

BSW Senior Mental Health Lead Network

6 February 2024

- ❑ Purpose of the network meetings
 - Opportunity to share good practice
 - Identify challenges and explore solutions
 - Pick up area of interest and development identified by the group
- ❑ Today's agenda
 - Boys' mental health
 - Behaviour in Schools Study
 - Schools Awards/Audit tools
 - Future topics for network
 - Local and National updates
 - Access to SMHL information

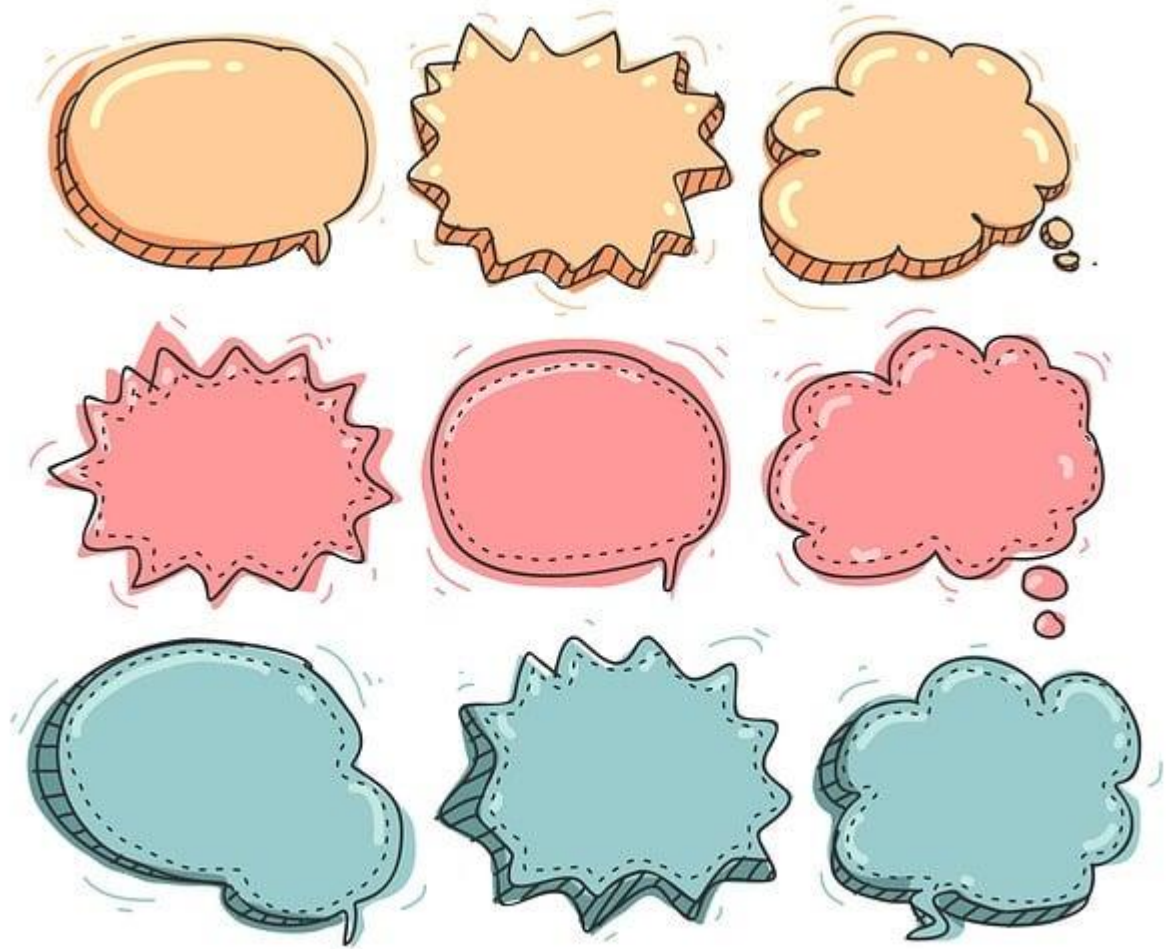
BiM

BOYS IN MIND

Discussion: Boys' Mental Health

Does your school do anything currently that is specific to boys' mental health?

What services do you signpost to?



Behaviour In Schools Study(BISS)



Where did the study idea come from?

What did we do? What did we find?

What's next?



<https://arc-w.nihr.ac.uk/research/projects/how-does-school-discipline-affect-pupil-mental-health-and-wellbeing/>



Sharing progress: Whole School Audit

The give

One thing you would like to share that might help others

The get

One thing you would like to be supported with



What's
Next?

What topics would you like to discuss at future BSW Senior Mental Health Leads Network meetings?



National Mental Health Leads Hub

Support for mental health leads. Anna Freud's [Mentally Healthy Schools](#) has launched a [Mental Health Leads Hub](#) which brings together national support and advice.

- Leadership and management.
- School ethos and environment.
- Curriculum, teaching and learning.
- Student voice.
- Staff development, health and wellbeing.
- Identifying need and monitoring impact.
- Working with parents and carers.
- Targeted support.

The screenshot displays the 'Mental health lead resource hub' page. At the top, the 'Anna Freud Mentally Healthy Schools' logo is visible, along with navigation links for 'Resources', 'Mental health information', 'Whole-school approach', and 'Targeted support'. The main heading is 'Mental health lead resource hub' with the subtext 'For a whole-school or college approach'. A blue notification bar states: 'If you are a classroom teacher or support staff member, visit our resource hub for staff.' Below this, a search bar and filter options are provided. The filters include 'Age', 'Principles', 'Format', and 'Setting', with a 'Free resources only' toggle and an 'Apply' button. The main content area features two resource cards. The first card, titled '5 Steps to Mental Health and Wellbeing framework', is categorized under 'LEADERSHIP AND MANAGEMENT' and includes a circular diagram with five steps: 'Leading change for school', 'Working together for school', 'Understanding needs for school', 'Supporting staff for school', and 'Promoting wellbeing for school'. The second card, titled 'Targeted support toolkit', is categorized under 'TARGETED SUPPORT' and includes a photo of people in a meeting. Both cards have 'View resource' and 'Save resource page' buttons. The page footer shows 'Showing 1 to 6 of 68 results' and 'Sort' options.

It's not too late* to apply for a training grant!

<https://www.gov.uk/guidance/senior-mental-health-lead-training>

£1200

*

You may have missed the window to claim your grant, and if you attended the Wiltshire course you won't now be able to complete your claim using the online system.

Email details including proof of booking to MentalHealth.LeadTraining@education.gov.uk and ask to complete your claim offline.



Department
for Education

Course code: SMHL001

Provider: Bath & North East Somerset Council

Course Title: Senior Mental Health Leadership in B&NES, Swindon and Wiltshire

Level: Intermediate

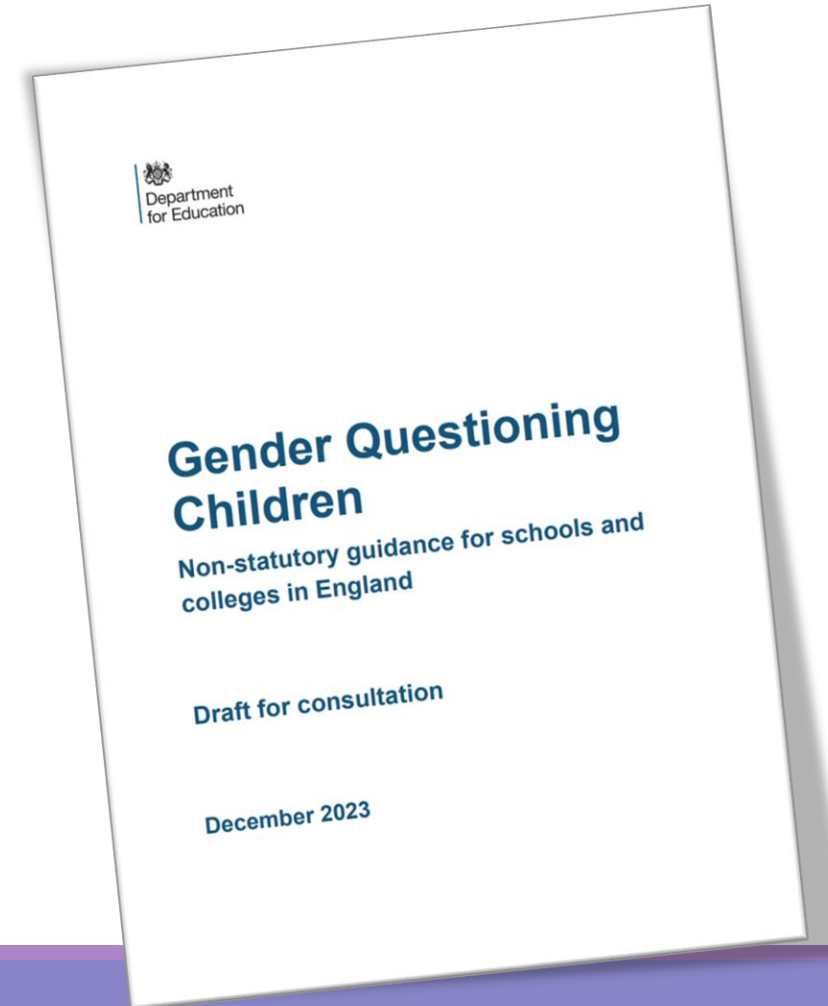
Price: £160

Dates: As on your confirmation of booking email

Consultation: guidance for schools and colleges on gender questioning children

Has your school submitted a response yet? Pupils, parents and carers can also respond. This consultation closes on 12 March.

<https://consult.education.gov.uk/equalities-political-impartiality-anti-bullying-team/gender-questioning-children-proposed-guidance/>



ADHD Medication Shortages

Latest updates available at: <https://bswtogether.org.uk/medicines/stock-shortages/>

Tips for parents, carers and professionals: <https://www.somerset.gov.uk/children-families-and-education/the-local-offer/education/autism-and-adhd-pathway/adhd-medicines-shortage/>

Further tips for schools: <https://www.cambscommunityservices.nhs.uk/beds-luton-community-paediatrics/national-supply-shortage-of-adhd-medication>

Useful sources of national updates

Newsletter sign ups

Anna Freud (Schools in Mind Newsletter) <https://www.annafreud.org/resources/schools-and-colleges/schools-in-mind/>

Charlie Waller <https://www.charliewaller.org/newsletter>

Anti-Bullying Alliance <https://anti-bullyingalliance.org.uk/get-involved-0/anti-bullying-email-newsletter>

Place2be (Children's Mental Health Week updates and resources – THIS WEEK!)
<https://www.childrensmentalhealthweek.org.uk/subscribe/>

Place2Be's Children's Mental Health Week 2024

Children's Mental Health Awareness Week 2024

5th to 11th February 2024.

This year's theme:

“My Voice Matters”

emphasizing the importance of empowering children to express themselves.



Local updates

Swindon Senior Mental Health Leads Network – first meeting on 7 March. BeU Swindon who now provide MHSTs, online support and will soon provide TaMHS will be speaking with a chance for Q&A.



In response to requests from several schools and colleges across Swindon, **Our Schools Now** is offering a mixed gender workshops to year 9s about public sexual harassment. Schools will need to book by March 2024 in order to be able to access this training free of charge: schools@ourstreetsnow.org

Contact Swindon – a new front door for children's Social Care

Contact Swindon provides:

- a central point of contact for public and professionals for children's targeted support and safeguarding needs
- a team of professionals from our core partnership agencies who will deliver an integrated service, including information, advice and signposting to appropriate services
- an agreed process for analysing and assessing risk based on all the information known across agencies to determine if the child is suffering, or is likely to suffer, significant harm.
- a confidential, shared record of activity available to wider teams and agencies to support work with the child or family

Anyone who has a concern about a child, or wants to request help from the service, should:

Call 01793 464646. Email contactswindon@swindon.gov.uk

Wiltshire updates

* relevant to all schools

- ❖ Corum Life Education have launched:
 - For all schools - Free [Mental Wellbeing Toolkit for schools](#) and [Mental Wellbeing Workshops for ages 4-11](#) *
- ❖ Children's Mental Health Awareness Week 2024 5th - 11th Feb 2024
- Wiltshire [My Voice Matters Competition](#) – closing date 22nd February 2024
- ❖ Music and Mental health – [new resources to discuss in the secondary classroom](#) *
- ❖ [Wiltshire Children and Young People's Health and Wellbeing Survey](#)
- Live from 19th February – 20th March 2024
- [Youth Mental Health First Aid](#) courses *

B&NES CYP Mental Health Support

- Schools – some have ELSA and/or thrive practitioners.
- School nursing - ChatHealth texting service (available in Wiltshire too)
- Off the Record (counselling)
- Focus Counselling (in some schools, but donation required)
- Trauma Recovery Centre
- Mental Health Support Teams in some schools
- CAMHS

Future dates for networks

- **Join future network sessions – 3:30-5pm**

- 3rd July 2024 [Book here](#)

- 2024-2025 dates to follow

- **SMHL group on Knowledge Hub**

- [Request to join here](#)

Ask questions, share information and keep in touch.

Access to SMHL info

- PDFs of [network meeting slides are here](#) alongside other useful links.
- Past course materials [have been added here.](#)