

## **Free mental health support to North Somerset schools 2020 – 2021**

The DfE has given funding to the local authority and public health to deliver the Wellbeing for Education Return (WER) training to each school in Terms 1 and 2, plus some mental health consultation until March 2021. We have integrated the content of the WER training with the rest of our free training and can offer each school in North Somerset 3 hours of mental health support either in the form of training and/or consultation. Schools can combine these hours eg in a Multi Academy Trust, to stretch these hours further. Please see below our menu of training which your WER liaison worker (Maxine Houghton; Paul Cox; Andy Baker or Neil Harris) will discuss with you.

	<b>Face-to-face/ Online</b>	<b>Numbers</b>	<b>Facilitators</b>
<b>Working with young people’s mental health during and post-pandemic</b> - delivered online in September 2020; Mike will send a film covering the same content to disseminate to schools	<b>online</b>	Unlimited	Mike Armiger
<b>Grief and Loss</b> - 3 x 45 minute films made at the beginning of lockdown plus PowerPoints and handouts; re-send to school mental health leads	<b>online</b>	Unlimited	Mike Armiger
<b>Emotional Wellbeing in Schools</b> - 2 x 90 minute YouTube sessions. How best to meet the SEMH needs of all pupils as more and more return to school post-Covid lockdown. <b>Part 1:</b> Considers the possible emotional health and mental health needs of pupils, as schools prepare to welcome more pupils back. <a href="https://youtu.be/30rl-85xT1M">https://youtu.be/30rl-85xT1M</a> <b>Part 2:</b> This session recaps anxiety and CBT, then describes the 'Starving the Anxiety Gremlin' resource, concluding with evidence-based whole-school ideas. <a href="https://youtu.be/ObxX47GCSnM">https://youtu.be/ObxX47GCSnM</a>	<b>online</b>	Unlimited	Somerset Inclusion
<b>SENCo workshop on anxiety</b> - to be arranged. There will be a ‘live’ workshop and a film covering the same content.	<b>online</b>	Unlimited	Mike Armiger

<b>Self Harm</b> – online course, 27 November 2020 & 12 February 2021 (both on cpd online)	<b>online</b>	8-16 per course	Maxine Houghton Mo Townsend (CAMHS)
<b>2 day Youth Mental Health First Aid (YMHFA) training</b> - one free place for each Designated Mental Health Lead school (commercial value £300) to include YMHFA book; an online version of Youth Mental Health First Aid has just been released. The facilitators will prep for this in half term. If a school would like to have another place, this could equate to the 3 hours bespoke training.	<b>F2F and online</b>	16 per course, one free place per school initially; an additional place would equate to the 3 hours bespoke training	Paul Cox Maxine Houghton Andy Baker Jayne Archer (Kooth)
<b>Youth Mental Health training for up to 16</b> - this is a half day Youth Mental Health First Aid online course	<b>online</b>	16 per course – number of courses will depend on take-up of 2 day course and capacity	Paul Cox Maxine Houghton Andy Baker Jayne Archer (Kooth)
<b>Staff helpline</b> - North Somerset has commissioned 100 hours		Access and allocation to be confirmed	Somerset Inclusion
<b>Kooth</b> – online counselling for 10-18 year olds		<b>online</b>	Kooth – Lauren Finn
<b>School Mental Health Contacts Network</b> (termly) + <b>Newsletter</b> (4 x per year). Next dates: 21 January 2021 & 20 May 2021 (please book on cpd online)			Shaun Cheesman Paul Cox Maxine Houghton Kate Wilcox Mo Townsend (CAMHS)
<b>Directory of Services and Resources</b>			Shaun Cheesman VANS updating
<b>Healthy Schools with focus on mental health in secondary schools</b>	<b>F2F and online</b>		Shaun Cheesman
<b>Trusted Relationships workshops</b> eg Emotional Regulation (20 October); Use of language (17 December). All courses on cpd online.			Dr Karen Treisman
<b>Parents' Helpline</b>			
<p><b>Young Minds</b> 0808 802 5544</p> <p>Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25. Call us for free on <b>0808 802 5544</b> from 9:30am to 4pm, Monday to Friday. Our Parents Helpline is available in England, Scotland, Wales and Northern Ireland.</p>			
<b>Support for Staff Wellbeing</b>			
<b>Education Support</b>			

UK-wide: 08000 562 561 day or night

Txt: 07909 341229 (answered within 24 hours)

Our helpline is free and available to all teachers, lecturers and staff in education (primary, secondary, further or higher education) in England, Wales and Scotland 24/7, 365 days a year.

## **Resources**

### **Greater Manchester Covid-19 resources**

These comprehensive resources are grouped into types e.g. teaching materials, resources for parents etc and are a mixture of information leaflets, short films, advice and guidance, signposting to social prescribing activities etc. There are packs for primary and secondary and all packs include SEND specific materials where appropriate.

Primary School

<https://hub.gmhsc.org.uk/mental-health/primary-schools/>

Secondary School

<https://hub.gmhsc.org.uk/mental-health/secondary-schools/>

Included in the packs are short films for primary, secondary and SEND reassuring children & young people and their families & carers about precautions being taken and showing them how the new normal looks. Part of the messaging is about not medicalising normal feelings of anxiety. All films feature children and young people and cover the issues raised by children and young people during consultation.

In addition, each of the facilitators is able to offer their group of schools something bespoke eg Understanding emotions; Non-touch Theraplay; Resilience (staff or pupils); Therapeutic listening skills; SEMH service. (spreadsheet) in accordance with DfE guidelines.