



North Herts Emotional Support in Schools Service

NESSie NEWSLETTER AUTUMN 2016

It has been a busy year! Not only has mental health been highlighted nationally but locally we have seen lots of changes and new strategies introduced which can be frustrating and wearing for schools. Having met lots of schools' professionals and service providers throughout the year it feels fair to say that there can be a sense of confusion, frustration and anger particularly when young people are being 'missed' or falling between gaps of services that are stretched and exhausted. There are also lots of inspiring things happening nationally and locally and Steve Mallen, founder of MindEd and a member of the NESSie Steering Group, has been involved in this 'movement'. As you are perhaps aware he has been on national and local television and the MindEd Conference in Cambridge in March was one of this year's leading conferences mainly due to evidence based practice that he brought to the public eye. NESSie was timely! NESSie was highlighted on the local BBC news and recently I was interviewed on BBC Radio Cambridge. On this note an important function of NESSie is the cascading and clarifying of information to our schools as well as providing supervision, training and guidance through the setting up of positive working relationships and area networks.

I was contacted by *Dr Peter Hindley MBE FRCPsych Chair Faculty of Child and Adolescent Psychiatry RCPsych* who is collating evidence of effective services that sit between specialist services and schools and he was impressed with what we are doing and will be contacting us again this term.

Quote from Steve Mallen

"Following the representations of The MindEd Trust and other organisations, the government has announced that mental health and wellbeing will be integrated into Ofsted evaluations for secondary schools. It is hoped that this will be extended to primary schools in due course. Now compounded by the complexities of the Brexit vote it is as yet unclear as to the precise timetable for the Ofsted revision. It is also unclear how the evaluations will work in detail. The MindEd Trust continues to lobby the government on this and will keep Nessie informed. With Brexit and the Summer recess however, little is likely to occur before the Autumn. From September, MindEd will be returning to assisting local schools in providing mental health education and early intervention treatment in South Cambs and North Herts. The Trust is now well funded and has deep political traction and a very high media profile and this will benefit Nessie schools."



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CAMHS

Area teams are now in place. Breeda McHugh is our area Schools Link Manager and Deborah Shepherd is appointed for the rest of Herts. Maria Nastri is the Transformation Manager - previously the Counselling In Schools Manager. The CAMHS pilot which is being rolled out in a small number of North Herts schools aims to put together Pastoral Networks to deliver training and this is a strategy that has been successful in other areas of Herts. It has been noted that there is not the capacity to link with all schools and it seems that this is where NESSie could be useful. Maria aims to set up a web site - 'Healthy Young Minds in Herts' which we will link to our website as it could be a source of information about agencies, events and support.

I have also linked with Wendy Pitcairn from our local CAMHS in Stevenage as well as their new manager Charlotte Train. Wendy has been given a day a month to deliver training locally and we will be working together to develop a plan with the NESSie Networks and DSPL.

NESSie Area Co-ordinators

Becky Wilburn (Hitchin and Baldock) and Julia Welding (Letchworth and Royston) have completed their induction period. Both have emailed all schools in their area and are visiting schools. They aim to address key areas of development and identify training needs. They will be setting up local forums offering half-termly support. Please do contact them to arrange a visit to your school. The DSPL SENCO and FSW forums will be an important opportunity to develop relationships and practice.

Self-Harm:

Viv Ofstedahl has completed her research and document pack for schools and has developed training. We will be offering this training with DSPL and through schools forums and then publish the documents on our web site.

Training:

We are developing training in key areas:

- Self-Harm
- Gate-keeper training for teachers in positive mental health interventions
- My Time - mentoring programme for primary and first schools
- Assessment, referral and risk assessment for schools - Wendy Pitcairn CAMHS is offering support on strengthening pathways to CAMHS - understanding our local specialist provision



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- We are working with Stand-by-me on the possibility of bereavement intervention training
- I have met with Public Health regarding their plans to deliver Mental Health First Aid training in our schools.
- There has been a high-level of take up for the DSPL funded NESSie mentor training.

Freelancers

We continue to build on an excellent team of quality assured, affordable freelance therapists. Please email me for more information.

Wellbeing and Mental Health Conference for pupils and teachers in secondary schools in Stevenage and North Herts, The Priory School, Hitchin, 7th October

Plans are going well and all outside specialist agencies will attend. During the lunch market place key organisations will host stalls so there will be a range of information and knowledge available. Keynote speakers, including CAMHS, Public Health and The MindEd Trust have been organised. I would encourage all secondary schools to secure their free place if you haven't already done so as places will be offered to other areas. There is an opportunity to take 10 students who are interested in Wellbeing who can attend workshops for students and then support the school with interventions on their return.

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