

## Mental Health Champions Newsletter – Jan/Feb 2022

### Dear Champions

We hope you settled in to 2022. The pandemic is still affecting the Bradford area to a significant degree and we hope you are keeping as well as can be.

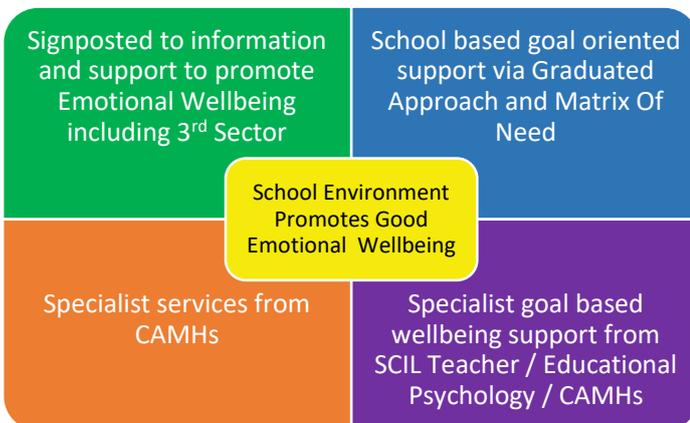
### Local News and Information

#### The Bradford THRIVE framework is coming soon!

Bradford schools will soon have access to a document that maps out the mental health / emotional wellbeing needs of young people, and includes working hyper-links to direct you to support services, tools and resources that can help.

The Thrive framework helps to create 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 the Bradford and Craven area.

*(Please note, this Thrive model is not the same as the assessment tool often used in schools).*

Champions who attended our January/February Network Meeting have already had a preview of the document and their feedback has gone to the team involved in its creation. Look out for it coming into schools.

(The MHC project does not have oversight of the Thrive Framework, but we are able to share this news with you. More details will be sent as soon as we have them).

### Mental Health Champions PLUS and SEMH / Wellbeing intervention training

At the last network meeting we discussed some facts and myths regarding the two levels of MHC. Don't forget that the only way to access training from the MHC project is by signing up to the enhanced 'Plus' offer. MHC 'Core' is the information and signposting part. ('Plus' schools access both Core and Plus events).

You can 'upgrade' to MHC Plus at any time by emailing the MHC inbox. You will be able to participate in the MHC termly network meetings straight away (these are held on alternate half-terms to the MHC Core meetings).



**One of the differences between MHC Core and MHC Plus is the commitment to developing whole-school practice around mental health and emotional well-being. Therefore, it is vital that individual Champions agree their decision to join MHC Plus with their school's SLT, who will need to be on board with the expectations of being a 'Plus' school.**

Schools who are already MHC Plus, or who are involved in the Bradford Healthy Minds Chartermark, or the Bradford version of the DfE Senior Mental Health Leads in Schools programme are also able to access further training, which is additional to the training provided at MHC Plus Network Meetings.

Arrangements are still being finalised and MHC Plus schools will receive more information from Sophie soon, but eligible schools will be able to access training *and* follow-up support for one or more members of staff to learn about one of four\* whole-school interventions relating to SEMH. These are likely to be:

- Zones of Regulation
- Emotion Coaching
- Mindfulness
- Restorative Practice

*\*The original plan was to offer six options; we hope to be able to offer the additional ones from September*

**Please note** that schools who have only been MHC Core up until now and would like to **upgrade to MHC Plus** will need to wait until the next cycle (Autumn 2022) to access the additional SEMH intervention training. This is because 'Plus' schools have already been asked to complete an audit of SEMH provision and begin action planning, which is a condition of being a 'Plus' school and accessing this training. (Schools upgrading now will still be able to access the ordinary Network Meeting training sessions for MHC Plus until then).

## National news

### **Place2Be's Children's Mental Health Week**

Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools. (<https://www.place2be.org.uk/>)

They have a dedicated Children's Mental Health Week which is taking place on 7-13 February 2022. This year's theme is 'Growing Together'. Click on the dedicated website for ideas and resources. <https://www.childrensmentalhealthweek.org.uk/>

Youth in Mind in Bradford are also running free events for school during this week: See the page on Bradford Schools Online here: <https://bso.bradford.gov.uk/news/20647-childrens-mental-health-week-2022---free-webinars-available>

### **NCMD child suicide report**

This report draws on data from the [National Child Mortality Database \(NCMD\)](#) to identify the common characteristics of children and young people who die by suicide, investigate factors associated with these deaths and pull out recommendations for service providers and policymakers.

Key findings in brief:

- Child suicide is not limited to certain groups; rates of suicide were similar across all areas, and regions in England, including urban and rural environments, and across deprived and affluent neighbourhoods.

- 62% of children or young people reviewed had suffered a significant personal loss in their life prior to their death, this includes bereavement and “living losses” such as loss of friendships and routine due to moving home or school or other close relationship breakdown.
- Over one third of the children and young people reviewed had never been in contact with mental health services. This suggests that mental health needs or risks were not identified prior to the child or young person’s death.
- 16% of children or young people reviewed had a confirmed diagnosis of a neurodevelopmental condition at the time of their death. For example, autism spectrum disorder or attention deficit hyperactivity disorder. This appears higher than found in the general population.
- Almost a quarter of children and young people reviewed had experienced bullying either face to face or cyber bullying. The majority of reported bullying occurred in school, highlighting the need for clear anti-bullying policies in schools.

You can read the report here: [New report: Suicide in Children & Young People :: WYH Suicide Prevention \(suicidepreventionwestyorkshire.co.uk\)](https://www.suicidepreventionwestyorkshire.co.uk/new-report-suicide-in-children-and-young-people-wyh-suicide-prevention)

### **Featured service: Night Owls**

Night Owls is an overnight, confidential listening and advice service for children and young people experiencing a mental health crisis. The service is available 8pm – 8am every day. To access the service, call: **0300 2003900** (free call); or text **07984 392700**; or chat on [www.wynightowls.org.uk](http://www.wynightowls.org.uk).



### **Diary Dates**

#### **MHC Plus**

Network/training session on 15<sup>th</sup> or 16<sup>th</sup> March, where the focus will be on Emotionally Based School Avoidance (please see Skills4Bradford to sign up to the one that suits you best).

#### **Parent workshops**

The theme for the next round of parent workshops will be *“Supporting children to build positive relationships and to process, make sense of and manage their emotions”*. This workshop will help parents to understand:

- How a child’s early relationships impact on their development and ability to manage their emotions.
- How parents can use Emotion Coaching to help their child to understand how they are feeling and to begin to communicate their emotions and manage these more effectively.

Tuesday 8 March (9:30-11am or 1-2:30pm)

Monday 14 March (9:30-11am or 1-2:30pm)

#### **MHC Core**

Monday 16<sup>th</sup> to Thursday 19<sup>th</sup> May, 9.30am to 11am. More details to follow.

### **More information online**

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

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