



## North Herts Emotional Support in Schools Service

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### **Supporting positive Mental Health in schools. Recognition, Effective Management and Early Intervention.**

This term NESSie has been continuing to form links and develop positive working relationships across the area. We have been contacted by the Royal College of Psychiatry who are putting together a Green Paper for Parliament and therefore collecting models of services who support schools in this area. They have chosen NESSie to put forward as they believe it to be a successful model.

I visited the North Herts Heads Forum this term to discuss the support offered to Secondary schools and we received very positive feedback. They have invited me to continue to attend twice a year.

We have been asked to support schools outside DSPL1 and Karen and I will present the model to the DSPL managers meeting this term.

We have received free training from the Anna Freud Centre as we are part of a learning collaborative and we are meeting with them in May to develop 'next steps'. This will involve pinpointing areas for development for which they will continue to provide free training.

#### **School Staff Support**

##### **Area Coordinator Update**

Sarah Blackford has been in post since January and continues to meet schools in her area. She has been hosting staff support forums for Letchworth and Royston and they are proving popular. So far staff have asked for support with managing and building resilience for anxiety, bereavement and understanding attachment behaviours. Sarah has also supported a parent's forum in Garden City Academy Letchworth with a focus on information and supporting children with Anxiety, which proved very popular.

Becky continues to support and coordinate Baldock and Hitchin. The Staff Forums have explored themes around Emotional Literacy, effectiveness of local training, sharing information and resources on Anxiety and Resilience and sharing good practice. She also offers staff support and information sharing in all her secondary schools. Becky has been making links with Early Years settings and is really looking forward to building good relationships and supporting them as well.

We have formed collaborations with Stand-by-me, The Samaritans and The Letchworth Centre for Healthy Living who have begun to support the forums providing information or training as requested.



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### **Training**

There will be a training planning meeting between DSPL, ESC Hitchin and NH, Autism Lead and NESSie next week to review and plan around schools training needs. The following are the trainings that have been developed in response to schools needs this academic year.

- The self-harm training (1.5 hrs) has been offered throughout the year and been presented to the Family Support Forum, the Senco Forum, and to most Secondary schools.
- Foundation level School's Positive Emotional and Mental Health training (1.5 hrs) Anxiety and resilience is available through the area coordinators
- Anxiety and resilience
- LGBT and diversity awareness

We have been liaising closely with Breda McNeill and Deborah Shephard our CAMHS school link managers to organise training and the MHFA training has been fully booked on both occasions. Deborah Shephard has offered a host of trainings through DSPL including Anxiety Awareness, Everything you want to know about Mental Health and Staff Sharing. These trainings will be announced in September.

### **Provision of Counselling and Arts Therapy**

- Our team of therapists continue to grow and they are fully booked working across the schools. Our recent additions to the team are a Dramatherapist specialising in Early Years and a Music Therapist.
- Currently in England we are supporting 25% of young people with emotional and mental health problems and the government's target is 35% therefore NESSie is linking and working with other quality assured providers in the area and aim to form a Network of providers developing a 'minimum standards' award.
- We continue to provide free counselling for most secondary schools across North Herts. The CBT and Humanistic approach is proving to provide effective change and we are auditing continuously. We look forward to sharing tools for referral pathways, goal setting and measuring effectiveness of interventions with you all towards the end of the Summer term.

### **Conference for First and Primary School Settings**

We are pleased to announce that we will be hosting our first conference on 29th September 2017. Details to be announced but if you would like to contribute ideas and share good practice please contact me directly - [r.lambie@rsat.org.uk](mailto:r.lambie@rsat.org.uk) We continue to work alongside quality assured providers in the area who will be supporting this conference.



## North Herts Emotional Support in Schools Service

### **Parent Forums**

We are launching our Parent Forums in collaboration with DSPL. On April 19th at Greneway School Royston we hosted an evening on information and supporting children who self-harm. We will be asking parents what they want and delivering these forums throughout the year. We aim to provide a forum in each area. It is difficult to engage parents and we welcome input from the DSPL group for ideas or support in this area.

### **Student Participation**

This final 'leg' of NESSie will begin towards half-term. We will begin to visit schools, speaking to students and asking them what they feel is important in supporting positive Mental and Emotional Health in their schools. We aim to form a group of 'School Champions' across the area that will directly link with the NESSie Steering group. More on this next year.

Best wishes to you all

Rachel Lambie

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