A Whole School Approach to Emotional Wellbeing & Mental Health

Thurston Community College

Dr Beth Mosley (Clinical Psychologist)
mental health
Mental Health

“A state of wellbeing in which every individual achieves their potential, copes with the normal stresses of life, works productively and fruitfully, and is able to make a contribution to their community.”

World Health Organisation, 2018
Mental Health

Well
- Productive
- Energetic
- Coping well
- Sleeping well

Unwell
- Irritable
- Overwhelmed
- Worried
- Forgetful
- Angry
- Panicky
- Fatigued
- Restless
- Aggressive
- Withdrawn
- Depressed
- Anxious
Learn and explore the world

Feel & express emotions

Form good relationships

Cope with change
Develop & Thrive
1 in 10 Children and young people aged 5-16 years worldwide have a clinically diagnosable mental health disorder.

75% Young people receive no treatment for their mental health illness.

10 years Average wait time for effective treatment.

50% Half of all adult mental health problems start before the age of 14 (75% before age 24).

10-20 Yrs Reduced life expectancy if have mental health problems in adulthood.

1/3 Young people report struggling with mental health difficulties (Action for Children, 2018).
Cost in perspective

Total cost of mental health in England: £105.2bn
Total NHS budget for England 2015/16: £116.4bn

Source: The Centre for Mental Health and Department for Health
“This is one of the burning injustices of our time”
Transforming Children and Young People’s Mental Health Provision: a Green Paper
Green Paper

• Outlines changes the government wants to make, which will affect schools and colleges and MH health services, including:
  ➢ Mental health lead in every school & college by 2025
  ➢ Mental health support teams (trained staff linked to groups of schools and colleges) working with schools and colleges
  ➢ Shorter waiting times to access CYP mental health services – testing ways to reduce waiting time to 4 weeks
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inspire empower achieve

Why schools?
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A whole culture approach to emotional health & wellbeing
Whole School Approach

• Teaching and learning
  – Curriculum
  – Staff Development

• Culture and environment
  – Staff wellbeing
  – “It’s ok to not be ok” – empathy/compassion

• Targeted Support
  – At school (group interventions; CBT)
  – Referral to local services
Relationships are key

No significant learning occurs without a significant relationship!

- Dr. Comer
Clip on Empathy - Capturing the Essence of the Cultural Shift

https://www.youtube.com/watch?v=1Evwgu369Jw
Five Ways to Wellbeing

• Connect
• Be Active
• Keep learning
• Help others
• Taking notice

https://www.youtube.com/watch?v=yF7Ou43Vj6c
Why Physical Activity?

• Physical Health Benefits
  – Reduced risk of diseases (e.g. Type 2 diabetes)
  – Increase body’s tolerance to stress
  – Healthier organs/bones/weight
  – More energy
  – Improved sleep
Mental Health Benefits

• Reduce anxiety (release endorphins)
• Reduce stress (control cortisol)
• Clearer thinking (focus)
• Increase sense of mastery
• Reduce risk of depression
Social & Emotional Benefits

• Connecting with others – working as a team
• Having fun/playfulness
• Increased sense of belonging
• Learning to cope with challenges
• Transferable skills
Barriers

• Lack of energy/confidence
  – Start off small steps & build up
  – Find helpful roles
  – Incorporate throughout the school day
  – Start lessons with mindful movement
  – Community instead of competition

• Body/image consciousness
Incorporating Mental Health

• Teaching about the stress response (animation)
• Learning to breath (glitter bottle)
• Mindfulness in movement
• Developing focus (animation)
• Physical activity as part of activities which involve the five ways to wellbeing (walking, gardening, dance, yoga)
Looking after yourself

Mental health Awareness

WHAT’S ON YOUR MIND TODAY?

IF YOU’RE A PROFESSIONAL WHO’S WORRIED ABOUT A CHILD’S EMOTIONAL WELLBEING YOU CAN NOW ACCESS THESE FREE TRAINING COURSES:

SUFFOLK’S NEEDS MET
3.5-hour workshop for professionals or anyone who wants to know about what it means to be emotionally healthy - why it’s important to spot the risks to mental health and find solutions.

MENTAL HEALTH FIRST AID
2-day workshop to help professionals identify early stages of a mental health problem, common symptoms and how to step in and guide young people towards the support they need.

VISIT: HTTP://PARENTING.SUFFOLKCPD.CO.UK
For help registering to book your place call: 01473 260464
Information Resources

Emotional Wellbeing Gateway

Whether you are experiencing mental health issues, are worried about someone you care for, or want to know how to stay mentally well, there are many ways you can find information and support.

Please help us to improve the Gateway website by completing our feedback form or clicking on the feedback tab to the right of your screen.

- Worried about your child's mental health?
- Mental health advice for adults
- The Source - advice for children and young people
- Information for volunteers and practitioners
Time to Change website

• https://www.time-to-change.org.uk/
Curriculum Teaching & Learning

• PSHCE program promoting resilience and supporting social and emotional learning
• Assemblies on coping with stress
• Encouraging Mindfulness throughout the school
• How do we support our own mental health:
  https://www.youtube.com/watch?v=2Z6fC9Muqc&feature=youtu.be
Supporting Parents To support their children

IF YOU'RE WORRIED ABOUT YOUR CHILD'S EMOTIONAL WELLBEING YOU CAN NOW ACCESS THESE FREE TRAINING COURSES:

HEADS UP
3-hour workshop available for groups of parents and carers, and school staff, who support children and young people, and who would like to know more about pressures affecting children and young people, and their impact on mental health. Please contact: Gaynor.Scheifl@suffolk.gov.uk to organise a group session.

SUFFOLK'S NEEDS MET
3.5-hour workshop for anyone who wants to know about what it means to be emotionally healthy - why it's important to spot the risks to your mental health. Please book online.

MENTAL HEALTH FIRST AID LITE
1-day course to help identify common mental health issues and how they affect family life. Please book online.

VISIT: HTTP://PARENTING.SUFFOLKCPD.CO.UK
For help registering for your place call: 01473 260464
Responding to Need

14 Lower Brook Street, Ipswich, IP4 1AP -- 01473 252607 -- enquiries@syphp.org.uk
http://www.4yp.org.uk/

Counselling, youth worker 121 and group support schools work

Primary Mental Health Workers
• Professionals Consultation Line 01473 296111
• Designated PMHW for each school

• Training in specific aspects, e.g. attachment, self harm, eating disorders
• Teaching Schools – CPD programmes
• Analysis of additional need tool
Supporting Young People

Information and advice for young people in Suffolk
http://www.thesource.me.uk/

Young Minds
https://youngminds.org.uk

Training in whole school approaches – Schools Choice
https://www.schoolschoice.org/
Troubled youth need more than technique; they need transformative experiences with other people. ~Erik Laursen
Recent Resources (posters/information booklets)

- [https://mhfaengland.org/mhfa-centre/campaigns/world-mental-health-day-2018/](https://mhfaengland.org/mhfa-centre/campaigns/world-mental-health-day-2018/)

- [https://www.mentalhealth.org.uk/campaigns/mental-health-schools-make-it-count](https://www.mentalhealth.org.uk/campaigns/mental-health-schools-make-it-count)

- [https://www.mind.org.uk/get-involved/world-mental-health-day/](https://www.mind.org.uk/get-involved/world-mental-health-day/)
Recent Resources (PSHE)

- https://www.seemescotland.org/young-people/whats-on-your-mind/ (age 11-18)
Resources for young people

- https://www.annafreud.org/on-my-mind/
A toolkit for schools & colleges
Schools In Mind

Schools in Mind is a free network for school staff and allied professionals which shares academic and clinical expertise regarding the wellbeing and mental health issues that affect schools. The network provides a trusted source of up-to-date and accessible information and resources that school leaders, teachers and support staff can use to support the mental health and wellbeing of the children and young people in their care.

› Join the network
Top Tips

Take advantage of contact time.
School staff are in an ideal position to help mobilise children’s resilience through day-to-day contact.

Be observant and inquisitive.
Notice changes and differences in behaviour.

Show children and families you care.
Be aware of what is going on in a child’s life and how complex it might be.

Be mindful of good safeguarding practice.
If you have concerns, take action early.

What schools can do to support children’s resilience – develop relationships
You can take control when you are anxious! But you need to practice!

Download these Apps

Practice every night before bed

Calm
MindShift
Breathe
Free Training Resources

• Charlie Waller Memorial Trust - https://www.cwmt.org.uk
• https://www.beateatingdisorders.org.uk
• Mental Health First Aid / Suffolk Needs Met www.suffolkcpd.co.uk
• https://youngminds.org.uk
• www.minded.org.uk accessible online training for Teachers and Families
• https://www.mentallyhealthyschools.org.uk/
PSHCE Free Resources

- https://www.pshe-association.org.uk/
- https://youngminds.org.uk/media/1463/the_resilient_classroom-2016.pdf
- https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview (KS3 & KS4)
- http://www.inourhands.com/
- https://www.teachertoolkit.co.uk/resources/
- https://www.jigsawpshe.com/ (small cost)