

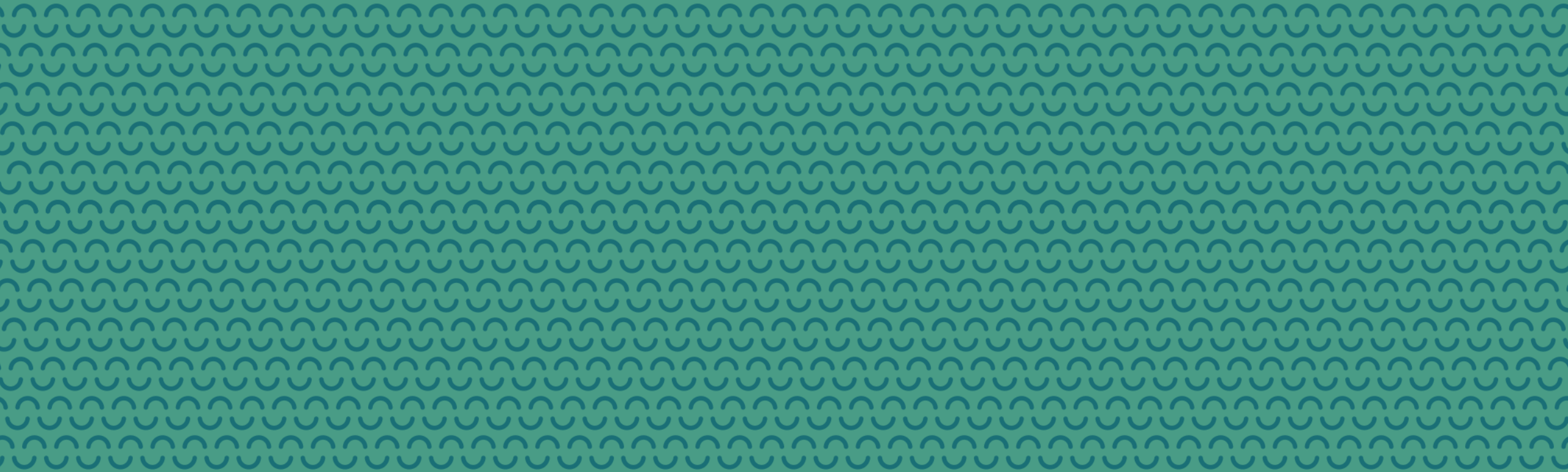


CELCIS: Supporting the Mental Health and Wellbeing of our School Communities

November 2021

Jacqueline Cassidy

1. ABOUT PLACE2BE



Supporting Children and Young People's Mental Health

Our mission: is to improve the mental wellbeing and prospects of children, their families and school communities across the UK.

Our vision: is for all children to have the vital support they need to help them build life-long coping skills and to thrive.



How does Place2Be make a difference?



Watch the video here: <https://youtu.be/kxWPdrA8JXQ>

Early Intervention: A Whole School Approach

Supporting parents and carers

- Parent partnership
- Signposting and multi-agency working
- Parent counselling
- Parenting skills



Supporting school staff

- Training for teachers and school staff
- Expert advice and consultation
- Working with school leadership



Integrated approach

- Care pathways with CAMHS and specialist agencies
- Clinical supervision
- Extensive training for staff and counsellors on placement
- Evaluation to assess impact and regular reporting on outcomes

Supporting children and young people

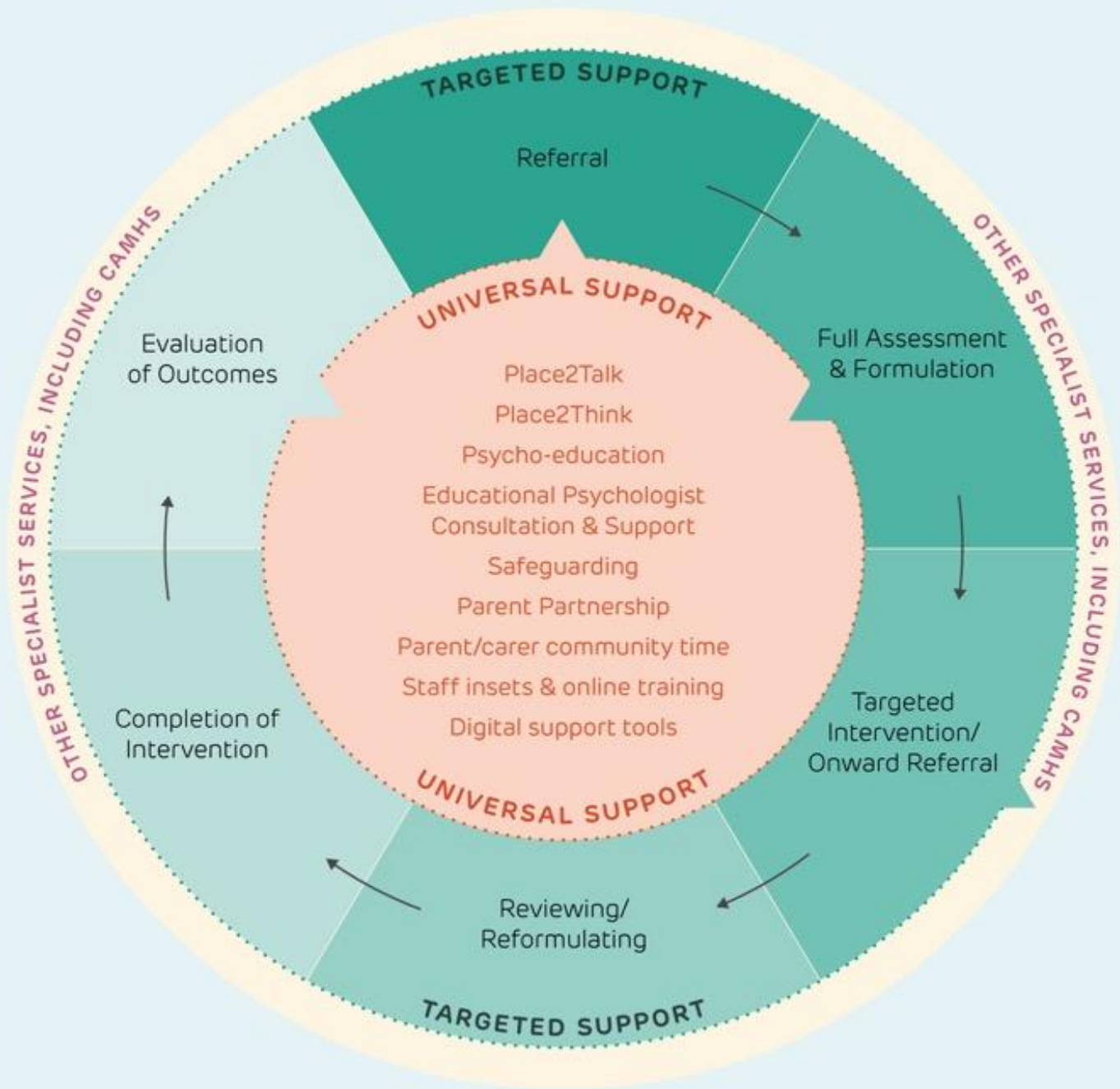
- Place2Talk sessions open to all pupils
- Referral and assessment
- One-to-one counselling
- Therapeutic group work
- Whole-class work

Focus areas

- Safeguarding
- Additional support needs
- Hidden harms (domestic violence, addiction & family mental health)
- Research and evaluation

Our whole school approach to mental health support

At Place2Be, children and families are always held within our whole-school mental health support framework. Here, a series of **universal support** services forms the core of our offer, with **targeted support** provided by our team of specialist clinicians, or **external services** when necessary.



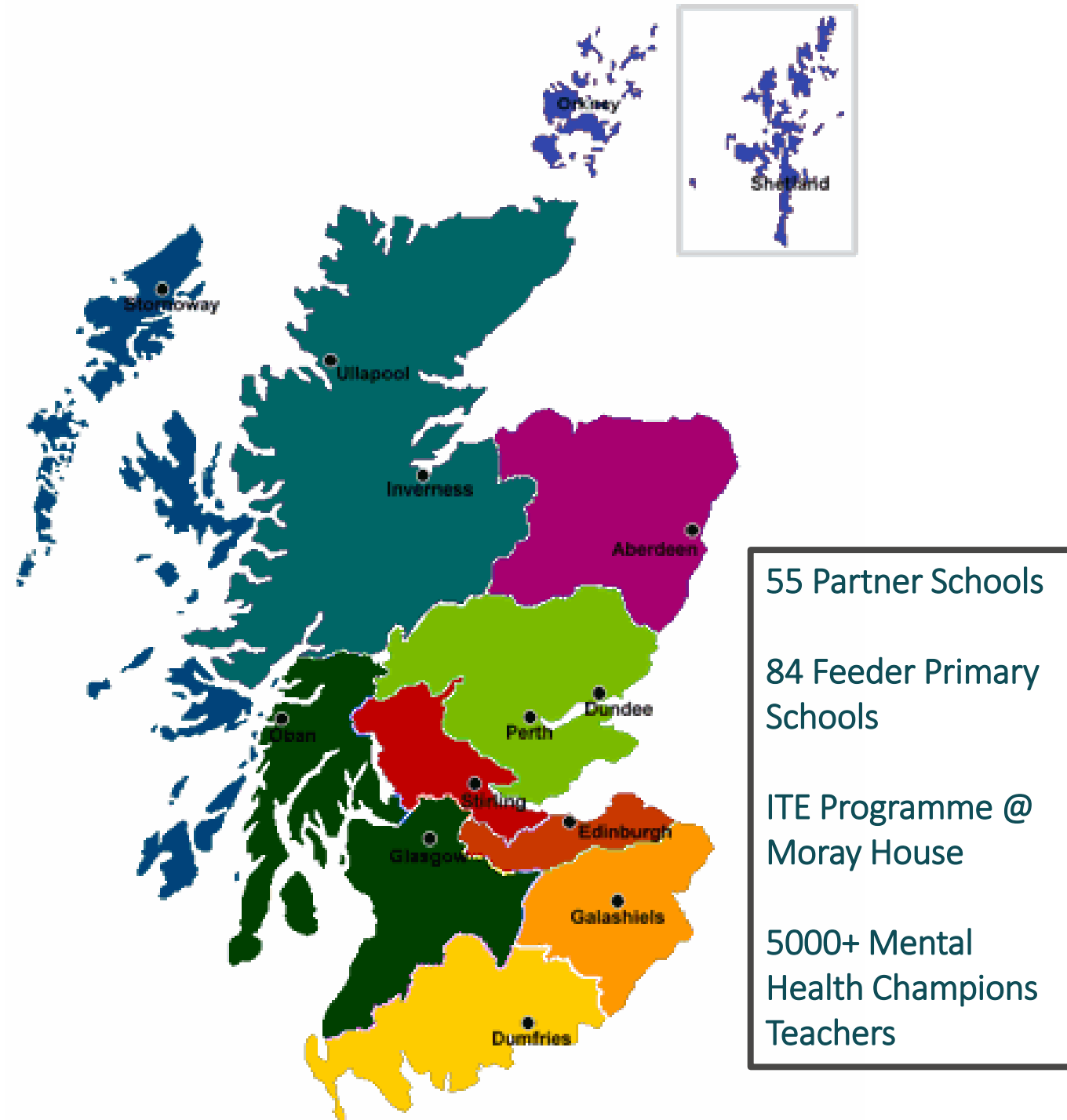
Where are our partner schools?

South Ayrshire, of course, and ...

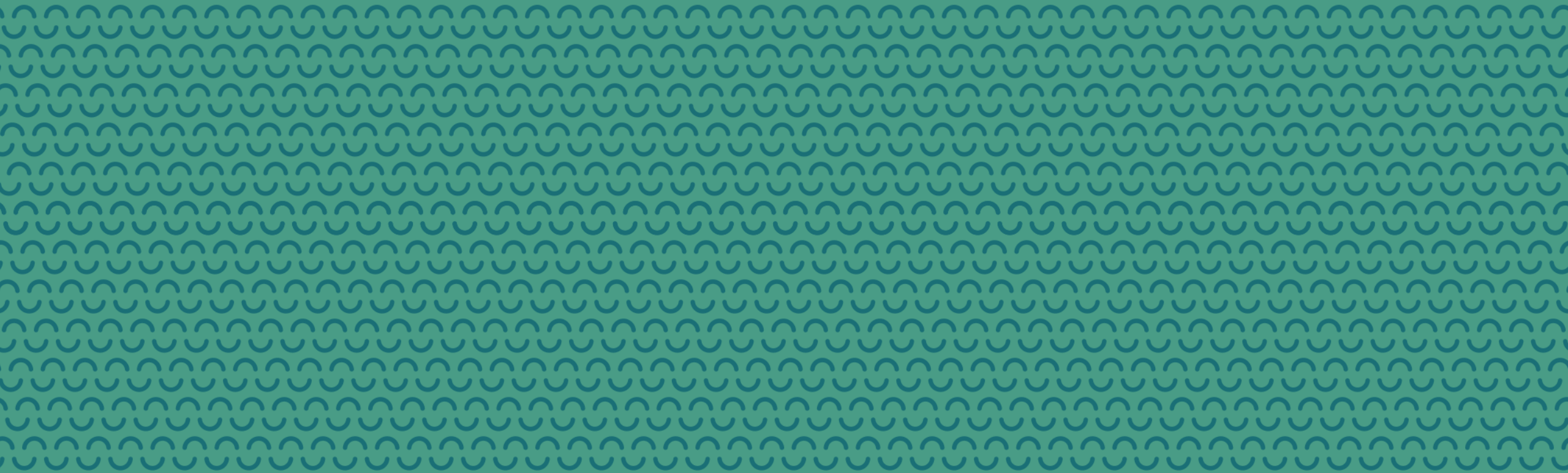
- Highlands
- Angus
- Dundee
- Perth and Kinross
- Edinburgh
- Glasgow
- South Lanarkshire
- Stirling

Where are we supporting teachers?

Every Local Authority area in Scotland from Shetland to Dumfries.

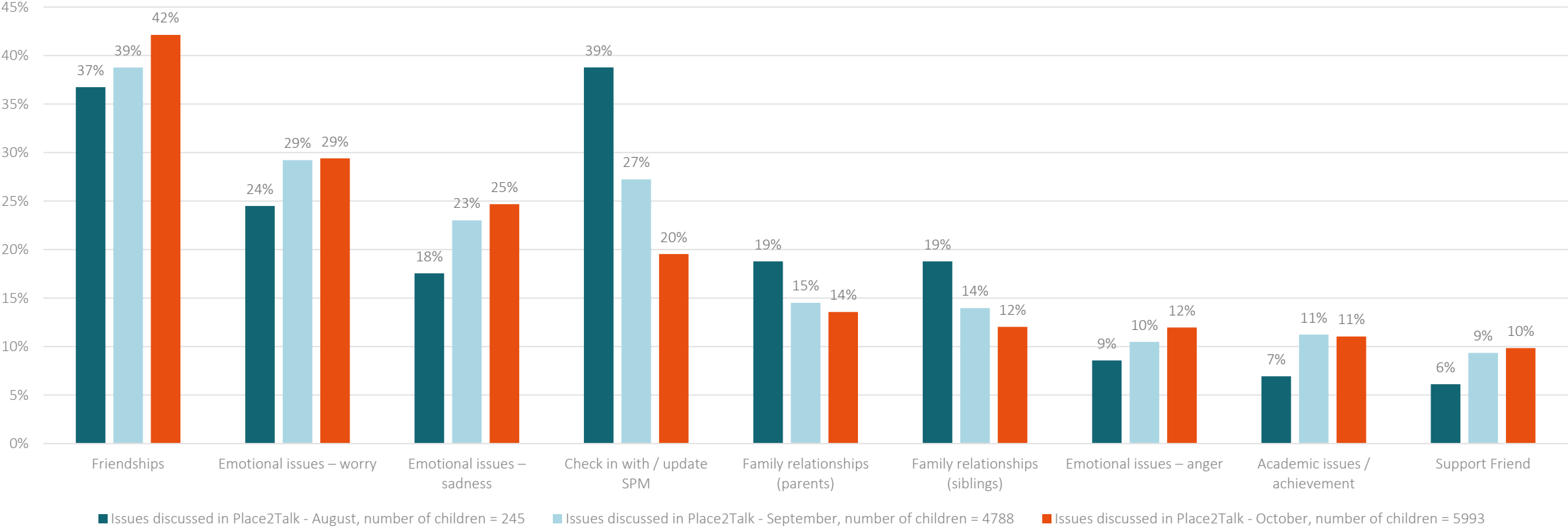


2. ISSUES RAISED BY CHILDREN AND YOUNG PEOPLE

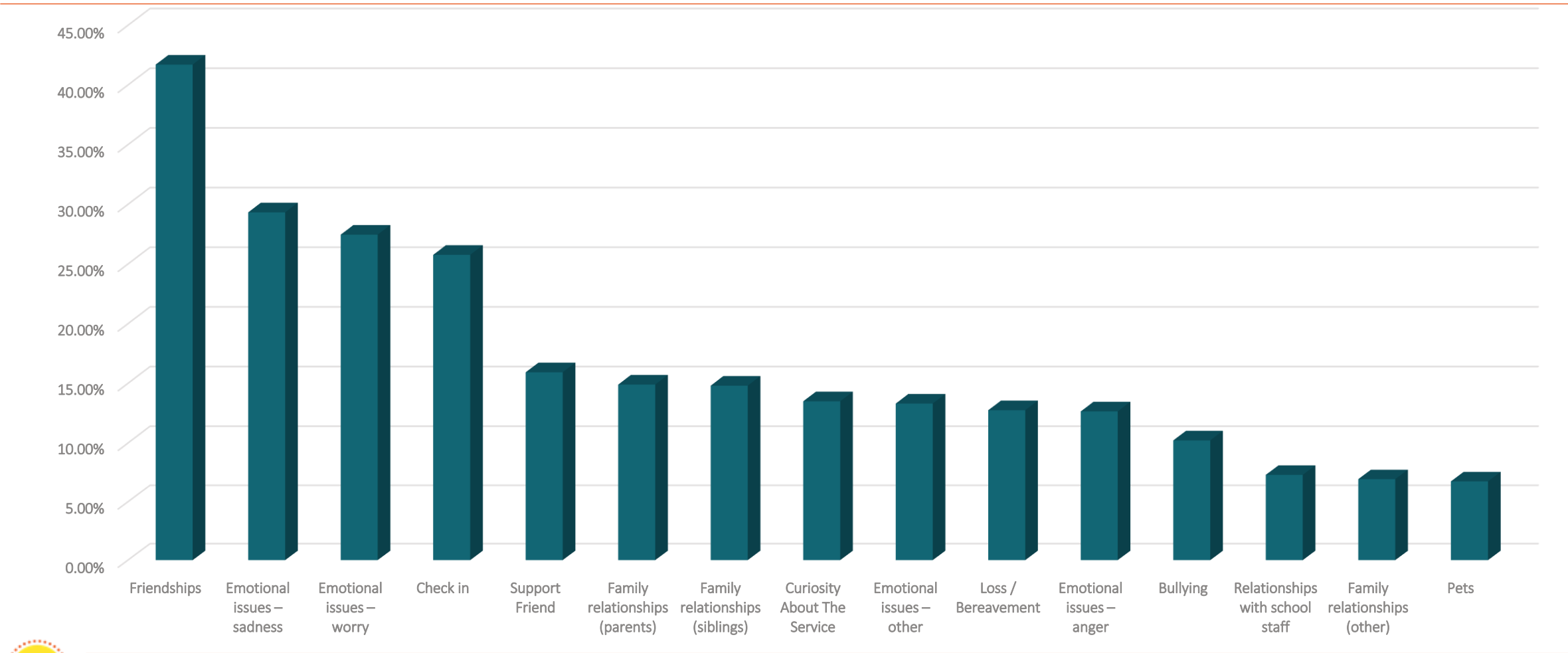


Schools Experience – issues arising primary/secondary

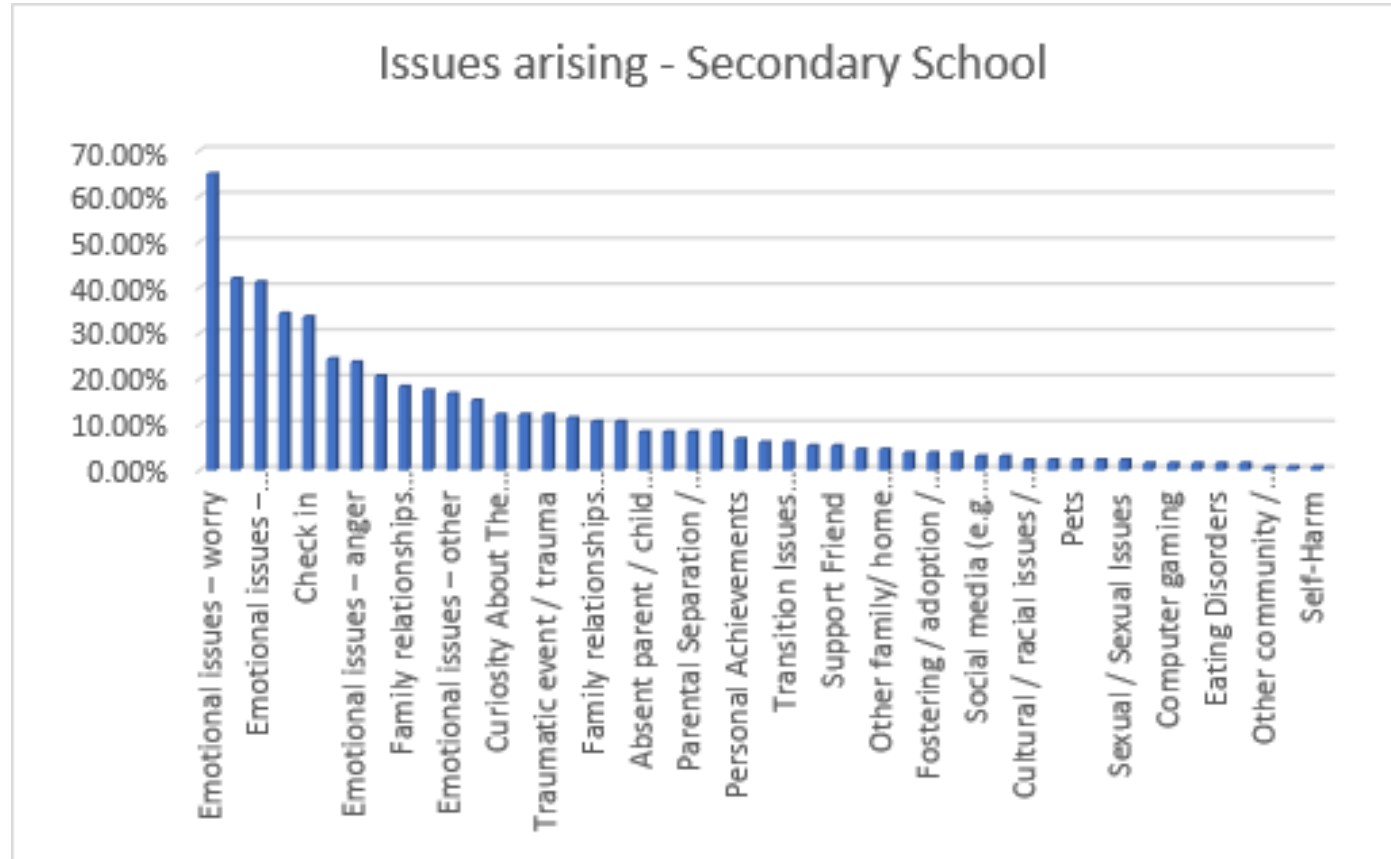
Top 10 issues discussed in Place2Talk



Issues in Primary School



Issues – Secondary School



Other issues raised

Academic issues / achievement

Absent parent / child missing their parent

Transition Issues (between schools) / leaving school

Physical illness in the family

Transition issues (between classes)

Lonely

Bad dreams / sleeping difficulties

Violence In the Home

Sexual / Sexual Issues

Environmental Issues

Fostering / adoption / in care

Parental Separation / Divorce

Physical / puberty / body image

Family Conflict

Family relationships (new partners / step parents)

New baby / pregnancy

Personal Achievements

Community Tensions / Issues

Cultural / racial issues / identity

School activities / events

Computer gaming

Traumatic event / trauma

Child's ASN or Disability

Social media

Parental Substance Misuse

Self-Harm

Young carer

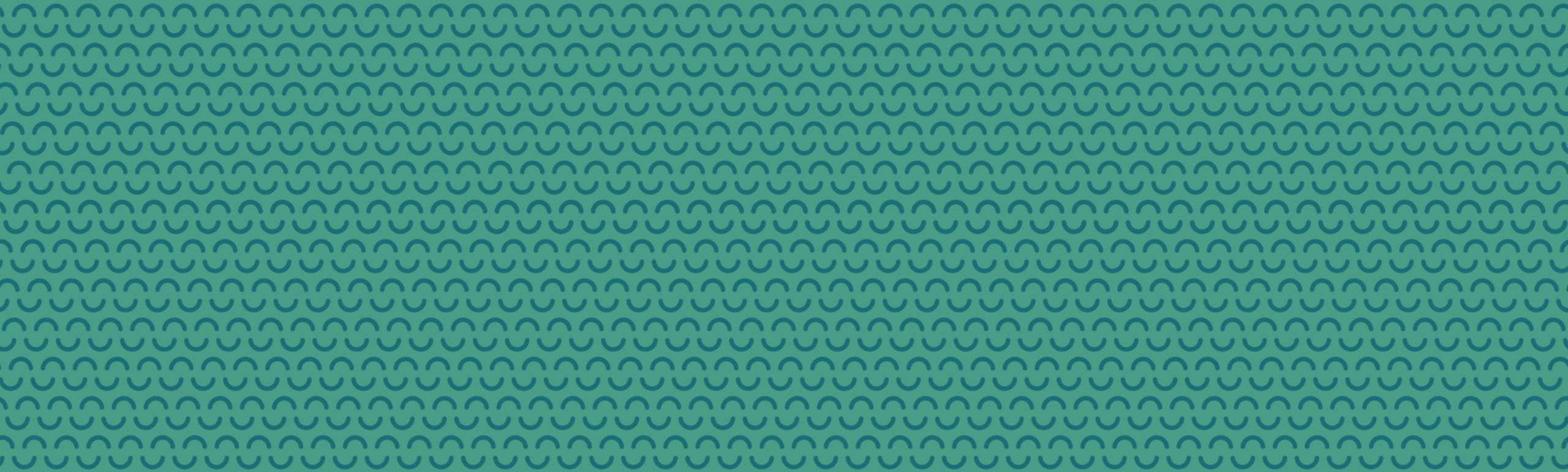
Mental illness in the family

Media stories / news

Cyber Bullying

Eating Disorders

3. SYSTEM SUPPORT



Supporting Staff in School

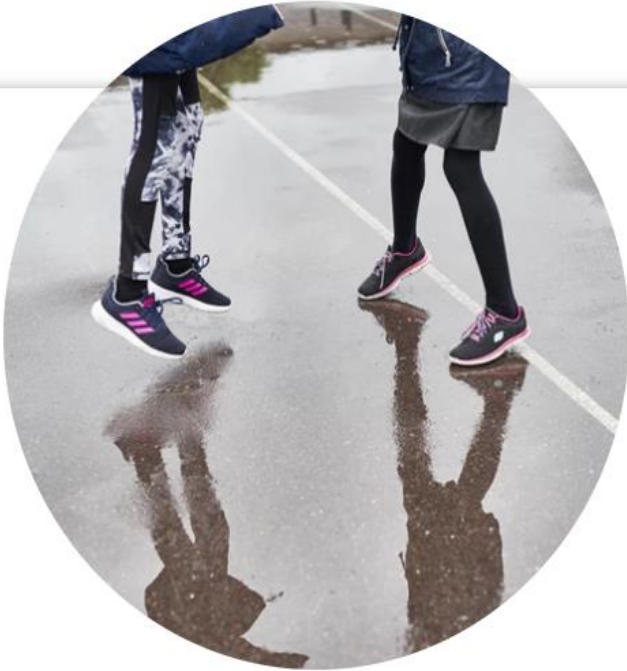
Place2Think



Are you worried about a child's behaviour? Would you like information about mental health?

Place2Be is here to help teachers and school staff understand children's behaviour and support pupils' wellbeing - we call this service **Place2Think**.

Mentally Healthy Schools: Learning and Development



Training workshops

Our workshops help professionals



Mental Health Champions - School Leader programme



Mental Health Champions – Class Teacher programme

Parenting Offer: Family Practitioner Service

Universal Offer

Parenting Smart	A site for parents and carers of 4-11 years old offering practical advice on supporting children and managing behavior.
Parenting Skills Course	The online course will support parents of primary aged children to build on parental capacity and skills in managing behaviour. Currently being developed in consultation with SLAM (available January 2022)
Parent Partnership	Advice and signposting for family-focused issues and support with concerns about a child. Delivered by SBS and FPs.

Targeted Offer

Personalised Individual Parent Training	a face to face programme for individual parents and their children. It works by coaching parents in how to interact more positively with their children and parent more effectively.
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Digital Partnerships



thinkNinja

Empowering young people to reach their potential



kooth.com

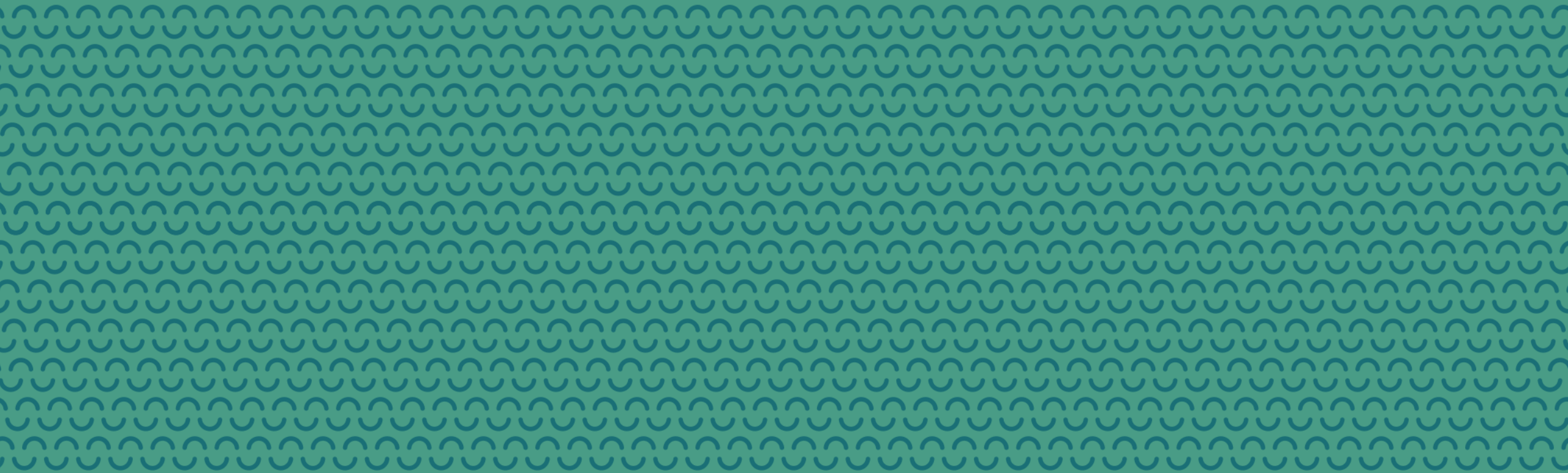
shout
for support in a crisis

Whole system approach: Initial Teacher Education

- Supporting teachers of the future to contribute to mentally healthy school communities
- Building personal leadership qualities in student teachers to respond to mental health needs
- Strengthening reflective practice around health and wellbeing
- Increasing knowledge of children's mental health and wellbeing
- Building teacher resilience and career longevity



4. CARE EXPERIENCED CHILDREN AND YOUNG PEOPLE

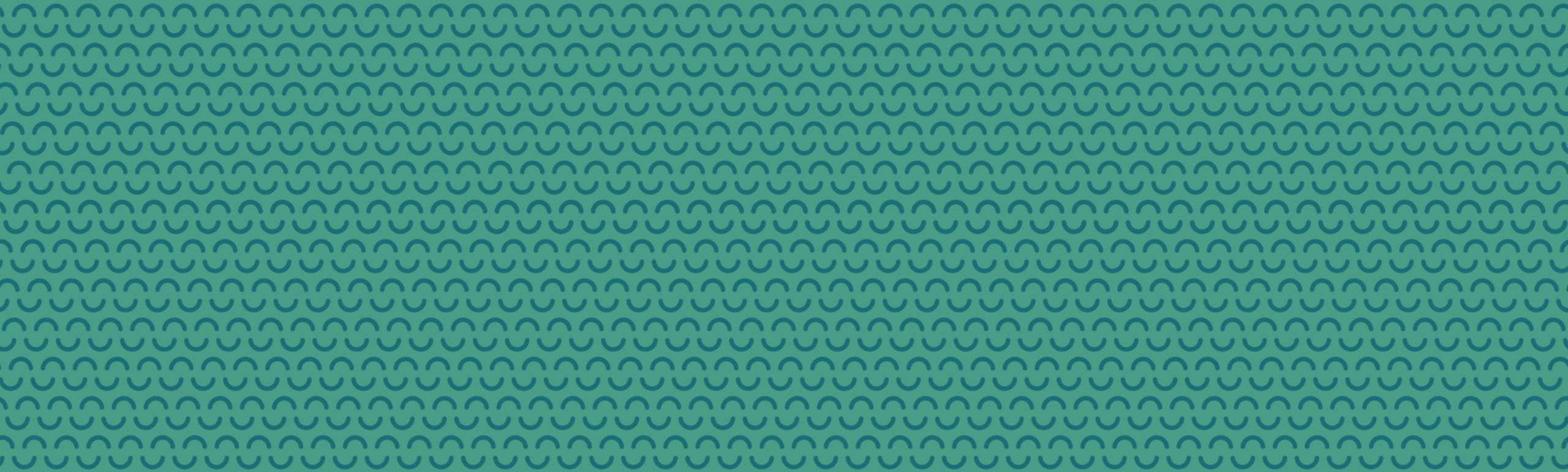


Place2Be Keeping The Promise



- Usingg our rights-based approach to accessing mental health support for children and young people when and where they need it and providing specific Place2Talk opportunities for care experienced children and young people via Virtual Heads/School network
- Support for child and parent/carer relationship through PIPT intervention – non-shaming, individual, tailored, designed by NHS Maudsely Fostering and Adoption Unit.
- New clinical guidance on supporting adopted children and young people in 121 Counselling
- School staff learning and development to help them support the mental health needs of care experienced children and young people
- Place2Think Reflective supervision for teaching staff to develop their skills in relation to supporting mental health of care experienced children and young people – putting theory into practice

5. BREAK OUT QUESTIONS



Breakout 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 fulfill 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?

Contact information

Jacqueline Cassidy

Place2Be

Director – Scotland and Wales

Tel: 07790 977894

Email:

Jacqueline.Cassidy@place2be.org.uk

