

Mental Health Champions Newsletter Sept 2020

Dear Champions,

I hope you have all been safe and well during recent months. I am writing to tell you about the plans for the Mental Health Champions project this year, as there are some new developments.

Mental Health and Covid Recovery

This year, the project will be one of the Council's key sources of information on mental health and Covid recovery, and will be the main vehicle for disseminating the DfE guidance and training in this area, "*Wellbeing for Education Return*". We have also been asked to gather information from school regarding the needs of children and young people as they return to school and get used to 'the new normal', via a half-termly audit of need. This information will be used to plan training within the project, but also to enable Public Health to plan their strategic responses for young people based upon the actual needs reported by schools.

Individual Supervision and Parent Support

Two strands of the project which were announced last year but were unable to go ahead as planned due to Covid restrictions will be taking place this year, although may be on a remote basis at least initially:

- We will be offering individual supervision sessions with an Educational Psychologist for your school MH Champion to discuss their work with children and young people who may be experiencing mental health or emotional difficulties. (This can cover a broad range of difficulties and is not limited to Covid recovery).
- Parents of the children and young people in your school will also be able to access training and support sessions provided by the Educational Psychology Team (more details to follow shortly).

Further strands to the project this year will include:

- Access to our soon-to-be-appointed Education Emotional Well-being Practitioners, who will be providing direct support in schools to children and young people experiencing significant difficulties (details about referrals to the EEWPs will follow shortly).
- Introduction to and support in using the new One Referral scheme - this is the new name for the referral mechanism to access support from CAMHS and other organisations and services involved with the mental health and emotional well-being of children and people.
- Introduction to and support in using the new Bradford directory for organisations and services who can offer support pertaining to mental health and emotional well-being.

As always, all strands of the project are provided free of charge to Bradford schools.

Network Meetings arrangements

Due to staffing arrangements, Network Meetings will now be held Mondays to Thursdays, with the meetings previously held on a Friday being moved to Wednesdays. Allocated days for other areas will remain the same.

Network Meeting weeks will now run as follows:

Mondays – West

Tuesdays – North

Wednesdays – East

Thursdays – South

Dates for each round of network meetings will be as follows:

1. w/c 12th October
2. w/c 30th November
3. w/c 25th January
4. w/c 22nd March
5. w/c 24th May
6. w/c 5th July

Meetings in the Autumn term will be held on-line, and this will be reviewed for the subsequent meetings, in line with Government and Local Authority guidelines. Training sessions will also be recorded, so that Champions who are unable to attend live can still access the main content.

As usual, Champions will also be invited to participate in group supervision and networking for school Champions to share best practice with other local schools, and to access peer support facilitated by a member of the Educational Psychology Team.

Individual supervision arrangements

Each month an Educational Psychologist will be available to talk to Champions on an individual basis regarding their practice in schools. There will be three slots per month, each slot lasting approximately 45 to 60 minutes. Champions must be able to demonstrate that they have sought parental consent to discuss any young person with whom they work with an outside professional. The Mental Health Champion EPs will provide a suggested template, although schools will be able to use their own forms so long as it is clear that parents/carers have given written consent for their child/young person to be discussed.

Dates:

September: Wens 30th pm: 1-1:45pm; 2-2:45pm; 3-3:45pm

October: Wens 14th am: 9-9:45am; 10-10:45am; 11-11:45am

November: Tues 10th pm: 1-1:45pm; 2-2:45pm; 3-3:45pm

December: Mon 7th am: 9-9:45am; 10-10:45am; 11-11:45am

January: Wens 13th pm: 1-1:45pm; 2-2:45pm; 3-3:45pm
February: Tues 9th am: 9-9:45am; 10-10:45am; 11-11:45am
March: Mon 8th pm: 1-1:45pm; 2-2:45pm; 3-3:45pm
April: Wens 7th am: 9-9:45am; 10-10:45am; 11-11:45am
May: Tues 4th pm: 1-1:45pm; 2-2:45pm; 3-3:45pm
June: Mon 7th am: 9-9:45am; 10-10:45am; 11-11:45am
July: Wens 7th pm: 1-1:45pm; 2-2:45pm; 3-3:45pm
August: Tues 3rd am: 9-9:45am; 10-10:45am; 11-11:45am

Mode of booking:

Champions will be able to book the slots using the Skills for Bradford (S4B) website, which is administrated by the BMDC Business Support Team.

Parent Support

Final details are not yet confirmed as we are liaising with other local organisations to ensure a good range of support is offered, without duplication. More details will follow in due course.

Other information and support

Don't forget, students aged 11-18 who live in the Bradford area can access free, online counselling and support from Kooth, a digital mental health service commissioned by Bradford CCGs. The website is fully moderated and includes forum and advice articles as well as counselling.

Contact details

For any queries, please contact us at:

Email: mhchampions@bradford.gov.uk

Telephone EPT business support team: 01274 439444

Key information can also be found on our page on Bradford Schools online.

Bookings for Network Meetings and Individual Supervision are on the Skills4Bradford website: [Skills4Bradford](#) *Please note, sessions have not yet gone 'live' and you will not yet be able to access online booking. An email will be sent to Champions when the booking service is open.*



kooth Free, safe and anonymous online support for young people

online LOGIN IN CRISIS?

Want someone to understand or advice to help a friend?
We're here for you.

JOIN KOOTH WATCH VIDEO



The small things can't fix everything, but they tell me that I am not alone. Maybe to the person giving them they seem like small things, but to the person receiving them they mean the world.

Hannah

#smallthings time to change

It's end mental health discrimination