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## Cambridgeshire Local Authority Support for a Whole School Approach to Mental Health



**A whole school approach to promoting the social and emotional wellbeing of children and young people moves beyond learning and teaching to pervade all aspects of the life of a school.**

**5.12.17**

## Cambridgeshire: Local Authority Support for a Whole School Approach to Mental Health

### About this Document

This document has been created as a result of feedback from schools who didn't feel that it was always clear what services the local authority provided in terms of mental health support.

The local authority encourages schools to take a whole school approach to mental health whereby every aspect of school life, from the curriculum to staff wellbeing and engagement with the community, promotes good mental health.

We all have mental health, and having good mental health has been linked with better school achievement as well as better outcomes later in life.

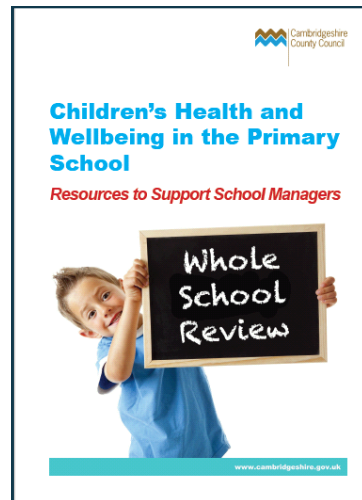
Schools and colleges can use this document to identify the support that the local authority can provide them with to take a whole school approach to mental health.

### Comments and Feedback

It would be helpful to have your comments or feedback on this document to ensure that it is useful and includes the information that is most helpful in your work. For further comments please contact:

[Holly.hodge@cambridgeshire.gov.uk](mailto:Holly.hodge@cambridgeshire.gov.uk)

**Please note this document will be updated as information changes so is under constant review.**



### Glossary/Acronyms

**CREDS** (Cambridgeshire Race Equality & Diversity Service) – Aim to increase levels of achievement and participation of black, minority ethnic (BME), Gypsy, Roma and Traveller children, young people and families, including those who have English as an additional language (EAL).

**PSHE** - Personal, Social, Health and Economic education.

**SEND** - Special Educational Need or Disability.

### Whole School Review Tool

There will already be lots of working going on in schools or colleges to promote good mental health. A straight forward way of identifying areas that could be improved is to use the whole school review tool. This document is available from the education wellbeing team and guides you through reviewing different aspects of the school's work to assess whether more can be done to promote better mental health. When the whole school review is complete, this document can help to establish what support is available to help improve the areas identified. There are currently tools for primary and secondary school settings available.

**Contact: [pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)**

## Where to Start?

There is a lot of information in this document about what support is available, but where to start? You will already have some elements of a whole school approach to mental health in place, but how do you build on these? The example below will hopefully help.

### An Example...

⇒ The best way to know what you need to do is to look at where you are now. Use the 'whole school review tool (see page 2) in a staff meeting to assess which area you could do with improving in your school or college.

For example, if staff don't feel they are very confident in identifying signs of poor mental health in pupils then look at the staff development section of this document (page 5). A good course of action would then be to invite CPFT (Cambridgeshire & Peterborough Foundation Trust) to run a free staff briefing. From this a number of staff may then wish to undertake the free online training to further build their confidence.

Or, perhaps your school feels that you could improve the curriculum for the development of children's emotional wellbeing. In which case, primary schools are able access free resources including lesson plans around emotional health from the PSHE service. Secondary schools are being invited to take up the opportunity of a free 2.5 hour consultancy support visit which will support with this particular issue too (see page 5).

⇒ Once the action plan has been drawn up, plan the date for reviewing progress made on the actions and ensure each action is being led by a named individual.

⇒ At the review, look at progress and update the whole school review tool to reflect on the school's achievements. Then focus on working on other areas where there is room for improvement.

## What if I Need Urgent Help?

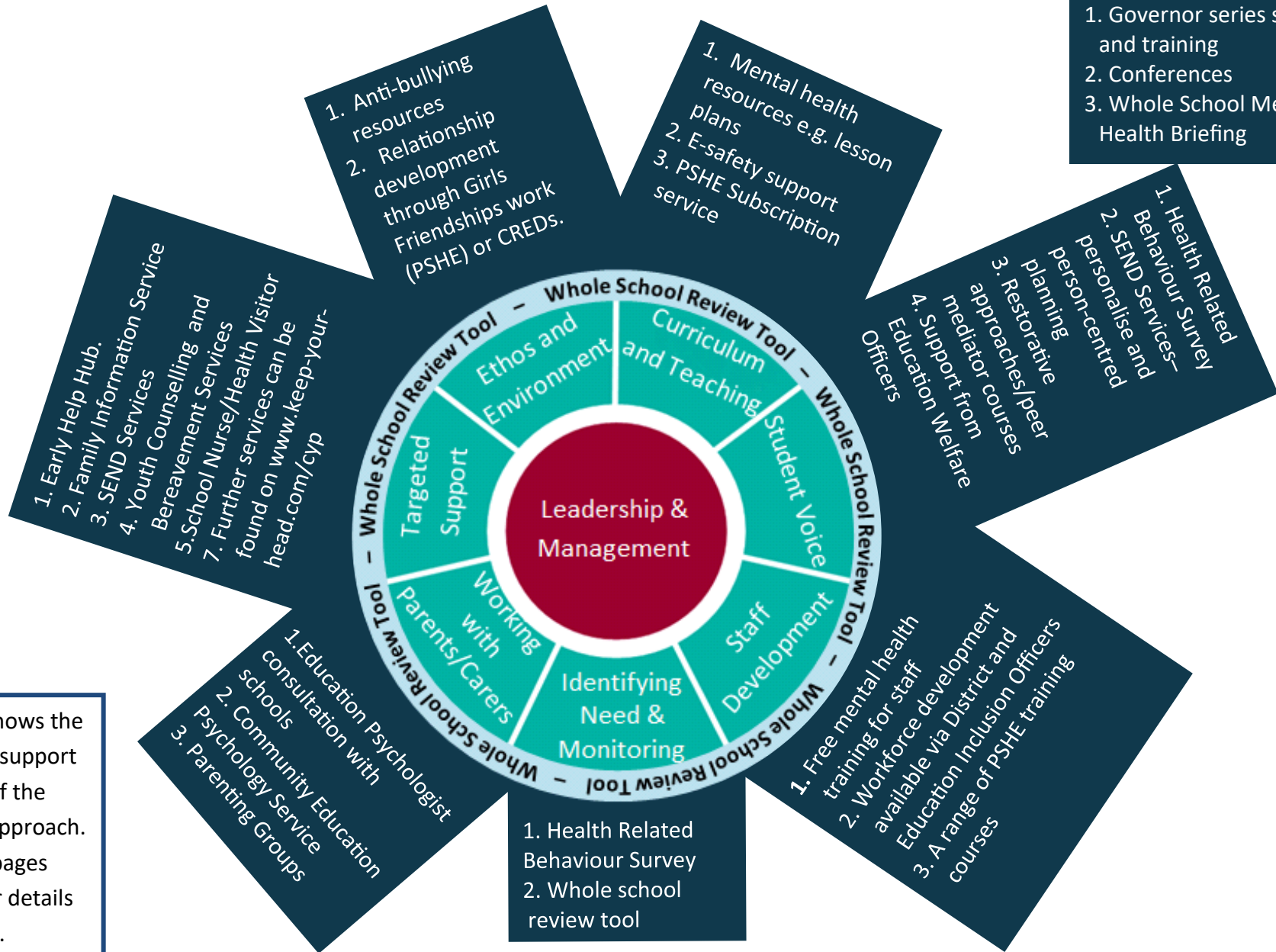
**If you are seriously concerned about someone's safety then the advice to parents and young people is:**

Call 111 and press option 2 for the [First Response Service](#) - a 24-hour service for people in a mental health crisis. This service is for anyone, of any age, living in Cambridgeshire and Peterborough. If you are feeling suicidal or you are worried about someone else, contact 111 Option 2, the **Samaritans (116 123)** or see the local STOP Suicide website ([www.stopsuicidepledge.org](http://www.stopsuicidepledge.org)).

The local '[Understanding and responding to children and young people at risk of self-harm and suicide](#)' practitioner guide is a useful resource and includes information on assessing risk.

# Local Authority Support for a Whole School Approach to Mental Health—An Overview

- ### Leadership & Management
1. Governor series support and training
  2. Conferences
  3. Whole School Mental Health Briefing



This diagram shows the local authority support for each area of the whole school approach. The following pages provide further details on the services.

Source (including front cover): Diagram adapted from Public Health England, Promoting children and young people’s emotional health and wellbeing (2015)

## Ethos & Environment

### PSHE

The PSHE Service offers a range of resources, training and guidance to schools and colleges. The service offers the [Cambridgeshire Primary Professional Development Programme](#) as well as resources covering: topics such as 'conflict resolution and peer mediation' and 'relationship development through girls friendships'. There is a subscription service or resources can be purchased separately. [Learn Together](#) or contact [pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

### Anti-bullying resources for secondary schools

A range of information and resources can be found on the Learn Together website <https://www.cambslearntogether.co.uk/anti-bullying/support-for-schools/>

### CREDS

Provide support, training and resources to schools, settings, families and communities. Provide workshops for pupils and training for staff. The core targeted service is delivered at no charge to local authority maintained schools. Visit: [CREDS](#)

## Curriculum & Teaching

### Mental health units of work

Personal development frameworks and units of work specific to mental and emotional wellbeing are available free of charge for all primary schools. Contact [pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

### PSHE Service

Additional resources on specific areas of mental health are available either as part of the subscription service or as individual packages. A range free of film resources to assist in delivering a range of mental health related PSHE lessons can be found on [Keep Your Head](#). Contact: [pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk) or visit [Learn Together](#)

### E-Safety

The ICT service offers a range of free resources (e.g. [social media guide for parents](#)) as well as sessions that can be purchased. [www.ccc-esafety.org.uk/](http://www.ccc-esafety.org.uk/)

## Staff Development

### Mental Health Training

Training is delivered by the Mental Health Trust and is available to teaching and support staff in schools. Training ranges from short courses to the longer Foundation Course. Some courses are available free of charge, whereas others will have a cost. [CAMHTrainingAdministrator@cpft.nhs.uk](mailto:CAMHTrainingAdministrator@cpft.nhs.uk) / 01223 884040

### PSHE training

A range of training is offered by the PSHE service. This includes courses on body image, anti-bullying, celebrating girls friendships and conflict resolution. There is a charge for these courses which is reduced for those who subscribe to the PSHE service. For more information visit: [Learn Together](#) or contact [Justine.spencer@cambridgeshire.gov.uk](mailto:Justine.spencer@cambridgeshire.gov.uk)

### MindEd

#### (a national resource)

A range of free online learning with specific materials for professionals. Focuses on a range of child and adolescent mental health topics. <https://www.minded.org.uk/>



## Student Voice

### Health Related Behaviour Survey

In primary and secondary schools the survey gives data on a range of aspects of pupil health and wellbeing. When schools receive results they can be explored with pupils to give a greater understanding of pupils needs and how to address these. The survey is free to access for secondary schools, but there is a cost for primary schools.

**Community Educational Psychologists (CEPs)**  
(see p5)

**Education Welfare Officers** - Based in Locality Teams they will work with pupils, schools and parents/carers to support better school attendance. [www.cambridgeshire.gov.uk/](http://www.cambridgeshire.gov.uk/)

## Leadership & Management

### Conferences

Conferences will be publicised via the schools newsletter and Learn Together website. They cover a variety of topics and in the past have included resilience speakers. There is normally a charge to attend.

### Governor Series

Termly governor briefings as well as a range of Governor training is offered. There is a cost for these services.

[Learn Together](#)

## Working with Parents/Carers

### Family Workers

Family workers are based in District Teams and offer support and advice to parents/carers on issues such as children's challenging behaviour, establishing routines, raising self-esteem, increasing confidence and improving family relationships. Support and advice may be offered through individual support and/or a range of parenting courses. Individual support can be delivered in a range of locations including schools. Schools can make referrals to a family worker. They work with 0-19s (up to 25 if the child has SEND). The contact details will depend on your district team, visit: <https://www.cambridgeshire.gov.uk/>

### Parenting Programmes

A range of courses are offered for free across Cambridgeshire, these include:

Raising Toddlers (0-5 years)

Incredible Years Early Years (up to age 6)

Incredible Years 6+

Stepping Stones (aged 2-12 with special educational needs)

Raising Children (up to 12 years)

Sibling Rivalry (up to 16 years)

Raising Teens (10+ years)

ESCAPE (10+ years)

<https://www.cambridgeshire.gov.uk/residents/children-and-families/parenting-and-family-support/parenting-courses/>

### SEND Services

Sessions are available for parents to support them in understanding their child's needs and helping them to support their child with SEND. There is a cost for this service, further details are available from:

<https://www.cambridgeshire.gov.uk/>

### Community Educational Psychologists (CEPs)

CEPs can provide support and advice to parents/carers of children with SEND. They can also support with teacher-based consultation where the needs of children and young people are discussed and action-planning is devised .

In addition they can support with multi-agency consultation – discussing strategies, evidence based interventions and action-planning for meeting needs with those adults/agencies that work/live with children and young people.

## Identifying Need and Monitoring

### Health Related Behaviour Survey

The survey gives data on a range of aspects of pupil health and wellbeing. The information, which includes data on bullying, self-esteem and trust, can be used to plan the curriculum and identify areas of potential improvement. Exploring findings with pupils can help to further tease out issues and understand areas that need more work.

### Whole School Review Tool

See page 2 for details.

## Targeted Support

### Early Help Hub

The Early Help Hub provides a single telephone line, operating during office hours, providing advice and information for professionals about local services. They can offer guidance about accessing services, and signpost to self-help resources. Contact the team on: 01480 376 666 or [early.helphub@cambridgeshire.gcsx.gov.uk](mailto:early.helphub@cambridgeshire.gcsx.gov.uk) (open 9am – 5.20pm Monday to Thursday, Friday 9am -4:20pm).

### Family Information Service (FIS)

Provides information for families with a child 0 to 19 (or up to 25 for those with SEND). Information is provided online on a range of topics including childcare, education, support services and other useful resources. The Families and Childcare Information helpline can provide information and support for parents and carers who need help with finding childcare.

Telephone: 0345 045 1360 (open Monday – Friday, 9am-5pm) email: [fis@cambridgeshire.gov.uk](mailto:fis@cambridgeshire.gov.uk), website: [www.cambridgeshire.gov.uk/families](http://www.cambridgeshire.gov.uk/families)

### Early Help Assessment (EHA)

The EHA provides a standardised and holistic assessment tool for professionals and volunteers to use with families to identify all of the needs within a family and how their various needs inter-relate. It operates as a request for services and as such supports decision making about how a family's needs might be best addressed. It can be used by anyone who works with children, young people, adults and families across the workforce, whether they are employed or volunteers, and working in the public, private or voluntary sector. It can be used whenever there are concerns that a child, young person, adult or family has needs which might require targeted support.

Before starting an EHA, the Assessor should contact the Early Help Hub on 01480 376 666 (office hours) or [Early.helphub@cambridgeshire.gcsx.gov.uk](mailto:Early.helphub@cambridgeshire.gcsx.gov.uk) to check if an EHA already exists. A copy of the EHA, signed by members of the family, should be sent to the Early Help Hub for logging. A copy of the EHA should be offered to the parent / carer and / or young person. <https://www.cambridgeshire.gov.uk/>

## Targeted Support (continued)

### SEND Services

Cambridgeshire's SEND Specialist Services provide a range of professional services for children, young people and families in a wide range of educational and community settings. A range of training is available:

- \* **Governors** - Training to ensure Governors understand their statutory responsibilities and give guidance on how to support their schools in meeting those requirements.
- \* **Parents and Carers** - Offer sessions for parents to support them in understanding their child's needs and helping them to support their child.
- \* **Teaching Assistants** - Support them to more effectively work with pupils with SEND.
- \* **Teachers** - A variety of training in all aspects of SEND provision in the classroom as well as specific training in developing positive conversations with parents.
- \* **Headteachers and Senior Leaders** - SEN/Inclusion reviews to support schools in improving their provision for SEND as well as training and support for schools in engaging with families and pupils.
- \* **SENCOs** - Termly briefings, support for whole school approaches and bespoke individualised support.

For further information about training and details of costs visit: <https://www.cambridgeshire.gov.uk>

### Community Educational Psychology Service (CEPS)

This service applies psychology to support children and young people with special educational needs and disabilities, those who are emotionally vulnerable or have emerging mental health needs. The team supports access to learning and social curriculum so pupils are more likely to realise their developmental potential. Support is allocated according to need. Additional supplementary time can be purchased.

A range of core services are provided at no cost to local authority maintained schools. These services include providing intensive therapeutic support for pupils with emotional wellbeing and mental health needs as well as statutory assessment and transition planning for pupils with SEND. In addition they can provide support and advice around assessment, planning and evaluation of teaching, learning and emotional wellbeing interventions.

For further information on additional core services offered and additional services that can be purchased visit:

<https://www.cambridgeshire.gov.uk>

### School Nurse or Health Visitor

If the child is under the age of 5 then a health visitor will provide support to the child, after the age of 5 the school nursing service takes over care.

Health Visiting: <http://www.cambscommunityservices.nhs.uk>

School Nursing: <http://www.cambscommunityservices.nhs.uk>

## Targeted Support (continued)

### Emotional Health & Wellbeing Support—CHUMS

From January 2018 free support for those with mild-moderate mental health problems will be available for those of primary school age up to the age of 25 years. A range of interventions will be available across the county, including bereavement support. Professionals can refer young people into the service, or young people may refer themselves. <http://chums.uk.com/>

A range of other targeted support is available; more information can be found on the [www.keep-your-head.com](http://www.keep-your-head.com) website.

## Other Useful Resources



### Children & Young People's Mental Health Website ([www.keep-your-head.com](http://www.keep-your-head.com))

This website collates a range of reliable national and local information and resources that can help young people to look after their mental health. The website includes information on self-help resources, guidance on how to keep yourself well and the services that are available when you need a bit more support. It also has a range of resources and information that may be helpful for those working in schools, including access to a range of short films and local service information.

An adult version of the website, that can support staff and parent wellbeing, will be launched in February 2017.

The local '[Understanding and responding to children and young people at risk of self-harm and suicide](#)' **practitioner guide** is a comprehensive resource.

Public Health England (2015) [Promoting children and young people's emotional health and wellbeing A whole school and college approach](#).

Public Health England (2014) [The link between pupil health and wellbeing and attainment: A briefing for head teachers, governors and staff in education settings](#).

Beyond what the local authority offers, **there are a range of free resources and tools that can help you to implement a whole school approach to mental health**, such as the [Young Minds resources on Academic Resilience](#)

[The MindEd Trust](#) also gives details of the steps for implementing an emotional health programme