
South Staffordshire Mental Health in Schools

2017-2018



Introduction

HOPE (Helping Our Pupils' Emotions) began Sept 2016 with three days of training. The training offered basics in child & adolescent mental health topics.

All schools across South Staffs had been invited to to attend, free, courtesy of the four South Staffordshire CCG's who provided funding as part of the Local Transformation Plan. The CCG's are Stafford & Surrounds CCG, Cannock Chase CCG, East Staffs CCG (including Burton and Uttoxeter) and South East Staffs & Seisdon Peninsula (including Tamworth, Lichfield, Seisdon). The invite went out to schools via the e-school bag and a flier was attached (see appendix).

Learning from the first cohort indicated

1. attendees found the pace and amount of content overwhelming. Therefore Cohort two (2017) had four days of training, spread out between July to October.
2. There was no connection with allocated supervisors as the supervisor had not met trainees during the training. Therefore all supervisors attended the last day of training to set up supervision meetings, plan networking and have a go at peer supervision to discuss a case/challenge in school. Feedback suggests this has been helpful.
3. Resources need to be coherently presented and available. All handouts and paperwork/resources were made available online (website) and emailed. A grant to develop a manual is next on wish list.
4. Small training groups in each locality drained limited funding and not sustainable. Therefore one large group in a central venue was best way forward which was offered in 2017. This came with different challenges. Over the four days we tweaked and changed the environment to make it work for most attendees.
5. Ongoing support when needed cited as being invaluable for supporting schools. This will continue.

Additional Support/Opportunities 2017

Mental Health Conference June 2017

Transition 'train the trainer' model for Year 6-Year 7 by Eikon Charity October 2017

Whole School Mental Health - November 2017

Emotion Coaching - January 2018

Attachment - February 2017

Brief Interventions using Outcome Measures - tbc

Learning from Cohort Two:

1. Need a pack of training handouts/materials
2. Summary of each day's content
3. Pack of documents/paperwork to be used as a Listening Ear
4. Group forum for trainees - possible use of Facebook/WhatsApp
5. Longer training day to allow more processing/summary time
6. Ensure use of audio equipment to ensure everyone can hear

Progress Feedback 2017-2018

Schools actively involved in HOPE Project (includes schools from 2016)

CCG	Secondary (HS)	No. of staff trained to date (2016-2017)	First/Primary (PS)	No. of staff trained to date (2016-2017)	Special schools	Total Schools/staff
Stafford & Surround	2	4	10	12	0	12/16
Cannock Chase	3	4	6	8	0	9/12
East Staffs	2	4	19	32	1 HS/2 1PS/2	23/40
South East Staffs & Seisdon	2	2	7	10	0	9/12
Out of Area Schools/other	1 (Derbys) 1 University tutor	2	1 (North Staffs)	1	0	2/3
			TOTAL Schools: 55		Total staff: 83	

FEEDBACK FROM 2016-2017, YEAR ONE COHORT

2016-2017: Total of 43 schools: 7 Stafford / 9 Cannock / 8 SES / 19 East Staffs
Total of trainees: 53

South East Staffs & Seisdon CCG

No of schools involved: 8. Feedback from 8 schools reviewed
No of pupils involved : 222

Young people helped : 222
Young people referred on : 22 (10%)

Assessed via Drop-in/Self-Referral : 46

Stafford & Surrounds CCG

No of schools involved: 7. Feedback from 4 schools reviewed
No of pupils involved : 57

Young people helped : 39
Young people referred on : 18

Assessed via Drop-in/Self-Referral : 3

Cannock Chase CCG

No of schools involved: 9. Feedback from 4 schools reviewed
No of pupils involved : 83 across 2 schools (no figures available for the other 2)

Young people helped : 33+ (not all figures available)
Young people referred on : 10

Assessed via Drop-in/Self-Referral : 6+ (ongoing)

East Staffs CCG

No of schools involved : 19
No of pupils involved : 442

Young people helped : 228+
Young people referred on : 35

Assessed via Drop-in/Self-Referral : 56

Brief overview

Feedback so far : achievements : wider range of support, more access to resources, more strategies for learners.

Raised profile of emotional wellbeing.

Less referrals to external agencies, with pupils not accepting support previously engaging with this project. Role in school promoted to parents meaning more pupils actively seeking support.

Shift of focus to self-help rather than parents and pupils expecting school to 'fix it'.

What using : themes : UPSIDE web page positive feedback, engagement with parents.

Listening ear worked well.

Tailored support. Word of mouth for self-service support worked really well.

Deep learning days. Introduced mindfulness and goody bags. VIP pass for pupils attending 1:1 to use Wellbeing Area a big hit. How to starve the anxiety/anger gremlin books have been particularly useful. File set up for all staff to share resources. Own oxygen mask first approach with parents to enable them to help/support their child.

Barriers : challenges : majority mention time constraints

Time (particularly for accurate paperwork), parental engagement, lack of dedicated working/meeting space.

Lack of time and allocated space previously highlighted as a major challenge now been overcome with overwhelmingly positive outcomes. Self-harm/sexual health current issues with not as much support as would like from parents and sometimes unhelpful staff attitudes are a barrier.

Time and volume of students needing support remains greatest challenge.

Overall Impact of Hope intervention : project enabled pupils access in turn lessening impact on already overstretched services with families also more aware of self-help. Ultimately inclusion, with children having strategies to empower and provide resilience, pupils better supported and staff better trained to assist.

Hope leaflets available in reception area.

The project impact has been significant with the ability to meet demand and exceed expectations of pupils and parents. Access to dropbox (priceless information and tools) has been a real success.

One pupil saved from permanent exclusion showing significant improvement with intervention.

Teachers report a positive impact on those pupils involved with the Hope Project. A direct result of Hope intervention has been an improvement in attendance of some pupils therefore having a positive impact on their education. Hope is a project we cannot do without in our school .. the listening ear service has been a lifeline for one pupil particularly. Introduction of Pooky Knightsmith's Not Now Celeste book particularly beneficial for a family suffering long-term depression.

Look back over the year : Listening ear has had a major impact, preventing the need for greater support and making it acceptable to talk about emotional support without a stigma attached and actually being quite 'cool'.

Distraction box was a big hit.

Awareness of emotional help and support increased amongst pupils and parents.

Biggest challenges : time, resources and cost

To note Cannock is the most deprived area currently servicing and yet found to be the most enthusiastic

Stafford's staff engagement was the toughest

Hope "Veterans" 2017 - (been in role since 2009 in the ASPEN)

Leeds Alliance in Supervision Scale (LASS)

Approach 96.7%

Relationship 98.3%

Meeting Needs 96.2%

(from 30 replies out of 30 issued with an average score of 10/10 across all 3 scales)

Produced September 2017

2017-2018 training

Following feedback from cohort one trainees the training was spread over four days.

Day One topics: What is MH? Risk/resilience, model of MH services (Tier vs THRIVE), common MH problems and strategies

Day Two: Self harm/suicide, Listening & questioning skills, Solution focused “GEMS” (Goals Exceptions Miracle question Scaling)

Day Three: Paperwork, documentation, evaluating individual interventions using outcome measures (C/ORS, RCADS & SDQ) and whole school MH

Day Four: Taking care of self. Reflective practice, supervision, networking and taking care of own emotional wellbeing. Introduction of supervisors to staff.

FEEDBACK was requested using an adapted version of the Leeds Alliance in Supervision Scale. Three questions were asked and space provided for free form comments. All questions measured on a 10cm line, modelling the Outcome Rating Scale trainees are asked to use with pupils. 29 forms received back out of 34 distributed. representing 85% return rate.

1. Training sessions have/have not been focused? **86% satisfaction** that training had been focused
2. Trainers and trainees have / have not understood each other? **88% satisfaction** that trainees had felt understood
3. Training sessions had / had not been helpful? **88% satisfaction** that training had been helpful

“I can't tell you how much I enjoyed the course and meeting such wonderful people.

Could you please pass on my thanks to the rest of the team too.

Looking forward to getting things really off the ground after Half Term. It is encouraging to know that we are only a phone call away from support and have the network meetings arranged.”

All comments summarised in appendix B

To be delivered/offered 2017-2018

1. Emotion coaching for school staff -to then deliver parent workshops to min of 10 parents. This is in partnership with Charlie Waller Memorial Trust and the STELLA (Sustainable, Transformative Education: Local Learning Amplified)
2. Termly networking in each locality - Dec 2017, March 2018, June 2018
3. 1:1 supervision (via telephone, secure online meeting or in person)
4. Whole school Mental Health - November 2017
5. Attachment training - February 2018
6. Working with parents - to be confirmed
7. Bereavement - to be confirmed
8. Brief Interventions using Outcome Measures - to be confirmed

APPENDIX



2017-2018

Developing “School-Based Mental Health Champions”

NEED MENTAL HEALTH SUPPORT, TRAINING, KNOWLEDGE?

Many schools report they lack the expertise to help pupils’ mental health & emotional wellbeing. To help schools the Staffordshire Clinical Commissioning Group’s (CCG’s) have funded the following programme:

Free training and **ongoing professional development** to identify and manage the mental health & emotional wellbeing needs of children & young people (CYP) within the primary & secondary school setting.

A package that offers four days* training focusing on mental health, self harm, helping skills & tools to measure & monitor CYP emotional wellbeing. There will be ongoing professional support and development through regular network meetings & supervision to develop the role of “Mental Health Champion”

(*Training dates: 4 July, 12 Sept, 26 Sept, 10 Oct 2017
Venue: Rugeley Community Centre, WS15 2HX)



INTERESTED?

Contact Rachel Rayner (Project Lead)

hopeproject2016@outlook.com or 07962 229 206



@hopeproject2016


South East Staffordshire and Seidon Peninsula
Clinical Commissioning Group


Cannock Chase
Clinical Commissioning Group


East Staffordshire
Clinical Commissioning Group


Stafford and Surrounds
Clinical Commissioning Group

Appendix B

Training comments:

- ◆ Totally amazing training and trainers. Love the video clips that help break up the session and aid understanding. Maybe set up a user group for this cohort of listening ears so we can stay in touch ask for inspiration (forum?)
- ◆ Thanks for all of the interesting info + sources
- ◆ It would have been nice to have sat in our 'cluster' groups from day 1. Would have preferred emails with attachments, we have had issues on our school system with 'dropbox'. Overall - fabulous! Thank you
- ◆ Resources have been a little hit & miss. Sometimes freely available & other times hard to find. Cluster groups from first day. Thank you
- ◆ I have really enjoyed the training and it will help me within my role. Thank you
- ◆ Networking with primary schools separately, rather than a mix of primary, secondary. really enjoyed each session. Thank you!
- ◆ The resources on the dropbox are fantastic, trainers knowledge is outstanding in all its equipped us with the knowledge and ability to complete sessions with more confidence and knowledge ourselves.
- ◆ More information on sessions you can deliver/ discuss with students. Week 1...Week 2... To get the program[me] off the ground
- ◆ Possibly have extra sessions to allow more time for group discussions about different scenarios
- ◆ lots of information to be able to get started. Has opened my mind to different things and has changed some of my opinions. The 'ACES' video was particularly striking. Feel less scared about certain situations.
- ◆ Really useful info given. Day 3 would have given more context as to expectations of what the role should look like (not sure if this is miscommunication with school). Great networking and confidence building hoping it will continue!
- ◆ Really inserting, maybe more primary focus would be good. Day 3 would have been better on Day 1 - we spent a lot of time finding/making resources & forms in between these days. Fascinating and thought provoking though! Thank you.
- ◆ The delivery of the training was excellent and very informative. The course has given me a new found confidence in my job role. Thank you!
- ◆ Very informative course, lots of ideas & suggestions to trial at school. Maybe better to have 8 1/2 day sessions - so not brain overload
- ◆ I think it may be useful to have one session where primary and secondary school are separate but feedback to each other the next session.
- ◆ It all came together for me on week 3/training day 3 with how to look at outcomes. As a school we have a very nurturing ethos that so much of the training can add to + enhance. The outcomes really pulled it altogether + gave me a very exciting + clear vision for my school. Thank you!
- ◆ Good training, have enjoyed the interactive approach. I personally would have liked sessions to be closer together (break between day 1 & 2 too long although I do appreciate summer holidays got in the way). Looking forward to networking meetings.
- ◆ I have found this course very informative and useful. The resources we have been given access to are invaluable. I would like the course to run over a few more days so

that information could be better processed. It would be nice if further dates & courses could be available at the start so that schools can plan for this. All of the trainers are approachable & helpful. I have really enjoyed the course and would recommend it for others.

- ◆ Great course, loads of helpful information both electronic and paper. Great for meeting other staff from other schools and sharing good practice. There is a lot of information to take in and I found this overwhelming at times and feel I need time to sort through, digest and collate together the information to use successfully within my work environment. I did get anxious regarding all the information! But really enjoyed the course and have made some good friends. Great course providers/practitioners.
- ◆ Training has been excellent very useful to have email with attachments. knowing what is going to be explored in the next training session is useful. (The venue, although great to have everyone, could not always hear, which could become frustrating - appreciate this could not be helped)
- ◆ I have found this training very helpful. It has been good to have the 4 days to go through the information and it has been delivered excellently. I am excited to adapt what I have learnt to support identified in school. I am also keen to think about my staff's wellbeing and I am going to plan 1/2 termly slots for them to have 'supervision' times to ensure they are getting supported too.
- ◆ Great training and really useful. Continued support as we move forward and implement is great.
- ◆ Acoustics not great. Difficult to hear at times. Some people talking when presenters were which also made hearing difficult at times.
- ◆ Thank you. Lots of things to reflect upon!

2016-2017 Schools	
Abbot Beyne HS	East Staffs
All Saints Federation, Newborough PS	East Staffs
Blessed William Howard HS	Staff & S
Cannock Chase HS	Cannock
Cardinal Griffin HS	Cannock
Chadsmoor Junior School Jr	Cannock
Clayton Hall Academy PS	Staffs & S
Eton Park PS	East Staffs
Flax Hill & Lark Hall	SES&S
Fountains +new staff training (+3veterans)	East Staffs
Horninglow PS	East Staffs
Kingfisher Academy	East Staffs
Lakeside PS	SES&S
Lansdowne Inf	East Staffs
Leasowes PS	Staff & S
Longford PS	Cannock
Moorgate PS	SES&S
Nether Stowe HS	SES&S
Norton Canes PS	Cannock
Redbrook Hayes PS	Staff & S
Springcroft PS	East Staffs
St. Josephs RC Primary, Hednesfield	Cannock
St. Michaels's First, Penkridge	Cannock
St.John's First School	Staff & S
St. Modwens PS	East Staffs
Tamworth enterprise Coll HS	SES&S
William MacGregor PS	SES&S
William Shrewsbury PS	East Staffs

Previous "ASPEN" schools	
Anglesey PS	East Staffs
Christ Church pS	East Staffs
John of Rolleston	East Staffs
Mosley Academy	East Staffs
Richard Wakefield	East Staffs
Rykneld	East Staffs
Victoria	East Staffs
Winhill Village	East Staffs

2017-2018 "new" schools	
Fulford PS	Staff & S
Sir Graham Balfour HS	Staff & S
Berkswich PS	Staff & S
Christ Church, Stone	Staff & S
St Peter & St Paul PS	SES&S
Willows PS	SES&S
Coton Green	SES&S
All Saints -Leigh	East Staffs
All Saints-Bednall	Staff & S
Loxley Hall	East Staffs
Cheadle PS	- OOA -
Pingle HS	OOA
Veritas PS	Staff & S
de Ferrers HS	East Staffs
Heath Hayes Academy, PS	Cannock
St. John's PS	Staff & S
Holy Rosary, PS	East Staffs
Wolverhampton Uni	SES&S