

Dacorum Guidance to Mental Health & Wellbeing support in schools

Tier 1 - Prevention and Early Intervention

Mental health and wellbeing of staff, pupils and parents/carers is highly valued within school culture

Anna Freud Centre “10 Steps towards school staff wellbeing” survey and “Supporting staff wellbeing in schools” booklet. <https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/ten-steps-towards-school-staff-wellbeing/>

Counselling for staff - via employee assistance programmes e.g. Schools Advisory Service (SAS)

Hertfordshire MIND Network - Tel 020 3727 3600 <https://www.hertsmindnetwork.org/>

Trained SLT lead for mental health and well-being to ensure consistent implementation of policy. All Mental Health Leads and Deputies access the MH Leads Level 2 training. Named Governor link for mental health and wellbeing to monitor and measure impact of work

Strategic Lead for mental health in schools (was CAMHS School Link Manager), offer Mental Health First Aid training, Level 2 Mental Health Leads training and Kite mark accreditation. To register as a Mental Health Lead or sign up for a course email: SchoolMHTraining@hertfordshire.gov.uk

My teen brain – One day multi agency training for professionals email: css@hertfordshire.gov.uk

Whole school approach to mental health and wellbeing policy/strategy, which is developed and owned by the whole school, including suicide awareness in secondary schools

Healthy Young Minds - whole school approach to Mental Health and Wellbeing information/self-review tool

Wellbeing Signposting Guide for Young People, A Parents Survival Guide, Anxiety and Self-Harm toolkit, 5 Ways to Wellbeing, Stress Bucket tips for Parents, When to Worry tool and other mental health information; log onto the school section of <https://www.healthyyoungmindsinherts.org.uk/>

Any login problems, email: SchoolMHTraining@hertfordshire.gov.uk

School committed to a therapeutic approach to managing behaviour such as “Hertfordshire Steps” programme

Hertfordshire Steps – Hertfordshire Local Authority recommended training for managing behaviour contact **Tel 0300 123 4040** or email: steps@hertfordshire.gov.uk

Appropriate training so that staff understand the link between mental health, behaviour and learning

DSPL 8 Newsletter - Sent out to schools at the end of each term, including information on courses for professionals and parents. Additional information for parents and professionals also on DSPL website <http://www.dacorumspl.org.uk/>

Pastoral care and access to therapeutic support

Kooth - online counselling for 10-18 year olds <https://www.kooth.com/>

Childline – Online and telephone information, support and counselling for young people up to 19 years <https://www.childline.org.uk/> Under 12 can visit <https://www.childline.org.uk/kids/> **Tel 0800 111 111**

Watford Football Club – Free 10 week wellbeing workshops for years 6 and 9. Contact email: Liamdwyer@watfordfc.com

Promotion of equality, diversity and challenging discrimination

Protective Behaviours - Training for professionals and parents www.familiesfeelingsafe.co.uk, contact Fiona Benjamin email: Fiona@familiesfeelingsafe.co.uk

NSPCC speakers - Contact Lizzie Telling on **Tel 07980 917877** email: Elizabeth.telling@nspcc.org.uk

Examples of good practice/support

School ethos and environment:

- Staff feedback sought on ways to improve staff wellbeing
- Staff take time to get to know pupil's individual interests and needs, building positive connections and relationships
- Reasonable adjustments put in place for individuals including daily check-ins for vulnerable pupils/parents/carers, with key adults to set them up for a positive day
- Teaching staff know the link between behaviour, mental health and learning
- Time is put aside during assemblies, registration, PSHE etc. to focus on the topic of wellbeing
- Within the staff team, staff are trained in; pastoral support, Hertfordshire Steps, protective behaviours, mindfulness and mental health first aid
- Feedback from pupils and parents suggest that pupils view school as a safe place where they feel happy, safe and secure
- A positive attitude and good behaviour from pupils is an indicator that they feel valued, have a sense of belonging and are given roles and responsibilities to raise their self-esteem
- Pupils know how to ask for help and where and who to go to if they need support
- Pupils have a network of people they feel they can trust, talk to and share their thoughts, worries and feelings with, inside and outside of school
- Time is planned in for pupils to be listened to and understood
- Pupils are supported to recognise and manage their feelings and given learning strategies to help them self-regulate
- Pupils are taught to reflect on their behaviour choices both positive and negative and the effect their behaviour has on themselves and others. They learn to repair and restore relationships using the Hertfordshire Steps approach
- A quiet area is available in school for pupils to access to self-regulate their emotions
- A Growth Mind-set culture is fostered where pupils understand and see making mistakes as part of the learning process, building their resilience
- Collaboration and coaching through asking questions and allowing pupils to find their own solutions gives them ownership and encourages cooperation. (Self-appraisal with Form Tutor)
- Pupils' efforts and achievements are recognised and celebrated raising positive self-esteem
- Schools complete Healthy Young Minds in Herts "Whole school approach to improving mental health and wellbeing" self-review tool and action plan for Kite mark accreditation
- At transition points, there is clarity for pupils and parents/carers around the transition process and support offered where required
- Social activities are available for staff e.g. yoga, mindfulness, relaxation, with a local instructor

- Pupils encouraged to take part in extracurricular and social activities
- Pupils involved in decision making about the various types of support available

Curriculum

- Promotion of a spiritual, moral, social and cultural (SMSC) culture and positive healthy relationships through PSHCE
- Strategic Leads for mental health in schools (was CAMHS Link Managers) offering a range of training to schools including Mental Health First Aid Youth and Mental Health Leads training
- Teaching a holistic approach to wellbeing through healthy body and mind activities including; healthy eating, running daily mile, skip2bfit, 5 Ways to well-being.
- Teaching online safety and boundaries, filtering, social norms, following the crowd, cyber bullying
- Utilise programmes and approaches such as Philosophy for Children, resilience, SEAL, circle time, my teen brain, mindfulness, yoga
- Quality assured outside speakers invited into school such as; NSPCC, First Aid, on- line safety and drug and alcohol workshops etc.

Working with parents and carers

- Effective positive communication between parents/carers and school is encouraged
- Inclusive and non-judgemental partnerships with parents/carers are fostered
- Drop ins are provided with staff
- Information, support and workshops for adult / pupil mental health and wellbeing is shared with parents/carers through face to face discussions, newsletters, leaflets and on school website

Seek advice from the following:

- Head teacher colleagues / local network of Head teachers
- DSPL8 Newsletter and website
- DESC Therapeutic services
- DESC outreach Team
- Healthy Young Minds in Herts Website for general information and course details
- Adam Hayes for Steps training
- Kooth (online counselling for 10-18 yrs.)
- Strategic Lead for mental health in schools (was CAMHS-Schools Link Manager)
- Hertfordshire MIND Network (offer staff training and workshops)
- Childline (for students to access directly)

Additional links

Just Talk Campaign email: Publichealth@hertfordshire.gov.uk www.justtalkherts.org.

MindED – Department of Health free resource www.minded.org.uk

Families in Focus – Network for parents of children with SEND, anxiety, PDA and autism, offering free support, information and courses <http://www.familiesinfocus.co.uk/>

Getselfhelp - cards to help remember self-help techniques <https://www.getselfhelp.co.uk/cards.htm>

Action for happiness - 10 keys to happier living toolkit for 7-11 year olds
<https://www.actionforhappiness.org/toolkit-for-schools>

Dragonfly – Anxiety booklet for parents, carers and young people
<https://dragonflyimpact.co.uk/anxiety-booklet-pdf/>

Anxiety UK – Children and young people with Anxiety. Guide for parents
https://www.moodcafe.co.uk/media/19579/cyp_parents_1_2_web.pdf

SAM anxiety App - Voted the best anxiety app in 2018 <http://sam-app.org.uk/>

SANE - National out of hours' helpline providing support and information to anyone coping with mental illness. **SANEline Tel 0300 3047 000 (16.30-22.30)** <http://www.sane.org.uk/>

Stem4 – Stemming and supporting teenage mental health. Information for teenagers and professionals, including the calm harm and clear fear apps <https://stem4.org.uk>

Young Minds - Information for professionals and young people/adults experiencing a mental health crisis. Parent **Helpline 0808 802 5544** email parents@youngminds.org.uk <https://youngminds.org.uk>

Mind – National mental health charity offering an excellent range of materials on all aspects of depression
Tel 0300 123 3393

Self-harm support website - <http://www.recoveryourlife.com/>

Young Pride in Herts - LGBT support <http://www.youngprideinherts.org/>

LGBT Foundation - Advice, support and information **Tel 0345 330 3030** <https://lgbt.foundation/>

Tier 2 – Emerging Needs

Single Point of Access through DESC Therapeutic Services for advice

DESC – Dacorum Education Support Centre Therapeutic Services NSaunders@desc.herts.sch.uk or Emckenna@desc.herts.sch.uk Tel 01442 247476 option 2

SLT Lead for mental health meets with member(s) of staff who raise concerns

Plan for support based on school's "Mental Health and Wellbeing" policy

Strategic Lead for mental health in schools (was CAMHS School Link Manager), offer Mental Health First Aid training, Level 2 Mental Health Leads training and Kite mark accreditation. To register as a Mental Health Lead or sign up for a course email: SchoolMHTraining@hertfordshire.gov.uk

Risk Assessment Management Plan (RAMP) in place as used in STEPS to clearly identifying triggers and effective de-escalation strategies currently used by school

Hertfordshire Steps - Hertfordshire Local Authority recommended training for managing behaviour

Tel 0300 123 4040 or email: steps@hertfordshire.gov.uk

Continual SEMH professional development identified for groups of staff (MSAs, TA's etc.)

DESC (Dacorum Education Support Centre) <https://www.desc.herts.sch.uk>

Training requests – please contact: Nicola Saunders Tel 01442 247476 (option 2)

email: nsaunders@desc.herts.sch.uk

Counselling/Employee assistance programme for staff

e.g. Carewell, SAS <https://schooladvice.co.uk/>

Examples of good practice/support

- PSP/BSP
- Professionals meeting for team around the family (EHM)
- Effective liaison and information sharing with Family Support Worker
- Signposting parents/carers to drop in support sessions
- Promote parent/carer programmes/ classes to support individual needs of pupil / family
- “Hertfordshire Steps” programme, including “Roots and Fruits”, to be embedded within practice
- Flexibility to meet the needs of individual pupils when required
- A transparent programme of support implemented that sets pupils up for success
- Drawing and talking
- Protective behaviours
- Art therapy
- Buddy / Mentoring system (adult and peer mentoring)
- Social skill groups
- Nurture groups

Seek advice from the following:

- School Family Worker
- Pupil Support Worker
- Public Health Nurse (was School Nurse Team)
- DESC
- G.P
- Family Centres (was Children’s Centres)
- Parental Drug Awareness Service (PDAS) or
- Adolescent and Families Drug and Alcohol Service for Hertfordshire (AF-DASH)
- Parentline Plus
- Families First Portal
- Counselling in schools or via DESC, Safe Space and Signpost.
- Kooth On-line counselling for children and young people aged 10-18
- Young Carers
- Multi Agency Safeguarding Hub (MASH)
- “As One” Wellbeing Service 16 + only
- Herts Young Homeless

Additional links

School Family Workers - provide free, confidential, impartial support service for local families

Pupil Support Worker – supports children and young people in schools

Link Family Services – **Tel 07538 232084** Dacorum Family Services – **Tel 01442 401222 Ext. 5**

Gade School Family Support **Tel 01442 278793** Kings Langley Family Services **Tel 01923 271744**

DESC (Dacorum Education Support Centre) deliver Counselling, CBT, Drawing and Talking, Mental Health training, Mental Health Worker (Nurse) services Worker and Parenting Practitioner Services

<https://www.desc.herts.sch.uk>

HCC Service Request form to email: emckenna@desc.herts.sch.uk

For more information, contact: Nicola Saunders **Tel 01442 247476 (option 2)** email:

nsaunders@desc.herts.sch.uk

Children’s Wellbeing Team – Hertfordshire service for children and young people 5-18 presenting with anxiety or low mood. Guided self-help is offered. Email childrenswellbeing@herfordshire.gov.uk
Tel 01992 556405

“As One” Wellbeing Service – Age 16+ short term therapy for worry, low mood, insomnia stress. Self-referral or via a professional including G.P <https://www.hpft.nhs.uk/services/community-services/wellbeing-service/>

Single point of access Tel 0300 7770707

Public Health Nurse (was School Nurse Team) **Tel 0300 123 7572**

Chat Health - School nursing text messaging service for young people (11-19) **Tel 07480 635050**

School nursing Health for Kids, School nursing;

Health for Teens: <https://www.hct.nhs.uk/our-services/school-nursing>

Health for Kids: <https://www.healthforkids.co.uk/hertfordshire>

Health for Teens: <https://www.healthforteens.co.uk/hertfordshire>

Family Centres (was Children’s Centres) **Tel 0300 123 7572**

Parental Drug Awareness Service (PDAS) Hertfordshire. Helpline **Tel 01707 393934**

http://websites.uk-plc.net/Parental_Drug_Awareness_Service

Adolescent and Families Drug and Alcohol Service for Hertfordshire – Spectrum (AF-Dash)

Tel 01992 531917 <https://www.changegrowlive.org/spectrum-drug-alcohol-recovery-service-hertfordshire>

Parentline Plus – Emotional support, information and advice for parents. **Helpline 0808 800 2222** email: askus@familylives.org.uk

Families First Portal - Directory of organisations and service in *Hertfordshire* that can help with problems families may be facing. <https://www.hertfordshirefamiliesfirst.org.uk>

Safe Space Counselling provides Counselling and Arts Therapies (Art, Drama, Play) to Primary and Secondary schools across Hertfordshire. www.hertfordshire.gov.uk/services/schools-and-education/at-school/counselling-in-schools/counselling-in-schools.aspx

Signpost Counselling - for young people 10-25 by self-referral <http://signpostcounselling.co.uk>

Self-harm support website - <http://www.recoveryourlife.com/>

Young Carers <https://carers.org/about-us/about-young-carers>

Kooth <https://www.kooth.com/>

DSPL 8 Newsletter - Sent out to schools at the end of each term, including information on courses for professionals and parents. Additional information for parents and professionals also on DSPL website <http://www.dacorumdspl.org.uk/>

Tier 3 – Targeted Services/Complex Needs

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Advice sought from Single Point of Access through DESC Therapeutic Services

DESC – Dacorum Education Support Centre Therapeutic Services NSaunders@desc.herts.sch.uk or Emckenna@desc.herts.sch.uk **Tel 01442 247476 option 2**

Multi-professional meeting e.g. CIN, EHM, FFA to include the parents/carers/external agencies

Access external agencies

Offer Support and information to the Parents/Carers

Examples of good practice/support

- A multi-professional programme of support developed that enables the pupil to succeed both socially and academically, with outcomes that can be evidenced
- Counselling/Therapeutic Support
- CPD identified for particular staff around needs of pupils(s)
- Signpost parents/carers to known support groups, classes or courses

Seek advice from the following:

- Step2 - Early intervention CAMHS
- Educational Psychologist (EP) – call your contact EP
- Counselling via DESC, Safe Space, Signpost
- Art therapy
- Families First
- Targeted Youth Support Team
- Youth connexions (Now YC Herts)
- Woodfield School Outreach
- AF-DASH
- The National Association for Children of Alcoholics (NACOA)
- “As One” Wellbeing service. 16+ only.
- ADD-vance – training for parents who have a child with Autism and/or ADHD
- Childline
- Herts Young Homeless
- Samaritans

Additional links

Step2 CAMHS (Child and Adolescent Mental Health Service) is an Early Intervention Child and Adolescent Mental Health Service for children and young people in Hertfordshire aged 0-19. Referral is via any Hertfordshire professional. **Contact Single Point of Access (SPA) Tel: 0300 777 0707 Alternatively, make a written referral directly to Step2 <https://www.hct.nhs.uk/our-services/step-2-camhs/>**

Educational Psychologist (E.P.) via Integrated Services for Learning (ISL). Educational Psychologists help schools, settings and families to understand and manage a wide range of developmental issues and special educational needs. Call your Contact EP for more information or the EP Team Admin Support on **Tel 01442 453904**

Targeted Youth Support Team support young people (13-18 yrs) who don't meet the threshold for safeguarding and specialist services. Referrals should be made using a HCC Service Request (SR) email: SF.hertsdirect@hertsc.gov.uk

YC Herts (was Youth Connexions) offer projects and programmes for young people including the Support 'Now' programme, CBT based. **Tel 0300 123 7538 <http://www.ychertfordshire.org/>**

Woodfield School Outreach

<http://www.woodfield.coventry.sch.uk/Teaching--Learning/Outreach-Team/>

AF-DASH (Adolescent and Families Drug and Alcohol Services). Offer free advice, support, assessment and treatment to young people under 18 in Hertfordshire. Text 07770 537227

Tel 01992 531917 email: AFDASH@hpft.nhs.uk <https://www.healthyyoungmindsinherts.org.uk/links/af-dash-adolescent-and-families-drug-and-alcohol-service-hertfordshire>

The National Association for Children of Alcoholics (NACOA) Helpline 0800 358 3456 <http://www.nacoa.org.uk/>

ADD-vance - training for parents and professionals supporting a child with Autism or ADHD www.add-vance.org

Herts Young Homeless helps young people 16+ at risk of becoming homeless, includes a family mediation service (10-15 years) **Tel 03333 202 384 (16-24 years) Tel 03003 230 130**
<https://www.hyh.org.uk/our-services/mediation>

Samaritans - Free Helpline Tel 116123

<https://www.samaritans.org/>

Beat eating disorders – Helpline 0808 801 0677 Youthline 0808 801 0711

<https://www.beateatingdisorders.org.uk/>

Stamp out suicide. UK Charity with free counselling service Tel 01438 845111 <http://www.stampoutsuicide.co.uk/>

Prevention of Young Suicide (PAPYRUS). Advice and information for parents, carers, teachers, professionals and friends of young people at risk of suicide. <https://papyrus-uk.org/>

Bipolar UK - <https://www.bipolaruk.org/>

OCD Action - The UK's largest OCD charity <https://ocdaction.org.uk/>

Self –harm support website - <http://www.recoveryourlife.com/>

Tier 4 – Intensified Outreach and Risk support

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Access additional services where necessary - guided by the open services e.g. CAMHS, ESTMA, PALMS

Ensure a joined up multi- professional approach is in place

Seek additional advice from the Single point of Access

Examples of good practice/support

- Tailored support plan
- Multi-professional mechanism in place e.g. EHM, CIN, IFF

Seek advice from the following:

- Specialist CAMHS (in clinic setting)
- ESMA (Educational Support for Medical Absence Service)
- PALMS (Positive behaviour, Autism, Learning disability and Mental Health Services)
- Specialist eating disorder team
- OLLIE Foundation or Hector's House (charities for suicide prevention)
- St. Francis Hospice or CRUSE (bereavement advice/counselling)
- Samaritans

Additional Links - services which may be involved

Specialist CAMHS. Contact the Single Point of Access (SPA) on Tel 0300 777 0707 (Mon-Fri 8am-7pm).
Out of hours' mental health helpline **Tel 01438 843322**
<https://www.hpftcamhs.nhs.uk/>

ESMA (Education support for medical absence) is provided by specialist teachers who work with young people aged 5-16, whose attendance has been significantly affected by a medical condition or special educational needs or disabilities (SEND).

Contact Sue Bramley (ISL Lead Practitioner) on **Tel 01442 453812** Sue.bramley@hertfordshire.gov.uk
https://handsendnews.hertfordshire.gov.uk/assets/1/esma_contacts_card_a5_version.pdf

PALMS (Positive behaviour, Autism, Learning disability and Mental Health Service) provides a specialist multi-disciplinary approach to children and young people aged 0-19 who have a global learning disability and/or Autistic Spectrum Disorder and their families. **Tel 01727 732007**<https://www.hct.nhs.uk/our-services/palms/>

Specialist eating disorder team - Tel 01707 364000 email: ceds.hpft@nhs.net

OLLIE Foundation. Charity devoted to stopping young people from taking their own lives.
Tel 07715 311891 email contactus@theolliefoundation.org
<https://theolliefoundation.org>

Hector's House Charity – signposting service for suicide prevention.
<https://hectorshouse.org.uk/>

The Hospice of St Francis.
<https://www.stfrancis.org.uk/>

CRUSE (bereavement advice/counselling) Free Helpline 0808 808 1677
<https://www.cruse.org.uk/>

Self-harm support website - <http://www.recoveryourlife.com/>

Tier 5 – Safeguarding and Specialist Services (NHS Day or inpatient unit)

Communicate with external services

Liaise and formulate a plan for return to school

Seek guidance from the external services providing the support

Liaise and offer/signpost support to Parents/Carers

Care, Education & Treatment review (CETR) - may be appropriate for a person with SEN who is at risk of admission to, or already in a specialist or mental health hospital

<https://www.england.nhs.uk/learning-disabilities/care/ctr/care-education-and-treatment-reviews/>

Seek advice from the following:

- Forest House Hospital
- Forest House Education Centre
- Specialist eating disorder team
- A&E Children's Emergency Department
- CAMHS Crisis and Treatment Teams (C-CATT)
- Specialist school placement
- Family safeguarding teams
- Adolescents Resource Centre (ARC)

Additional Links - services which may be involved

Forest House Radlett - CAMHS inpatient unit

<https://www.hpftcamhs.nhs.uk/coming-to-camhs-what-to-expect/our-hpft-camhs-services/forest-house-radlett/>

Forest House Education Centre – Tel 01923 633241

<http://www.foresthous.herts.sch.uk/>

A&E Children's Emergency Department

https://www.westhertshospitals.nhs.uk/acute_childrens_services/childrensemergency.asp

CAMHS Crisis and Treatment Teams (C-CATT) – Emergency service assessing children and young people arriving at A&E

Multi Agency Safeguarding Hub (MASH) If you think a child has been harmed or is being neglected, contact the Multi Agency Safeguarding Hub on Tel 01432 260800 or the Police on 101

ARC - Adolescents Resource Centre<https://www.hertfordshire.gov.uk/services/childrens-social-care/arc/professionals/referral.aspx>

Self-harm support website - <http://www.recoveryourlife.com/>

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DSPL Mental Health Sub Group
Chaired by Suzanne Stace Head Westfield School, Berkhamsted