

Wellbeing resources

The emotional wellbeing of pupils and of staff is of increasing importance in schools. This information aims to identify no-cost resources available to help settings in raising staff awareness of issues related to wellbeing, appropriate tools to identify pupil emotional needs and monitor the impact of interventions, research information on the effectiveness of interventions, as well as e-learning and whole school actions to enable the development of a supportive environment.

Measuring and Monitoring Children and Young People's Mental Health:

A training video for schools from Child Outcomes Research Consortium (CORC) on how to measure and evaluate wellbeing. This 30 min seminar explains why mental wellbeing is important to schools and what are the main aspects to consider.

<http://preview.tinyurl.com/ycqrpxu>

Mental health and well-being policy for schools and colleges - example policy and guidance May 2017

This guidance, written by Dr Pooky Knightsmith, was developed with schools and other professionals and experts. It includes example policies, lists of sources of information, plus advice from the DfE and Public Health on disclosures and CAMHS referrals.

<http://www.cwmt.org.uk/mental-health-policy>

Online eLearning module for SEMH

The Child Outcomes Research Consortium (CORC) in partnership with Anna Freud National Centre for Children and Families has launched a free online e-learning module aimed at schools and non-specialist staff working with children and young people, called **Measuring Mental Wellbeing to Improve the Lives of Children and Young People**, it focuses on:

- Understanding mental wellbeing
- Introduction to outcome measures
- The benefits of measuring mental wellbeing
- Selecting and using measures
- Best practice using measures
- Using and interpreting data

This course includes quizzes and activities to illustrate how staff can choose and use outcome measures to monitor wellbeing and how to analyse wellbeing information to demonstrate impact. <http://www.corc.uk.net/eLearning/>

A whole school framework for emotional wellbeing and mental health: A self-assessment and improvement tool for school leaders

The National Children's Bureau (14 pages) This paper based framework provides a self-assessment and improvement tool for school leaders. It contains three sections:

Section 1: **Actions from the evidence:**

- Key elements of an evidence based what works approach;
- DfE guidance on school cultures and structures.

Section 2: **Tools and guidance:**

- Compelling case for change – challenging assumptions;
- Assessing and bringing together current practice;
- Primary School – lessons from primary practice;
- Secondary School – lessons from secondary practice;
- Types of support and services to meet needs.

Section 3: **Tracking progress and identifying change:**

- Capacity building for a whole school ethos and culture;
- Developing targets;
- What does “good” look like?

<http://preview.tinyurl.com/zgoo3sa>

Emotional and Mental Health: A resource for schools

Derbyshire County Council July 2017

A whole school approach to supporting pupils with social, emotional or mental health needs under the categories of Introduction, Promote, Identify, Assess, Provide, Review and Celebrate. Particularly useful sections include the:

- Emotional and Mental Health Whole School Audit
- Identifying pupils displaying risk factors for poor emotional or mental health
- Case studies on what has worked well.

<http://preview.tinyurl.com/y9oo4stp>

Measuring and monitoring children and young people’s mental wellbeing: A toolkit for schools and colleges (92 pages)

Public Health England and the Anna Freud National Centre for Children and Families have collaborated to fund and develop this toolkit, which aims to raise awareness amongst school and college staff of the **range of tools** available to help measure mental wellbeing amongst the student population. The toolkit’s contents include:

- Section 1: What do we mean by mental wellbeing and how and why measure it;
- Section 2: Practice examples;
- Section 3: Introducing wellbeing instruments to students;
- Section 4: Compendium of positive mental health and well-being instruments;

The tools are questionnaire based and aim to provide information on:

- the specific aspects of mental health and well-being being measured,
- age range, costs and country of origin (many are from the USA)
- where the assessment device can be obtained from.

<http://preview.tinyurl.com/jp8d9dg>

Wellbeing measures for pupils

These toolkits, funded by the Big Lottery Fund, aim to provide schools with evidence based resources to support the identification of mental wellbeing of pupils. They provide a set of online (paper copies provided in the downloadable booklet) questionnaires which can be used to measure wellbeing and resilience to provide a snapshot of the strengths and challenges students are facing.

Wellbeing measurement framework for secondary schools

<http://preview.tinyurl.com/ydyu4khq>

Wellbeing measurement framework for primary schools

<http://preview.tinyurl.com/y9ecpq5k>

Anna Freud Centre provides resources for school in relation to mental health:

- Talking Mental Health teacher toolkit
- Supporting mental health and wellbeing in schools
- Advice videos on a range of mental health issues e.g. self-harm, Looked After Children

<http://preview.tinyurl.com/y794o8qy>

Young Minds

The Young Minds website provides a range of information sheets and online material aimed at helping schools to promote both staff and pupil wellbeing.

<https://preview.tinyurl.com/yc8kpgd9>

Early Intervention Foundation Guidebook

This guidebook aims to provide information about early intervention programmes that have been evaluated and shown to improve outcomes for children and young people. It includes 50+ programmes, with evidence and cost ratings, plus information on implementation and the evidence base. It is an international resource, but has a UK filter and would be of value to those looking for evidence-led ways forward for pupils with social, emotional or behavioural needs.

<http://guidebook.eif.org.uk/>

Charlie Waller Trust

This Trust was set up in 1997 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression. The Charlie Waller Trust aims to **educate young people on the importance of staying mentally well** and how to do so. It aims to:

- Equip young people to look after their mental wellbeing;
- Help people to recognise the signs of depression in themselves and others so they know when to seek help;
- Ensure expert and evidence-based help is available when people need it.

The Trust **provides training and resources to schools**, as well as many publications for young people on the theme of wellbeing. Of specific value to schools are the **webcasts, mostly led by Pooky Knightsmith**. A number are directed at young people themselves, but there are also those that aim to **raise awareness of specific issues associated with mental wellbeing for professionals and adults e.g. depression, self-harm** etc. A valuable resource for schools looking at improving their response to pupils' and staff mental health needs.

<http://preview.tinyurl.com/yc3rqxsv>

Wellbeing in school

Six sessions aimed at improving wellbeing in school and produced by Joe O'Reilly, a teacher in the south of the country. Sessions aim to support pupils to:

- Identify wellbeing impactors and identify that all emotions are valid;
- Identify a range of emotions and begin to analyse how emotions are affected;
- Identify solutions to emotional distress;
- Develop a method to share information;
- Critically evaluate areas that affect wellbeing and develop empathy.

<http://preview.tinyurl.com/y92fwd8g>

Mental health

MindEd is a free educational resource on children and young people's mental health. It has two sections for professionals:

- **Common problems:** This provides information on the most common ways that mental health problems appear in pupils, and how to respond to them.
- **MindEd e-learning programmes:** A wide range of e-learning courses, ideal for raising awareness in school, associated with social, emotional and mental health needs.

<https://www.minded.org.uk>

Mental Health First Aid skills for secondary schools

27th June

From June 2017, this three-year programme funded by the DfE (£200,000) aims to train a member of staff in over 1000 secondary schools to help them identify and respond to early signs of mental health issues. Attendees will also be invited to become *first aid champions*, to raise awareness and break down stigma and discrimination.

The Mental Health First Aid website also provides downloadable resources that include:

- *Mental health in schools factsheet:* Statistics on young people's mental health and the factors affecting wellbeing in schools
- *Helpful resources for young people's mental health:* A list of organisations, support sources, training and information for schools
- *Whole school approach framework:* Information on the most effective approach to mental health in schools, and a training framework for the whole school

MHFA website <http://preview.tinyurl.com/ycdtgoej>