

Appendix 2: Kingsmoor's Mental Health & Wellbeing Strategy Overview

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.



Why do we need a wellbeing and mental health strategy?

Kingsmoor academy is an inclusive setting where mental health and wellbeing promotes school success and improvements by:

- Promoting positive mental and emotional wellbeing by providing information and support.
- Creating a shared understanding of all aspects of mental health.
- Enabling those with mental health related issues to self-disclose and seek support in a safe confidential manner.
- Offering guidance and strategies, along with the support of Mental Health First Aiders, to support pupils and staff to be mentally healthy.
- Creating a culture to support and maintain positive mental health and wellbeing

What is the Mental Health and Wellbeing Strategy?

The Mental Health and Wellbeing Strategy is a guide to define 'how' we are expected to support children and staff with mental health and wellbeing and 'what' practice we implement to support mental health and wellbeing.

The strategy details the systems in place to ensure that mental health and wellbeing is embedded into our culture to support the children and staff at Kingsmoor Academy.

Mental health spectrum

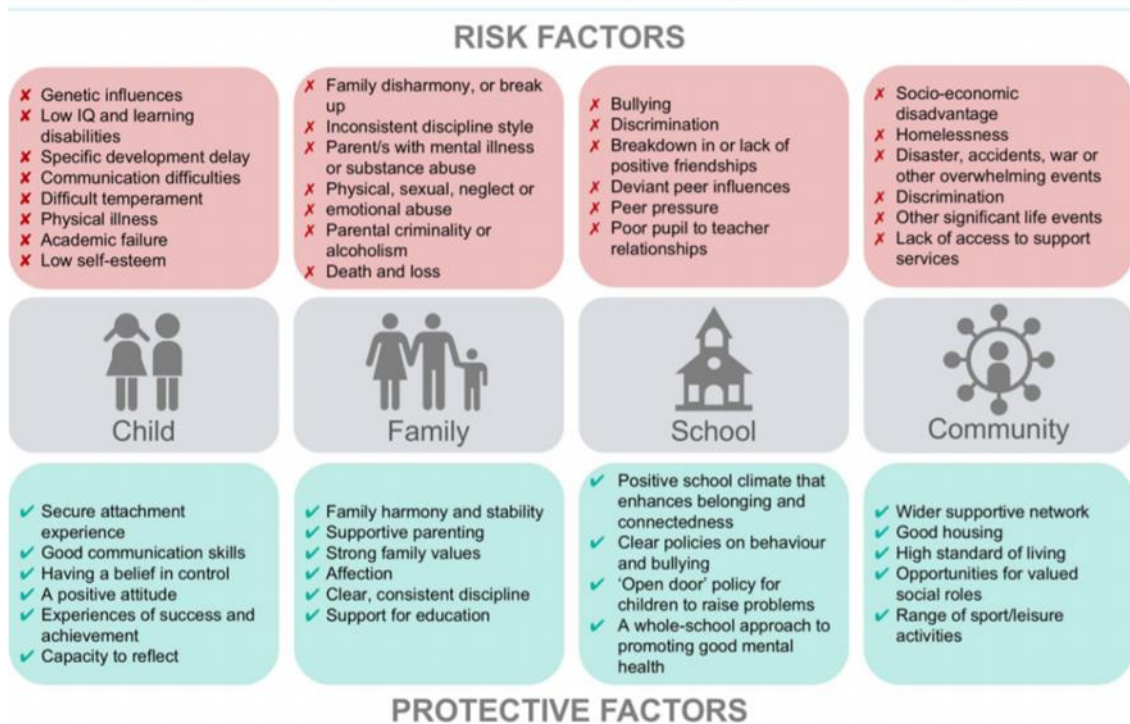


Adapted from Centre for Mental Health

How does Kingsmoor Academy promote positive mental health? (Prevention):

- Promote knowledge and understanding of both internal and external support services.
- Encourage and support the whole school community to be positive in its approach to mental health wellbeing.
- Provide guidance and support to all those connected with the organisation to help them develop confidence in their ability to manage mental health and emotional wellbeing.
- Provide appropriate training and information to staff on mental health and emotional wellbeing.
- Ensure all staff understand Risk factors and Protective factors.
- Have a named Lead Mental Health First Aider and 3 additional Mental Health first aiders who are the contact point at Kingsmoor Academy and a SENCo who is responsible for co-ordination and delivery of the school's mental health and emotional wellbeing strategy.
- Seek to embed mental health and emotional support across the curriculum.
- Zones of regulation has been implemented to support children regulating their emotions.

Risk and protective factors for CYP's mental health



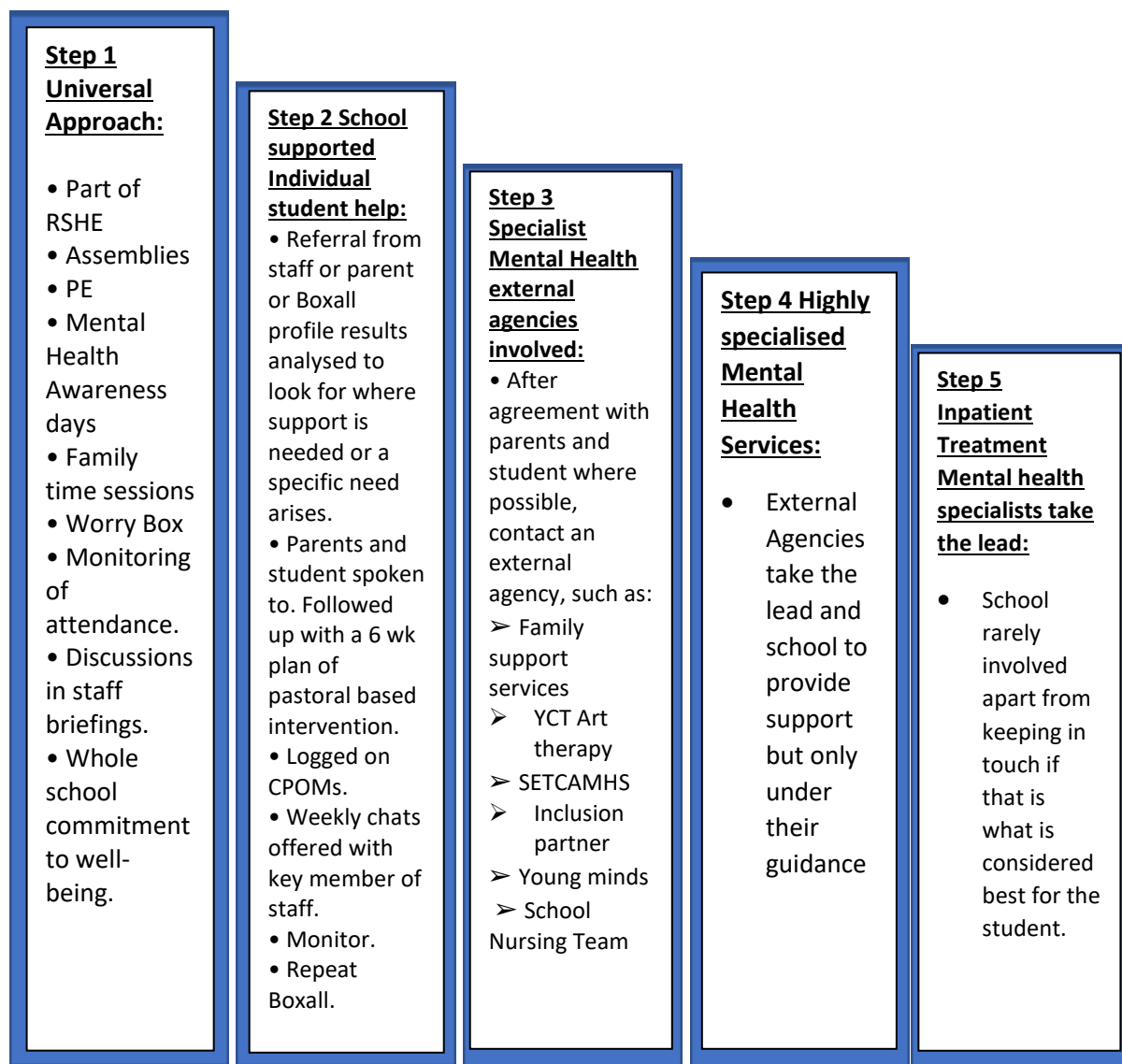
<https://emotionallyhealthyschools.org/risk-factors/risk-and-protective-factors/>

How does Kingsmoor Academy support mental health? Addressing Needs (mechanisms to support children and staff):

- Promote a culture which supports and encourages self- disclosures- using our worry jars and worry monsters which are in every classroom and a centralised worry box which is monitored by the safeguarding team.
- Use the 'Mental Health Spectrum' to identify children that fall into the 'struggling or 'unwell' mental health category and seek support from the Lead Mental Health first aider (Mrs Demetriou) or her team.
- Recognise that staff have the responsibility to alert others to potential and actual indicators of Mental Health and take this action when needed.
- Co-operate with other organisations involved in the delivery of mental health and emotional support services.
- All adults to use common language when referring to emotions linked to Zones of regulations.
- Observe the principles of confidentiality and general data protection in respect of mental health and emotional wellbeing.

Once a concern is raised by a pupil, parent, teacher or teaching assistant an initial assessment is done with the child. This is then cross checked with the Mental Health Spectrum and the next course of action is then personalised to the child on an individualised support plan. If applicable, the child could attend a pastoral support intervention and then they would be re-assessed. If they need further support then an external agency would be contacted and support would be offered both in school or externally (Please see below)

Kingsmoor Academy's approach to supporting Mental Health



Directory of Services:

Mentally Healthy Schools

mentallyhealthyschools.org.uk

Self-help Websites for Young People

Kooth

Free online support for young people. Kooth counsellors are online Monday-Friday, 12 noon till 10pm and weekends, 6pm till 10pm.

www.kooth.com

Young Minds

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Just as people's bodies can become unwell, people's minds can become unwell too. Mental health problems are more common than you might think – three children in every classroom have a mental health problem. Young Minds offer information to young people and children about mental health and emotional wellbeing. If you need to talk, they can let you know about organisations that listen, plus they offer online support and info.

www.youngminds.org.uk

ChildLine

Childline is the UK's free helpline for children and young people. It provides a confidential telephone counselling service for any child or young person with a problem. It comforts, advises and protects. So, if you are worried about anything, big or small – don't bottle it up. It can really help if you talk to someone. If there is something on your mind, ChildLine is there for you. You can visit the Childline Explore section for advice and information on a range of topics. Also, you can get support on the online message boards. 'Everyone helps each other out and is going through the same things as me – it's a really welcoming place'

Freephone 0800 1111 (24 hours and the call won't show on your phone bill)

www.childline.org.uk

The Mix

Free, confidential telephone helpline finding young people under 25 the best help whatever the problem. Provides free connections to local or national services, and can text information to callers' mobile phones.

Freephone 0808 808 4994 (7 days a week 1pm-11pm)

www.themix.org.uk

Samaritans

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

Call 0116 123 (24 hours, 7 days a week)

<https://www.samaritans.org/>

FRANK

Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.

Freephone 0800 77 66 00 (24-hour service, free if calling from a landline and won't show up on the phone bill, provides translation for non-English speakers)

www.talktofrank.com

B-EAT youth helpline

Online community information, help and support for anyone affected by eating disorders.

Call 0845 634 7650 (Monday to Friday evenings, from 4.30pm to 8.30pm, and Saturdays, 1.00pm – 4.30pm)

www.b-eat.co.uk

Kidscape

Kidscape are the first charity in the UK established specifically to prevent bullying and sexual abuse. The website offers advice and practical skills on how to deal with bullying. Remember, no-one deserves to be bullied. Nearly everyone is bullied at some time in their lives: by brothers and sisters, by neighbours, by adults or by other children/young people. If you are being bullied, you may feel scared, vulnerable and quite alone but you owe it to yourself to try and sort out the situation so that the bullying stops.

www.kidscape.org.uk

It Gets Better Project

Project created to inspire hope for young people facing harassment. A place where young people who are lesbian, gay, bi, or trans can see clips of other people's coming out stories.

www.talktofrank.com

Cruse Bereavement support

A charity that supports with Bereavement of family, friends and colleagues.

Hotline support number: 0808 808 1677

<https://www.cruse.org.uk/>

Childhood bereavement Network

The Childhood Bereavement Network (CBN) is the hub for those working with bereaved children, young people and their families across the UK.

<https://childhoodbereavementnetwork.org.uk/>

Winston's Wish

The death of a parent, brother or sister is one of the most fundamental losses a child will ever face. At Winston's Wish, they believe that bereaved children need support to make sense of death and rebuild their lives. The Winston's Wish Helpline offers support, information and guidance to all those caring for a bereaved child or young person.

Helpline 08452 03 04 05 (Monday – Friday, 9am to 5pm, and Wednesday evenings, 7pm to 9.30 pm)

www.winstonswish.org.uk

Healthy family team

Tree House Family Hub provides a warm and friendly service for families. They welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.

0300 247 0013

vcl.essexwest-hftcentraladminhub@nhs.net

Family Support: Home start

Home-Start's expert staff and trained volunteers work alongside families just like yours to give non-judgmental, compassionate and confidential support. They help you regain confidence and be the parent you want to be. Below are some of the areas we can help with

www.home-start.org.uk/make-a-referral

Tel: 0116 464 5490

Email: info@home-start.org.uk

Youth centre: Young Carers

Tel: 03330 322800

young.carers@essex.gov.uk

EWHMS (child and adolescent mental health service)

Tel: 0800 953 0222

<https://www.nelft.nhs.uk/set-camhs/>

Mind in West Essex

They deliver local mental health services, provide information and support, and campaign to improve policy and attitudes.

Tel: 01371 876 641

Email: admin@mindinwestessex.org.uk

<https://www.mindinwestessex.org.uk/>