



Mental Health Champions Projects

from the Bradford Educational
Psychology Team

EPT Healthy Minds projects Website: <https://bso.bradford.gov.uk/content/educational-psychology/healthy-minds/healthy-minds-initiatives-from-bradford-educational-psychology-team>

MHC Core: [https://bso.bradford.gov.uk/content/educational-psychology/healthy-minds/mental-health-champions-\(mhc-core\)](https://bso.bradford.gov.uk/content/educational-psychology/healthy-minds/mental-health-champions-(mhc-core))

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

Email: mhchampions@bradford.gov.uk

Contents of presentation



- An overview on the Mental Health Champions Project
- Details regarding the support on offer 
- Information on how/which schools can access the MHC project strands 

- What the expectations are of schools and individual Champions 

- FAQs



Educational
Psychology
Team

Origins of the MHC project



2014: UK Government established the 'Children and Young People's Mental Health & Wellbeing Taskforce

March 2015: Taskforce published its report and recommendations, "Future in Mind: promoting, protecting and improving our children and young people's mental health and wellbeing".

2015: results of a Health Needs Assessment carried out in Bradford in indicated that :

- Bradford had the third largest child population in the UK
- Bradford had high numbers of children living in poverty.
- 8,500 children aged between 5 and 15 with were thought to have diagnosable mental health disorders: This equates to between 3 and 4 children in every secondary school classroom

The MHC project was originally set up as a response to above findings, aiming to provide support for schools in dealing with children and young people with low level mental health or emotional wellbeing difficulties.

Development of the Mental Health Champions (MHC) project



A way of helping schools to find appropriate support for their pupils through training and signposting etc.
(Does not provide direct support to young people)

Not intended to replace specialist support, but was a way that schools could access information and guidance for staff carrying out their day to day roles and responsibilities.

Access to the project has always been subsidised by Public Health, meaning that schools do not have to pay to be a part of the project (although they would need to fund their own cover for members of staff accessing the various sessions etc if necessary)

Schools were asked to nominate a 'champion' within school to promote mental health and emotional wellbeing in schools, to help to reduce stigma, to attend training and other events, and to share information with colleagues in their settings.

The project is managed and delivered by Bradford Educational Psychology Team, meaning that training and support is based on up to date research and evidence-based practice.

Optional or compulsory?



- The commissioners at Public Health and Directors within the Local Authority would like *every* school in Bradford to join the project in order to improve or enhance schools' capacity to meet the emotional and mental health needs of students.
- However, we recognise that different schools access different levels of support from other services and organisations, so we wanted to offer some flexibility to enable schools/settings to sign up to a level of support that is most relevant to their context.
- We have therefore developed a two-tiered offer, meaning that schools can now opt to access the level of offer that suits their circumstances.

Mental Health Champions Core 2023-24



The Offer:

- Half-termly pre-recorded **webinars** offering key news and information regarding local and national initiatives and projects relevant to mental health/emotional wellbeing (mainly for CYP but *may* include some insight into staff and or/parent mental health/emotional wellbeing). N.B this will not include 'training' on mental health/emotional wellbeing related themes.
- We will also make **links** between Champions/your school and other organisations who offer support in this area via the webinars and through email and other communication. (N.B. we do not 'co-ordinate' services, but are well-placed to facilitate links between health and education)
- Half-termly **newsletters** with relevant local and national information regarding mental health and emotional wellbeing.
- Termly **parent/carers workshops** offering information and training around common issues and concerns parents/carers have regarding their children's mental health emotional wellbeing.
- Bi-annual training on SEMH for new school **governors** (or those who wish to refresh)

Mental Health Champions Core 2023-24



Expectations of Schools/Champions:

- At the Core level, Champions are asked to **access** information delivered via half-termly pre-recorded webinars*, newsletters, and other communication (e.g. email, this BSO page).
- Champions are then expected to **disseminate** relevant information to others connected to the school. This includes sharing the MHC newsletter with colleagues, informing schools Governors of the MHC training offer, and parents and carers about the workshops on offer.
- Champions are **not** expected to provide any individual or specialist support to pupils, although many Champions do this as a part of their every day role. (Reminder - Champions wanting to access further training and support can access the MHC enhanced offer, MHC Plus - see below for link to details).
- There is **no** induction or training required - Champions should be able to access all necessary information through the webinars and online.
- *Champions/representatives should be members of **school staff**, not members of other organisations working in school.*

Mental Health Champions *Plus* (MHC+) 2023-24

The offer:

As MHC, but with the additionality of:

- Half-termly focused **training sessions** for nominated Champions or their representative.
- **Peer support and supervision** facilitated by a member of the EP team
- Access to the Healthy Minds Wellbeing Intervention **Training videos** (see next slide)

Champions are expected to access MHC Core, with MHC Plus being an additional 'bolt on'.



Mental Health Champions *Plus* (MHC+) 2023-24

Expectations of Schools/Champions

As MHC Core with the addition of:

- Optional attendance at half-termly **training session** – a rolling programme will be offered over a period of 2-3 years. Champions may select what is appropriate for them, and may attend even if they only require a ‘refresher’ or update.
- Optional **peer support and supervision** to support development of mental health and emotional wellbeing practitioners.



Healthy Minds: Wellbeing Intervention Training

Training in several wellbeing interventions is available to support schools through either:

- Engagement MHC *Plus*
- Engaging in the Bradford version of the DfE Senior Mental Health Leads initiative
- Completing Bradford Healthy Minds Chartermark



Interventions covered in this training are:

- Zones of Regulation
- Emotion Coaching
- Restorative Practice
- Mindfulness
- CBT-based approaches and the 'Think Good Feel Good' intervention
- Resilience-based intervention
- Social Stories and Comic Strip Conversations
- Ideal Self/Ideal School - a Personal Construct Psychology approach to gathering pupil views

- ❖ *Training is via pre-recorded presentations.*
- ❖ *Presentations are available for up to two members of staff in school.*
- ❖ *Schools should embed a selected intervention within school before accessing any additional training.*

FAQs – training and support, requests for bespoke services

Can our school access any training if we are only an MHC Core school.

MHC *Core* level is for key information, local updates, and sign-posting. Schools who wish to access training through us would need to sign up to MHC *Plus*.

Can schools can make requests to the MHC project for additional support, such as whole school training or support for individual pupils?

The MHC project is intended to give information to school and to support the development of a nominated member of staff in the areas of mental health/emotional wellbeing via the group events such as the Network Meetings and other training. For anything above this please refer to the guidance below:

- Support for the development of whole school practices and approaches can be accessed via Bradford Healthy Minds [Chartermark](#) and/or [Bradford DfE Senior Mental Health Leads Training](#).
- Training for groups of staff can be accessed through the wider [Educational Psychology \(EP\) Team's Traded Services](#).
- Individual casework can be accessed through the wider EP Team's [Traded Services](#) or [EP Consultation Hubs](#).
- *For all of the above*, please see the relevant EP pages on BSO for details.
- More information on the wider team's EP services is [here](#), including the costs involved. *Please note* that the MHC team is unable to process such requests, which would need to go through the main EP team contacts.

FAQs – the role of the MH Champion

Can we have more than one Champion in our school?

At Core level, we ask that schools nominate one Champion only, as they would be the point of contact and expected to disseminate information to all other staff. (This policy is under review at Plus level).

Who should school nominate as the Champion?

This depends on your school's circumstances and whether you want your Champion to take on responsibility that is additional to the MHC role. It might be a TA or LM who works directly with CYP and would benefit from training. It might be someone who has availability to be the point of contact. It might be a member of school SLT with the authority to implement changes to school systems and policies (especially if they are undertaking the DfE Senior Mental Health Leads).

Can more than one Champion or other members of staff attend MHC Plus network meetings?

This policy is under review at Plus level – from September 2023 we may allow a small number of staff from schools to attend MHC Plus sessions, but this is not yet confirmed.

If schools would like several members of staff to access training, they would need to commission this as a service from the wider EP Team, which would be a cost to the school.

What if our Champion can't attend an MHC Plus network meeting scheduled for our geographical area?

We no longer allocate sessions to specific geographical areas. Champions can attend any one of the network meetings on offer that half-term. If none of the dates are suitable, another representative can attend, as long as they contact our admin team in order to receive the invitation.

FAQs – Working alongside stakeholders

Does the MHC project coordinate mental health and emotional wellbeing services locally?

No, we don't coordinate other services, but we often serve as a link between schools/education and health, as we are in an ideal position to do so. We can often help signpost, but we don't organise local provision.

Do you invite other services/organisations to network meetings or to deliver training?

We will sometimes invite other services to give Champions *information* about their offers etc, with the intention of schools/Champions being able to follow up any queries directly with those services. We don't usually invite other services to deliver *training*, as we provide this directly via our 'Plus' offer, and other services have their own routes of delivering their training offers.

Can you keep us up to date about waiting lists / times for other service providers?

Whilst having a large number of different service providers in the area is a good thing, unfortunately we do not have the capacity to hold live data regarding their corresponding waiting times.

Can you recommend a particular service for an individual pupil/student

FAQs – differences between MHC Core and MHC Plus

What is the difference?

MHC Core is for schools only wish to access a basic level of information and signposting, without the training offer. E.g. schools who may already be accessing support and training from an alternative service. MHC Plus offers everything at Core, with the enhanced offer of additional training and peer support / supervision for Champions.

Are MHC Core and Plus different offers?

The two strands are somewhat separate, but MHC Plus *builds upon* MHC Core, therefore schools participating at Plus level are expected to participate / access the Core level.

Do I have to access both Core and Plus? Do we only need to sign up to one of them? If we are a ‘Plus’ school, do we need to bother with ‘Core’ level?

Please see above.

Can we change between MHC Core and Plus?

The differentiation between MHC Core and Plus is under review. More details will be available in the autumn term and will be communicated via pre-recorded webinars, which all registered Champions will receive email notification for, and the half-termly newsletter.

FAQs – materials and resources

Do I need to contact MHC to receive the MHC Core half-termly webinar materials or Newsletter?

All registered Champions will automatically receive notifications for materials available at Core level, i.e. pre-recorded webinars and newsletters, along with details of how to access these.

If your school is not registered, we may send an email to a generic school email address if one is available to us. Please inform us if you wish these emails to go to a nominated Champion, or if you wish to join the MHC project and register a nominated Champion. (mhchampions@bradford.gov.uk)

Do you send out the MHC Plus network meeting / training presentation materials to all Champions?

The presentation materials are sent out automatically after each MHC Plus Network Meeting to all Champions who registered / attended. There is no need to request these if you have registered and attended a session. There may be some delay due to necessary administration tasks.

We regret that we cannot send out network meeting presentation materials to Champions who did not register to attend in the first instance.

FAQs – attendance

Do I have to attend all MHC Network Meetings

MHC *Core* will no longer be offering live network meeting events, as feedback suggested that Champions would find it more convenient to be able to watch a pre-recorded video at a time convenient to them. All registered Champions will automatically receive an email notification when a new webinar is available, along with details of how to access these.

MHC *Plus* will offer half-termly sessions which will include a rolling programme of training. Training topics will be announced via newsletter, emails and on BSO. Champions do not have to attend the training if they feel they will not benefit from doing so, but we do highly recommend all Champions to attend as regularly as they can, at least for a refresh and to receive updates of key information.

Can more than one Champion or other members of staff attend MHC Plus network meetings?

This policy is under review at Plus level – from September 2023 we may allow a small number of staff from schools to attend MHC Plus sessions, but this is not yet confirmed.

If schools would like several members of staff to access training, they would need to commission this as a service from the wider EP Team, which would be a cost to the school.

What if our Champion can't attend an MHC Plus network meeting scheduled for our geographical area?

We no longer allocate sessions to specific geographical areas. Champions can attend any one of the network meetings on offer that half-term. If none of the dates are suitable, another representative can attend, as long as they contact our admin team in order to receive the invitation.

FAQs - Healthy Minds Wellbeing Intervention Training

Can I access more than one Healthy Minds intervention training at a time if we are an MHC Plus school and doing the DfE Leads or Chartermark?

We have a policy of 'one intervention at a time' to ensure that schools and Champions embed the training and intervention in any training received before moving on to another topic, even if your school is engaging in more than one initiative.

How do we demonstrate that we have embedded an intervention?

This will be done informally through discussion with a member of the EP Team connected to one of the projects.

Is this an offer for whole school training?

This offer is for 2 key people in school – usually the key person for one of the projects (e.g. the Mental Health Champion, or the DfE Senior Lead) plus one other person. This is to help the key practitioner to embed the intervention across the school. Schools who wish to receive training for larger groups would need to request this via Traded Services from the wider EP team (see earlier slide for details) or from an alternative provider.

FAQs – Sign up and registration

How do we sign up to Core and/or Plus?

Email the MHC inbox (mhchampions@bradford.gov.uk) and state whether you would like to register as MHC Core or Plus.

What if we have a new/different Champion to last year?

Email the MHC inbox (mhchampions@bradford.gov.uk) to let our admin team know if your MHC details have changed.

Contacts

For general and administrative purposes including registration, sign up and bookings:

- Charlotte ('Lottie') McGlaughlin via the MH Champions inbox: mhchampions@bradford.gov.uk

For details regarding the offer for School Champions (at Core and Plus):

- Dr Sophie Davis, Specialist Senior EP via the MHC inbox mhchampions@bradford.gov.uk

For details regarding Parent Workshops, Governor Training and Student 'Care Navigators' only:

- Dr Claire Cooper-Jones, Senior EP via the MHC inbox: mhchampions@bradford.gov.uk

Other Contacts

DfE Senior Mental Health Leads: Project lead: Dr Kay Tasker-Smith, Specialist Senior EP.

Email: BradfordSeniorMentalHealthLeads@bradford.gov.uk

BSOL page: <https://bso.bradford.gov.uk/content/bradford-dfe-accredited-mental-health-leads-training>

Bradford Healthy Minds Chartermark: Project lead: Dr Kay Tasker-Smith, Specialist Senior EP.

Email: EmotionalWellbeingChartermark@bradford.gov.uk

BSOL page: <https://bso.bradford.gov.uk/content/bradford-healthy-minds-chartermark>