

POSITIVE MENTAL HEALTH SCHOOL SUPPORT PATHWAY

Tier 1 Provision Whole school Universal Provision

PREVENTION

This is whole school universal provision that all children receive through classroom teaching of the national curriculum along with the school ethos and culture including promoting strong articulation, attitude and behaviour. Children and staff complete a range of activities which promote knowledge and understanding of positive mental health and wellbeing and teaches how to identify when positive mental health is dropping and a range of strategies to help manage emotions and regain good mental health and wellbeing.

People involved: Children, Teaching staff, Designated Senior Mental Health Lead, parents

- PHSE and RSE curriculum
- Enrichment activities including outdoor learning
- Weekly wellbeing activities
- Themed and celebration assemblies
- Behaviour reward systems
- Trusted adults to speak to (time to talk)
- Worry boxes
- Positive mental health and coping strategy posters
- Child's Voice activities – Surveys, pupil interviews, school council
- Coffee and chat monthly drop in sessions with Mrs Wood Designated Senior Mental Health Lead (DSMHL) and DSL
- Parental workshops and learn with your child activities
- Staff have Mental Health First Aid training.
- Staff mental health training

Tier 2 Provision Intervention

INTERVENTION

This is the stage of early detection, identification of difficulties and responding with actions and strategies to support mental health, social and emotional. Support at this level is targeted towards a small group or individual child and is time limited to a set number of weeks (typically 6-10). Assessments are recorded to reflect the changes made from the provision.

Additional People involved: Teaching staff, Designated Senior Mental Health Lead, SLT, Mental Health Practitioner, School nurse, SEND services

- Referral to mental health or safeguarding staff - DSMHL and DSL
- Parent informed of support being given
- Group intervention sessions – e.g. grounding/ coping skills, social stories, emotional regulation, social skills, emotional scaling activities
- Classroom record charts, further classroom strategies
- Worry monsters
- Peer Mentors
- Resource signposting for parents to use at home
- SEND input
- Wellbeing and mental health practitioner sessions

Tier 3 Provision Further Intervention

FURTHER ENHANCED INTERVENTION

This is the stage of intervention where initial short term action and provision have been given but the impact has not been great enough to address the difficulties. Further, longer term support is needed with greater targeted individual support from additional specialist services.

Additional People Involved:- Designated Senior Mental Health Lead, SLT, Mental Health Practitioner, School nurse, SEND services, Educational Psychologist, NHS Programme – Reach for Wellbeing Service

- School early help support - Meetings with teachers, parents and Mrs Wood to identify triggers, areas of need and next steps for support
- Individual support plan created
- Individual work with Mental Health and Wellbeing Practitioner.
- Mentoring
- Referral to Resilient Minds
- Regular scheduled appointments with the School Nurse
- Referral to NHS Reach-4-Wellbeing referral for group CBT based work

Tier 4 Provision Intensive Specialist Intervention

INTENSIVE SPECIALIST INTERVENTION

This is the stage when it is identified that the child has more complex mental health needs which require a higher level of specialist support than school is able to offer alone. It involves greater collaboration between family and specialist services.

People Involved:- Children's Social Services, CAMHS, CAMHS Cast, Clinical Psychologist

- Referral to Social Services, CAMHS, CAMHS Cast, Clinical Psychologist, Educational Psychologist
- Therapeutic, trauma focused interventions
- Individual plan, family plan
- Frequent review meetings
- Crisis support
- Medical care