health for all adults https://www.minded.org.uk/
- **Winstons Wish** – a charitable organisation that offers support to children and young people following the death of a parent or sibling. https://www.winstonswish.org/
- **QWELL** – a national organisation that provides free online counselling, advice and information for any adult living in the Bradford area. https://www.qwell.io/

Online support and training for adults:

- **The Cellar Trust** develops and delivers a wide range of mental health and well-being training courses across Bradford district.
- The following FREE courses provide information and awareness on a range of topics and have been developed in partnership with **MyWellbeing College**. They are available as e-learning modules or facilitated online webinars.
  - Suicide Awareness
  - Stress Buster
  - Improving Sleep
  - Understanding Low Mood

https://livingwell.training/

N.B. This training is more relevant to adult mental health and may be better suited to staff wellbeing rather then support for CYP.

For further information, please e-mail training@thecellartrust.org or telephone 01274 586474

Early Years

- **Little Minds Matter** - supports parents, carers and professionals to help babies get the best possible start in life. They offer therapy and support to families with babies and toddlers from conception to the age of two, and consultation and training to professionals. https://www.bdct.nhs.uk/services/little-minds-matter/ (Selected postcodes only – see later slide)

Little Minds Matter:
Bradford Infant
Mental Health service

- **All Aboard** - Early Intervention in the Early Years A 4-part course for Early Years Practitioners. All Aboard specifically targets under-achieving children in the early years, aiming to improve outcomes. It provides a model of enhanced early years provision which supports identified children's learning, emotional and social needs. https://skills4bradford.co.uk/Event/106175

- **The Anna Freud Centre** - Early Years in Mind – a free online network for early years practitioners. The network provides easy to read and easy to use guidance on supporting the mental health of babies, young children and their families.
https://www.annafreud.org/coronavirus-support/support-for-early-years/

Anna Freud
National Centre for
Children and Families

Youth in Mind

'Youth in Mind' is an umbrella term for lots of services and organisations that offer advice and support regarding mental health in Bradford.

Their web-page describes the services on offer, as well as giving contact details and referral criteria for the services listed.

There are 3 levels of service, and access to them may depend on location:

- **Youth in Mind** – *available to all*
- **Youth in Mind City** - *funded through the CCG's "Reducing inequalities in City" work stream, which means its service are available to children, young people and families who live or are registered at a GP or attend school in one of the following postcodes: BD1, BD2, BD3, BD5, BD7, BD8 or BD9.*
- **Youth in Mind Plus** – available in Bradford district (not Craven)

Youth in Mind Services

Youth in Mind services offer one to one support, groups and peer support that can be accessed in schools and other community-based settings, such as community centres, youth clubs, libraries and cafés:

- **Bradford Youth Service - p**rovides a variety of youth clubs, peer and targeted support groups (including a buddying programme) across Bradford localities and within schools, for 11-19yr olds. To find out more information or make a referral, please call *01274 431155*
- **Buddies -** Buddies offer two different types of service:
  - Up to 12 weeks 1:1 support from a Buddy who will help you build trust in others, increase your confidence, resilience and self-worth and support you to explore new opportunities and positive activities. Your Buddy can link you in with people and places in your local community so you feel safer, more connected and in control.
  - An initial 1:1 session with a Buddy followed by an introduction to a small peer support group (led by a Buddy) where you can make new friends, talk to people who have had similar experiences, build your confidence, learn new skills and get access to exciting opportunities.
  - Referrals for a Buddy can be made through your School Nurse, CAMHS worker or directly to the Buddy who visits your school. If none of these apply to you, or you want to know which Buddy visits your school, please contact **Bradford Youth Service** on **01274 437959.**
- **WRAP** – A 10-week peer group programme for young people called Wellness Recovery Action Plan. It is a plan that young people make for themselves, to help them feel better and more in control, understand their feelings and stay well. To find out more information or make a referral, please call 01274 513300 or email WRAPBradford@barnardos.org.uk

Youth in Mind City Services (selected postcodes only)

- **Inspired Neighbourhoods** *For 9-13 year olds.*
  Offers solution focused support around social, emotional and mental health via delivery of the Nurture Group Programme within schools. Contact George g.zito@incic.co.uk or Wafaa w.nawaz@incic.co.uk.
- **Know Your Mind** *For 8-19 year olds or up to 25 with additional needs.*
  Know Your Mind offers mental health and emotional wellbeing interventions to young people via peer support, psycho-education, wellbeing groups and 1:1 sessions. To make an enquiry call on 01274 730815 or email knowyourmind@mindinbradford.org.uk
- **Specialist Early Attachment & Development (SEAD) Service** *From 0-6 years of age.*
  A multidisciplinary team which includes psychiatry and occupational therapy. They offer support to 0-6 year olds and their families; carrying out a thorough period of assessment, sharing their understanding with parents and deciding together on the intervention that will be most beneficial. Complete the referral form here: https://www.bdct.nhs.uk/services/child-adolescent-mental-healthcamhs/ or call Dr Sarah Handley on 01274 723241 or 01535 661531 to discuss a referral.
- **Young People's Social Prescribing Service** from **HALE** *For 9-19 year olds.*
  A team of Youth Workers who provide 1-1, tailored support. Over 6 to 12 sessions they build positive relationships with young people and connect them into wider activities and support. We also offer young people to the opportunity to raise their voices through guided self-help. Email rebecca.mcdonnell@haleproject.org.uk
- **Little Minds Matter** - supports parents, carers and professionals to help babies get the best possible start in life. They offer therapy and support to families with babies and toddlers from conception to the age of two, and consultation and training to professionals. https://www.bdct.nhs.uk/services/little-minds-matter

Other local services, offers and organisations

Educational Psychology Team

- **Sharing Voices Bradford -** offers culturally appropriate and confidential emotional wellbeing support, advice and information for BME young people experiencing stress, anxiety and depression. Through their one to one service and group workshops they aim to improve their mental health, resilience and self-esteem. To find out more information contact *01274 731166*, email *info@sharingvoices.org.uk* or visit *https://sharingvoices.net/*

SHARING VOICES

- **Step 2** - counselling for children and young people aged 5-24yrs across the Bradford District. Call 01274 683118, email: info@step2.org.uk or visit: www.step2.org.uk Also now offers school-based support and training http://www.step2.org.uk/supportforbradfordschools

STEP 2 young people's health

Support for women and girls

Educational Psychology Team

- **Rooted** – Secondary schools can refer girls who would benefit from support with self-confidence, relationships and mental health. They work with groups of up to 8 girls at a time and the course includes a minimum of 10 two-hour sessions over a term. Each session combines elements of psycho-educational learning, physical and creative activities and reflective practices. http://www.rooteduk.com/Our%20work%20.html

- **Roshni Ghar -** designed for young BME women aged 13 to 18 years (up to 25 for those with disabilities) to address issues that impact on their mental health and well-being. The project operates on a referral only process that works on the premise of empowering young women with choices, opportunities and skills to maximise their potential. https://roshnighar.org.uk/

Roshni Ghar
promoting positive mental health for women

Specialist advice and support

- **Family Action**: Children's Trauma Therapy Service - a specialist therapy service providing trauma and attachment focussed therapy for children and their families. Please click here to find out more information: Tel: 01274 651652 or visit CTTS@family-action.org.uk

- **Bradford District Care NHS Foundation Trust's Child & Adolescent Mental Health Services (CAMHS)** CAMHS professionals offer assessment and treatment for a range of mental health needs. Treatment options include psychotherapy, CBT, individual counselling, family therapy and group work. For more information visit https://www.bdct.nhs.uk/camhs-services-offer

Crisis support:

Educational Psychology Team

- **Safer Space at Toller Youth Café - After School & Evening Crisis Support** 4pm to 8pm Monday to Friday. For 11 to 18 year olds experiencing emotional distress or crisis, Safer Space offers a friendly and calming place to come for support and to access activities after school and on weekday evenings. Please call **First Response** on **01274 221181** and ask to be referred to the Safer Space at Toller Youth Café.
- **Safer Spaces** - **Evening & Overnight Crisis Support** for young people under 18 and experiencing emotional distress or crisis. Safer Space at Towerhurst offers a homely place to stay in an evening and overnight where friendly, trained staff will help young people keep themselves safe and reduce feelings of distress. Safer Space at Towerhurst can be accessed every night of the year. Please call **First Response** on **01274 221181** and ask to be referred to the Safer Space at Towerhurst.
- **CAMHS Duty and First Response, Bradford District Care Trust -** If a CYP is in mental health crisis and require an urgent response: During office hours call CAMHS Duty on 01274 723241 or 01535 661531. Out of office hours call First Response on 01274 221181.

https://www.youthinmind.co.uk/urgent-and-crisis-support.php

Support for parents and carers:

- **Young Minds** https://youngminds.org.uk/find-help/for-parents/ includes:

Parental helpline - for detailed advice, emotional support and signposting about a child or young person up to the age of 25. Call 0808 802 5544 from 9:30am to 4pm, Monday to Friday.

Parents Survival Guide – looking after yourself

- **Parents Forum Bradford & Airedale -** a group of parent and carers of children who have additional needs in the Bradford and Airedale district. See https://localoffer.bradford.gov.uk/service/777-parents-forum-for-bradford-and-airedale

- **Family Lives** - Charity providing help and support in all aspects of family life-call email or chat online and talk through your child's problems. https://www.familylives.org.uk/

- **Mental Health Champions Parent Workshops**: Online group training sessions for parents and carers of CYP who live in Bradford, run by the Bradford Educational Psychology Team. 6 sessions per year. This service is linked to the Mental Health Champions in Schools project. Email MHChampions@bradford.gov.uk for more information.

- **The Anna Freud Centre**: **resources that offer advice and guidance to parents to help support children and young people who may be struggling with poor mental health.** https://www.annafreud.org/parents-and-carers/about/

- **Every Mind Matters (NHS website)** Advice for mental health for adults, including a section on how parents can support their children. https://www.nhs.uk/every-mind-matters/

- **MindEd** - a free educational resource on children and young people's mental health for all adults – includes advice on how parents can support their children during mental health difficulties. https://www.mindedforfamilies.org.uk/young-people

Information and Support for School staff (1):

Educational Psychology Team

- **The Mental Health Champions project:** from Bradford Educational Psychology Team. All Bradford Schools are invited to nominate a Mental Health Champion who will receive training around a broad range of mental health and emotional wellbeing topics. We also offer supervision to the nominated Champion around general low-medium level mental health issues. This service is free to all Bradford schools. https://bso.bradford.gov.uk/content/www.mentalhealthmattersinschools.org.uk
- **Bradford Educational Psychology Team: EP Consultation Hubs** – single consultation sessions where school staff can access support and advice from an EP in a timely and efficient way. Consultation is a way of thinking through concerns relating to an individual or group of students. This service is free to most Bradford Schools. https://bso.bradford.gov.uk/content/ep-early-help-hubs
- **Bradford Educational Psychology Team: Traded Services –** schools are able to buy in EP time for a range of services on offer, and this can include referring individual or groups of CYP who may be experiencing mental health difficulties. https://bso.bradford.gov.uk/Schools/CMSPage.aspx?mid=3354
- **Bradford Educational Psychology Team: Courses and Training** – we offer specific course for school and college staff, including topics such as bereavement and loss, exam anxiety, supporting transitions, managing self-harm, Emotion Coaching training, and anxiety based on non-attendance at school. https://bso.bradford.gov.uk/content/educational-psychology-led-courses-2019---20

Information and Support for School staff (2):

- **The Anna Freud Centre**: Schools in Mind – a free network for education professionals which shares practical, academic and clinical expertise about mental health and wellbeing in schools and FE colleges. https://www.annafreud.org/schools-and-colleges/

- **Heads Together: Mentally Healthy Schools** - a free and easy to use website specifically designed to offer primary school teachers greater support and advice, providing reliable and practical resources including lesson plans, activities, and assemblies. https://www.mentallyhealthyschools.org.uk/

MENTALLY HEALTHY SCHOOLS

Anna Freud National Centre for Children and Families

- **Young Minds -** offers training for professionals https://youngminds.org.uk/training/mental-health-training/
- **MindEd** - a free educational resource on children and young people's mental health for all adults – includes e-learning modules for professionals. https://www.minded.org.uk/catalogue/TileView

MindEd
elearning to support healthy minds

- **Winstons Wish** – can support schools to create a bereavement policy, and provides training and advice to teaching professionals on how to support a child dealing with loss and grief. https://www.winstonswish.org/supporting-you/support-for-schools/

How to search for services and info

To search yourself for more information and services, you can try the following links:

- https://www.mindinbradford.org.uk/support-for-you/the-healthy-minds-directory
- https://www.healthyminds.services/service-index
- https://localoffer.bradford.gov.uk/services/health/mental-health
- https://www.youthinmind.co.uk/youth-in-mind.php

Supporting Children's Emotional Wellbeing in Bradford Schools

The Thrive Framework

healthy minds

City of BRADFORD METROPOLITAN DISTRICT COUNCIL

Thrive Framework – what is it?

- 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.
- It aims to talk about mental health and mental health support in a common language that everyone understands.
- The Framework is needs-led. This means that mental health needs are defined by children, young people and families alongside professionals through shared decision making.
- Needs are not based on severity, diagnosis or health care pathways. The THRIVE framework is for all children and young people aged 0–25 within a specified locality and their families;

**Wolpert, M., Harris, R., Hodges, S., Fuggle, P., James, R., Wiener, A., ...Munk, S. (2019). THRIVE Framework for system change. London: CAMHS Press.*

BRADFORD AND CRAVEN
trailblazer NHS

Where do individual CYP fit in the new framework?

ACTasONE

healthy minds

BRADFORD AND CRAVEN trailblazer NHS

How these CYP might be supported…

Signposted to information and support to promote Emotional Wellbeing including 3rd Sector

School based goal oriented support via Graduated Approach and Matrix Of Need

School Environment Promotes Good Emotional Wellbeing

Specialist services from CAMHs

Specialist goal based wellbeing support from SCIL Teacher / Educational Psychology / CAMHs

ACTasONE

healthy minds

BRADFORD AND CRAVEN trailblazer NHS

Thriving: Good Mental Health

- Around 80% of children at any one time are experiencing the normal ups and downs of life but do not need individualised advice or support around their mental health issues.
- They are considered to be in the ‘Thriving’ group and benefit from whole school practices promoting emotional wellbeing including:
  - Identified SMT lead for Emotional Wellbeing
  - DfE lead training
  - Relational approach
  - Healthy Minds Chartermark

Getting advice: Signpost to information and support to promote Emotional Wellbeing

- This group includes both those with mild or temporary difficulties AND those with fluctuating or ongoing severe difficulties, who are managing their own health and not wanting goals-based specialist input.
- School maintains up to date information on resources and other sources of support to support Emotional Wellbeing
- Information is shared such that it empowers young people and families to find the best ways of supporting their mental health and wellbeing.
- School actively engaged in :
  - Mental Health Champion
  - Mental Health Champion Plus
  - Primary Mental Health Worker
  - Signposting to Kooth etc.

Getting help: School based goal oriented support via Graduated Approach and Matrix of Need

- This group comprises of CYP and families who would benefit from focused, goals based support, with clear aims, and criteria for assessing whether these aims have been achieved.
- Individual Plan to identify needs, implement support and monitor progress.
- Key-working approaches to ensure the child / young person has a trusted adult support during vulnerable times.
- Additional adult support from delegated SEN budget (up to 16 hours) to facilitate:
  - Social and emotional skills taught explicitly individually or as part of group.
  - Intervention programmes with familiar skilled and experienced staff
  - Planned, frequent time in smaller groups and individually in order to develop social skills and emotional regulation.

Getting more help: Specialist goal based wellbeing support

- This is not conceptually different from the previous group however requires more extensive, specialist goal based support.
- External resource allocation for a small number of individuals may require particular attention and coordination from those providing services across the locality.
- For example: assessment, consultation and intervention for staff and students, from external support services:
  - Specialist Teacher (SCIL) Team
  - Educational Psychology
  - CAMHs

Getting risk support: specialist services

- Those in crisis/approaching crisis who may present at risk to themselves and others, requiring an urgent /same day response

  - CAMHS Crisis Team or
  - First Response (all age crisis service)
  - Emergency Duty Team

Introducing the Thrive Guide

- Aims to help schools identify the most appropriate support for a C/YP;
- It includes live hyperlinks to the services and resources listed;
- The Guide **expands** each of the THRIVE categories to include:
  - More information about presenting need to help you identify which level of support or intervention is required;
  - Suggestions for school-based support **strategies** (what you can do to support the C/YP)
  - Information on which external **agencies** you may wish to link with based on YP needs
  - Suggested **tools and resources** that may be useful in working with the young person.

The Bradford Framework

Bradford is producing a guide based on the Tavistock Framework – still work in progress.

Thrive Area	**THRIVING** Those whose current need is support in maintaining mental wellbeing through effective prevention and promotion strategies	**GETTING ADVICE** Those who need advice and signposting	**GETTING HELP** Those who need focused goal-based input	**GETTING MORE HELP** Those who need more extensive and specialised goal-based help	**GETTING RISK SUPPORT** Those in crisis/approaching crisis who may present at risk to themselves and others, requiring an urgent /same day response

Accessing External help section

See Living Well Schools https://schools.mylivingwell.co.uk/ Specifically:	See Living Well Schools https://schools.mylivingwell.co.uk/ Specifically: • Kooth • Qwell • SELFA • Night Owls • School Nurse • Guideline • *Health Champions** • *Mental Health Champions Plus** **Support to staff* **National Resources:** • Childline • Young Minds	See Living Well Schools https://schools.mylivingwell.co.uk/ Specifically: • Youth in Mind • Compass PHOENIX • SCIL team SEND Hubs • Educational Psychology Consultation hubs • Mental Health Support Team • Educational Emotional Wellbeing Practitioners • Primary Mental Health Workers	See Living Well Schools https://schools.mylivingwell.co.uk/ Specifically: • Specialist Teacher (SCIL) Team • Educational Psychology • CAMHs / Specialist CAMHS	See Living Well Schools https://schools.mylivingwell.co.uk/ Specifically: • CAMHS Crisis Team or • First Response (all age crisis service) • Emergency Duty Team • Young People Safer Space

Suggested tools and resources section

• ROAR Whole School Approach to Mental Health and Academic Resilience (primary focussed) • Nurturing Schools (secondary focussed) – the training is (will be) for primary too. Need to discuss with Sarah Burgess what the SEMH Team provide and how this fits together • Bradford Health Minds Chartermark • Restorative Practice • STARR Commonwealth Trauma Informed practice training • Emotion coaching • Mindfulness • Peer support systems https://www.annafreud.org/schools-	• Circle time • Assemblies •	• Think Good, Feel Good • Lego therapy • Rainbow Fish, • Socially Speaking • Big book of worries • Zones of regulation • Nurture Group • Worry Monsters • KidsSkills • Think Good, Feel Good • Lego therapy • Rainbow Fish, • Socially Speaking • Big book of worries • Zones of regulation • Starving the Gremlin CBT resource books (Collins-Donnelly; various • When My Worries Get Too Big (Dunn-Buron, 2013) • Comic Strip Conversations (Gray, 1994) • Social Stories (Gray, 2010) • Talkabout for Teens, www.alexkelly.biz	• Therapeutic Story Writing • Zones of Regulation • Emotion Coaching • Therapeutic Story Writing • Trauma Informed Practice • Zones of Regulation • PACE • Solution focused (brief) therapy, Compassion focused therapy (CFT), acceptance and commitment therapy (ACT), • Counselling • Motivational interviewing	•

LIVING WELL SCHOOLS

Living Well / Living Well Schools

- ‘Living Well’ website was set up some years ago to help all residents of Bradford lead a healthier lifestyle. It contains advice, information and signposting for a wide range of physical and mental health issues.
- Living Well *Schools* is a newer initiative aiming to transform the health and wellbeing of pupils to achieve better educational outcomes and live happier, healthier more fulfilling lives.
- Living Well Schools is designed to help **school** staff improve the health and wellbeing of pupils in their care.
- It’s a place to access relevant guidance, resources, services and training to help make this possible.

Priority Areas

LIVING WELL SCHOOLS

Enable schools to transform the health and wellbeing of their pupils for better educational outcomes & happy, healthy & fulfilling lives

Physical health

- Increased physical activity
- Healthy diet and food security
- COVID secure schools

Social emotional and mental health

- Good mental well-being
- Healthy relationships
- Preventing and mitigating adversity (ACEs)

Classroom inequalities

- Reducing the digital divide
- Poverty proofing the school day

Living Well Schools

https://schools.mylivingwell.co.uk/social-emotional-health/

SOCIAL AND EMOTIONAL HEALTH

The physical and mental wellbeing of children and young people is linked – one has a direct impact on the other.

Living Well Schools believes that social, emotional and mental wellness of students is as important as physical health. We would like to promote programmes available locally that aim to support mental health and wellbeing.

Our aim is for all local schools to create an environment to enhance the mental wellbeing of its students. We want to encourage children and young people to recognise if they are struggling emotionally and be able to find support without fear of stigma.

Living Well Schools > *Social Emotional and Mental Health*

Good Emotional Wellbeing

Our state of mind influences the ways in which we view and engage with the world. Maintaining good mental wellbeing is essential for everyone including children and young people. Read more below to learn about local work improving the social, emotional and mental health of...

Read more

Healthy Relationships

School is not just a place of learning, it's a place where children and young people start to make meaningful relationships. Living Well Schools brings together local and national services and resources as well as training for teachers to deliver some areas of the RSE...

Read more

Preventing and Mitigating ACEs

Living Well Schools brings together local services, resources and training for staff to help understand what Adverse Childhood Experiences are, and the ways children experiencing them may learn differently. A whole school approach is taken to give schools the tools and expertise they need to...

Read more

Living Well Schools > Social Emotional and Mental Health > *Good emotional wellbeing*

Living Well Schools brings together locally available programmes, staff training, resources and toolkits to support social and emotional wellbeing.

By helping schools to meet the wellbeing needs of students, we aim to ensure they complete their education equipped with both academic and interpersonal skills to enable them to have happy and fulfilled lives.

Good Emotional Wellbeing

Below are links to mental health and wellbeing initiatives, that are currently available for schools in Bradford district.

The Thrive Framework has been used to map out services and interventions available to schools across Bradford. More details on the Thrive Framework can be found here **Thrive Model**

Living Well Schools > Social Emotional and Mental Health > *Good emotional wellbeing*

SPOTLIGHT PROGRAMS

Mental Health Champions Plus (MHC+) – new from 2021!

What is MHC+?

MHC+ has been set up as an extension of the MHC project, and means that we can offer more tailored support to those who wish to opt in. It is for MHCs in schools who feel they are "***mental health enhanced***"; meaning that they are actively seeking to develop whole-school approaches to mental health and wellbeing (for example by accessing training on a range of interventions such as nurture or emotion coaching, or by signing up to the DfE Senior Mental Health Leads training).

How is being a MHC+ different to being an MHC?

As well as being able to access the support offered to MHC, MHC+s will also receive:

- A **termly training session** on a particular topic, which would be run during the second half of each term to alternate with the MHC update meetings
  - MHC+ North*: Tuesday 23rd Nov (9.15-11.30)
  - MHC+ South*: Tuesday 23rd Nov (1.15-3.30)

Kooth Free Online Counselling For Young People

Kooth is a **free, safe** and an **anonymous** mental health and wellbeing online service available for young people aged 10-18 across Bradford and the Bradford districts. Young people simply need to visit Kooth and sign up to join our community. There are **no waiting lists, no referrals and no problem is too big or too small** for the team at Kooth.

Whether young people are looking for advice or simply aren't feeling their best Kooth offers a range of features and tools to support.

- Chat with our professional team of counsellors and wellbeing practitioners. Our team are available **365 days a year**, **midday to 10pm Monday to Friday** and from **6pm to 10pm at weekends.**
- Magazine – A place where young people can read and contribute helpful articles, personal experiences and tips from other young people.
- Moderated Discussion Boards – Young people can start or join a conversation with our friendly Kooth community about what is on their mind in a safe way.

Free Senior Mental Health Lead Training

Fully-funded training for senior mental health leads in schools and FE colleges in England.

Senior mental health lead training is a major training initiative that combines the expertise of Anna Freud Centre course leaders with a valuable, engaging community of practice, to support senior mental health leads in building a sustainable, whole school approach.

All schools and FE colleges in England can now book a DfE-funded place on the training. The Department for Education have guaranteed to reserve a grant for those eligible schools and colleges who book before the grant application process is made available. This means that no matter when you book, the training will be **free.**

How to book

If you'd like to secure your place on our course, please follow these steps to ensure you access funding:

1. Check the eligibility of your school or FE college on the Department for Education's **terms and conditions**
2. Book your place on the Anna Freud Centre SMHL