

## **November 2021 Education Forum: Place2Be – supporting children and young people to thrive**

### Breakout room questions:

1. Do we need targeted mental health support for care-experienced children and young people?
2. What role should schools play and what do they need to fulfil that role?
3. What are the gaps in current early intervention and prevention services for children and young people?
4. What's your vision for mental health supports for care-experienced pupils?

### Feedback from breakout rooms

- Yes, we do need targeted well being support for care experienced children. Regardless of the 'presenting' reason, there needs to be an understanding that there will be a level of trauma that many children with care experience carry with them that requires specialist and nuanced support
- Mental health underpins every part of our lives and if we don't address this then it makes it difficult to support improvements in other areas of people's lives
- 'Titles' and 'badging' can get in the way of things and make it harder for people to work together. E.g a child or family might struggle to ask for or engage with support if it's being delivered by a certain agency or someone with a particular job title and we need to think about that when we describe our services and introduce ourselves to people
- We need to ask young people what support they need and deliver it in a way that is helpful for them. For some young people face to face support is great and exactly what they want, but for another young person they might really struggle with that and would prefer a zoom or phone call or a group support. We need to do much more fitting around children rather than setting up prescriptive services and supports and expecting children to fit with what and how we define things
- We need to think about transitions in the round. Not just the 'traditional' transitions like primary to secondary but all the 'small' transitions that happen in the day for children. Things like changing teacher or leaving home to get the bus or a taxi or going home at the end of the day. Many people don't even think about these things but for some children these can be really scary times and can cause a lot of anxiety. We need to think about how we support children at these times and how we help the adults around them understand these aspects of their lives.
- We can't wait to support children and their carers – if there is a well-being need it will be compounded with time
- Lack of mental health training for new teachers
- The importance of supporting the profession – how to make sure they are empowered too support and it's not a 'tick box exercise' that adds to stress and workload
- Academic versus therapeutic – the two are inter-related e.g. tuition can be therapeutic, therapy can be about learning
- The steps that some people need to access support – great that Place2Be is in schools and is part of the culture
- Importance of acknowledging the progress made sometimes – in the rush to improve we can forget to stop and take stock