Elysium
Children and Education

Mental Health in Schools – more important now than the '3-R's' of old

Andy Howard, 12 December 2017

“Putting our students at the heart of all we do.”

Summary

Schools hold a unique place in a young person’s life; they are either a safe haven or a jungle in which they are the prey.

It is our job to ensure that school is the haven young people need, with school staff recognising (& being supported in) the need to provide mental health first aid to the young people.

Andy Howard

Appointed Head Teacher of Crossley Manor School May 2017

Head Teacher for 7 years, in education for almost 30 years

Worked around the country in some of the most deprived areas, but also educated some of the most privileged

M.A. in Cognition, learning & Sociocultural influences in education

"Putting our students at the heart of all we do."

About us – Elysium Healthcare

- Formed 30 November 2016 – initially formed of 22 hospitals from Partnerships in Care (PiC) and Priory Group
- Within nine months, it expanded and diversified through strategic acquisitions (Raphael Healthcare, The Badby Park Group (neuro), Stanley House (neuro), Lighthouse Healthcare (learning disability services) and Broadham Care (care homes)
- The company has a clear vision for further expansion plans

Our Services

Mental Health and Wellbeing

Neurological

Children & Education

Private Health

Learning Disabilities and Autism

Joy Chamberlain, CEO, Elysium Healthcare

Joy was appointed CEO of Elysium Healthcare at its inception in November 2016. She was formerly CEO of Partnerships in Care.

She is a respected leader, with over 25 years of operational and commercial healthcare experience. She has a commitment to achieving high quality patient centric care.

Joy has been the elected Chair of the Independent Mental Health Services Alliance (IMHSA), for over 3 years.

Elysium Healthcare Core Values

Innovation: So we drive forward the standards and outcomes of care

Empowerment: To encourage all to lead a meaningful life

Collaboration: Because in partnership we can deliver transformational care

Integrity: Because we are ethical, open, honest and transparent

Compassion: Show respect, consideration and afford dignity to all

Elysium Children & Education

- Elysium Children and Education focusses on the needs of young people with additional, complex needs
- It is our belief that every child and young person has the ability to grow, recover and succeed. Our role is to instil hope, nurture and support with the right services, in the right environment, at the right time

Elysium Children & Education

Current sites:

- Rhodes Wood – Specialist Hospital and associated School
- Crossley Manor – Children's Home and Specialist School

Crossley Manor School

- We are a purpose built special school which educates young people with Social, Emotional &/or Mental Health (SEMH) needs
- Set in a six-acre site in a green belt area, located within an historic residential town, Rainhill, we have a calm, peaceful environment to support all our pupils
- We offer education for children aged 5 – 19 offering day and boarding (for older pupils) places in small, personalised settings adapted to the individual needs of each student

Crossley Manor School

- Whether the specific needs of a young person at our school, our aim is to unlock the potential in everyone we support. We go the extra mile to develop academic, vocational, independence and social skills, helping our pupils successfully progress into adulthood.

- Crossley Manor is committed to providing an environment in which all pupils can feel safe, happy, accepted and integrated, so that they are able to develop to their full potential.

“Putting our students at the heart of all we do.”

How important is school?

Young people spend, roughly, 40% of their waking time at school.

School is, for a lot of young people, the only place of stability and safety, in an increasingly more fragmented world.

"Putting our students at the heart of all we do."

And the need?

> Q: What do you regard as the lowest depth of misery?
>
> A: Living in fear.
>
> –DAVID BOWIE

- 1 in 10 children have a diagnosable mental health disorder (so 3 children in every classroom)
- Almost ¼ of all children and young people show some evidence of mental ill health (including anxiety and depression)
- 1 in 12 young people have self-harmed at some point in their lives (although there is evidence that this could be considerably higher)

“Putting our students at the heart of all we do.”

Are schools prepared?

When I started teaching, I believed I was a teacher of Physics.

When I actually started teaching, I realised I was a teacher of young people.

There was no Mental Health awareness / training when I was training and there is virtually none still.

Headline: Government to provide £200K to fund teacher mental health training

Headline: May gives £67 per teacher for mental health training. . .

Educational Paradigms

18th Century model of education

- Built on the needs of the industrial revolution, on the premise and intellectual culture of the enlightenment.

19th Century reinforced this

- If we went to school, worked hard and got qualifications, we would have a job.

The 3-R's

- Reading, Writing and Arithmetic – academic, not vocational.
- Prepared for the factory, not the modern world.

(Sir Ken Robinson)

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So what?

The Green paper makes a great start, but it misses the point completely. The ‘priorities’ from it for schools:

1. Funding – a ‘large chunk’ of the £310m stated)
2. Senior Mental Health Leads (£95m)
3. Mental Health Support Teams (£215m)
4. Mental Health & CBT in the classroom
5. Quicker Access to Health Services (4 week waiting cap?)
6. Training for Teachers

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Mental Health Leads & Teams

School counsellors & other ‘in school’ support?

Feb 2016 – DfE document: “Counselling in schools: a blueprint for the future”

- Improve public awareness and understanding of the issues
- In every part of the country, CYP to have timely access to support
- Professionals trained in child development and mental health

In 2014, 62% of schools offered counselling services to their students.

Mental Health Leads & Teams

“The Department of Health’s (2015) report Future in Mind: Promoting, protecting and improving our children and young people’s mental health and wellbeing highlighted counselling services as “a valuable complement to CAMHS.” The Health Select Committee also stated that “schools have enormous potential to help address emerging mental health issues in children and young people” (2014).

Despite the recent acknowledgments from the Department of Health and Department for Education about its importance, there has been little movement towards a policy of universal provision for school counselling, and coverage in England remains patchy.”

BACP 2015

“Putting our students at the heart of all we do.”

“No dark sarcasm in the classroom”

Mental Health and CBT in the classroom…?

‘Grantly’ from the TV series, Waterloo Road – the ‘relic’ in the staffroom?

How many teachers have an understanding, or, as importantly, the time to spend on supporting mental health?

Changing the Paradigm

So what do we have to do?

There's a video, almost a movement, called 'Did You Know' (or 'Shift Happens').

Originally created in 2008, it lays out very clearly that the world has changed beyond belief.

We celebrated last week the 25th anniversary of the first text message, it's estimated that over 31 billion searches on Google every month & I, like a lot of people, now talk to a computer at home to turn on lights and set the heating

We are preparing young people for jobs that don't even exist yet, using technologies that haven't been invented yet, to solve problems we don't even know are problems.

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Changing the Paradigm

Are the ‘3-R’s’ as important as they were before?

Why are we still educating our young people for the factory, with a prize placed on a relatively narrow set of academic subjects?

How are we preparing our young people for a world where it is estimated that over 4m jobs in the UK alone could be replaced with AI robotics.

Elysium
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Thank you for listening

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