**Audit of Children and Young People’s Mental Health and**

**Emotional Wellbeing Needs Which Have Arisen from COVID-19 \***

Introduction

An extensive multi-agency and multi-profession task & finish group (including young people, parents/carers and education settings) from across Yorkshire & the Humber recognised the need to proactively combine their efforts and consider what the mental health needs of children and young people may be as a result of COVID-19 and how to respond to these needs.

This audit is based on the areas of potential concern identified by the task and finish group. It aims to gather a quick snapshot of children and young people’s recovery any emerging concerns in school in order to inform commissioners, the LA and school leaders in relation to interventions and next steps.

The key principles of this audit align with those in the guide and include:

* Not over-medicalising or jumping to diagnostic conclusions
* Appreciating that it is normal for children and young people to have various degrees of worry about returning to education
* Understanding that every child or young person is unique, and their needs may change over time
* Viewing the reopening of education settings from a child or young person’s perspective
* Underpinning the return to school with a whole setting approach which promotes kindness, compassion, flexibility and takes a positive psychology approach
* Building on existing strengths and skills of children, young people, parents/carers and education provision staff (for example, active listening with empathy can perform an important therapeutic function)
* Complementing existing guidance and practice
* Building on risk and protection factors for a child or young person’s mental health

Instructions

This audit should be completed by the Mental Health Champion, or a member of staff who has an overview of Social, Emotional and Mental Health issues across the school.

The audit is intended to give an overall ‘feel’ of the emotional climate in the setting rather than an exact measure of numbers of cases. It is based on a series of child focused statements regarding coming back to school post covid-19.

Please mark the box that most accurately captures what you are seeing in your setting.

You are welcome to use the survey to collect data directly from children and young people but this is not a requirement.

Emerging feedback indicates that school staff are also experiencing difficulties in relation to their emotional wellbeing. An adapted version of the audit has been provided should you wish to provide this data.

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|  |  |
| --- | --- |
| Name of Setting |  |
| Phase | Early Years / Primary / Secondary / Through / Tertiary / Special |
| Name Of Person Completing Audit |  |
| Job Title |  |
| Date completed |  |
| Any comments |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Sources of Emotional Wellbeing Support | Yes | No | Unsure | Comment |
| Mental Health Champion |  |  |  |  |
| School Nurse |  |  |  |  |
| Commissioned counsellor |  |  |  |  |
| Commissioned Educational Psychologist |  |  |  |  |
| Primary Mental Health worker |  |  |  |  |
| Emotional Wellbeing practitioner |  |  |  |  |
| Other |  |  |  |  |
|  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- |
| **Children / Young People’s Mental Health and Emotional Wellbeing Audit** | | | | | | |
|  | Almost all C/YP feel like this | Many C/YP feel like this | About half of C/YP feel like this | A few C/YP feel like this | Hardly any / no C/YP feel like this | I don't know whether C/YP feel like this |
| 1. I’m happy about being back at school |  |  |  |  |  |  |
| 1. I feel ready to get back to learning |  |  |  |  |  |  |
| 1. I am confident I will be able to catch up with missed work |  |  |  |  |  |  |
| 1. School has made changes so I feel safe and don’t worry too much about catching coronavirus |  |  |  |  |  |  |
| 1. I know and understand what I need to do in school to keep safe |  |  |  |  |  |  |
| 1. I am happy that I can see my friends again in school |  |  |  |  |  |  |
| 1. People at school understand that no-one is to blame for coronavirus happening |  |  |  |  |  |  |
| 1. If I started to feel worried or upset I know where I could get help or support |  |  |  |  |  |  |
| 1. I’m happy about the future and have a few ideas about what it might be like for me |  |  |  |  |  |  |
| 1. I feel happy about the new way of doing things, and I can cope with the changes caused by coronavirus and lockdown |  |  |  |  |  |  |
| 1. I am sleeping okay |  |  |  |  |  |  |
| 1. I am eating okay |  |  |  |  |  |  |
| 1. I feel I have enough mojo to get me through whatever might happen |  |  |  |  |  |  |
| 1. I feel safe at home and have not been mistreated |  |  |  |  |  |  |
| 1. I have learnt new or different things whilst being in lockdown |  |  |  |  |  |  |
| 1. I can keep in touch with my friends as much as I need to |  |  |  |  |  |  |
| 1. My friends and family are fit and well and safe from coronavirus |  |  |  |  |  |  |
| 1. I think my family are doing ok and have got along during lockdown |  |  |  |  |  |  |
| 1. No one in my family or very close to me has been seriously ill or died due to coronavirus. |  |  |  |  |  |  |
| 1. My family gets enough help and support at home |  |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Staff Mental Health and Emotional Wellbeing Audit** | | | | | | |
|  | Almost all staff feel like this | Many staff feel like this | About half feel like this | A few staff feel like this | Hardly any / no staff feel like this | I don't know whether staff feel like this |
| 1. I’m happy about being back at school |  |  |  |  |  |  |
| 1. I feel ready to get back to teaching |  |  |  |  |  |  |
| 1. I am confident my students will be able to catch up with missed work |  |  |  |  |  |  |
| 1. School has made changes so I feel safe and don’t worry too much about catching coronavirus |  |  |  |  |  |  |
| 1. I know and understand what I need to do in school to keep safe |  |  |  |  |  |  |
| 1. I am happy that I can see my colleagues again in school |  |  |  |  |  |  |
| 1. People at school understand that no-one is to blame for coronavirus happening |  |  |  |  |  |  |
| 1. If I started to feel worried or upset I know where I could get help or support |  |  |  |  |  |  |
| 1. I’m happy about the future and have a few ideas about what it might be like for me |  |  |  |  |  |  |
| 1. I feel happy about the new way of doing things, and I can cope with the changes caused by coronavirus and lockdown |  |  |  |  |  |  |
| 1. I am sleeping okay |  |  |  |  |  |  |
| 1. I am eating okay |  |  |  |  |  |  |
| 1. I feel I have enough mojo to get me through whatever might happen |  |  |  |  |  |  |
| 1. I feel safe at home and have not been mistreated |  |  |  |  |  |  |
| 1. I have learnt new or different things whilst being in lockdown |  |  |  |  |  |  |
| 1. I can keep in touch with my friends as much as I need to |  |  |  |  |  |  |
| 1. My friends and family are fit and well and safe from coronavirus |  |  |  |  |  |  |
| 1. I think my family are doing ok and have got along during lockdown |  |  |  |  |  |  |
| 1. No one in my family or very close to me has been seriously ill or died due to coronavirus. |  |  |  |  |  |  |
| 1. My family gets enough help and support at home |  |  |  |  |  |  |