



Bradford Educational
Psychology Team



Mental Health Champions Newsletter: July 2022

Dear Champions

Welcome to the final newsletter of the academic year. We hope you manage to have a restful summer break before we see you all again in September.

Did you know the logos depicted on our newsletters contain hyperlinks to the services and organisations featured? Click on the logos to find out more information directly from the homepage of the services and organisations mentioned.

National News and Information



The authors of [The Zones of Regulation](#) have provided some free resources to help schools and families ease the transition from the school year schedule to a less-structured summer schedule. Using the Zones language and strategies at home can help families to navigate this transition, while also maintaining and building upon regulation skills taught during the school year. Check out five easy ideas and for exploring The Zones at home this summer: [Click here for details](#)

Local News and Information

Training opportunity: An Introduction to Autism, Abuse & Trauma organised by 'Survivors' West Yorkshire

The session aims to:

- Dispel some common myths about autism
- Discuss how autistic people may be more vulnerable to experiencing every day or microtraumas, as well as traumatic life events
- Consider what a trauma informed approach might look like when supporting autistic people

Event Date/time: 06/09/2022 9:30 am - 12:30 pm

Location: DHEZ, Phoenix South West Building, Bradford University, BD7 1DP

How to Sign up: <https://www.eventbrite.co.uk/e/an-introduction-to-abuse-trauma-and-autism-tickets-360293466457>

For more information click [here](#). Please kindly note, we are unable to provide you with any further details. Please contact the providers directly for more information.

Impact analysis of mental health initiatives

NWD Consultancy have been commissioned to undertake a short stocktake on the impact that has been made since the Centre for Mental Health made recommendations to Bradford in 2019. This process will lead into discussions on the future priorities for the Children and Young People Mental Health and Wellbeing board's 'Act as One Programme'. Representatives from the MHC and wider EP Team will be in attendance and we will keep you updated on any future developments arising from this process.

Bradford District and Craven
Health and Care Partnership



Healthy Minds Apprentices Applications



Healthy Minds is now recruiting new apprentices across Bradford District and Craven. Click [here](#) and [here](#) for details. You can download a copy of the job description and application form by visiting the [Healthy Minds website](#) or you can call 07706 355578 for this to be posted out to you. Closing date for applications is Friday 22 July.

Bradford Healthy Minds Chartermark Awards

We wish to congratulate the schools who were recently achieved the Bradford Healthy Mind Chartermark. The Chartermark demonstrates a school's understanding of and commitment to mental health and emotional wellbeing. The award ceremony will be held at the Midland Hotel on Tuesday 5th July, with the Lord Mayor in attendance to present the awards.



Congratulations to the following schools:

- Fagley – *Silver Award*
- East Morton – *Silver Award*
- Parkwood – *Silver Award*
- Riddlesden St Marys – *Silver Award*
- Bowling Park – *Silver Award*
- Burley and Woodhead – *Silver Award*

We hope these school continue to access the Chartermark initiative and further their good practice to obtain the Gold or Platinum award!

***Schools who wish to participate in academic year 2022/23 will be supported by the Chartermark Team to audit current provision and build upon current practice and develop further skills and understanding within the school. (An additional audit may not be necessary if schools have already completed the MHC Plus audit)**.*

Further details can be found on the dedicated BSOL page: [Click here](#) Interested schools can also contact the team by emailing: EmotionalWellbeingChartermark@bradford.gov.uk

New logos

You may have noticed at the top of the letter our brand new MHC logo. This logos, as well as the new designs for MHC Plus will replace the older ones. We have also introduced a logo for our Healthy Minds Intervention work – this logo will be used when the EP Team delivers intervention training to eligible schools via the related projects (MHC Plus, DfE Senior Leads (Bradford) and Bradford Healthy Minds Chartermark)



Staffing changes at MHC

From September there will be some staffing changes within the EP Team's Mental Health in School projects. Dr. Claire Cooper-Jones will be stepping up to Lead Specialist Senior EP, with responsibility for liaising with commissioners and other stakeholders across all the Healthy Minds projects. Claire will continue to lead on the MHC Core project at the same time. Dr Sophie Davis remains project lead for Mental Health Champions Plus, and Dr. Kay Tasker-Smith lead for DfE Senior Mental Health Leads and Bradford Healthy Minds Chartermark. Claire and Sophie will continue to run the Healthy Minds Interventions training together.

Dr Donna O'Hara, who delivered our very popular parent workshops, is leaving Bradford EP team to enter in to independent work. Carly Christie, our assistant EP is also leaving – but we are very happy to say that this is to commence her professional EP Doctorate training! We hope Carly might return to work in Bradford one day as a qualified EP.

Business support will no longer be managed by Charlotte (Lottie) McLaughlin, although she remains a member of business support for the wider EP team. The key contact for business support for MHC will be Karen Bickerton. **Please can we kindly ask Champions not to use Charlotte's or Karen's inbox for any MHC emails – all MHC-related emails should go directly to the MHC inbox.** Additionally, there is no need to copy in individual people as the MHC inbox is monitored by several people. (Copying in several people or 'replying to all' just clogs up already very busy inboxes!) Thank you for your cooperation in this.

Featured service: Education Emotional Wellbeing Practitioners



The Education Emotional Wellbeing Practitioners (EEWPs) are part of the Bradford Educational Psychology Team. They work in schools and colleges that do not have access to a Mental Health Support Team (see below) within their setting. The EEWP team is fully funded and there is no cost to schools for this service.

EEWPs work proactively to improve the emotional wellbeing of children and young people aged 0-25 with persistent *mild to moderate* difficulties. The therapeutic work of EEWPs is underpinned by evidenced-based, child focused approaches. They provide low intensity, evidence-based interventions such as guided self-help based on cognitive behavioural therapy (CBT) and Therapeutic Storywriting.

Support can be provided on a one-to-one or small group basis or through whole class workshops. (Please note: The Team are no longer Covid-specific).

For further details please visit their page on BSOL: [click here](#)

Featured service: Mental Health Support Teams

Mental Health Support Teams (MHSTs) provide 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 as well as supporting their schools to adopt a whole school approach to mental health and wellbeing.



MHST practitioners work on a 1:1 or group basis with children and young people who are presenting with mild to moderate mental health difficulties. They have a variety of interventions which are suitable for young people aged 5-18.

MHST practitioners also work with parents/carers for several interventions including parent led CBT (cognitive behavioural therapy), family therapy, parent support groups and our parenting programme for conduct problems.

As well as 1:1 and group interventions, practitioners implement a whole school approach within their allocated schools working with all staff, parents/carers, and pupils. They work closely with schools to help them identify social, emotional, and mental health issues as early as possible. They can also offer assemblies, workshops, and staff training.

Please note: MHSTs were developed as part of a Trailblazer project that continues to be rolled out across the district. As yet, they only work within designated schools in Bradford. The teams will expand in to other areas over the next few years.

For further information [click here.](#)

Diary Dates

There are no more MHC Core events for this academic year. Dates for the 2022/23 sessions will be announced in the autumn term.