Place2Be a Whole School Approach – Sharing Best Practice

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A Whole School Approach – Sharing Best Practice

A mentally healthy school is one that adopts a whole-school approach to mental health and wellbeing.

A whole-school approach involves all parts of the school working together and being committed. It needs partnership working between senior leaders, teachers and all school staff, as well as parents, carers and the wider community.

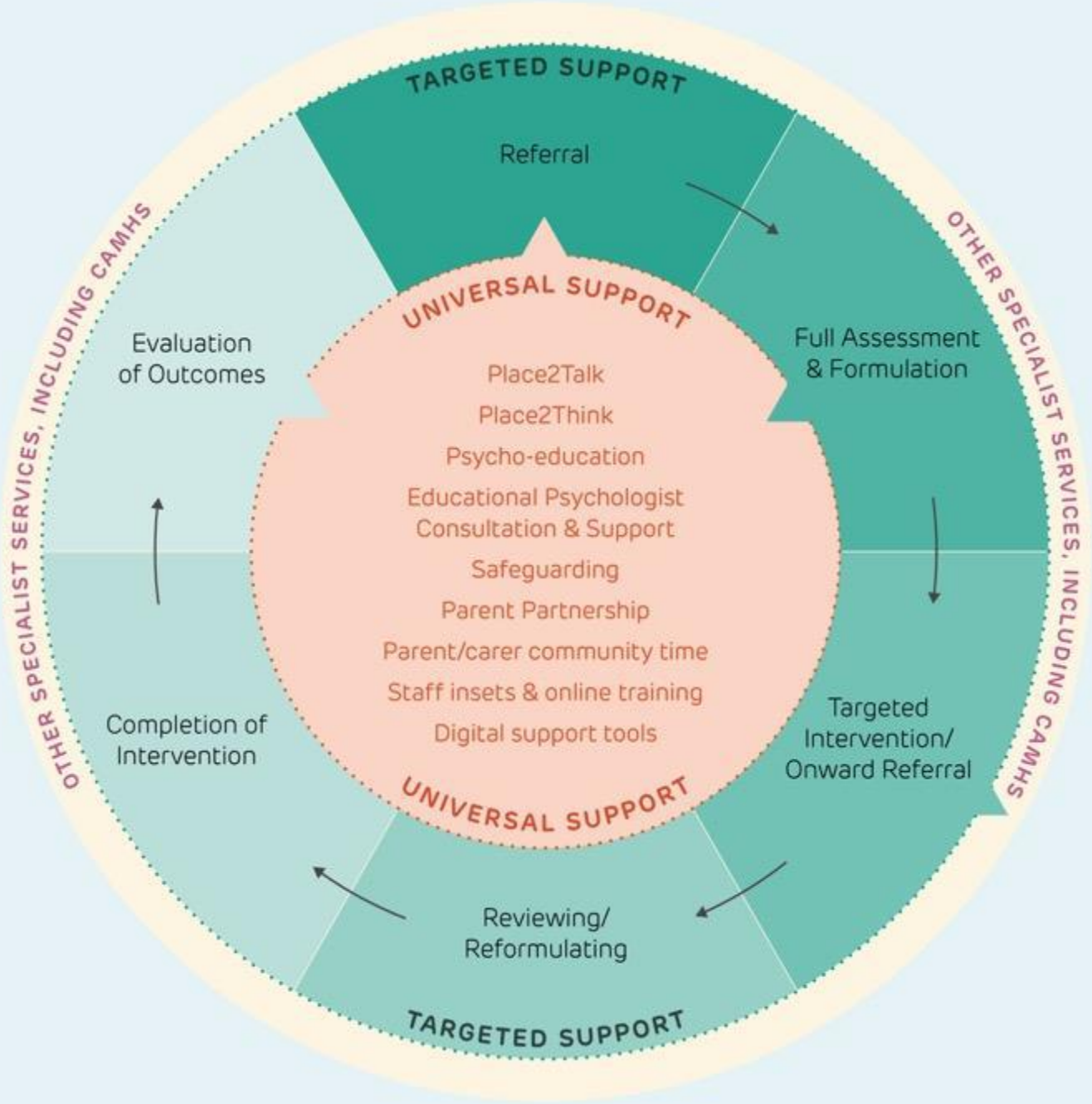
Understanding and mapping your local service landscape is an important factor in planning and improving children and young people's access to support.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1020249/Promoting_children_and_young_people_s_mental_health_and_wellbeing.pdf

Our whole school approach to mental health support

At Place2Be, children and families are always held within our whole-school mental health support framework. Here, a series of **universal support** services forms the core of our offer, with **targeted support** provided by our team of specialist clinicians, or **external services** when necessary.

We can only achieve this approach with a collaborative partnerships with the support and engagement of the school mental health leads



Place 2Be

Building understanding of children & young people's mental health

We constantly evaluate our work to ensure that what we do results in the best possible outcomes for children and young people.

By sharing our findings with a wide range of audiences, from the government to the general public, we aim to raise awareness of children and young people's mental health and the role we all play to support it.

In the past 12 months, we published four peer-reviewed papers, sharing best practice and disseminating our learnings:

- Lancet Child and Adolescent Health; Journal of Child Psychiatry and Psychology; European Child and Adolescent Psychiatry.
- Greek Journal of Hellenic Society of Children and Adolescent Psychiatry. July 2021.
- Child and Adolescent Mental Health: November 2021.
- Child and Adolescent Mental Health: attending school counselling. May 2022.

Our study with the University of Cambridge, published in May 2022, found that in-school mental health support can reduce school exclusions; suggesting that Place2Be's support may positively influence educational engagement as well as mental health.

This year, independent body Pro Bono Economics updated its cost-benefit analysis of our one-to-one counselling service in primary school. This research found that every £1 spent on Place2Be support for primary schoolchildren generates £8 in benefits to society.

Building confidence and knowledge in schools

Teachers and school staff play a crucial role in both promoting positive mental health for their pupils, and spotting when professional support may be needed.

Place2Be is committed to building the confidence, skills and knowledge of school leaders and teachers, to promote a better understanding of mental health and wellbeing.

Our online Mental Health Champions - Foundation programme has reached 48.9% of schools in the UK across every county in England, Wales, Scotland and Northern Ireland. This award-winning* free programme, initially offered to UK teachers, is now available to all UK school staff, trainee teachers and youth workers.

Our CPD-certified Senior Mental Health Leads training programme is Department for Education quality-assured and launched in autumn 2021. The programme helps senior leaders identify their school's priorities and develop strategic approaches to address those needs. It increases confidence in creating a culture within their school community where positive mental health and wellbeing is strongly linked to learning. It's an integral part of the whole school approach to mental health.

At the end of our programmes, alumni are invited to join our virtual Staffroom – a supportive community of almost 10,000 school staff, which offers ongoing access to Place2Be's resources and expertise.

> "We have utilised this (programme) to create a mental health and wellbeing action plan for our school. It was great to meet with and learn from colleagues, discussing and sharing the practice taking place in our schools."
>
> **Head Teacher on Senior Mental Health Leads programme**

*Learning Technologies Awards 2022, 'Best Learning technologies project – public & non-profit'-+

Keeping Children Safe in Education – DFE 2022

It is unacceptable for a child or young person to experience abuse of any kind and we must recognise our responsibility to safeguard the welfare of all children and young people.

We work in **partnership** with schools to ensure appropriate actions are taken in order to safeguard any service users

Self Harm & Suicide Ideation Top 2 issues In secondary schools and rising in primary schools

Safeguarding

As we work with vulnerable children and families, safeguarding is of the greatest importance to Place2Be.

Last year, **6677 safeguarding concerns** were raised with our Safeguarding Team. The most common concerns raised were self harm, suicide ideation, general mental health / emotional difficulties, physical and emotional abuse.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1101454/Keeping_children_safe_in_education_2022.pdf

Senior mental health lead training

Find out how your school or college can apply for a grant and access DfE quality assured training to help develop a whole school or college approach to mental health and wellbeing.

511
school leaders took part in our Senior Mental Health Leads programme

96%
of surveyed participants told us that after completing our programme they have a better understanding of their role as a Senior Mental Health Lead

17,022
teachers and school staff took part in our Mental Health Champions - Foundation programme

93%
feel that the course has increased their capacity to lead a positive approach to mental health and wellbeing

9,200
teachers and school staff joined our online community, the Place2Be Staffroom

12,748
downloads of our Art Room activities

https://www.gov.uk/guidance/senior-mental-health-lead-training#full-publication-update-history

Available FREE to staff in all schools across the UK

Online Mental Health Champions Foundation Programme.

Followed by: Access to the Place2Be Staff Room: a free online supportive community. New materials and tools to foster positive wellbeing in schools including free webinars on a host of mental health issues.

Supporting Teachers and Senior Leaders
Mental Health

Activating support systems around children & young people

- Working in partnership with the school's pastoral team to consider the needs of individual children who have been highlighted as a cause for concern is key to achieve the best outcomes
- Offering a range of universal interventions, alongside the schools' pastoral care system should be curated and tailored to the needs of the child or young person
- Whole School Approach Systems include the family, school and community – Wider Partnerships and Stakeholders

In school support available:

School Staff Consultation sessions with a focus on Children/young peoples presenting issues in the classroom as well as safeguarding support and EP consultation for school staff based on identified knowledge/skill gap in relation to presenting issues in their school.

Consulting with **Link/Mental Health Lead** to activate the review of pastoral care for the child, carrying out assessment for SEND(England)/ASN(Scotland)/ALN(Wales), implementing social skills groups etc.

Family – supporting access to a range of family support e.g., Parenting Smart site, community events, parent groups, parent partnership sessions to support concerns and issues they have about their child's presenting issues.

Community – Robust referral pathways to supporting access to community support, social prescribing, clubs, activities

A full assessment is only undertaken when it is clear a child or young person's needs cannot be met by universal services alone

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Reduce Stigma to Mental Health in School Settings

- Self referral service open to all students
- 15-30 minute sessions
- Individual or in small groups
- Offers oversight of emerging difficulties for individual children or whole class groups
- Issues based and solution focused response

- *This approach has reduced the stigma in primary and secondary schools as it is seen as a positive to access support*

Psycho-education / universal sessions

Psycho-educational groups and assemblies to celebrate positive mental health reducing stigma and educate

Suicide is the biggest killer of people under 35 and every year in the UK a staggering 200 school children take their own lives.
Psycho-educational support based on identified pupil need within individual school settings can raise not just awareness but also build resilience reduce stigma to ask for support at an early age and into adulthood

- Whole-class or assembly group session work
- Solution-focused and strategy-building
- Structured and scripted sessions

- Age related themes include:
- Understanding feelings - Building positive coping strategies - Change / Transition - Exam Stress

Parent Partnership

- Providing support/advice and signposting for particular family-focused issues / supporting particular concerns about their child
- Introducing parent/carer to the mental health offer/services in their child's school and or sign post to community based offers.

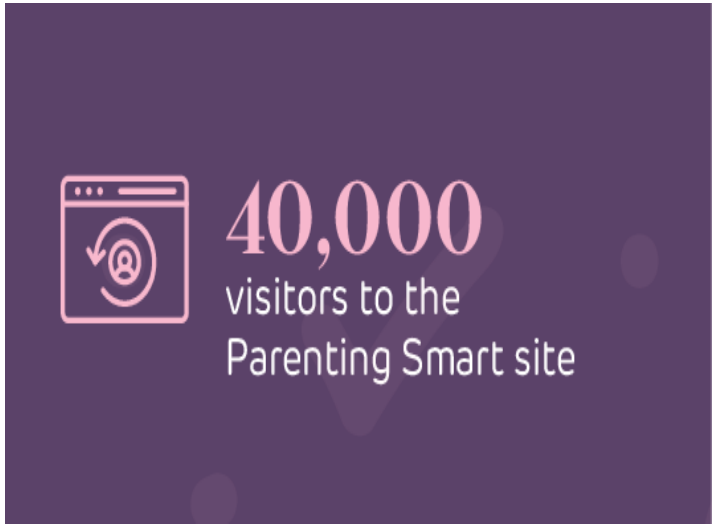
Feedback from Senior Leaders in School –

Since parent partnership is in place it allows me to focus on my role as senior leader without being constantly pulled away to deal with parent/carer queries, knowing the parents are appropriately supported.

Parenting Smart – a FREE digital tool to provide parenting support

- Offers some tried and tested tips parents have found helpful
- Offers practical advice for parents and carers of children aged 4-11
- All content created by Place2Be's parenting experts
- It's based on evidence and our experience of working with children, young people and their families
- There are 43 articles, some with animations, for answers to some common parenting questions

https://parentingsmart.place2be.org.uk/



Place2Be's
Children's Mental Health Week 2023

took place from 6-12 February 2023. This year's theme was Let's Connect.

Our official *free resources* for primary and secondary-age children and young people are *still available*.

Sign up for email alerts to be the first to hear about our plans for Children's Mental Health Week 2024.

https://www.childrensmentalhealthweek.org.uk/

Children's Mental Health Week

Now in its ninth year, our flagship annual campaign shines a spotlight on the importance of children and young people's mental health and provides a focal point in the school calendar to promote and discuss mental wellbeing.

225,000
downloads of our schools and families resources

£207,000
raised as a result of activity during the week

14,000
people posted about the week on social media, with potential impressions of over 199 million

200
parliamentarians supported the week on social media, and over 90 attended events in Westminster and Holyrood

In autumn 2022, we launched our new Children's Mental Health Week website which aims to make our free resources as accessible as possible for school staff, parents, carers and individuals.

EVIDENCE

Quality Assurance

In addition to quantitative and qualitative analysis of our Research Team our clinical service delivery is supported and maintained by:

- Regular audits of each aspect of clinical delivery
- Regular reviews of all policies and guidelines
- Monthly service delivery reporting to the Executive Team, review and scrutiny by the Practice & Quality Committee
- Working parties and focus groups with school-based clinical staff
- Service User / Stakeholder Voice: Consultation with schools, children, young people and senior leads
- Quarterly and annual review of outcomes by our Research Advisory Group supported by advice and guidance from external academics from a range of University and specialist services
- Independent and internal audits of our enhanced safeguarding processes
- Legal compliance overseen by our Risk Committee
- Our organisational membership of BACP and compliance with the Ethical Framework
- Overall governance overseen by our Board of Trustees

Our reach and impact

36,565
children and young people accessed a support service from Place2Be.

After children have Place2Be counselling:

76%
of those with severe difficulties show an improvement in mental health

74%
had fewer reported exclusions

75%
find it easier to have and keep friends

64%
of children's difficulties had less impact on their learning

Of the children benefiting from Place2Be's one-to-one weekly support:

43%
received free school meals

6%
were the subject of a child protection plan

8%
were reported to be on a CAMHS* waiting list

43%
of pupils are eligible for Pupil premium

*Children and Adolescent Mental Health Services

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WHOLE SCHOOL APPROACH IN ONE DAY!

The four phases of a Collaborative Partnership Supporting YP in school setting a pilot in GM 2018

Phase One (The Pilot) Senior Leaders Whole school approach training
March – July 2018
31 schools from across GM

Phase Two (Extension of the Pilot, to include psychological interventions)
January 2019 – July 2019
31 schools across GM to receive MHP 1 day per week
Cohort 1 schools entering phase two of the pilot

Phase Three (Increase target delivery to 10% of GM Schools)
August 2019 to September 2020

Phase Four 5 years on -
Trailblazer delivery a blended approach to MHST Mental Health Support Teams
A 1-day Service in 71 Primary Schools across GM in partnership with Schools - CAMHs – LA – Social Care – a range of external providers

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The Law Family Salford Research Programme

A three-year study to assess the impact of Place2Be's services on the Whole School Approach – Launched September 2022

Sponsored by the Law Family Charitable Foundation (LFCF), The Law Family Salford Research Programme will establish, support and develop a "proof of concept" in 20 primary schools in Salford, Greater Manchester.

The Programme will provide data-driven evidence of how intervention can benefit pupils, parents and teachers. The programme will also inform multiple stakeholders on how to grow this vital sector.

Our approach will involve gathering the views and experiences from the wider school community, not just those who accessed Place2Be's service directly, typically accessing the more intensive services.

https://www.place2be.org.uk/about-us/news-and-blogs/2022/september/place2be-launches-new-study-in-salford-into-impact-of-whole-school-approach/

Patricia Hewitt Review April 2023 :

Patricia Hewitt conducted an independent review of the ICSs Integrated Care System replacing CCG's - The NHS Confederation have produced a blog summarising the key points.

Some useful overarching points to be aware of in terms of the present landscape, where there is a rise in clinical complexities, we must keep focus on early intervention with an active audience ready to participate in educational settings:

- A shift towards **prevention**, spending more on prevention (spend should be increased by 1% over the next 5 years)
- More autonomy for ICSs, with fewer centrally imposed targets from NHS England – move away from 'top-down performance management' and towards self-improving systems

Our approach of best practice is aligned with prevention, early intervention and a more holistic view of health through a whole school approach whether this is in a 1-day delivery or 5-day delivery model

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Any Questions?

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