

Jayne Abbott

Resilient Schools Programme Manager

What is the Barnet Resilient Schools Programme?

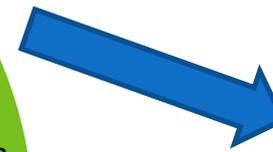
The Programme Aims To:

Raise awareness and de stigmatise mental health

Help school communities (pupils, staff, parent and carers to recognise their own and others mental health needs and be confident to seek support for themselves and others.

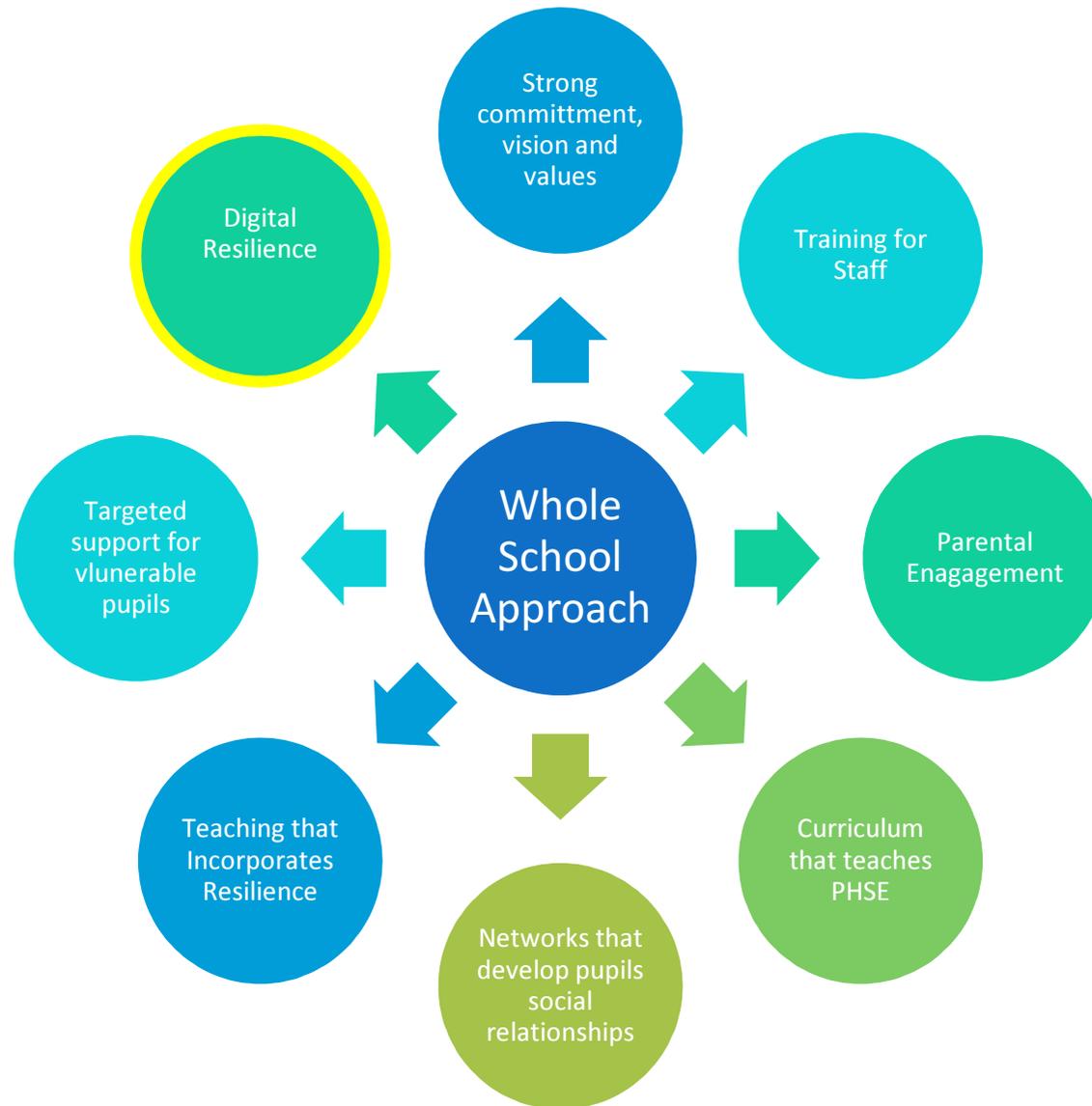
Through awareness be able to intervene early to prevent the escalation of poor mental health

Whole School/College Approach To Wellbeing and Mental Health

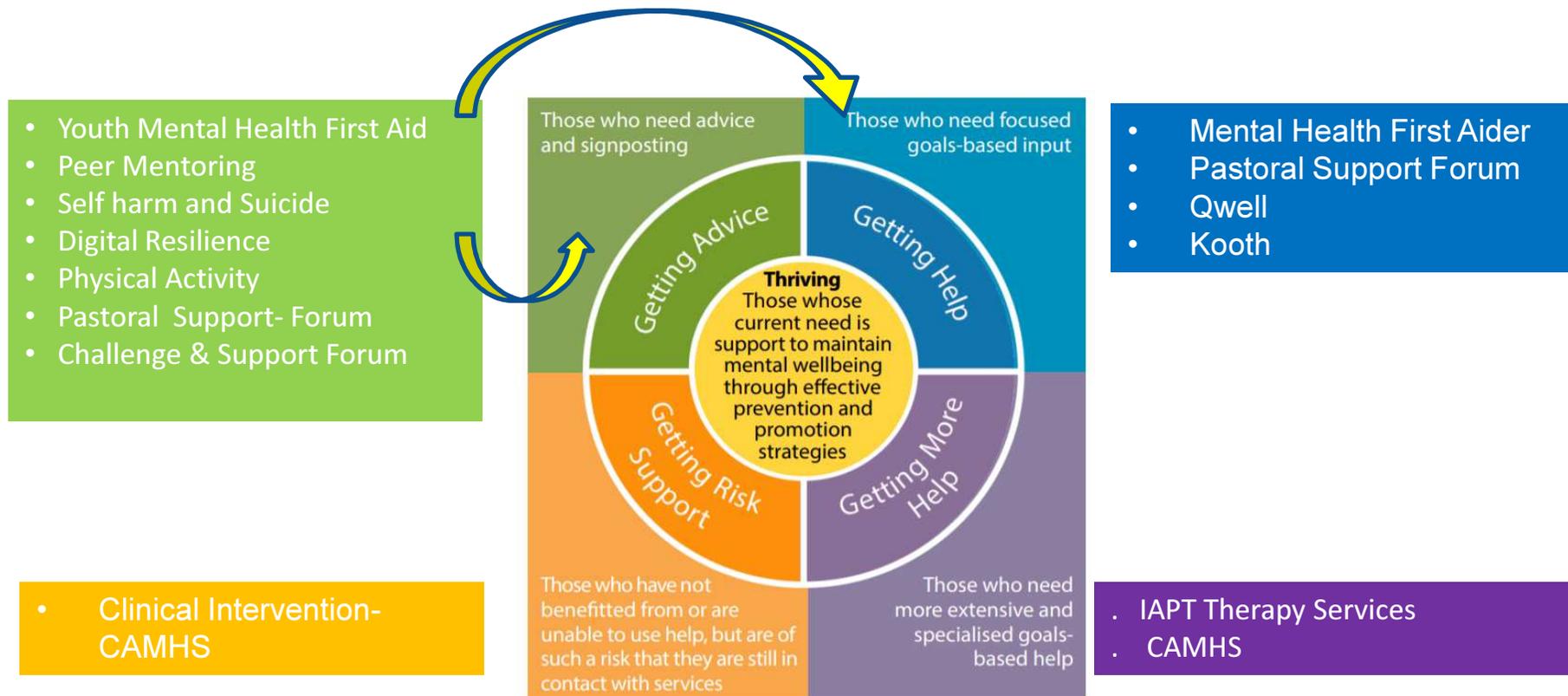


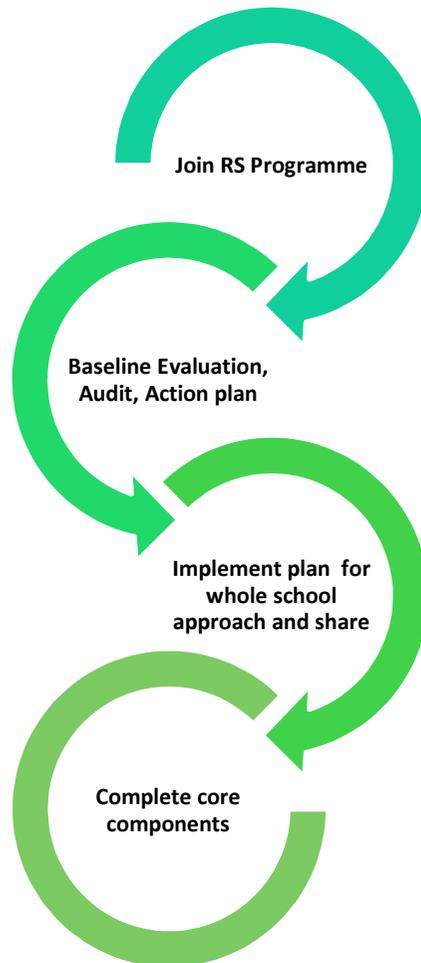
(Source Public Health England and Children and Young Peoples Mental Health Coalition, 2015)

**This can underpin,
reinforce a Whole
School or College
approach – not
replace it.**



Resilience Schools & the Thrive Model



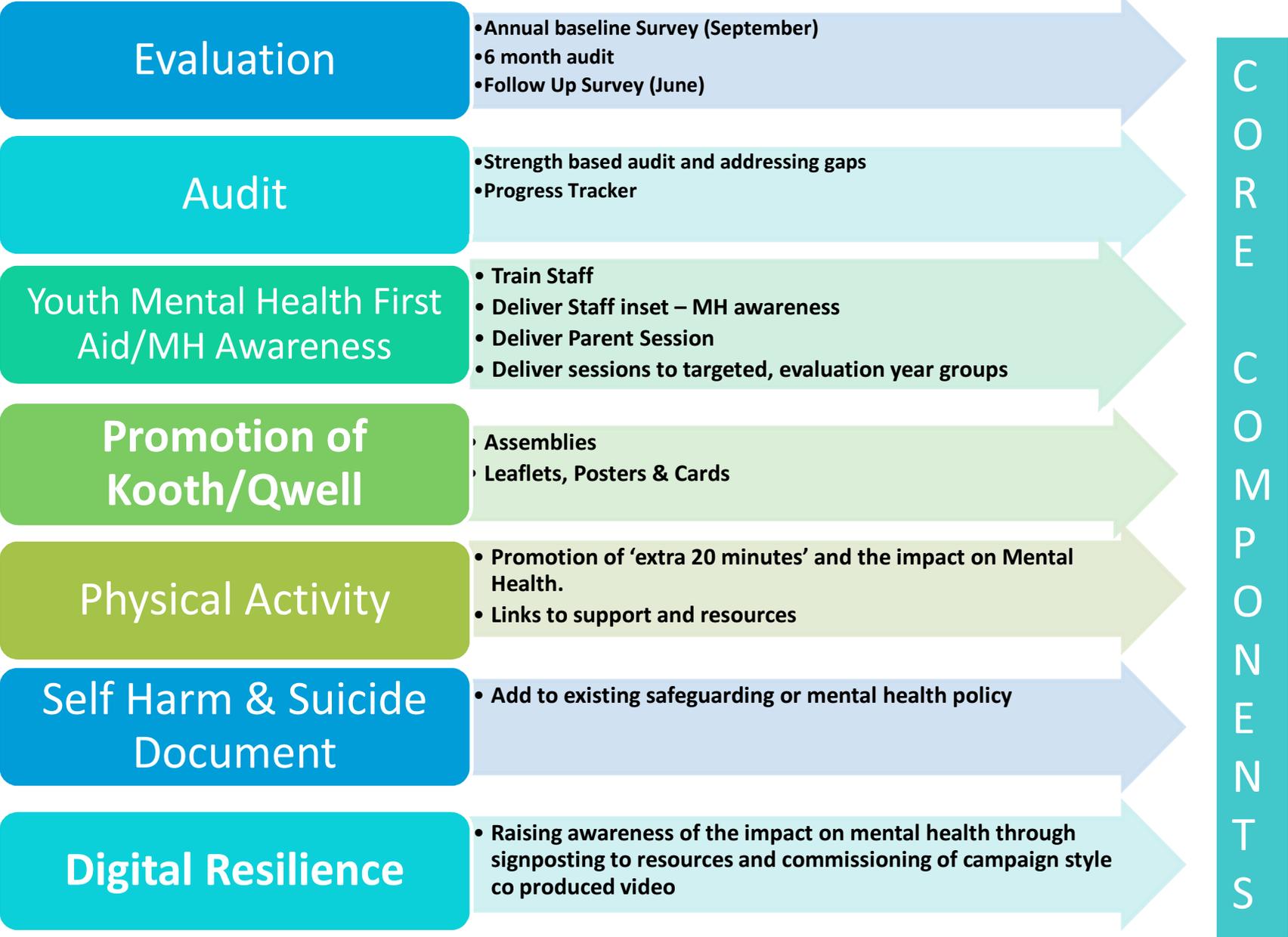


Any Barnet Primary or Secondary school may join the programme at the beginning of each academic year. This enables all schools to take part in the evaluation process and make the most of the training and support on offer. Barnet Resilient Schools can also help you achieve Silver and Gold in the Healthy Schools London Awards.

The baseline evaluation provides a starting point and gives you insight into your school. The audit enables you to build on your school's strengths, address challenges and plan the Resilient Schools programme for your school

Staff training, network meetings and other support resources are available to help you implement and develop activities for your school. Taking part in the audit and follow up evaluation will enable you to keep track of your progress and achievements.

When you have established the core components of the Resilient Schools programme your school will be eligible to use the RS logo to increase visibility and recognition of your achievements.



Additional Support

- Network Meetings
- Support Meetings
- Peer to Peer Support
- On line Support through Programme Manager and RS website
- Links to support and resources
- Challenge and Support Forum
- Pastoral Forum

Additional Training

- Mindfulness
- Dfe Return to Wellbeing
- Psychological First Aid
- Emotion coaching
- Unconscious Bias
- Restorative Justice
- Zones of Regulation

Peer Mentoring

- Application and Interview
- 1 day MHFA Champion Training
- Co production Workshop
- Implementation

Youth Mental Health First Aid

- To preserve life where a person may be a danger to themselves or others
- To provide help to prevent the mental health problems developing into a more serious state
- To promote the recovery of good mental health
- To provide comfort to a person experiencing a mental health problem

Mental health problems covered are:

- Depression ~ Anxiety ~ Eating Disorders ~ Psychosis ~ Self Harm
Suicide

Mental health crisis situations of:

- Suicidal behaviour/thoughts
- Panic attack/Acute stress reaction
- Acute psychotic behaviour

Engagement-Mental health first aid

Trained 4 facilitators across Barnet Integrated Clinical Team, Barnet Education Learning Support, Family Services and Public Health

- 80 schools in total have trained YMHFA
- 100+ YMHFA trained total
- Working in partnership with Thrive London to offer on line MHFA: 88 YMHFA trained and a further 4 trainings offered

Peer Mentoring Pilot 2019/20

Ashmole Secondary School

Identification of Peer Mentoring Lead

Signpost Lead to Anna Freud Peer Mentoring Resources

Advertisement of Peer Mentoring Post

Application and Interview Process – Sixteen Year 12 Students

One Day Youth Mental Health First Aid Champion Training

1 afternoon Co-Production

Implementation

Evaluation

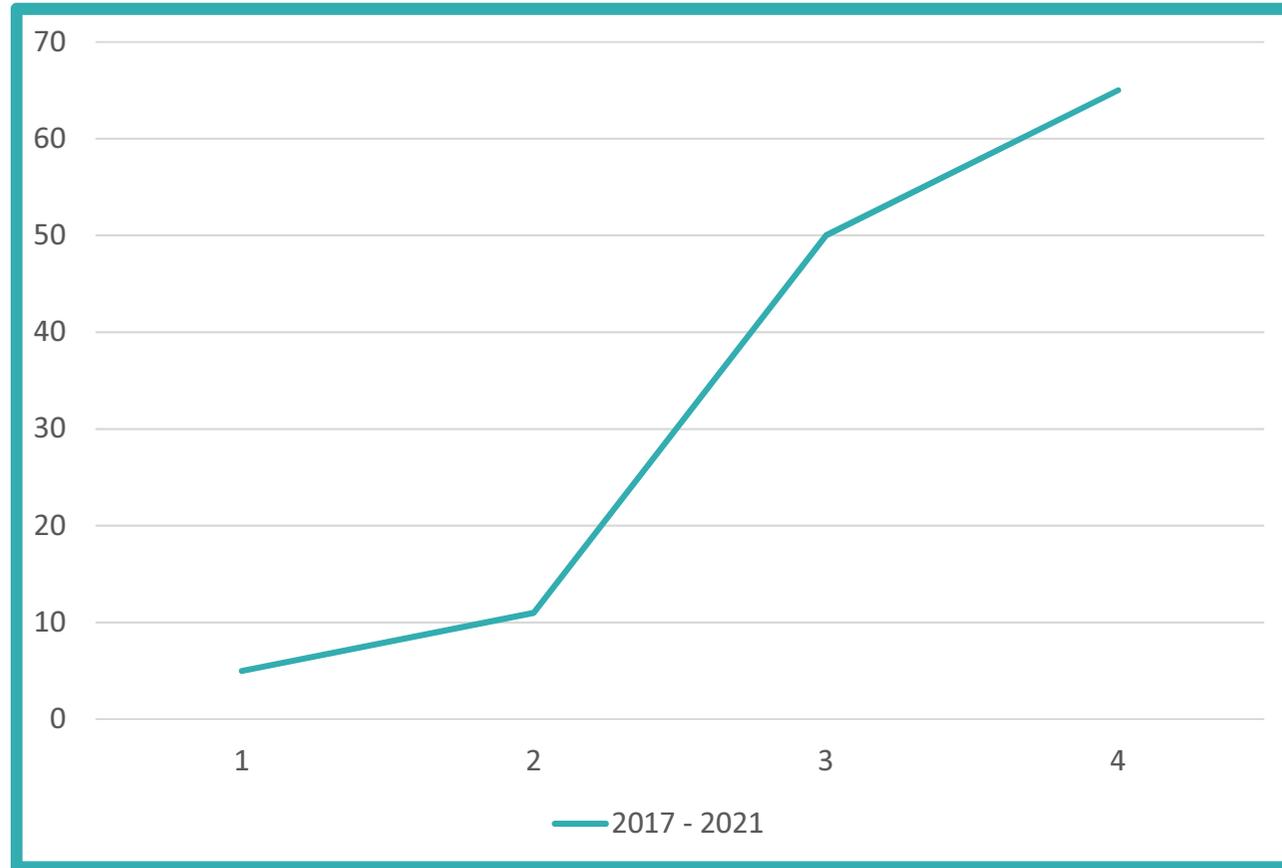


Pilot in the Wren Academy

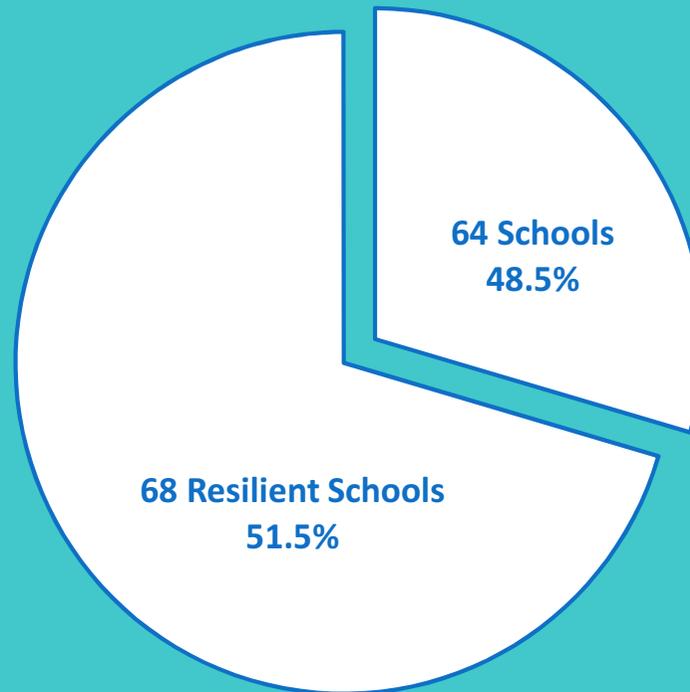
Task and Finish Group
With Schools

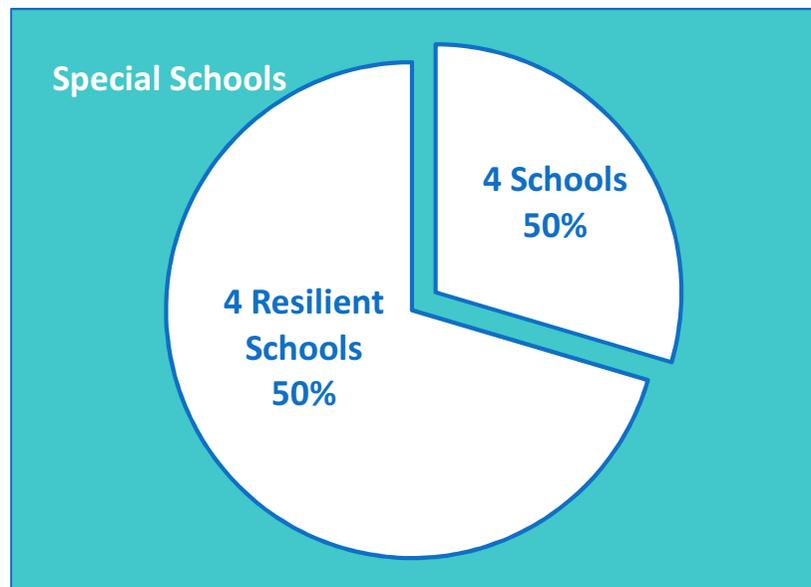
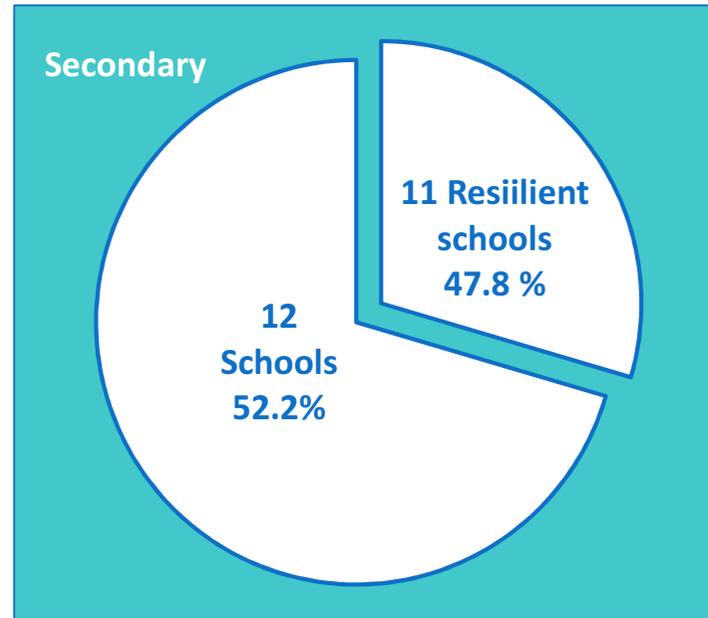
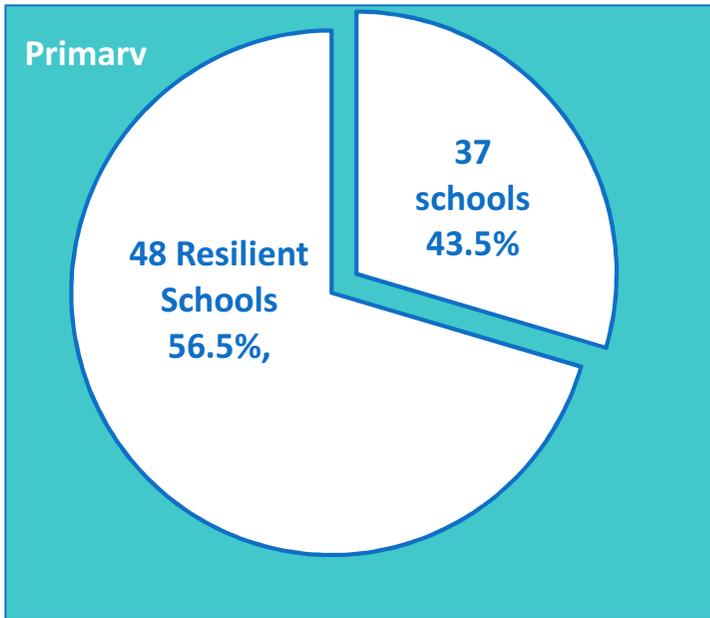
Procure Peer Mentoring

Resilient Schools 2017 - 2021



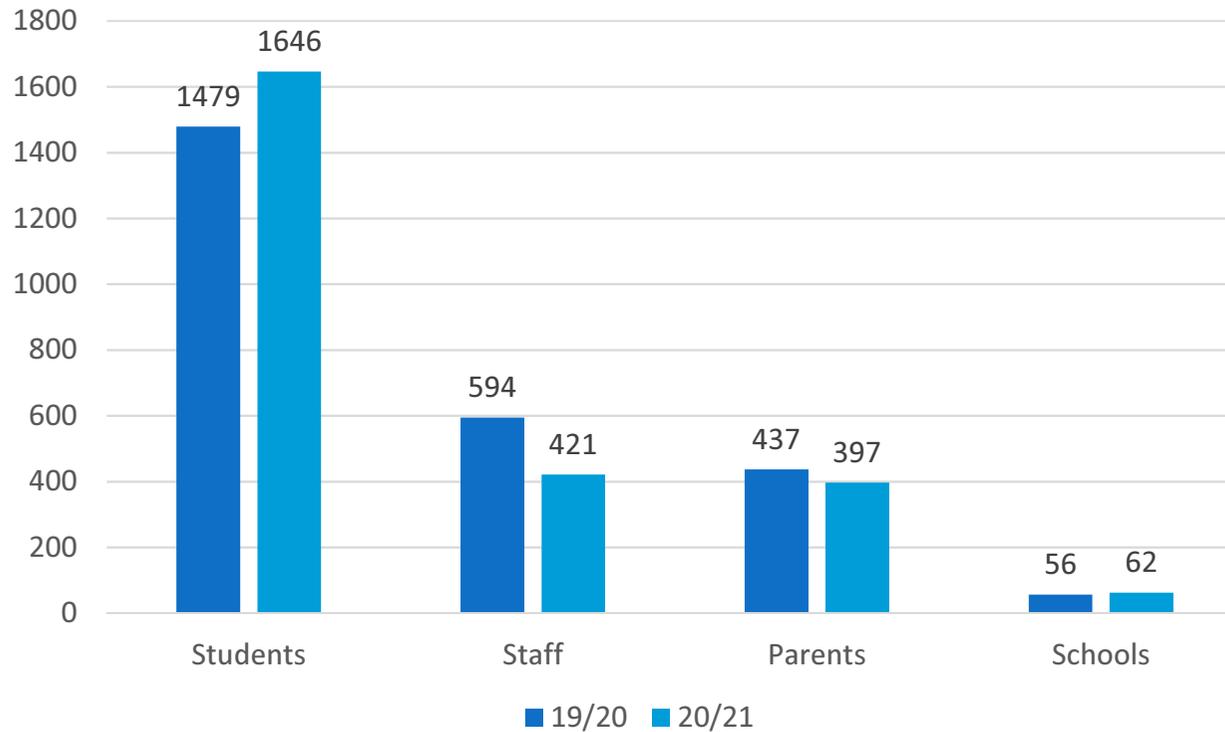
RS as a % of all Barnet Schools





Baseline September 2020

Survey Response



Baseline 20/21

Awareness of Programme

Lack of awareness of the Resilient Schools Programme among the responding staff and parent/carers.
52% of staff responding (62.46%)
87 % parents/carers were not aware of the programme. (84.67%)

Resilience

Generally, participants were resilient, open to trying new things, can stay optimistic, know how to manage strong feelings, know the things they find hard and can bounce back after difficult times.

Almost ¼ students responding stated that they disagreed or strongly disagreed with the statement that they could handle unpleasant or painful feelings (1 in 5)

16% of responding students disagreed or strongly disagreed with the statement "I can bounce back when I feel disappointed".(13%)

Confidence

- Generally, those responding stated they were confident in the ability to help themselves or have friends, parents and carers around them to support them.
- The responses showed less confidence in knowing where to get support in the community and how to access the on-line counselling services Kooth and Qwell

Mental Health

The participants responded positively to their knowledge of mental health, how openly mental health is talked about in their schools, how best to support themselves and in their confidence to support others.

Internet/ Social Media

Fewer parents/ carers responded positively to knowing where to seek help when things are difficult on line.

Just over 1 in 3 students agreed or strongly agreed that they had experience of being pressured to respond to chats or adverts online.

Emotional Status

Generally, the participants responded positively to the statements that they are satisfied with their life and felt happy the day before taking the survey.

1 in 10 students responded that they were un happy or very unhappy in their life

Key Learning

- Good levels of wellbeing and resilience
 - Some students found it hard to “bounce back” and “handling difficult things” (13%)
 - Some students found it difficult to seek help from school staff (1 in 5)
 - Over half of students did not know how to access Kooth
 - 1 in 10 students responded stating they were unhappy or very unhappy
 - Over 1/3 students had experienced pressure on line
-
- Lack of awareness of Resilient School Programme (parents and staff)
 - Unsure where to go in the community to seek help (parents/ staff)
 - Unsure where to seek help with difficulties on the internet (parents/ staff)

Responding to Findings

Awareness of the RS programme	Promotion- leaflet, termly newsletters
Using student input more	Student group to design Mental Health poster
Awareness of Kooth Signposting to services and support	Promotional materials and staff sessions on the service/alternatives
Digital resilience	Information and signposting to resources available on website. Development of a co produced digital campaign style video
More training packages and resources	Mapping of training and linking with other training programmes. Resource bank on website.
Parent engagement	Developing more support for increasing family engagement. Exploring MHFA for parent/carers
Developing mental health agenda for schools	Pastoral Forum Challenge and Support Forum
Developing “champions”	Peer mentoring
Aligning RS with other Services	Collaborating with CCG, Family Services, BICs and BELS to develop and align services and pathways.

Barnet Integrated Services

Pastoral Forum – Dr. Anindita Sarkar

Education Wellbeing Practitioners – supported the rollout

After Hours Service for the BICS helpline – Covid Response

MHST Project Board

Family Services

Training of Family Support Practitioners in MHFA

Input into the 0-19 Strategic Board

Commissioning of Kooth and Qwell



Barnet Education Learning Support

Supported the strategic delivery of

Dfe Return to Wellbeing Training

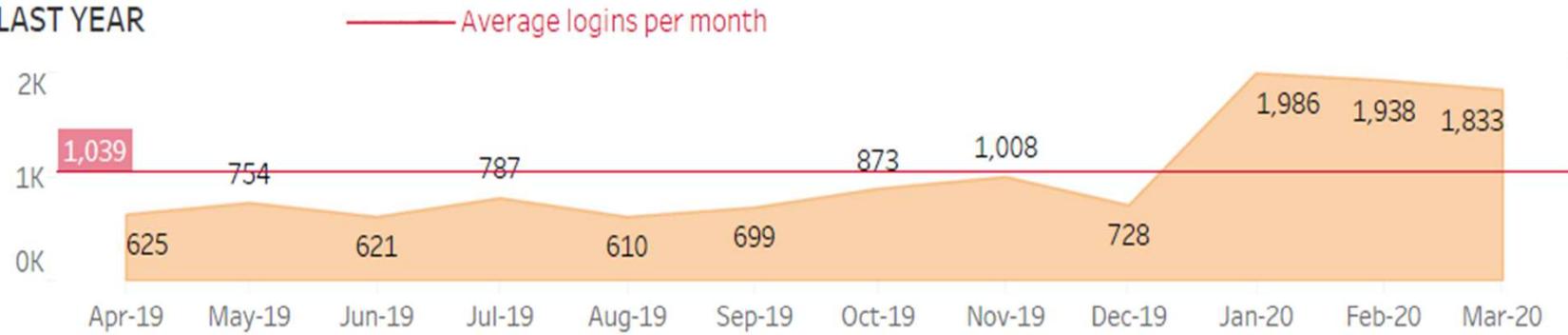
Supporting the Preventing Exclusion Working Group

Commissioning of Challenge and Support Forum

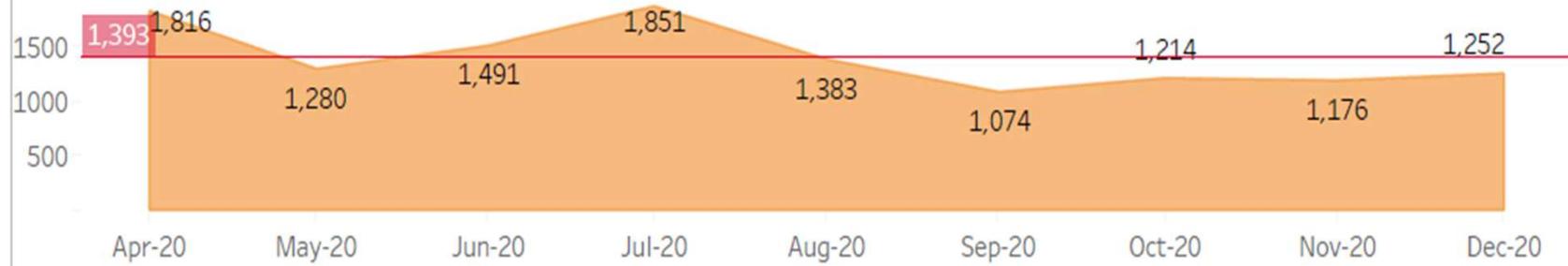
KOOTH HEADLINES

Number of Logins per month

LAST YEAR

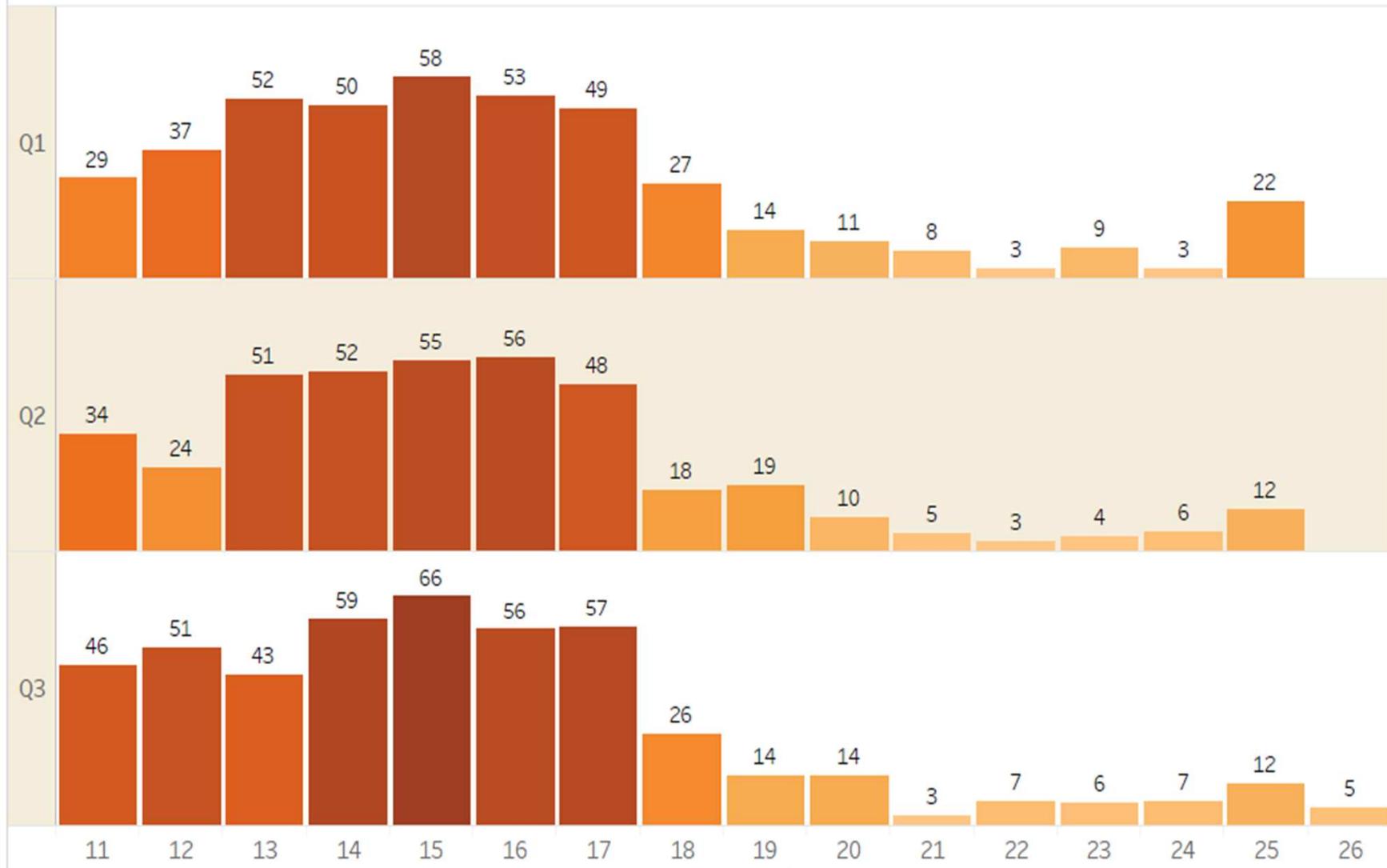


THIS YEAR



New Registrations: Demographics (2)

New Registrations: Nº Service Users by Age



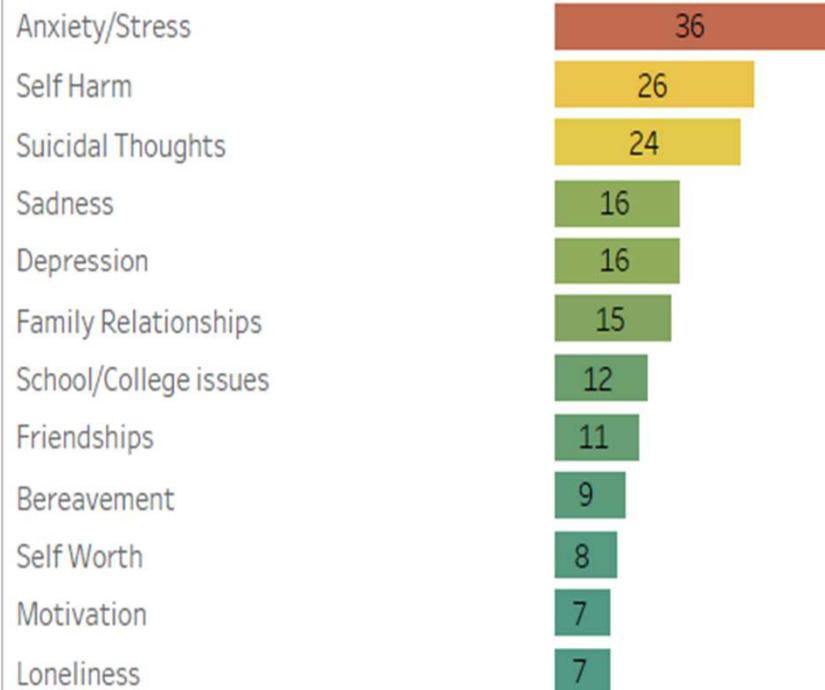
Where new registrants heard of Kooth					New Registrations by Sub Locations	
	Q1	Q2	Q3	Total		
School	120	90	107	317	Barnet	197
School or teacher	41	54	52	147		
Google	51	48	43	142	North Finchley and Friern Barnet	42
Friend	58	40	37	135		
Others	30	47	52	129	Colindale and Burnt Oak	40
GP	22	24	33	79		
CAMHS	22	21	29	72	Edgware	36
Instagram	9	15	8	32		
Parent	15	10	3	28	Southgate	32
Academic staff			25	25		
A & E	7	6	11	24	None of the Above	32
Facebook	13	5	4	22		
Family/Friends			21	21	Hendon	28
Social worker	9	4	5	18		
Community Psychiatric N..	5	2	5	12	Finchley Central and East	19
Youth Service	3	4	4	11		
Twitter	3	5	3	11	Woodside Park and Whetstone	18
Other worker	3	7	1	11		
Carer	3	2	4	9	Golders Green and Hampstead Garden Suburb	16
Poster			8	8		
Parent or carer	2	5		7	Cricklewood and Brent Cross	12
Connexions	3	3	1	7		
Psychiatrist	2	3		5		
Not stated	1	2	2	5		
Youth offending team	2		1	3		
Probation	1		2	3		
Links			3	3		
Helpline			3	3		
Wellbeing Reps			1	1		
Reprezent			1	1		
Promotional Card			1	1		
Library			1	1		
Email			1	1		

Counselling: Presenting Issues

Issues presented during a Chat Session or Message

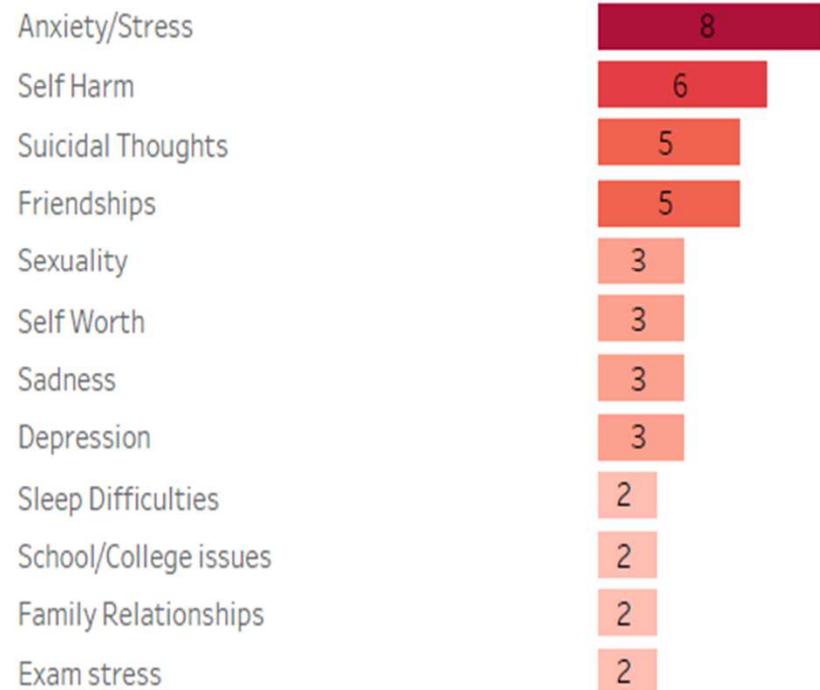
Female

Issue



Male

Issue



Top 10 most prominent issues Service Users presented

Q1			Q2			Q3			Q4		
#	Issue	SU	#	Issue	SU	#	Issue	SU	#	Issue	SU
1	Anxiety/Stress	43	1	Anxiety/Stress	49	1	Anxiety/Stress	46			
2	Depression	19	2	Family Relationshi..	25	2	Self Harm	34			
3	Suicidal Thoughts	17	3	Suicidal Thoughts	24	3	Suicidal Thoughts	32			
4	Self Worth	17	4	Friendships	20	4	Sadness	19			
5	Self Harm	16	5	Self Worth	19	5	Depression	19			
6	Friendships	16	6	Depression	19	6	Family Relationshi..	18			
7	Family Relationshi..	15	7	Self Harm	18	7	Friendships	16			
8	Eating Difficulties	15	8	School/College iss..	16	8	School/College iss..	14			
9	Loneliness	11	9	Eating Difficulties	13	9	Self Worth	11			
10	Sadness	10	10	Sleep Difficulties	12	10	Bereavement	10			

Self Harm and Suicide Prevention

- Suicide and self-harm is a key area of the upcoming Health and Wellbeing Strategy
- Barnet is co-producing a three year Suicide and Self-Harm Prevention Strategy with the Barnet Multi-Agency Suicide Prevention Partnership for the July Health & Wellbeing Board.
- This will include objectives to reduce self harm and suicide in children and young people throughout the strategy
- Barnet is a member of the newly formed NCL suicide prevention group which will work at a sector level on suicide prevention.
- Barnet is also part of the Thrive London suicide prevention group.