This is the second 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: the Autumn term edition, this Spring Term one 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).

The project management of TaMHS is being led by Georgina Clarke at New Approaches, a local business specialising in public sector project management.

For more information on TaMHS in Wokingham, please see http://www.wokingham.gov.uk/family/services-children/mentalhealthschools/ and for the national picture, please see http://tna.europarchive.org/20090608190013/http://www.everychildmatters.gov.uk//health/tmhsproject/

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.

**Overall Progress**

As part of the TaMHS funding requirements set by the Department for Education, we are required to submit quarterly reports setting out the numbers of children, young people and staff reached by the project.

So far we know we have reached 924 children and young people with group sessions relating to emotional health in the 11 schools involved in the TaMHS Project. These children were mainly part of the Fun Friends and Protective Behaviours strands. We know that we have assessed 265 children and young people to identify their level of need (mainly in strands Therapeutic Approaches and Nurture Assistants) and we have supported 101 children and young people following assessment.

In addition, we have trained over 250 staff in various elements of knowledge and skills around emotional and mental health. Consultation surgeries involving the Educational Psychologists and Primary Mental Health Workers have taken place in 3 of Wokingham’s secondary schools, as well as over 20 staff being provided with individual or group counselling each month between September 2010 and March 2011.

A full evaluation is being undertaken locally and findings will be shared in the Summer term 2011.

**Strand 1 - Emotional First Aid**

Emotional First Aid (EFA) is the initial response given to a young person experiencing emotional distress before specific professional help is sought and obtained. Two six session courses on EFA for 11 staff of primary aged children and 11 staff of secondary aged children, as well as other professionals who work with other people, have been run. Feedback from staff has been positive. Comments about Strand 1 of TaMHS Emotional First Aid Training for Staff include:

“it has made me more confident to stand up for the emotional wellbeing of the children, to take more in the classroom for PSHE and to equip the children with
the tools and time for discussion and reflection”

“I have (found the course).. the most helpful I’ve ever done. I am now equipped with many strategies and am confident in dealing with the many emotionally distressed children we have today”

“I have used the strategies with pupils who were anxious and having behavioural difficulties”

We are also currently working on an evaluation of EFA including how it has been applied by staff in schools or settings. We will share these findings when we have them.

There was overwhelming interest in the EFA Train the Trainer course. We had originally funded 4 spaces for this course but due to so much interest, we are now funding 8 people to attend the course in March 2011, including 3 heads and deputy heads from 3 of our TaMHS schools. We also have representatives from the Youth service, Community Safety, Educational Psychology Service, and the Behavioural Support Team following this course.

This will mean that there will soon be many EFA courses being offered in Wokingham that are being led by our own Trainers. We will be promoting these courses to schools and partners when we have details. For further information about Emotional First Aid, please see http://www.emotionalfirstaid.co.uk/

**Strand 2 – Fun Friends**

Jackie Wood, Educational Psychologist, is leading this strand.

This is a 12 week programme delivered to Key Stage 1 children during class time and also involves parents/carers outside of class. 23 School and partner staff have been trained in how to deliver Fun Friends and the 6 TaMHS schools involved have now delivered the 12 week programme in class. There has been involvement with 210 parents at information sessions. Approximately 610 children altogether have been reached by Fun Friends in the 6 TaMHS schools that were involved. There are now plans to sustain this piece of work, to roll it out to other schools and also to evaluate it. Findings will be shared with schools at a later stage.

**Strand 3 – Protective Behaviours**

Lynne Blackshaw, Manager of the Vulnerable Children’s Education Service, is leading this strand.

The Protective Behaviours intervention aims to support Year 6 children to help them understand and take risks and learn strategies for self protection. This work has been completed in the Woodley TaMHS schools and is now being sustained by the schools so it can continue each year. Protective Behaviours reached 314 Year 6 children in the 7 schools which were involved. Evaluations have been very positive, including findings that the programme was received very well by both pupils and teachers, schools would like to continue running Protective Behaviours in the future and that it was useful in the identification of vulnerable children during transition to secondary school. A full evaluation with findings will be available next term and we
will be sharing this with schools and partners. There are now plans to roll Protective Behaviours out to other primary clusters.

**Strand 4 Nurture Assistants**

This strand is now being led by Elaine Munro, Principal Educational Psychologist.

Nurture Assistants is a bespoke training package, created for Wokingham by Kate Ripley, a freelance Educational Psychologist, which aims to train staff in identifying and supporting vulnerable pupils with emotional wellbeing difficulties. The 5 day Nurture Assistant training was completed in January 2011. 16 Nurture Assistants from 9 TaMHS schools completed the training and now their schools are rolling out the programme of work in their schools. Early data collection suggests that 65 children have been identified and supported so far by this strand. A full evaluation with findings will be available next term and we will be sharing this with schools and partners. There are now plans to sustain Nurture Assistants in the TaMHS schools and roll out the training to other schools.

**Strand 5 – Consultation Model**

This Strand is now being led by Kazem Bholah, Wokingham CaMHS Manager.

This work supports Year 7 children and young people at Waingels College and Bulmershe School by providing consultation surgeries from CaMHS for school staff. 10 consultation surgeries took place in Waingels College and Bulmershe School up until March 2011 as part of the TaMHS project. Staff are finding it useful to talk over concerns about young people’s emotional wellbeing with the CaMHS Primary Health Team. A full evaluation with findings will be available next term and we will be sharing it with schools and partners.

**Strand 6 – Therapeutic Interventions**

This strand is being led by Sally Gilbert, Senior Educational Psychologist.

It targets Year 7 children in Waingels College and Bulmershe School and has set up two CHILLED groups with 8 children in each group where there will be 8 sessions, focusing on Cognitive Behavioural Approaches. 200 staff from Waingels and Bulmershe have received anxiety training and staff in both schools have been supported to use screening methods to identify anxious young people. 16 children have now been identified in both schools and a group has started running in the schools, each led by an Educational Psychologist. Feedback includes that schools have identified some young people who had not previously been identified by staff. School staff are involved in the running of the CHILLED groups. There are plans to sustain this strand and further details will be provided when known.

**Strand 7 – Southfield School**

This strand is being led by Dr Katy Bass, Educational Psychologist.

Southfield School has run consultation and emotional supervision sessions for staff and so far there have been five surgeries. In addition, staff from the voluntary counselling service ARC is offering emotional supervision to all staff at the school.
As well as the two pieces of work mentioned above, the STOP parenting programme is being offered to parents of Southfield pupils. The STOP Programme is an 11 week parenting skills programme for parents and carers of young people aged 10 - 17. Each session lasts 2 hours and is facilitated by two group leaders who have undertaken specific training for this programme.

The programme is evidence based and has a clear emphasis on Social Learning Theory. Though designed within a Youth Justice setting, it is not only relevant to parents whose children are offending but also parents who are struggling to deal with challenging adolescent behaviour at home. The programme aims to help parents to learn very practical strategies to deal with challenging behaviours as well as to look at how their own parenting affects the way they parent. It also aims to help parents to see how parenting a young child differs from parenting an adolescent and to help them make the changes necessary in order to effectively support their young person on their road to independence.

**Sustaining TaMHS in Woodley Schools**

The TaMHS national funding grant ends in March 2011. As there has been such positive feedback so far about the impact of TaMHS, we are hopeful that the TaMHS schools in Woodley will sustain the work that they have done. Some schools have identified which strands they would like to continue and are planning the next phase with their leadership teams. All the schools have increased the skills level of their staff by attending TaMHS training. Protective Behaviours has set up a network for the schools to continue their Protective Behaviours work. 8 staff, including school representatives and partners, are training to become Emotional First Aid Trainers and will roll out the training to other staff in Wokingham.

**Roll out of TaMHS to other schools**

Plans are currently being made to roll TaMHS out to other Wokingham schools. The detail of this next phase of work is currently being discussed and some funds will be made available from the Early Intervention Grant to help support this work in the coming financial year.

Currently, there are firm plans to roll out are Emotional First Aid, Fun Friends, Protective Behaviours, Nurture Assistants and CHILLED/Cool Kids to other schools. Training and support packages related to emotional and mental health wellbeing will be developed for schools.

**Evaluation**

The Evaluation of TaMHS is being led by Educational Psychologists Dr Katy Bass and Dr Brigitte Wood and will be carried out in the Summer term.

Early findings have been positive. The main strands that have been evaluated so far are Emotional First Aid and Protective Behaviours. There has been positive feedback from participants of the Emotional First Aid training course about the content and presentation of the course. The Evaluation Team is currently sending questionnaires to participants of the Emotional First Aid course to find out how they have applied their learning at school. According to early findings shared by the
Evaluation Team, Protective Behaviours has been well received by pupils and teachers alike. All strands in the TaMHS project will be evaluated and findings will be shared with schools and partners in the Summer term.

**Monitoring**

The TaMHS Project Board has now submitted four quarterly reports to the Department for Education outlining the progress and reach of TaMHS. It is intended to continue using this reporting tool after the TaMHS funding ends at the end of March 2011, as it has been found to be very useful for our own local monitoring.

For more information on TaMHS, please call Georgina Clarke, at New Approaches (on behalf of Wokingham Children’s Services) on (0118) 974 0145, 0772 587 9644 or George@new-approaches.co.uk