

Improving Social & Emotional Mental Health and Resilience in Young People

Emma White
Health and Wellbeing Principal

Suzy Jubb
Wellbeing Project Manager
suzyjubb@barnsley.gov.uk
01226 787424



BARNSLEY
Metropolitan Borough Council

Future in mind

Promoting, protecting and improving our children and young people's mental health and wellbeing



- Increased investment both in mental health services and also preventative work to reduce waiting lists for CAMHS
- Funding from NHS England
- My part of the project has a focus on improving resilience and emotional wellbeing in Primary School age children



What's the Problem?


Diagnosed children


The latest HSCIC survey that looked at the mental health of children in 2004 showed:

 **10% of children** aged five to 16 had a clinically diagnosed mental disorder

 **6%** had a conduct disorder

 **4%** had an emotional disorder

 **2%** had a hyperkinetic disorder

 **1%** had a less common disorder such as autism, tics or eating disorders



SOURCE: HEALTH & SOCIAL
CARE INFORMATION CENTRE

NHS England 2015



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Do you recognise any of these children?



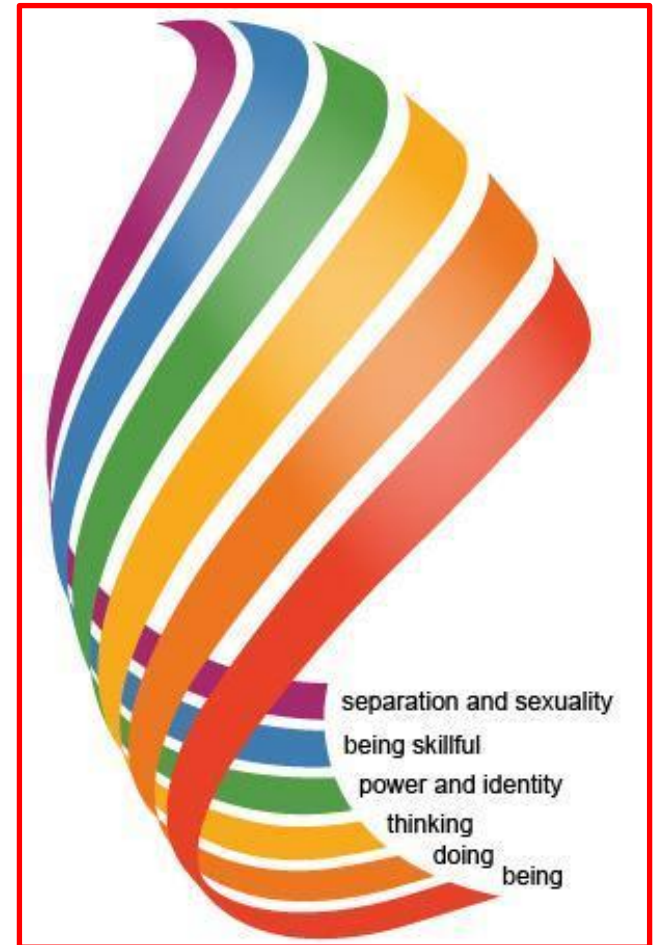
Links with learning and attainment:

- In order to help their pupils succeed; schools have a role to play in supporting them to be resilient and mentally healthy (DfE 2016)
- Pupils with better wellbeing are likely to achieve better academically (DfE 2016)
- Learning social and emotional skills can have a positive impact on pupil attainment (PHE 2014)
- Ofsted identified a strong correlation between schools that achieved a high grade for PSHE and those graded outstanding for overall effectiveness





- Whole school approach to working with all children
- Online assessment and action planning tool
- Developmental approach – 6 stages of learning for emotional wellbeing
- Gaps in learning can lead to 'problem' behaviours and reduced resilience



What can schools apply for?

- Training for up 3 or 4 staff members to become licensed Thrive practitioners
- **Or,** Training for 2 staff members to become licensed Thrive practitioners plus cover costs for a teacher for up to 10 days
- All participating schools will also receive a 3 hour whole school induction session



Commitment from Schools:

- Support staff members to attend all 10 training days
- Support and encourage a whole school approach
- Online assessment and action planning tool (with an annual fee - £3.65 per pupil)
- CPD each year for each practitioner is £150



Number of schools signed up:

Total number of Schools & Staff involved in or Signed up to Training:

	Number of schools	Number of people trained
Number of Primary Schools in Barnsley currently using Thrive	28 Schools	95 Staff members
Schools with staff booked on to courses in 2018	5 schools	16 staff members
Total number trained or booked on Training	33 schools	111 staff members





“Before Thrive H's behaviour had been a concern and I was seeing him on a weekly basis....

Two months into Thrive the change in H is remarkable...

During such a short space of time H's detention record has decreased dramatically and he regularly earns all of his weekly Golden Time on a Friday. When he does become disregulated he now has strategies to regulate himself and that process is completed within a few minutes compared to nearly an hour.”





“This child was very aggressive, with violent outbursts, he was unable to stay in the classroom most of the time... I found it very difficult to work with this child and was regularly hit and kicked...

After three months of using Thrive we have developed a very strong bond. He is staying in the classroom and is beginning to develop academically as well as emotionally...

Incidents have been reduced to less than once a week and are less aggressive. He has almost stopped swearing and is now a pleasure to work with”

