

Leading Mental Health in Hertfordshire Schools

Spring 2017



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Transforming mental health services for children and young people - update



Extended hours has meant urgent cases being seen more quickly.
For crisis referrals, 95% of children and young people were seen within the four-hour target time (as at January 2017).

The five-year plan to transform mental health services for children and young people living in Hertfordshire (CAMHS Transformation) has seen real improvements. In the last 12 months, funding boosts have meant:

- more young people receiving counselling support;
- extended hours so that urgent cases are seen more quickly;
- a community team set up to support expectant and new mums with mental health problems, their partners and families;
- an expanded eating disorders team helping more young people;
- 120 frontline professionals who work with new families trained to improve their understanding of infant mental health; and
- More than 400 school staff and other professionals trained in how to spot emotional wellbeing problems and support young people.

More than 2,250 10 to 25 year olds have registered to get free online emotional and mental health counselling and support at www.Kooth.com, with anxiety the top reason for young people seeking help.

East and North Hertfordshire Clinical Commissioning Group (CCG) and Herts Valleys CCG are working with Hertfordshire's Health and Wellbeing Board, Public Health, Hertfordshire County Council, Hertfordshire Healthwatch, children and young people, and other partners as we continue to develop and implement the mental health and wellbeing transformation plan for children and young people in Hertfordshire.

As part of this, seven new projects were awarded funding from the Innovation Fund. The early help schemes, including counselling for LGBT+ young people and cognitive behavioural therapy (CBT) for teenage boys excluded or at risk of exclusion from school, will test new approaches.

You can read the 2015-20 plan, Healthy Young Minds in Herts, via
www.healthyyoungmindsinherts.org.uk

CAMHS Schools Link Managers' Parliamentary inquiry evidence

Many schools have become highly skilled in responding to and supporting their pupils' mental health and emotional wellbeing. And some schools have the capacity to be leading partners in the support put in place by specialist providers.

These were two key points made by the county's two clinical commissioning group (CCG) Child and adolescent mental health services (CAMHS) Schools Link Managers to the Parliamentary inquiry into education and mental health, which is examining the role of education in promoting wellbeing in children and young people and preventing the development of mental health problems.

Deborah Sheppard, Herts Valleys CCG CAMHS Schools Link Manager, and Breda O'Neill, from East and North Hertfordshire CCG, submitted evidence to the Education and Health Select Committee's joint inquiry earlier this year.

"We have worked with a large number of schools seeking to understand their perceptions and approaches to mental health, their competencies and needs," explained Deborah. "We have developed training and resources to meet some of these needs; however, what can be achieved locally is limited by decisions that are influenced by central government.

"We wanted to ensure that the voices of the schools we have worked with are heard at the highest possible level. Our submission contains recommendations in relation to supporting schools to maintain and develop their roles in supporting children and young people's mental health."

Breda added Hertfordshire schools were skilled in responding to and supporting pupils' mental health and emotional wellbeing but needed additional support to reduce the impact of problems in the home, like parental mental ill health. "We were also keen to point out that children and young people's mental health and subsequent achievement is being negatively affected by the current approach to attainment which is creating high pressure environments for teachers and learners."

You can read the full submission via
www.healthyyoungmindsinherts.org.uk/schools

YCT counselling locations update

YCT provides free one-to-one counselling for all young people aged 13 to 19th birthday in non-clinical, youth-friendly locations.

To refer please call 01279 414090 to supply basic details only. Professionals, family members and young people themselves can refer. Maximum waiting time is currently four weeks.



YCT is a BACP accredited organisation, and all of its therapists are accredited, or applying within six months of appointment. Visit www.yctsupport.com

Ware: Ware Youth Connexions Centre (Marsh Lane Young People's Centre)

Wednesday: 5-8pm

Cheshunt: Cheshunt Youth Connexions One Stop Shop (The Drill Hall)

Monday: 3-6pm

Wednesday: 4-6pm

Thursday: 4-6pm

Friday: 4-6pm

Bishop's Stortford: Bishop's Stortford Library, The Causeway

Saturday: 10am-2:30pm

Buntingford: Edwinstree Middle School, Norfolk Road

Thursday: 4:30-6:30pm

If you feel there is a gap of support in the East Herts/Broxbourne area and/or can suggest a venue please contact us on 01279 414090 or lindsay@yctsupport.com

First Healthy Children's Centres receive their awards

Children's centre groups across Hertfordshire are working hard to achieve the Healthy Children's Centre programme. They are doing this to ensure that families have the opportunity to live the healthiest lives possible.

Developed in partnership between Childhood Support Services (CSS) and Public Health (PH) the programme has eight elements which children's centre groups are working towards. Once a group feels they have met all the elements required they receive a visit from CSS, Herts for Learning (HfL) and PH to assess whether the group has achieved Healthy Children's Centre status.



The elements of a Healthy Children's Centre group are:

- healthy weight; healthy lives
- improving oral health
- improving mental health and emotional wellbeing
- improving sexual health
- reducing alcohol and substance misuse
- tobacco control
- increasing childhood immunisation rates
- child, family and centre safety.

The first six children's centre groups were recently awarded Healthy Children's Centre status, receiving wall plaques and certificates to display. Congratulations to:

- Stevenage South Children's Centre Group
- St Albans East Children's Centre Group
- Welwyn Garden City Children's Centre Group
- Three Rivers West Children's Centre Group
- Hertford and Villages Children's Centre Group.

By September 2017 it is hoped that all children's centre groups will have achieved their Healthy Children's Centre status.

Hertfordshire's new SEND Local Offer goes live

The one stop shop for information and advice on special educational needs or disabilities, Hertfordshire's Local Offer, has been revamped and is now LIVE!

If you work with families who have a child or young person with special educational needs or a disability (SEND), Hertfordshire's Local Offer at www.hertfordshire.gov.uk/localoffer will help you and the family find a wealth of information.



There are over 25,500 young people in Hertfordshire with a special need or disability – and only one fifth of those children because of an exceptional need, qualify and are registered for, additional support by means of an educational health and care plan (EHC). But an EHC plan is not the only way to receive support.

Whether it's help to find a support group, information about how to apply for an assessment, what the pathway to adulthood entails or simply where to find more detail on the child's condition, this is the place to look.

If you work with families with any special needs, please share the Local Offer information with them. We want to help children and young people with special needs or disabilities, to live as full and independent a life as they can.

The new Local Offer is simple and easy to navigate and if you can't find what you're looking for, email localoffer@hertfordshire.gov.uk. Use this email address to request any leaflets you may like to share with your clients or families and we will be pleased to send them to you.

Team to support new and expectant mums with mental health problems

A new specialist team is being set up in Hertfordshire to support new mothers and pregnant women with moderate to severe mental health difficulties, and their families.

The county's two NHS clinical commissioning groups (CCG) have been given national NHS funds to develop a specialist service offering pre-pregnancy counselling to women with mental ill health and supporting new mums with conditions like severe postnatal depression.

The new community mental health service will be delivered over the next three years by local mental health services provider, Hertfordshire Partnership University NHS Foundation Trust (HPFT).



"Figures suggest that at least 400 women in Hertfordshire have severe mental health needs in the weeks before and after birth, with another 1,375 having mild to moderate needs," explained Cameron Ward, Herts Valleys CCG former Accountable Officer. "The CCGs are working in partnership with Hertfordshire County Council to increase the support for parents-to-be and new parents showing signs of problems like depression or anxiety."

The service will support mothers who are unwell, their babies and partners, working alongside GPs, obstetricians and gynaecologists, midwives and health visitors already working with women to prevent their condition deteriorating.

Tom Cahill, HPFT Chief Executive, said: "We are excited about launching the perinatal service in the spring and look forward to using our experience and expertise at HPFT to support women with mental illnesses associated with childbirth.

"We know what a positive difference this early intervention approach will make for families in Hertfordshire."

There's more information about the service and referral information online here:
<http://www.hpft.nhs.uk/services/community-services/community-perinatal-team/>

Exam stress

It's exam time again soon!!

Check out this advice on [NHS choices](#).

Exam Stress

Perinatal Mental Health: a year on

Last year at our conference, local and national key note speakers highlighted the importance of understanding perinatal and infant mental health. Additionally, East and North Hertfordshire Clinical Commissioning Group (CCG), Herts Valleys CCG and Hertfordshire County Council outlined their commitment to improving support for Hertfordshire families who are experiencing poor perinatal and infant mental health.



We would like to invite you back to an afternoon tea celebration event on Monday 24 April at Hatfield's Fielder Centre to present the progress that has been made and to launch the new Community Perinatal Mental Health team.

A full agenda will follow, space are limited to please register for a place [here](#) if you are interested. If you have any questions please email lucy.sims@hertfordshire.gov.uk

Hertfordshire's work highlighted at national learning event

Hertfordshire's work to give children and young people better emotional wellbeing health help by improving links between schools and NHS mental health services was showcased at a national learning event.

The county's two clinical commissioning group (CCG) child and adolescent mental health services (CAMHS) Schools Link Managers spoke at NHS England's National Children and Young People's Mental Health services and schools link pilot learning event in London on Thursday 9 February.

A poster titled "Healthy Young Minds in Herts" featuring the NHS logo. It includes an illustration of four children sitting at desks in a classroom. Text on the poster states: "Our two CAMHS schools link managers have developed a range of mental health training for school staff, to help them spot emotional wellbeing problems early and support young people effectively in school." The hashtag #HertsCAMHS is at the bottom. Logos for Herts Valleys CCG and East and North Hertfordshire CCG are also present.

NHS

Healthy Young Minds in Herts

Our two CAMHS schools link managers have developed a range of mental health training for school staff, to help them spot emotional wellbeing problems early and support young people effectively in school.

#HertsCAMHS

NHS
Herts Valleys
Clinical Commissioning Group

NHS
East and North Hertfordshire
Clinical Commissioning Group

Hertfordshire

Around 100 delegates from across the country, including commissioners and education staff, were at the south-east London session to hear the headlines from the national pilot evaluation and join workshops from a selection of pilot sites.

Deborah Sheppard, Herts Valleys CCG CAMHS Schools Link Manager, and Breda O'Neill, from East and North Hertfordshire CCG, told the audience how 20 Hertfordshire schools were involved in the initial project to improve communication and understanding between schools and emotional wellbeing services, including specialist CAMHS providers.

They gave an insight into their role, which has been developed to work with more schools, giving training to staff and building networks; working with providers to review systems, build capacity across the system and test new approaches, like the case consultations trial.

“It was a great opportunity to showcase the work that Hertfordshire’s schools have been doing with emotional wellbeing services, as part of the school CAMHS link element of the CAMHS Transformation,” said Deborah. “We had a lot of interest in our strategic initiatives at the event and shared advice on key areas like meaningful use of outcome measures and guidance that we have produced.”

Mental health services and schools link pilot: national & local evaluation

The Department for Health last month published an evaluation of the joint DfE and NHS England mental health services and schools link pilot.

At a national level, the pilot programme very much demonstrates the potential added value of providing schools and NHS CAMHS with opportunities to engage in joint planning and training activities, improving the clarity of local pathways to specialist mental health support, and establishing named points of contact in schools and NHS CAMHS.

At the same time, the evaluation underlined the lack of available resources to deliver this offer universally across all schools at this stage within many of the pilot areas. Given the pilots show that additional resources would be needed locally to deliver the offer across all schools, further work is needed to understand how sustainable delivery models can be developed.

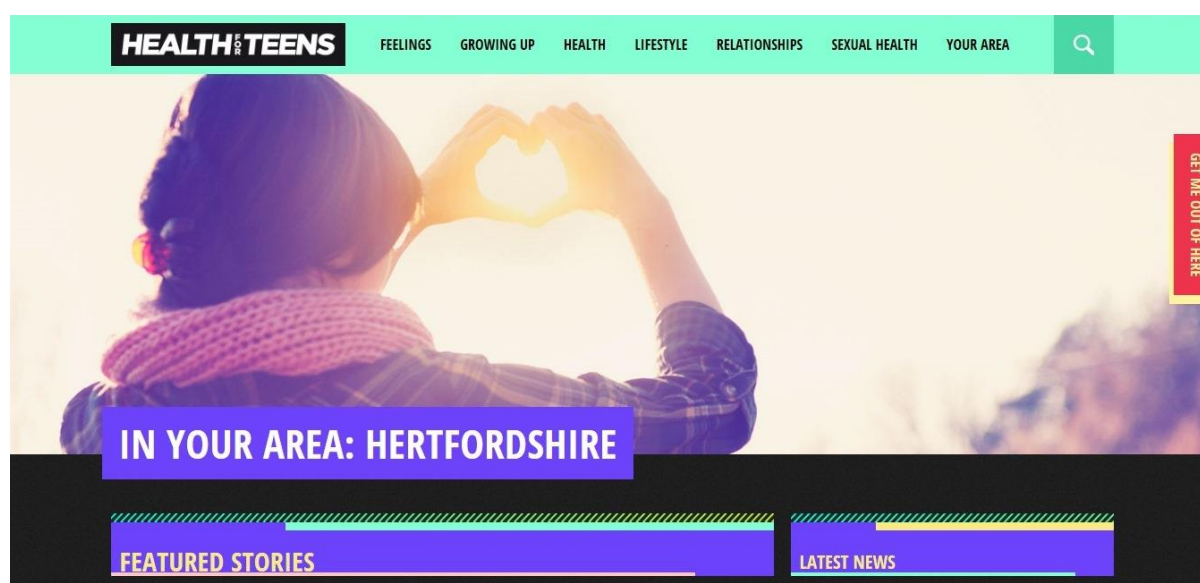
No single model emerged as being the most effective. In Hertfordshire, a sustainable and equitable model for all schools was explored from the start and embedded in the local CAMHS Transformation Plan. Two School CAMHS Link Managers were employed to widen the breadth of the local project.

In Hertfordshire, the improvements in communication and joint working arrangements will be delivered through:

- this newsletter for schools and health partners,
- peer supervision networks,
- pastoral lead networks,
- workshops for CAMHS staff,
- training for schools,
- case consultations from specialist CAMHS workers,
- Children’s Wellbeing Workers funded by Health Education England and based in Families First,
- three new Primary Mental Health Workers (PMHWs) based in Hertfordshire Community Trust’s Step2 early intervention service and potentially additional support from DSPLs,
- refresh of tools for schools (a range of resources to support schools with identification, assessment, recording and signposting) and the School Mental Health Lead database,
- a post specialist CAMHS assessment feedback template for schools,
- a school information form to facilitate information between school and CAMHS

Hertfordshire’s School CAMHS Link Managers, Deborah Sheppard and Breda O’Neill have written a full response to the national evaluation, which you can read online here: www.healthyyoungmindsinherts.org.uk/schools

Kids and teen health websites launch across Hertfordshire



Two new health websites designed to engage and benefit children and young people across Hertfordshire are now live.

Health for Teens and Health for Kids, deliver topical health messages and advice through interactive tools and creative marketing materials. By covering subjects that promote health and wellbeing, the aim is to educate and help young people to make the right choices.

Hertfordshire Community NHS Trust's (HCT) School Nursing Team will manage the local health pages and update them as necessary with the most useful and current information.

Andrea Harrington, Strategic Lead and Operational Manager for School Nursing at HCT, said: "We are delighted to have bought into these websites, and on them created our own area for Hertfordshire. The sites not only give children and young people helpful health and wellbeing guidance, but can be accessed by parents, carers and teachers to utilise the interactive games, signpost to other local health services or download relevant materials. People can also search for contact details of their child's School Nursing Team."

The Health for Teens website – aimed at those aged 11 to 19 – is at www.healthforteens.co.uk/hertfordshire and currently contains local information on:

- ChatHealth – a text messaging service to contact school nurses
- Immunisations planned
- Help to quit smoking
- Preventing cold and flu from spreading.

The Health for Kids website – aimed at those aged five to 11 – is at www.healthforkids.co.uk/hertfordshire and includes local information on:

- The success of the nasal flu vaccination
- National Child Measurement Programme
- Hand hygiene to prevent illnesses
- About your school nursing team.

Coaching's contribution to school's success and wellbeing

Laura Anthony, Learning Manager: Coaching, Counselling and Mentoring at Herts & Essex High School, in Bishop's Stortford, recently penned a journal article about how coaching has contributed to success and wellbeing in the school community.

She wrote in *The Leading Change*, published by SSAT (the schools, students and teachers network) explaining how she had 'stumbled' on a new approach – "away from us as professionals trying to fix everything, to the responsibility sitting squarely with the person seeking help to find their own answers".

"After I had trained as a coach, the same provider came into school to train a further eight members of staff, from teaching and nonteaching roles. We began working as a coaching team, encountering the usual teething troubles – of which finding the time in a school day actually to coach proved the most difficult! We persevered and worked with colleagues who found coaching intriguing, and students who were referred on to us by staff.

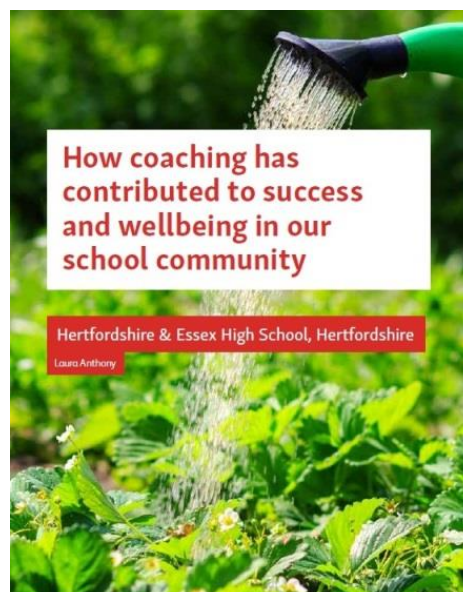
"Training new coaches is now a constant, we run the programme by working with eight members of staff at a time. This has enabled us to allocate two coaches to each year group where they work closely with the head of year and form tutors. Critically, for the first time, anyone in our school community can self-refer themselves for coaching input... We have taken our training out into other schools, working with staff in a local primary setting, and that link remains a connection between our schools."

Laura explained that the team is now adding some transformational coaching, based on the 'Inside-out' thinking: "The GROW model moves from a starting point at 'A', towards achieving an identified goal at 'B'. The Inside-out understanding is a more directive form of coaching, drilling deeper into a person's knowledge of how we function as human beings. Learning to see the connection between our thoughts and feelings and how we each have our own reality and view of life is opening up many new possibilities to support students. This is particularly valuable with the demands of the fast-paced world they are living in."

She concluded: "The impact of coaching is notoriously difficult to quantify: even the distinction between mentoring and coaching is a hugely grey area, constantly being reframed. What is evident, but cannot be 'evidenced' as such, is the different feel coaching has brought to this school over the last three years. There is still so much to do, there are so many ways of improving what we are delivering; but it feels the right pathway to be on. This year our Progress 8 score was the best in Hertfordshire.

"Much of this will be down to the outstanding teaching and learning with students as well as the belief in the potential of all of our students, but I like to think that a part of it is also down to the greater wellbeing and understanding that coaching has brought to our school."

To read the full article, download it [here](#).



Watford primary scoops first National Nurturing School Award

Watford's Laurance Haines Primary School will receive the first ever UK National Nurturing Schools Award next month.

The accolade will be awarded to schools which demonstrate exemplary practice in embedding a nurturing culture throughout school, enhancing teaching and learning by focusing on emotional needs and development in a whole-school environment.

Laurance Haines successfully completed the Nurture Group Network's two-year course which develops and embeds a nurturing ethos. Local MP Richard Harrington, will join the Chief Executive of the Nurture Group Network, Kevin Kibble, to present the award to Headteacher James Roach.

Mr Roach said: "We are thrilled to be the first school in the UK to receive the National Nurturing School Award. Our ethos centres around wellbeing for our whole school community. We have had a nurture group in school for the last five years and we have used this programme to embed the nurture principles



throughout our whole school. This has not just impacted our pupils but parents and staff also. It has promoted resilience and emotional health and wellbeing for all."

The holistic approach includes mindfulness, peer to peer massage, drawing and talking therapy, NLP counselling, all of which are delivered by a dedicated pastoral support team. Standards have risen consistently over the last four years and are now above national and local averages in all subjects at Key Stage 2.

Mr Kibble said: "We are delighted to award Laurance Haines School with the first ever National Nurturing School Award in recognition of the outstanding and inspirational work of their whole staff team in embedding nurturing principles throughout the school.

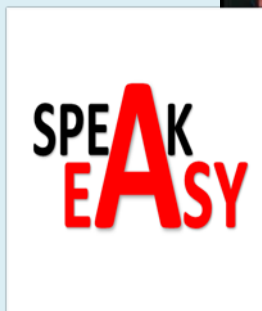
"The beneficiaries of their hard work every day are the children attending the school, their families and the wider community. Our standards to achieve this award are exacting and many congratulations are due to the staff, pupils and everyone associated with the school.

"We look forward to working with many more schools to help them to embed principles to support the emotional and behavioural needs of their pupils and to help more schools to achieve this prestigious award."

There's more information on their website here: <https://nurturegroups.org/>

Secondary's 40+ staff ready for pupils to 'Speak Easy'

Harpenden's Roundwood Park School has launched a Speak Easy project. Pupils can identify more than 40 badge-wearing teachers who have put themselves forward as a contact point in any student's time of need. There's an intranet system whereby any student struggling with a problem can get in touch with a member of the 15-strong school wellbeing committee.



Pupils can make contact day or night through the Speak Easy help point tile on the school intranet homepage. We have pledged that in term-time someone will answer their request for help within 24 hours and it has been greatly successful and widely used by students since it was launched.

We also set up a promotional display board in the corridor where students queue to the school canteen. We knew that this would be a key area that every single student passes. The idea for the display was to promote Speak Easy in school but also to promote that teachers have equivalent personal experiences and hardships that they have had to overcome too. We have a digital screen on the display promoting any relevant information or additional help services as well as inspiring quotes and stories to do with self-worth, resilience and perseverance.

So far the Speak Easy services have been promoted throughout the school community in 'thought for the week' sessions, as well as through the school's newsletter and magazine.

Parent and carer Feeling Good Week workshop success

Two workshops to raise awareness of children's emotional health and wellbeing with parents and carers during Feeling Good Week proved a real success.

One of the county's two clinical commissioning group (CCG) child and adolescent mental health services (CAMHS) Schools Link Managers, Breda O'Neill, from East and North Hertfordshire CCG, ran special sessions at two primary schools.



A total of 50 parents attended, with one workshop in West Herts at the start of the school day, the other in North Herts at the end – with Breda getting good feedback from both.

“Parents and carers were very interested in the information and resources around wellbeing, including Kooth and YoungMinds for young people and the Wellbeing Service for adults,” explained Breda.

“We talked about young people’s emotional wellbeing, explaining the Feeling Good Five emotional wellbeing assemblies the schools had held, and asked parents to think about key issues they need support with which impact on their child’s emotional wellbeing.”

She said parents were interested in the CAMHS Transformation update and really engaged in discussions about the Feeling Good Five, based on the familiar five-a-day healthy eating concept but applied to emotional wellbeing and ‘feeling good on the inside’.

Sarah Freuchen, INco at Shepherd Primary School, in Rickmansworth, said: “I was very pleased with how the workshop went and with just how many parents came along. They were very impressed with the presentation and one parent said how enlightening she’d found it.”

“We organised a whole week of events for the children: a drumming workshop, classroom activities as well as a cake sale to promote emotional wellbeing. The workshop gave parents a real insight into what we were covering during the week and what they can do to support their children as well as supporting their own emotional wellbeing.”

She said parenting around sleep was an issue that parents had raised and the school is planning a future workshop to support parents in developing good sleep patterns.

Breda added that other agencies are keen to deliver emotional health and wellbeing workshops for both young people and parents, including Youth Connexions, Public Health and Spot the Signs.

Gratitude stall and Shelf Help scheme launched

The Priory School Year 10 and Year 11 health champions capitalised on the funds available for Feeling Good Week and decided to run a stall around gratitude and wellbeing.

The health champions have just completed their level 2 qualification with Youth Connexions, and as a result wanted to talk to staff and students about the work they have been doing.

The stall comprised of free note books, affirmation cards, mindfulness resources, information leaflets, pens, pencils and much more! The message behind this was to give something back. Staff and students at The Priory School were very grateful for the goody bags, but also the advice and signposting that the health champions were able to offer.

The school has launched a new reading scheme in conjunction with the Reading Agency around self-help and mental health support, called Shelf Help. The programme gives schools



a range of books for their library around improving and looking after their wellbeing and emotional health. We have really embraced this new scheme as part of our drive to support young people in getting the help they need. We have even introduced the Shelf Help books into our annual staff reading challenge and so far the feedback has been entirely positive!

- **Shelf Help is also offered in Hertfordshire Libraries.**

Let's talk mental health at girls' secondary

Hitchin Girls' School was delighted to receive Feeling Good Week funding for stress toys and a range of books about mental health so that we could launch the Shelf Help scheme.

Books are being used to support a wide range of needs with students including anxiety, self-harm and stress. They are supporting our peer mentor knowledge about mental health and are also available for all students to access.



The school has also worked in collaboration with the charity Phase to create teaching resources to support the newly launched 'Let's Talk' film series which had their premier on Friday 3 March. These are available for schools and other organisations for free if they email office@phase-hitchin.org requesting them.

These materials have been used within the Hitchin Girls' lessons already and the feedback is overwhelmingly positive with students recognising the importance of understanding mental health and developing strategies to help them cope with any difficulties they may encounter.

Sixth form organise Feeling Good Friday

Sixth-formers at Hoddesdon's Robert Barclay Academy held a Mental Health and Wellbeing Awareness Day, thanks to their Feeling Good Week funding, with a choice of activities to select their own path through the day.

The morning focused on wellbeing and they chose from film club, football training, Clubbercise, charity work, learning to cook, bake, meditate, knitting and making bath bombs. There were talks from a Slimming World consultant, a SafeTalk-trained advisor, a Safe Space outreach counsellor and a psychological wellbeing practitioner.

The students focused on mental health awareness in the afternoon and found out more about how to have difficult conversations and how to deal with anxiety and depression before things become a problem. The day was rounded off by Sharon Lawton, from Natural Flair Coaching, who got students thinking whether they were interested or committed and about their next steps as individuals to take the day forward.

Head of social science, Sarah Tweddell said: “The students who learnt to cook and bake provided food for our visitors and for the whole sixth form. It was heart-warming to see our students sit and have lunch together, and made the whole day worthwhile. The day would not have been possible without funding and the dedication of the sixth form Wellbeing Team. A massive well done to everyone involved and a huge thank you to the staff for running and supervising sessions and supporting the day.”

What students said:

“I got the opportunity to do things I haven’t tried before. I surprised myself by enjoying Clubbercise and making bath bombs is something I would like to do again.” Emma, Year 13

“I found Sharon Lawton’s talk really liberating and inspirational. I came out thinking ‘I can do this’ and will put into practise the positive affirmations and what I learnt about ‘Power Poses’ to help me get the job I want in the future.” Imogen, Year 13

“It was really nice to do something different and just to relax as well as being aware of the importance of talking about mental health” Rachel, Year 12

“The suicide awareness talk was very helpful for understanding and being about to help people through bad times.” George and Dilly

“It was so exciting to learn new skills and to raise awareness about mental health and how it affects our generation.” Roshni

“I really enjoyed the day because I learnt all about how depression and mental illnesses affect different people, knowledge which I can use in the future.” Billy

School award scheme encourages ‘random acts of kindness’

Longmeadow School in Stevenage signed up to undertake Hertfordshire’s Anti-bullying Accreditation run via Herts for Learning Health & Wellbeing Team last Autumn, *writes Kathy Dunnett, Chairs of Governors.*

Since then, some work has involved looking at the Anti-Bullying Policy and the Behaviour Policy, talking to pupils, parents and staff about what they think about bullying and behaviour and involving the pupils in a range of activities to raise their awareness.

At Longmeadow School we wanted to promote the positive behaviours and highlight positive attitudes. After some thought, the governors decided to introduce a



'Kindness Award' which was driven by the children who wanted everyone (adults and children) to be kind and to acknowledge 'Random Acts of Kindness' shown by pupils in the class.

Now every class has a 'Kindness' board where children record on slips some act of kindness they have received. In turn, the class, with the help of the class teacher, select one to go forward to represent the class in the whole school headteacher's assembly. This is then drawn and celebrated with the winning child receiving a headteacher's certificate and a trophy - supplied by the Chair of Governors - which they can keep in their class for a week.

In addition, this has helped to promote positive behaviours amongst the children and links directly to work currently being undertaken by the Upper Key Stage 2 leader around positive preventative strategies and positive behaviour management.

This is only part of the work that Longmeadow School has undertaken as part of the Anti-Bullying Accreditation. We are anticipating at the end of the year, the positive messages from the Kindness Award will align well with the proposed changes on policies and will serve to promote positive mental health throughout the school.



Shadowing success – an update on the workforce shadowing programme





Workforce shadowing provides a unique and exciting opportunity to gain experience of practice outside your team, to find out how other people work and to understand other peoples' job roles and priorities. This fosters a greater understanding amongst the Families First workforce and enables more effective integrated working.



Gemma Mitchell, Safeguarding Support Officer at North Herts District Council, shadowed her local triage panel, commenting: "Going to a triage panel was a great insight on how professionals share and talk about cases with regards to step it up or down, a great way to get the best for child/ren... it gave me a better understanding of what [Families First Triage Panel members] do and how each case is individual. It showed me how they can help families that need that extra support."

The Workforce Shadowing Programme applies to all members of the Families First workforce in Hertfordshire - whether you work directly with children, young people or families (including parents), or provide support to those that do.

So far the following services/organisations are currently signed up to the programme:

-  Intensive Family Support Teams (IFST) – All localities
-  Targeted Youth Support (TYS) – East Herts & Broxbourne, Welwyn Hatfield & Hertsmere and Watford & Three Rivers
-  Youth Connexions – Welwyn Hatfield, East Herts & Broxbourne, St Albans & Dacorum
-  Child & Adolescent Mental Health Service (CAMHS) – All localities

- 👤 Adult Mental Health – Welwyn Hatfield, East Herts & Broxbourne, St Albans & Dacorum
- 👤 Families First Triage
- 👤 Families First Action & Impact meeting
- 👤 Families First Coordinators
- 👤 Children's Centres
- 👤 Local School Partnerships – Various localities

Don't miss out on this opportunity! If your service/team hasn't yet signed up to workforce shadowing, check out the [Families First Workforce Shadowing page](#) on the [Families First Portal](#) where you will find all the information and forms needed to get involved.

Listen to BBC's My Mind and Me

BBC Radio 1, 1Extra and Asian Network have launched a year-long campaign encouraging young people to explore issues surrounding their mental health.

My Mind and Me aims to get young people talking about emotional wellbeing and mental health; to reduce stigma and raise awareness and understanding of mental health issues that affect young people.



There are already some good celebrity interviews and advice on the BBC's [My Mind and Me](#) webpages, including programmes to listen to online, so why not listen in class to flag up with pupils this month?

Across the BBC radio network, there will be a series of special reports and documentaries for young people. This will include 12 hour-long specials focusing on different aspects of mental health, from challenging perceptions around emotional wellbeing to exploring topics ranging from the benefits of exercise on mental wellbeing, to eating disorders and self-harm.

Episodes of The Surgery with Gemma and Dr Radha on Radio 1 at 9pm each Wednesday are [available here](#) on BBC iPlayer Radio. The campaign will also invite listeners to join the conversation and share their own personal stories.

Mental Health First Aid Youth: a review of the last year and looking forward

Mental Health First Aid (MHFA) Youth is a two-day evidence-based course which teaches people how to spot the signs and symptoms of a range of mental health issues. They learn how to provide help on a first aid basis and effectively guide the person towards the right support services.



In 2016, Herts Valleys CCG and East and North Herts CCG funded 11 professionals to become Mental Health First Aid Youth instructors. In total, 31 courses were delivered by March 2017. Just under 500 professionals have accessed the course, including:

- Education professionals (teachers and support workers from primary and secondary schools and colleges),

- Families First Intensive Family Support teams (Thriving Families),
- Youth Connexions, and
- Residential children's homes.

Course feedback has been overwhelmingly positive. Asked 'Why do you think this training is important for people working with young people', participants said that young people's mental ill health is an issue they frequently face and the course helped them to know what to look for, what support to give before referring on and where to get help. Trainees felt it was important that more young people could be supported as a result of professionals accessing the course. Respondents mentioned that the course would promote greater consistency, open mindedness and parity of esteem with physical health.

Trainees identified that the course will improve their practice in a range of ways, from increasing their awareness and ability to recognise early warning signs, to increasing their empathy and confidence as well as using more appropriate language. All felt that they would be better able to support children and young people.

One said: "I won't be so afraid of mental health in future, before the training I always thought of mental health as poor mental health."

So what does the future hold for MHFA in Hertfordshire? The government announced in January its commitment to ensuring every secondary school has at least one member of staff trained in MHFA. This suggests a focus on training for primary schools would be appropriate locally. In order to improve access to mental health training for education professionals, an existing half-day mental health awareness and referral training will be extended to deliver additional learning outcomes. This is in response to some schools not feeling able to attend a two-day course (the shorter MHFA England courses are currently being evaluated.)

A range of other agencies have expressed an interest in MHFA. Paediatricians, social care teams, police and fire cadet leaders, attendance improvement officers, foster carers, and voluntary sector organisations would all benefit from the outcomes that have been evidenced. Therefore, as part of the CAMHS Transformation, the following commitment to delivering the training next year has been agreed:

Training commitment 2017/18

- Schools – Nine courses, one per DSPL area
- Paediatricians – Two courses
- Social Care – Four courses
- Foster Carers – Four courses
- Voluntary sector organisations – Two courses
- Police and Fire Cadet Leaders – One course
- Attendance Improvement Officers – Two courses
- Youth Connexions – Funding for materials for two courses
- Families First – Funding for materials for two courses
- Children's Residential Care - Funding for materials for two courses

For more information about MHFA Youth courses, please contact deborah.sheppard@hertsvalleysccg.nhs.uk

BBC Children in Need funds Families in Focus CIC siblings workshops

Hertfordshire parenting course provider Families in Focus CIC has been awarded BBC Children in Need funding to provide workshop sessions for children and young people whose siblings have complex needs in Dacorum, St Albans, Hatfield, Watford and Stevenage.



Lesley Chance and Francine Swaby, directors at Families in Focus CIC, said: "We're delighted to have been awarded new funding from BBC Children in Need. The new grant will enable us to support siblings of children with additional needs and or challenging behaviours and their parents. Through a programme of five sessions held at local community accessible venues we will ensure families leave with a 'toolkit' of activities and resources they have developed to help the children and young people build resilience and generate a sense of empowerment, thereby raising their self-esteem."

Siblings First - for brothers and sisters of children with additional needs:

Five session course for siblings to meet and share through play and fun activities, at same time parents will also meet in their own separate group.

Siblings will meet other children in similar circumstances, to share feelings, challenges and worries – an opportunity to feel they are not alone and recognise that it is okay to feel the way they do.

Each session builds on the last one and provides the opportunity to play and explore feelings through a range of therapeutic activities, games and discussion.

Parents will also meet at the same time in their own group to understand and learn skills to best support siblings at home assisting them to talk more openly about worries, concerns, and needs.

There will be opportunities for parent and sibling sessions to come together to share learning and home practice fun activities and family plans. This builds on all the support we offer via our specialist parenting courses/workshops and Parent Network support, information & learning and groups.

As we move forward we will share information on our website, www.familiesinfofocus.co.uk.

Schools invited to join app trial

A self-management app designed to help young people manage their emotional wellbeing is being tested, and researchers need Hertfordshire schools to get involved.

Jessica Rees, at the Anna Freud National Centre for Children and Families, is testing whether ReZone helps young people to self-manage when feeling overwhelmed.

She explained: “We want to know whether using ReZone helps young people when they are feeling overwhelmed in class. We also want to know if ReZone improves wellbeing and health related quality of life. To find this out, we are comparing young people’s experiences when they use ReZone in class to when they do not use ReZone in class.”

The study is aimed at 10 to-15-year-olds and the research team will visit the school and introduce young people to the ReZone app and install the app on school tablets.

Jessica said there are multiple benefits for schools to take part: “ReZone contains many beneficial tools based on evidence-based therapies. We believe incorporating these tools within ReZone will encourage students to use the App, thus facilitating re-engagement with lessons. In addition, young people will get to help shape an app that will benefit young people in the future.”

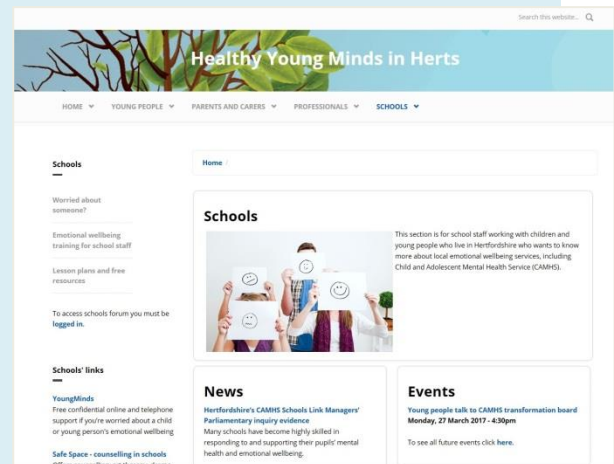


Contact Jessica Rees at jessica.rees@annafreud.org

Get online to share good practice with Healthy Young Minds in Herts

You can now find this newsletter online, alongside other useful information about services available to children and young people struggling with their mental health in Hertfordshire.

Created as part of the CAMHS Transformation, www.healthyyoungmindsinherts.org.uk features a wealth of information for young people, parents and carers and professionals working with children and young people.



There's a schools forum, where you can see the latest Tools for schools, find lesson plans and share best practice. To register, visit www.healthyyoungmindsinherts.org.uk/schools click on the link 'To access schools forum you must be **logged in**' underneath the menu on the left hand side. Click on the new user tab, fill out the form and your account will be sent for approval.

There are tips for talking to teens for parents and carers and an online questionnaire for them to have their say on emotional health and wellbeing services and get involved.

We do not accept responsibility for the availability, reliability or content of the items included in this newsletter and do not necessarily endorse the views expressed within them.



Being and Belonging

The challenges of inclusion

10am – 4pm Saturday 25th March 2017

Rudolf Steiner School, Kings Langley, Hertfordshire

£60.00 per person (lunch included)

A day of short presentations taking various perspectives which tackle how being 'different' or excluded impacts young people's lives. How do we identify and reach out to those that need help rather than support those that seek help? Speakers include:

Belonging

A sense of belonging is the foundation to our emotional well-being. Jon Wilson Cooper, Director of the Albany Centre, encourages a rethink on how to heal the dislocations that can cause young people's isolation.

Homophobia and Bullying

Sue Valzey-Moore, specialist counsellor of 20 years, shares insights into the negative impact homophobic bullying in schools has on the education and mental health of young people identifying as lesbian, gay or bisexual.

Cults and inclusion

Jennifer Rees, Forensics Lecturer, Psychotherapist and member of the UK Youth Parliament, highlights Beyond Belief, a group which she helped establish to support those who have, or are thinking about, leaving a cult.

Complex LGBT identities

Kirstie McEwan, integrative therapist, outlines the mental and physical impacts of discrimination on young LGBT people, focusing on 'intersectionality' – the study of multiple systems of oppression and disadvantage.

Long-term or Short-term Therapy?

With funds tight, Rayna Shock, a child psychotherapy specialist, exposes the pros and cons of short and long-term therapy, and the impact on young people of being denied access to long-term support when they need it.

Autism and Mental Health

Mark Ashley, Speech & Language Therapist, talks about the limited opportunities, loneliness and mental ill-health associated with autism and how people with and without autism can work together for mutual benefit.

Beyond Counselling

William Allen, CEO of Signpost, gives an insight into the organisation's work supporting young people outside of the counselling room and particularly in reaching out to those that need but don't engage with counselling.

Visit www.thealbanycentre.com/conference to apply and reserve your place



An Albany Centre (St Albans) conference in partnership with Watford-based youth counselling charity Signpost. Any surplus will support the essential work Signpost and Mosaic Counselling do in South and West Hertfordshire.