This is the first Wokingham TaMHS newsletter. Its aim is to provide an update on progress so far and to share plans for the future. There will be three TaMHS newsletters: this Autumn term edition, one in the Spring Term 2011 and one to disseminate learning from the project, later in the year.

OUTLINE OF THE WOKINGHAM TaMHS PROJECT

Targeted Mental Health in Schools (TaMHS) is a project, funded nationally by the Department for Education (DfE), which aims to improve mental and emotional health in children and young people. Wokingham Children's Services successfully bid for funding to manage a project for one year, from April 2010 to March 2011. The Wokingham schools involved include the Woodley Primary Cluster and the two Woodley secondaries, Bulmershe School and Waingels College, as well as Southfield school. The TaMHS Project is being led by Wokingham Children's Services and strategic leads are Julian Bushell, Service Manager, Social Inclusion (Julian.bushell@wokingham.gov.uk) and Elaine Munro, Principal Educational Psychologist (elaine.munro@wokingham.gov.uk).

For more information on TaMHS in Wokingham, please see http://www.wokingham.gov.uk/family-youth-services/services-children/mental healthschools and for the national picture, please see http://www.dcsf.gov.uk/everychildmatters/healthandwellbeing/mentalhealth issues/tmhsproject/tmhs/

The Wokingham TaMHS project comprises of seven strands of work as follows:

STRAND 1 – ‘Emotional First Aid’. This is a course which provides the initial response given to a young person experiencing emotional distress before specific professional help is sought and obtained. It involves training for primary and secondary staff.

STRAND 2 – ‘Fun Friends' which provides interventions aimed at building resilience in reception and key stage 1 children.

STRAND 3 - Protective Behaviours. This is an intervention aimed at supporting Year 6 children to help them understand and take risks and learn strategies for self protection.
STRAND 4 - Nurture Assistants. Nurture Assistants will be trained to identify and support children and young people in issues around emotional and mental health.

STRAND 5 - Consultation Approach. This aims to support school staff to identify and target support for children with risks which could lead to emotional distress or mental health problems.

STRAND 6 - Therapeutic Approaches. This strand works involves small groups of Year 7 children who will engage with the ‘CHILLED’ programme. This programme focuses on Cognitive Behavioural Approaches and provides training for Year 7 staff.

STRAND 7 - Southfield School. The school will (as part of Strand 5) implement a consultation approach with Primary mental Health Workers (PMHWs), Educational Psychologists (EPs) and the Counselling Service ARC. From this, needs led interventions will develop to work with identified emotional and mental health needs. Southfield is also involved in Strand 1, Emotional First Aid.

PROGRESS SO FAR

STRAND 1 - EMOTIONAL FIRST AID

This strand is being co-ordinated by Georgina Clarke from New Approaches. Emotional First Aid is the initial response given to a young person experiencing emotional distress before specific professional help is sought and obtained. We now have 12 participants signed up to the Emotional First Aid course for Primary Schools and 12 participants signed up for secondary schools. The training is taking place over six half day sessions, in September and October. As well as primary and secondary staff signing up from all TaMHS schools, there is a range of partners from agencies such as the Youth Offending Service, Connexions, Educational Psychology and Behaviour Support. A two day ‘Train the Trainer’ course will be run at the end of January for four of the participants; this will help ensure the sustainability of this piece of work.

STRAND 2 – FUN FRIENDS

This strand is being led by Jackie Wood, Educational Psychologist. It is a 12 week programme delivered to Key Stage 1 children during class time and also involves parents / carers outside of class. A one day training course in April 2010 was attended by 14 Years 1 and 2 teachers, 7 Educational Psychologists and 3 Trainee Educational Psychologists. A planning session was held on the 7th July and the Fun Friends Programme will be rolled out to all TaMHS primary schools this Autumn Term.

STRAND 3 – PROTECTIVE BEHAVIOURS

This strand is being led by Lynne Blackshaw, Manager of the Vulnerable Children’s Education Service. The Protective Behaviours intervention has now taken place, and has been followed by 314 children in Year 6. A two day training course in April 2010 was attended by six Year 6 teachers, a Higher Level Teaching Assistant (HLTA), four Primary Behaviour Support Teachers and a Senior Educational...
Psychologist. There was a follow up planning session on 20th May. These were whole day sessions run by the trained Year 6 teachers and trained staff from the Behaviour Support Team. There are now plans for TaMHS to fund participants to attend a Train the Trainer course in order to sustain this strand and roll it out to other schools. There are also plans to revisit pupils who received the intervention at their new schools in Year 7.

**STRAND 4 – NURTURE ASSISTANTS**

This strand is being led by Kate Ripley, Freelance Senior Educational Psychologist. Working together with representatives from the Wokingham TaMHS schools, a bespoke training programme for Nurture Assistants, tailored to the needs of Wokingham’s children and young people, is being written. Kate has now developed the draft training programme which will be finalised in time to deliver 5 whole day sessions of training to identified Nurture Assistants in the TaMHS schools. The dates for these training sessions have been set on 5 days between October and December. All TaMHS schools have committed to this strand and all schools have identified up to two Nurture Assistants to attend the training. After the training, the trained Nurture Assistants will run the interventions during the Spring and Summer terms 2011.

**STRAND 5 CONSULTATION MODEL**

This Strand is being led by Helen Liston, Primary Mental Health Worker, CaMHS. This piece of work is to support Year 7 children and young people at Waingels College and Bulmershe School. Helen has attended consultation surgeries with identified staff in both schools and has dates set for future sessions in the Autumn Term. ARC has been commissioned by WBC to attend the surgeries and offer services where relevant to school needs. Needs led interventions are being funded by TaMHS to respond to the systemic school needs as identified by consultation surgeries; an example might be some training needs for staff.

**STRAND 6 – THERAPEUTIC INTERVENTIONS**

This strand is being led by Sally Gilbert, Senior Educational Psychologist. It targets Year 7 children and two ‘CHILLED’ groups will run in the Spring term 2011 for two groups of 8 children, one at Bulmershe School and one at Waingels College. As this strand identifies children with high levels of need, some Year 7 staff at both schools will attend screening training to enable them to identify these children. This will take place at both schools in the Autumn Term. Children with lower levels of need who do not meet the criteria for ‘CHILLED’ will be referred to other TaMHS strands or other appropriate services.

**STRAND 7 – SOUTHFIELD SCHOOL**

This strand is being led by Dr Katy Bass, Educational Psychologist. ARC is delivering emotional supervision to all staff. Consultation surgeries are being run by Educational Psychologists and Primary Mental Health Workers. A member of staff from Southfield School is attending Emotional First Aid Training.
The Evaluation of TaMHS is being led by Educational Psychologists Dr Katy Bass and Dr Brigitte Wood.

A sustainability plan is being drafted currently (September 2010) and will be sent to the Department for Education (DfE) at the end of September 2010. Plans currently include a dissemination event at the end of the TaMHS Project to roll out learning to all schools. Quarterly reports are also being submitted to the DfE.

The Project Management and Administration of TaMHS has been commissioned to New Approaches Ltd, a Wokingham business specialising in public sector project management and strategic planning. To contact the Project Office, please call (0118) 974 0145 or 07725 879644 and speak to George or Mel.

The Regional Government Office which is commissioned to oversee and monitor the progress of TaMHS Projects has commented on the significant progress already seen in Wokingham and has recommended that it is RAG rated as green.