

# Mental Health Support in Educational Settings

## What is available in Worcestershire

### Universal & preventative

- Senior Mental Health Lead Training
- Whole School Mental Health Approaches
- Trauma Informed training
- Inclusion website
- PSHE curriculum
- Early Help website
- Starting Well website
- Training offer from WCC services
- Papyrus training
- WEST website
- Perryfields PRU toolkit

### Early Intervention (Targeted in school support)

- Emotional Literacy Support Assistants (ELSA)
- Mental Health Ambassadors
- Mental Health First Aiders
- Early Help Offer
- Starting Well Service Offer
- Directory of Mental Health support

### Targeted Interventions (with support from external agencies)

- WEST teams
- WC Autism/CCN team
- WCC Educational Psychology Service
- School nursing team
- CAMHS Reach for Wellbeing
- Act On It
- CAMHS CAST
- Anchor
- Social Prescribing through GPs
- Community Paediatricians
- Family Front Door
- AP Directory

### Special Support

- Specialist CAMHS single point of access: LD Team/ Eating Disorders/Crisis and Home Visiting Team/ Under 5 Team/Youth Team (16+)

# Universal and Preventative

**Senior Mental Health Lead Training:** The DfE has offered a £1200 grant for all schools to access Senior Mental Health Lead training to support the setting to develop and embed a whole school or college approach to mental health and wellbeing.

**Whole School Approach to Mental Wellbeing:** There are lots of resources and links on the Worcestershire Inclusion Website to support schools to develop and embed whole setting approaches to mental health and wellbeing, including to the **Anna Freud Mentally Healthy Schools Resources**.

**Trauma Informed Training:** Worcestershire Virtual school has been working in Collaboration with Trauma Informed Schools UK, funding all schools to have a Trauma Informed Practitioner and also works in collaboration with partners to deliver a Trauma Informed Attachment Aware schools programme. To find out about more about an upcoming cohort or those schools that have already engaged with this training please email Worcester Virtual School:  
[virtualschool@worcschildrenfirst.org.uk](mailto:virtualschool@worcschildrenfirst.org.uk)

**Worcestershire Inclusion website:** Worcestershire Inclusion Web pages are aimed at promoting and supporting Inclusion and Inclusive practice in Worcestershire's educational settings. On this site you will find information about different areas of need, how you identify them, what universal strategies you can put in place in your educational setting and where to go to find out more about them and about services that may be able to provide further help and support. It includes a section specific to Social, Emotional and Mental Health Needs.

**PSHE offer:** All schools have a PSHE curriculum and this supports the promotion of positive emotional and mental wellbeing. Settings should ensure that they have a robust and evidence-based PSHE curriculum e.g. Jigsaw, in place.

**Early Help Website:** The Worcestershire Early Help website provides information on services that are available to families in Worcestershire. Settings can signpost families to the resources and services available to them.

**Starting Well Website:** The Starting Well Partnership provides support to families, parents, children and young people across Worcestershire to lead happy, healthy and fulfilled lives. School can signpost families to the resources and service available to them.

# Universal and Preventative

**WEST website:** The Wellbeing and Emotional Support Teams website provides lots of information and resources to support meeting wellbeing and mental health needs in settings.

**WCC training offer:** There are a wide range of opportunities for staff development with a range of online and face-to-face training events offered by WCC services.

**Papyrus:** Provides resources, policy templates and training in the area of Suicide Prevention.

**Perryfields PRU toolkit:** Perryfields PRU have developed an SEMH toolkit for settings with information about a range of needs and practical strategies to put in place to support them.

# Targeted support in Settings

**Emotional Literacy Support Assistants:** ELSAs are usually teaching assistants in school who have received training and participate in on-going supervision. ELSAs help children recognise, understand, and manage emotions to increase success. ELSAs plan and deliver individual (and small group) support programmes. We believe every school should have an ELSA and there is ongoing training and supervision programme - For more information contact:

[edpsychology@worcchildrenfirst.org.uk](mailto:edpsychology@worcchildrenfirst.org.uk)

**Mental Health/Wellbeing Ambassadors:** The Mental Health/Wellbeing Ambassadors programme provides training for settings to empower a group of young people to lead wellbeing initiatives that provide peer to peer support in their school. This training is provided by a range of organisations.

**Mental Health First Aiders:** WCC Education Safeguarding team provides Youth Mental Health First Aider training to settings.

**Mental Health and Wellbeing Directory:** A directory of resources to support mental health and wellbeing is provided on the Worcestershire Inclusion in Educational Settings website.

**Early Help Website:** The Worcestershire Early Help website provides information on services that are available to families in Worcestershire. Settings can signpost families to the resources and services available to them.

**Starting Well Website:** The Starting Well Partnership provides support to families, parents, children and young people across Worcestershire to lead happy, healthy and fulfilled lives. School can signpost families to the resources and service available to them.

# Targeted support from External Agencies

**WEST:** WEST support specific settings to embed the whole schools approach to mental health and provide low intensity CBT interventions for groups or individual young people.

**WCC Autism/CCN team:** The team supports teachers and education professionals to meet the individual teaching, learning and wellbeing needs of autistic students in their educational setting.

**School nursing team:** provide a wide range of services to meet the needs of children, young people and their families.

**WCC Educational Psychology Service:** WCC Educational Psychology Service (EPS) provides professional psychological services for children, young people and families in a wide range of educational and community settings. Educational Psychologists can provide consultation, assessment, training and intervention in the area of mental health and wellbeing.

**CAMHS Reach for Wellbeing:** The Reach4Wellbeing team supports and promotes the emotional wellbeing of young people and parents of primary school age children through interactive online group programmes, using cognitive behavioural therapy (CBT) principles.

**Act On It from Onside Advocacy** provides wellbeing support for educational settings at individual and group level.

**CAMHS CAST:** The CAST (Consultation, Advice, Supervision and Training) team works directly with professionals who are working with young people experiencing or at risk of experiencing mental health difficulties. CAST offers mental health specific consultation, advice, supervision and training to school staff and other professionals where a young person is not currently receiving Specialist CAMHS support.

**Anchor:** Formally known as The Integrated Service for Looked After children is a team of multi-agency professionals who specialise in helping Looked After Children. The team offer health assessments (for school aged Worcestershire Looked After Children), therapeutic/attachment focused parenting advice and direct work/therapy, where deemed appropriate, for Worcestershire Children First Looked After Children, Foster Carers and Kinship carers, who are living in the Worcestershire area.

# Targeted support from External Agencies

**Social Prescribing:** Social Prescribing is a means of enabling GPs and other frontline healthcare professionals to refer patients to a social prescriber. This provides them with a face-to-face conversation during which they can learn about opportunities to improve their health and wellbeing. The social prescriber can motivate and support individuals to achieve the change(s) that they want to achieve.

**Community Paediatric Service:** The Community Paediatric Team are Specialist Children's Doctors (Paediatricians) and Advanced Clinical Practitioners who have experience in child health between 0 to 18 years. They see children in a community setting and provide ongoing care if there is a clinical need. They complete clinical assessments for children and young people with long-term disability, developmental delay, neurodevelopmental conditions for example, ADHD and Autism.

**Worcestershire Family Front Door:** The Family Front Door, Initial Contact and Referral Team is the central point for all referrals for children and young people aged 0 to 18 years and living in Worcestershire for Social Care.

**SEND and Alternative Provision:** A directory of providers who offer SEND and Alternative Provision.

# Specialist Support

**Specialist CAMHS:** Across Herefordshire and Worcestershire, there is a collection of NHS services that specifically support children and young people between the ages of 5-18 years with their emotional wellbeing and mental health called child and adolescent mental health services (or CAMHS for short). Provided by Herefordshire and Worcestershire Health and Care NHS Trust, CAMHS is made up of a doctors, nurses and other medical staff who work in a number different teams. These people are trained to help children, young people and their families who are experiencing mental health difficulties. Each service in CAMHS provides different assessments and treatments and we will work together to find the right kind of support for young people.