



Bradford Educational
Psychology Team



Mental Health
Champions

Mental Health Champions Newsletter - October 2021

1. Introduction

We hope you have settled back into the new academic year. We would like to remind schools of the exciting expansions to the MHC project as well as other new initiatives which mean that all schools in Bradford will be able to access even more support, information and training regarding mental health and emotional wellbeing for children and young people. *Please click on hyperlinks for further details.*

2. Changes to the Mental Health Champions in Schools Project – two levels on offer:

Mental Health Champions - Core

For those schools who already access support and training from other services, there is the option to access a more basic level of the project. This means your school Champion will still get key information and updates regarding local and national initiatives, but they would not have to attend other training events, keeping their time away from their other duties to a minimum (3 x 1.5 hour sessions per year). The Core project will also continue to deliver workshops for parents/carers, which are available to any parent/carer in the Bradford Area.

Project Lead: Dr. Claire Cooper-Jones *Contact: MHChampions@bradford.gov.uk*

Mental Health Champions - Plus

MHC Plus offers more tailored support to those who wish to opt in. As well as accessing the core offer, MHC Plus School Champions 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

There will also be optional termly supervision opportunities for MHC+ to discuss their role and practice in developing whole-school approaches to mental health and wellbeing. Six 45-minute slots will be offered each term, with an Educational Psychologist, bookable in advance.

N.B. All MHC *Plus* schools will be required to complete a School-Based Emotional Wellbeing Audit towards the end of the Autumn term and again at the end of the school year, so that we can measure impact and gather feedback.

Project Lead: Dr. Sophie Davies *Contact: MHChampions@bradford.gov.uk*

Costs and funding: All strands of MHC project delivery (Core and Plus) continue to be delivered by Bradford Educational Psychology team and are fully subsidised by Public Health, therefore they are free for any school in Bradford to access, including independent and free schools. (Please note, schools would need to fund any required cover for Champions to attend sessions).

Expectations of the MHC role

MHC Core

- Attendance at **one webinar per term** (approx. 1.5 hours each, organised by geographical area) where Champions will receive key news regarding local and national initiatives and projects. The expectation is that Champions would pass on relevant news and info etc. to staff and SLT in school as appropriate.
- Being the **key point of contact** for us to send information and newsletters via email or social media, again with the expectation that they would disseminate to colleagues as you see fit.
- **Promoting our termly parent/carer workshops** within school (either directly to parents or via other members of staff who would pass on the information)

MHC Plus: As MHC Core with the addition of:

- Attendance at **termly training session** (alternate half-term to the MHC update sessions)
- *Optional supervision* re: whole school approaches to wellbeing and mental health
- Completion of School Based Emotional Wellbeing **Audit** at the beginning / end of school year.
- Your school would also need to be **developing whole-school approaches** to emotional wellbeing and mental health.

More information can be found via the relevant websites:

MHC Core: <https://bso.bradford.gov.uk/content/www.mentalhealthmattersinschools.org.uk>

MHC Plus: <https://bso.bradford.gov.uk/content/mental-health-champions-plus>

3. Other Mental Health initiatives via the [Educational Psychology Team](#)

There are also other projects on offer from the EP Team which build upon the MHC work:

3.1 [Senior Mental Health Leads Training - Bradford](#)

This accredited course is part of a national initiative to provide support in building a sustainable, whole school approach to emotional wellbeing and good mental health.

<https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges>

Our course has a strong emphasis on psychological theories and models and the practical aspects of managing the process of change, alongside providing information on evidence based whole school approaches that can be used as a foundation to your whole school approach.

Costs and funding: Eligible school access a grant from the DfE worth £1200 to pay for this quality assured senior mental health lead training and to pay for staff cover.

Project Lead: Dr. Kay Tasker-Smith Contact: BradfordSeniorMentalHealthLeads@bradford.gov.uk

3.2 [Healthy Minds Emotional Wellbeing Chartermark](#)

The purpose of the Chartermark is to provide an opportunity for schools and settings in Bradford to showcase the development of their whole school ethos and policy with regard to mental health and emotional wellbeing based on a foundation of relational practice.

The Chartermark offers opportunity for schools to gain recognition for outstanding practice within the Bradford District with three awards being built into the process: Silver, Gold and Platinum. Schools achieving these awards will have expertise in social, emotional and mental health practice.

Costs and funding: The Health Minds Chartermark is fully subsidised for Bradford Local Authority Schools, Free schools and Academies. Independent schools are also welcome to take part and will receive basic support to set the project up, including access to much of the online training. However additional time in school for activities such as training or onsite meetings will be charged at the normal hourly rate (£95p/h) (Please note, all schools would need to fund any required cover for staff to engage in sessions).

Project Lead: Dr. Kay Tasker-Smith Contact: EmotionalWellbeingChartermark@bradford.gov.uk

4. News from other services and organisations (please contact directly for any further details)

Living Well Schools

'Living Well Schools' is part of the over-arching '[Living Well](#)' project, which aims to transform the physical *and* mental health and wellbeing of young people in Bradford. 'Living Well Schools' is a new initiative, helping staff improve the health and wellbeing of pupils in their care, thereby supporting our young people to achieve better educational outcomes and live happier, healthier more fulfilling lives.

It's also a place for schools to access relevant guidance, resources, services and training to help make this possible. This promotes a whole-school, tailored, cross-cutting approach to tackle complex health issues in the school-setting.

The three key area of focus for the initiative are:

- Physical health
- Tackling classroom inequalities
- Social and emotional health

Healthy Minds

Healthy Minds is go-to place to find services to support children and adults with mental health and emotional wellbeing. Developed in collaboration across statutory, private and VCS (voluntary and charitable sector) partners, it aims to help people find the help they need, when they need it.

Healthy Minds' vision is to make a positive impact on the mental health and wellbeing of all people in Bradford and Craven, driven by the need to help people access the support services, resources and information they need, and deserve, in the simplest way possible.



**Mental Health
Champions Plus**



Bradford Healthy Minds Chartermark



**Senior Mental
Health Lead Training**