



# Children's Mental Health and Wellbeing

5<sup>th</sup> March 2019

Ashwell Primary School

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# Plan for the session:

- Discussion of children's mental health in the media
- Spectrum of issues we see in school
- Pathway if concerns are raised about children's mental health and wellbeing
- Introduction to our school model of All, Some Few
- Our work with outside agencies
- STEPs approach to behaviour
- What parents can do to support your child at home.



# Children's mental health in the media – some headlines!

- Surge in young people phoning Childline for anxiety
- One in eight children in England have mental health issues, NHS reveals.
- Nearly 500,000 children have no one to talk to when sad, survey finds
- Child mental health referrals in England rise by more than a quarter
- Only a third of children and young people with mental health conditions receive the treatment they need from the NHS.

# Some statistics...

- 10% of people under 16 have a clinically diagnosable mental problem (Children's Society)
- Antidepressant prescriptions to children in the UK rose by 54% (2005 to 2012) (World Health Organisation)
- 50% of all mental illness are established by the age of 14. 75% by the age of 24. (NHS England)

- Around 10% of all UK schoolchildren have a diagnosable mental health disorder, 70% of which are not treated at the appropriate time (Archives of General Psychiatry)
- At any one time, there are approximately 150,000 children in contact with mental health services in England (Education Policy Institute)
- In 2014, 39,652 children were refused CAMHS access despite GP referral - they were “not sick enough” (NSPCC)

# Spectrum of difficulties we see in school

Many of these are considered totally normal in children at different developmental stages.

- Friendships
- Parent separation
- Low mood
- Anxiety
- Low self-esteem



Physical  
Emotional  
Thoughts  
Behaviour



# All, Some, Few

PSHCE lessons

Mindfulness

Science lessons

Outside environment

Transition arrangements

ALL

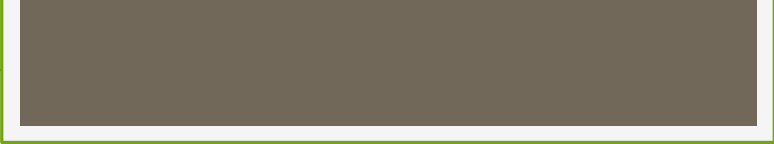
Golden Rules

Assemblies

Feeling Good Week

Anti-bullying Week

STEPs behaviour policy



Protective Behaviours

Friendship skills group

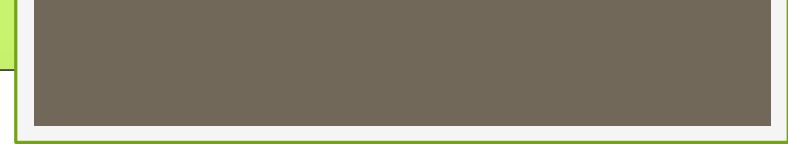
Year 6 Mindfulness Club

Some

Brick club

Lunchtime club

Additional transition arrangements



Nessie My Time

1-1 mentoring

Play therapy

Few

Referrals to outside agencies

'key person'

# Involvement of outside agencies

- Family Support worker, Nicki McGrinder
- Nessie
- Cluster group of SENCOs
- Playtherapists
- Families First Assessment
- GPs

# STEPS Behaviour approach

- A therapeutic approach to behaviour
- Roots and Fruits
- Anxiety mapping
- Protective consequences and educational consequences

# What you can do to support your child at home:



Are there things you can encourage them to do, or do together, each day?

## What you can do at home continued..

- Listen / be calm / reassure
- Help your child to identify and recognise their feelings
- Break down the worries, one by one and take one step at a time
- Ensure that all parents/carers are consistent
- Remember the basics – sleep, diet, exercise, reduce technology

# If times get tough:

- Let your child know that you're concerned
- Use activities that you do together to have conversations about how they are doing
- Let them know that struggling sometimes is normal and nothing to be ashamed of
- Listen and empathise
- Look after yourself

**If you're still worried, talk to your child's class teacher or your GP who can point you towards sources of help.**



# Some useful contacts:

- Healthy Young Minds in Herts
- YoungMinds has a parents' helpline and lots of information about emotional wellbeing and mental health of young people
- NHS Choices has information about mental health for young people, parents and carers
- MindEd for Families has resources, advice and tips on child and adolescent emotional and mental health
- Many great Mindfulness apps available including Headspace and Calm.