

Mental Health and Well-being

Presentation to Hillingdon Governors

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Transforming Children and Young People's Mental Health Provision: a Green Paper

Presented to Parliament by the Secretary of State for Health and Secretary of State for Education by Command of Her Majesty (December 2017)

A mental health lead in every school and college: “We want every school and college to have a designated lead in mental health by 2025. The designated lead will be a trained member of staff who is responsible for the school’s approach to mental health”

This designated lead will:

- ▶ oversee the help the school gives to pupils with mental health problems
- ▶ help staff to spot pupils who show signs of mental health problems
- ▶ offer advice to staff about mental health
- ▶ refer children to specialist services if they need to
- ▶ The designated leads will be offered training to develop their skills in leading mental health work.
- ▶ The Teaching and Leadership Innovation Fund, will be used to look at developing training to build the skills of the designated leads and support them in delivering whole school approaches.

Cont.

- ▶ The emotional, mental health and wellbeing of Children and Young People (CYP) is as important as their physical health and wellbeing.
- ▶ Over recent years it has been recognised that changes need to be implemented to mental health services for CYP to identify CYP's needs early and enable them to access timely, appropriate mental health services that support them to build resilience.
- ▶ Mental health problems range from short spells of depression or anxiety through to severe and persistent conditions that can isolate, disrupt and frighten those who experience them.
- ▶ Mental health problems in CYP can result in lower educational attainment, result in lower educational attainment poor physical health, poor social relationships, school exclusion and limited future employment prospects as well as behaviours such as smoking, using drugs and drinking alcohol.
- ▶ The impact of improving emotional wellbeing and mental health is seen at an individual and family level.



Wellbeing and Mental Health in Schools Programme Launch: LBH 2018-2019

'We know that half of all mental health conditions are established before the age of fourteen, and we know that early intervention can prevent problems escalating and have a major societal benefits. Informed by widespread existing practice in the education sector and by a systematic review of existing evidence on the best ways to promote positive mental health for children and young people, we want to put schools and colleges at the heart of our efforts to intervene early and prevent problems escalating.'

(Transforming Children and Young People's Mental Health - A Green Paper (2017))

- ▶ Using the above commitment from National Government, Local Authority (Hillingdon) and the CCG (Clinical Commissioning Group) are committed to supporting Headteachers and School staff to have the knowledge, expertise, skill and confidence to empower young people with positive mental health and overall wellbeing.
- ▶ The training provided has and will offer a range of strategies and techniques that will enable teachers to have the tools to do just this.



Mindapples 'five-a-day-for-the-mind'....

What helps people look after their own mental health?

Is your mental health something you take for granted or something you work actively at maintaining?

- ▶ We're used to looking after our bodies, exercising regularly and feeding them nutritious food, but how often do we do something to look after our minds?
- ▶ An astonishing *one in four* of us will have problems with our mental wellbeing at some time in our lives.
- ▶ *What are your '5 a day' for your mind?....*



“Cause I ain’t got a pencil”

By Joshua T. Dickerson

*I woke myself up
Because we ain’t got an alarm clock
Dug in the dirty clothes basket,
Cause ain’t nobody washed my uniform
Brushed my hair and teeth in the dark,
Cause the lights ain’t on
Even got my baby sister ready
Cause my mama wasn’t home.
Got us both to school on time,
To eat us a good breakfast.
Then when I got to class the teacher fussed
Cause I ain’t got a pencil.*

The vision aims and expectations for us all following the training with LBH, sits within the 4 points listed below.....

1. Culture:

- ▶ Developing mindsets of all staff within school that enable them to better recognise and support children or young people who present with Mental Health challenges.
- ▶ Understanding that Behaviour is Communication and that positive mental health and wellbeing are essential for ensuring all children and young people are ready to learn.
- ▶ Empowering **all** adults within the school to have the interaction and coaching strategies that enable young people to calm, self-regulate, understand themselves and their behaviours; resulting in them being able to 'bounce forward' rather than backwards.
- ▶ School culture also directly influences Parents through a shared pedagogy and supportive attitudes and pathways that better enable them to support their children with Mental Health or Wellbeing challenges when at home.

2. Training: All staff will be trained and up-skilled with in-depth specialist knowledge in the following aspects:

1) What is Mental Health:

- ▶ a) How poor mental health manifests itself why (risk factors)
- ▶ b) How to build resilience in young people

2) Strategies and approaches

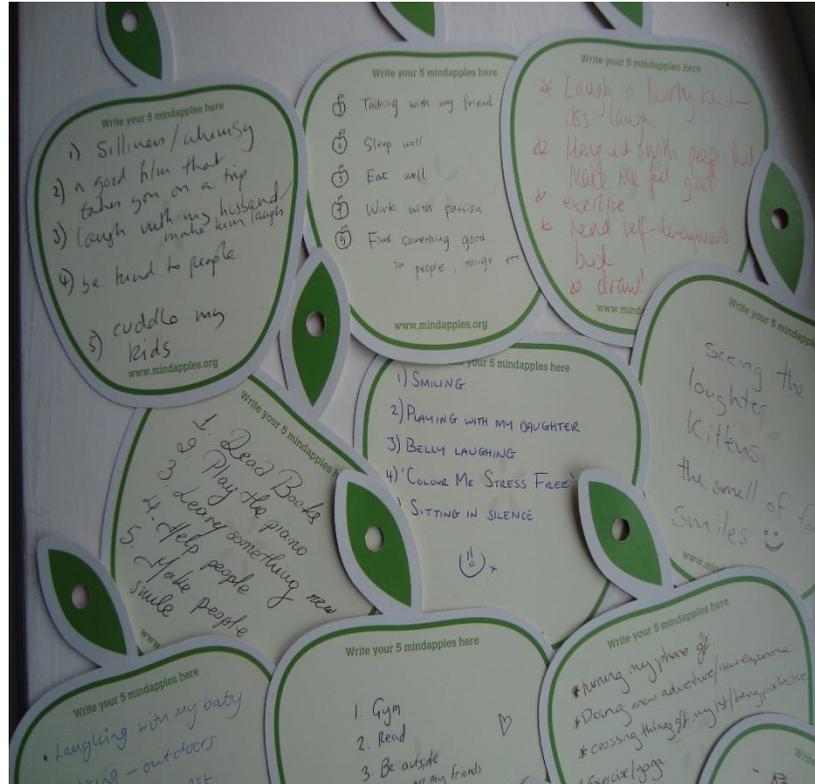
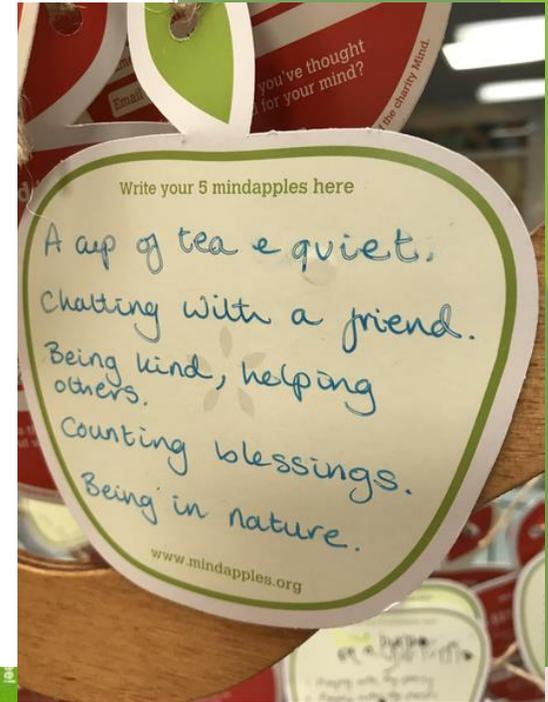
- ▶ Acquired knowledge and skills will become common place practice in each and every classroom.

3. Pupils: All pupils will have assurance that their school: -

- ▶ Is a safe place where they know they are understood –
- ▶ Their mental health is looked after –
- ▶ Processes are in place to build on their assets and resilience

4. Health/CAMHs links:

- ▶ Work in partnership with CCG and CAMHS to create better links and clear pathways to access specialist support at all levels.
- ▶ Working together with Health, LA services and schools to offer bespoke and targeted support for young people identified with a high level of need and to the staff working with them.



Moving forward.....

Reflecting on the '5 a Day' approach going forward, in your school....

- ▶ How could you support mental health and well-being in schools, as governors?

