Targeted Mental Health in Schools Project- Phases I, II and III in Wokingham

Targeted Mental Health in Schools (TaMHS) is a project, initially funded nationally by the Department for Education (DfE) and now funded by Wokingham Children’s Services and income generation, which aims to improve mental and emotional health in children and young people in Wokingham. The project aims to build capacity and support for the emotional health of children and young people in schools to enable intervention at an early stage, before emotional and mental health difficulties escalate.

Phase I of the project (March 2010 to March 2011) included a pilot of interventions and training with the overarching aim to improve pupils’ emotional health in 11 Woodley schools, both secondary and primary. Phase II (March 2011 to March 2012) rolled out interventions and training to all Wokingham schools. Phase III (March 2012 to March 2013) is continuing to roll out interventions and training to all schools and to support schools which took part in TaMHS in Phase I and Phase II.

Wokingham Children’s Services have supported Phases II and III of the TaMHS project financially, although a staggered charging system is now in place with schools, so that TaMHS work can be sustained in the long term.

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 primary school representative and Tracy Lucas, SENCO at Waingels College as a secondary 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 (www.new-approaches.co.uk).

For more information on TaMHS in Wokingham, please see http://www.wokingham.gov.uk/tamhs
If you are interested in booking on a course, schools can visit the Wokingham Learning Hub and staff from any agencies can call Judy Bond on 0118 974 6197. For details of the TaMHS Project, call Georgina Clarke on 07725 879644 or email George@new-approaches.co.uk

The Wokingham TaMHS Phase III project comprises of five strands of work as follows:

**STRAND 1 - ‘Emotional First Aid’**. The course consists of six half day sessions. It encourages staff to get alongside a child or young person experiencing emotional distress, before any professional help is sought. This course will build capacity, capability and confidence in universal services.

**STRAND 2 - ‘Fun Friends’** is a 12 week programme that can be used across Key Stage 1 and Key Stage 2 to develop emotional resilience and prevent childhood anxiety. Teachers can attend training on Fun Friends and deliver the programme in school.

**STRAND 3 - Protective Behaviours**. This is an intervention aimed at supporting children to help them understand and take risks and learn strategies for self protection. Staff attend training and then introduce Protective Behaviours to their schools. There are twilight sessions which provide a network for Protective Behaviour Leads.

**STRAND 4 - Nurture Assistants**. Nurture Assistants are trained to identify and support children and young people in issues around emotional and mental health. The Nurture Assistant course is a five day training course for TAs/LSAs and is followed by supervision sessions led by the Wokingham Educational Psychology Team.

**STRAND 5 - ‘CHILLED/Therapeutic Approaches’**. This programme aims to reduce anxiety by using cognitive behavioural therapy (CBT) approaches with small groups of children and young people in secondary schools. The groups are run by Educational Psychologists. In addition, the Educational Psychologist advises schools on identification of children for the groups, and provides an evaluation of outcomes which includes advice on next steps for individual pupils as appropriate.

**The Impact of TaMHS**

We are currently gathering evidence to show the impact of TaMHS Phase II. If you were involved in Phase II, we would appreciate it if you could complete our short (10 to 15 minutes) survey on Survey Monkey. The evidence will help us to sustain the support TaMHS offers schools and staff working with children and young people. It can also be helpful for schools and organisations to show to inspecting bodies such as Ofsted the impact of TaMHS work on the emotional health of young people. The survey address is:

http://www.surveymonkey.com/s/SXH8C6B
You have until 16th November to complete the survey.

The evidence gathered so far on the impact of TaMHS has been very positive and there is evidence to show that TaMHS has changed and improved outcomes for children and young people and built capacity in school to support children and young people with their emotional health.

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/tamhs).

**Key points on the reach of TaMHS are as follows:**

- 1025 children benefited from TaMHS interventions from Phase I TaMHS.
- 88% of schools have engaged with at least one TaMHS strand in Phase I and II including all special and secondary schools and 40 out of 49 primary schools.

**Evidence from Phase I and Phase II shows that:**

- 72% of pupils supported by Nurture Assistants made progress in their targets and have said that they found the sessions helpful.
- Staff increased their confidence and self perceived competence in working with children in emotional distress as part of the Emotional First Aid programme.
- **Fun Friends** was reported to have been enjoyed by the children and in particular has helped them to develop and extend their emotional vocabulary.
- **Protective Behaviours** enabled school staff to identify and support individual children who were vulnerable at transition.
- Those pupils who attended **Protective Behaviours** also had fewer unauthorised absences in Year 7 than pupils who did not receive **Protective Behaviours**.
- 90% of children taking part in CHILLED/Cool Kids rated the group 8/10 or higher and would recommend the group to their peers. This intervention has a significant worldwide evidence-base.

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

**Nurture Assistants**

**Pupils**

- ‘It has helped me a lot so now I try not to hurt anyone.’
‘It helped me because we talked about helping someone who is hurt, now I know I can help them.’

‘It’s been really interesting for me because I didn’t always want to come to school now I do.’

‘When I am here (Nurture room) I feel like I matter.’

**Emotional First Aid**

**Staff**

‘(I am now able) to talk to an anxious, quiet child with stomach aches about her problems.’

‘I have taken the class a couple of times within the last month and have really learnt how to engage them and keep their attention.’

‘I am now able to challenge staff/pupils when the child has misbehaved that it was not for attention but due to anxiety.’

‘I can carry out risk assessments on a child who is particularly aggressive in the mornings.’

‘I questioned a teacher’s opinion on a naughty child encouraging her to think why a certain behaviour was happening.’

**Pupils**

‘I am so happy to be at school. Thank you for helping me not to be so angry’

**Fun Friends**

**Pupils**

‘I was feeling upset so I did my milkshake breathing’.

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

‘I learnt how to be brave when I was in my room in the dark.’

**Staff**

‘This year we have targeted the specific children in Year 1 and this has had greater impact than working with all the children. Some as a result are now more confident.’

**Protective Behaviours**

**Staff**

‘Year 6 really enjoy this and it’s good to think that as a school we are helping to prepare themselves to keep safe as teenagers.’
‘We feel it helps to prepare Year 6 for transition’

CHILLED

Pupils

• ‘The sessions were really enjoyable each week and the staff did a great job helping me to manage my fears.’

• ‘It shows you how to take control of fears and how to get rid of them’

Training Dates 2012 to 2013

(see www.wokingham.gov.uk/tamhs for details on TaMHS)

To book onto a course, email judy.bond@wokingham.gov.uk or call Judy on 0118 974 6197.

All courses are on the Wokingham Learning Hub and bookings can be made online on the hub.

COURSES FOR PRIMARY SCHOOL STAFF

Emotional First Aid

Course: The course consists of six half day sessions. It encourages staff to get alongside a child or young person experiencing emotional distress, before any professional help is sought. This course will build capacity, capability and confidence in universal services including schools, youth settings, health and social care settings and voluntary organisations. See http://www.emotionalfirstaid.co.uk/ for more details on course content.

Trainer/s: We have four Emotional First Aid Primary Trainers based in Wokingham

Dates: TBC - We are planning to rollout a primary course in Summer term 2013. If you are interested in a course for your primary cluster, please contact Georgina Clarke on George@new-approaches.co.uk or 07725 879644

Protective Behaviours - Twilight Follow On Sessions

Course: These free twilight sessions are for staff who have already received training sessions in Protective Behaviours and provides a network with the Wokingham Behaviour Support Lead to discuss implementation of Protective Behaviours and improve knowledge and skills.

Facilitators: Fiona Marshall, and Kinga Szopis, Behaviour Support Teachers
Dates: Wednesday 10th Oct 3.45pm to 5.15pm

Wednesday 21st November 3:45pm until 5:15pm

Cost: FREE for all staff who have already attended a Wokingham Protective Behaviour Course

Venue: Finchampstead Centre, Gorse Ride North, Finchampstead

There will be a Cross-phase event organised by WBC in February 2013 and a workshop will be facilitated for both secondary and primary schools which focusses on Transition and Protective Behaviours and will invite staff trained in Protective Behaviours. More details to follow.

Fun Friends

Fun Friends/Friends for Life Facilitator Training:

The Training: Fun Friends and Friends For Life are 12-week programmes that can be used across KS1 and KS2 to develop emotional resilience and prevent childhood anxiety. Children have great fun and join in lots of activities promoting the development of social and emotional skills.

The training consists of a one day session on the materials and a half day planning and implementation session. It is aimed at class teachers in KS1 (Fun Friends) and class teachers in KS2 (Friends for Life). Teaching assistants may also be trained alongside a teacher. Jackie Wood, a Wokingham Educational Psychologist, leads the strand and will support schools to implement Fun Friends/Friends for Life into their schools and lead the parents’ information evenings which can accompany the intervention.

The TaMHS Board is currently planning the roll out of more training in Summer term 2013 to include both Fun Friends (KS1) and Friends for Life Programme (KS2)

Nurture Assistants

Course: The course trains staff (LSAs/TAs) to support young people to develop their own emotions, to understand the emotions of others, help raise their self-esteem and focus on better learning. It includes 5 days of training. Schools can identify staff to develop as Nurture Assistants by using the guidance “Role of the Nurture Assistant” on the TaMHS website. This course is for both primary and secondary school staff.

Venue: Crescent Resource Centre, Earley

Trainer/s: Elaine Munro, Principal Educational Psychologist and Joanna Williams, Senior Educational Psychologist, Brigitte Wood, Educational Psychologist
**Dates:**  
Wednesday, 17 October 2012 - 9:15am until 3pm  
Wednesday 24 October 2012 - 9:15am until 3pm  
Thursday 8th November 2012 - 9:15am until 3pm  
Wednesday, 14 November 2012 - 9:15am until 3pm  
Wednesday, 5 December 2012 - 9:15am until 3pm

**Cost:** £600 for five full days of training including training manuals for each Nurture Assistant and 3 half day supervisions led by the Educational Psychologist Team

More Nurture Assistant courses will take place in the future. Please contact Georgina Clarke on 07725 879644 for details of future dates - dates will also be published in the future.

**Nurture Assistant Supervision**

The next Nurture Assistant supervision will be on 6th November at 1pm until 3pm. We will email a reminder of this to you. The Venue will be the Crescent Resource Centre in Earley. The supervisions are open to all trained Nurture Assistants and provide an opportunity to share ideas and the session is led by the Educational Psychology team. Usually we hold one a term.

**COURSES FOR SECONDARY SCHOOL STAFF**

**Emotional First Aid for children (staff working with secondary aged children)**

**Course:** The course consists of six half day sessions. It encourages staff to get alongside a child or young person experiencing emotional distress, before any professional help is sought. We hope this will build capacity, capability and confidence in universal services including schools, youth settings, health and social care settings and voluntary organisations.

See http://www.emotionalfirstaid.co.uk/ for more details on course content.

**Trainer/s:** Kay Nicker, Youth & Community Worker and Les Eke, Safer Schools Partnership Officer

**Dates:** TBC - We are planning to roll out a secondary course in 2013. If you are interested in a course for your secondary school, please contact Georgina Clarke on George@new-approaches.co.uk or 07725 879644

**Nurture Assistants**

**Course:** The course trains staff (LSAs/TAs) to support young people to develop their own emotions, to understand the emotions of others, help raise their self-esteem and focus on better learning. It includes 5 days of training. Schools can identify staff to develop as Nurture
Assistants by using the guidance “Role of the Nurture Assistant” on the TaMHS website. This course is for both primary and secondary school staff.

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**Trainer/s:** Elaine Munro, Principal Educational Psychologist and Joanna Williams, Senior Educational Psychologist, Brigitte Wood, Educational Psychologist

**Dates:** Wednesday, 17 October 2012 - 9:15am until 3pm
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Wednesday, 14 November 2012 - 9:15am until 3pm
Wednesday, 5 December 2012 - 9:15am until 3pm

**Cost:** £600 for five full days of training including training manuals for each Nurture Assistant and 3 half day supervisions led by the Educational Psychologist Team

More Nurture Assistant courses will take place in the future. Please contact Georgina Clarke on 07725 879644 for details of future dates - dates will also be published in the future.

**Nurture Assistant Supervision**

The next Nurture Assistant supervision will be on 6th November at 1pm until 3pm. We will email a reminder of this to you. The Venue will be the Crescent Resource Centre in Earley. The supervisions are open to all trained Nurture Assistants and provide an opportunity to share ideas and the session is led by the Educational Psychology team. Usually we hold one a term.

**Protective Behaviours - Secondary School Staff**

**Course:** Protective Behaviours trains teachers to support children with a practical and down to earth approach to personal safety, encouraging self-empowerment and improving skills to avoid being victimised.

This course is for teachers within secondary schools to take part in the 2 day Foundation in Protective Behaviours. See http://www.protectivebehaviours.co.uk for information on Foundation course. Ideally the course is suitable for each school to send 2 teachers.

We would like to focus on transition so we recommend that Year 7 teachers, who will be able to disseminate to their pastoral teams, should attend the course. Schools, however, can send other year groups or staff if they feel more relevant for their school.

**Dates:** TBC
More Protective Behaviour courses will take place in the future. Please contact Georgina Clarke on 07725 879644 for details of future dates – dates will also be published in the future.

There will be a cross-phase event organised by WBC in February 2013 and a workshop will be facilitated for both secondary and primary schools which focusses on Transition and Protective Behaviours and will invite staff trained in Protective Behaviours. More details to follow.

**CHILLED/Therapeutic Approaches**

Secondary schools can book a CHILLED group for up to 8 young people. CHILLED/Cool Kids is a therapeutic intervention and is based on Cognitive Behaviour Therapy principles. It is considered to be supportive in addressing anxiety. Each group contains eight pupils and the intervention lasts for eight weeks. The group is led by two Educational Psychologists. The Educational Psychology Team will support and advise the school on identification of pupils for the group and will evaluate the intervention outcomes including advice on next steps for individual pupils if appropriate.

The CHILLED groups cost £1500 per school. CHILLED has a worldwide evidence base and is led by an Australian University. Please contact Georgina Clarke on 07725 879644 or George@new-approaches.co.uk - if interested in running a CHILLED group in your school.