Wokingham Borough Council
Targeted Mental Health in Schools (TaMHS) Newsletter
Summer Term 2011

This is the third Wokingham TaMHS newsletter. Its aim is to provide an update on progress so far and to share plans for the future. There have been three TaMHS newsletters so far: the Autumn Term 2010 edition, Spring Term 2011 edition and this Summer Term 2011 edition.

Targeted Mental Health in Schools Project – Phases I and II in Wokingham

Targeted Mental Health in Schools (TaMHS) is a project, initially 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 included the Woodley Primary Cluster and the two Woodley Secondaries, Bulmershe School and Waingels College, as well as Southfield School. In Wokingham we called this phase of the project “TaMHS Phase I”.

The Local Authority has now funded the TaMHS Project for another year up to 2012, so we are now rolling out the TaMHS interventions which were positively received in Woodley, to all Wokingham Primary and Secondary schools. We are calling this phase of the project “TaMHS Phase II”.

The TaMHS Project is being led by Wokingham Children’s Services and the 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). Sharon Finn, Headteacher at Lambs Lane School sits on the TaMHS Project Board as a school representative.

The project management of TaMHS is being led by Georgina Clarke at New Approaches, a local business specialising in public sector project management (george@new-approaches.co.uk).

For more information on TaMHS in Wokingham, please see http://www.wokingham.gov.uk/family/services-children/mentalhealthschools/

For the national picture, please see http://tna.europarchive.org/20090608190013/http://www.everychildmatters.gov.uk/health/tmhsproject/
The Wokingham TaMHS Phase I 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.

For further details on the individual TaMHS strands, please see the TaMHS Leaflets on each of the strands (on the TaMHS website). There are details in this newsletter on training courses for each strand.

**The Impact of TaMHS Phase I**

A full evaluation of TaMHS Phase I in Wokingham has been written and the Executive Summary is currently on the TaMHS website (www.wokingham.gov.uk/family/services-children/mentalhealthschools).

The following extracts are taken from the evaluation:

"It is felt that the TaMHS Project in Wokingham was effective. It was able to deliver interventions to 1025 children and young people and 341 staff were trained in a specific intervention. The TaMHS Project was generally received positively by schools and its partners. As a result, the local authority has agreed to fund the project for another year. The intention is for the project to achieve sustainability by
embedding what has worked well in the one year (Phase 1) project into the long-term structures both of the Phase 1 TaMHS schools and of all the other schools in Wokingham. Between September 2011 and August 2012, training for schools in Emotional First Aid, Protective Behaviours, Fun Friends and Nurture Assistants will therefore be rolled out to all schools in Wokingham. We are also offering CHILLED/Cool Kids anxiety management groups for young people in secondary schools. The roll out of consultation is still being discussed with CAMHS.

Investment in the emotional well-being of children and young people by schools will become increasingly important as services provided by the local authority and Primary Care Trust (PCT) change. The school setting is now being viewed as a valuable point of access to children and young people for early intervention and prevention programmes (Rones and Hoagwood, 2000). Schools and services that provide support for children, young people and parents will therefore need to continue to invest in evidence-based interventions that can be delivered in schools.”

The quotes below give a flavour of the positive impact felt by the staff and children involved in TaMHS Phase I in Wokingham:

“The sessions were really enjoyable each week and the staff did a great job helping me manage my fears” (CHILLED Child participant)

“Year 7 has felt calmer than other previous years since I’ve been here, the best Year 7 yet!”. (TaMHS School Lead)

“We feel that a pupil would have been excluded if it had not been for consultation and encouraging us to see things differently ... our thinking changed and the pupil not only remained in the school but is now so much happier. ”. (Assistant Head, Wokingham School)

“The TaMHS Project brought CAMHS and the school further together and narrowed the gap between the services we provide young people”. “If I was going to rate the relationship between the school and CAMHS I would give it a 1 to 2 at the start of the TaMHS Project and it is now between a 5 and a 6 - this is a big leap” (Assistant Head, Wokingham School)

‘It was good because I know how to turn red thoughts into green thoughts now”’

“I learnt how to be brave when I was in my room in the dark”. (Fun Friends pupil participant)

We are going to continue to fund Nurture Assistants...We have had lots of positive feedback from parents and children...one pupil working on bereavement and have had very positive feedback from the parent and child ...one child reported he had had “the best day ever at school” due to the work he was doing with the Nurture Assistant”. (TaMHS School Lead)

Emotional First Aid was a superb course. It has enabled me to recognise when to refer to CAMHS as well as gain a better understanding of the reasons behind some children’s behaviour - “the trainer”.. helped me to understand and use the language
of CAMHS resulting in swifter referrals”. (Headteacher, Wokingham)

“Protective Behaviours work could link in with the SEAL programmes of study in years 5 and 6, in particular ‘It’s good to be me’ and ‘Changes’.

(TaMHS School Lead)

TaMHS Phase II Offer to Schools

The following courses are being offered as part of TaMHS Phase II. To register on a course, or for details of the training, including dates, please contact: george@new-approaches.co.uk or go to the TaMHS website: http://www.wokingham.gov.uk/family/services-children/mentalhealthschools/

Details of courses are below. These will be updated over the next few months.

**Emotional First Aid training**

Courses will be available from the Autumn term.

**Dates for Primary Courses are as follows:**

- **Dates:** 1st November 2011 to 6th December 2011 inclusive, every Tuesday afternoon at 2:30-5:30pm for six sessions.
- **Trainers:** Ann Dee, Headteacher, Woodley CoE Primary School and Jacqueline Wood, Educational Psychologist.
- **Venue:** Woodley Church of England Primary School.
- **Cost:** £250 per participant which includes six half day sessions of training, plus resources for each participant.

**Dates for Secondary Courses are as follows:**

- **Dates:** 22nd February 2012 until 28th March 2012 inclusive, every Wednesday afternoon at 1:00-4:30pm for six sessions.
- **Trainers:** Kay Nicker, Bulmershe Youth Centre and Les Eke, Community Safety Team.
- **Venue:** Bulmershe Youth Centre.
- **Cost:** £250 per participant which includes six half day sessions of training, plus resources for each participant.

**Protective Behaviours**

- Training and support will be offered to all school clusters from the Wokingham Behaviour Support Team and will be free of charge to Primary Schools.
- Training and support will involve 3 half day training sessions for 2 teachers from each school. Schools will work in clusters. Protective Behaviours resources will also be provided.
- Members of the Behaviour Support Team will be contacting clusters to discuss implementation of this strand.

**Fun Friends**

- Fun Friends training courses will be available from Autumn term 2011. In
addition, post-course support will be provided to school clusters from an Educational Psychologist who will help plan implementation and will support the involvement of parents/carers.

- It is recommended that at least 2 people attend training from each school.
- Course and support will cost £150 per participant.
- Dates and venues to be confirmed.

**Nurture Assistants**

- Courses will be available from Autumn term 2011. 3 courses in total will be run over the Autumn, Spring and Summer terms.
- Courses will include 5 full days of training run by Educational Psychologists.
- It is recommended that where possible 2 people attend from each school.
- Courses will cost £300 per participant.

**First Training dates are as follows:**

- Thursday 20th October 2011
- Thursday 3rd November 2011
- Thursday 17th November 2011
- Thursday 1st December 2011
- Thursday 8th December 2011

**Venue to be confirmed.**

**Chilled/Cool Kids**

- CHILLED groups will be offered free to all secondary schools
- CHILLED will provide 8 sessions of group therapy to 8 secondary pupils, as well as support to schools to help identify the most anxious children to attend the group.
- An Educational Psychologist will contact each secondary school directly to arrange support.

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