

Senior Mental Health Lead Training Network Meeting 20th September 2023

□ 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

- **Local and national updates:** from BSW and schools
- **Share experiences in your role**
- **Self harm input and discussion**
- **Future sessions**

Reminder of our BSW Early Help Services

Some of these may have changed recently

You may need to update your school records/contacts/webpages/policies

From time-to-time different organisations are commissioned

For example:

in Wiltshire the early help mental health service provider has changed this year from Barnardo's to HCRG Care Group. Kooth was commissioned in the past, but is not currently.

In Swindon ABL Health has been awarded the responsibility for early intervention wellbeing support service from 1 October 2023.

B&NES Early Help commissioned services for mental health needs

School Nursing Service

BATHNES.schoolnursing@hrcgcaregroup.com

Off the Record - secondary



School Nursing Offer for Mental Health Needs in Schools



hrcg NHS
IF YOU'RE 11-19 TEXT YOUR SCHOOL NURSE
07507334357
WE HELP STUDENTS WITH ALL KINDS OF THINGS LIKE...
EMOTIONAL HEALTH & WELLBEING BULLYING
SELF HARM ALCOHOL & DRUGS SMOKING
HEALTHY EATING SEXUAL CONTRACEPTION HEALTH
Text us for confidential advice & support
We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we're concerned about your safety, and we would always speak to you first. Your responses are sent via text to the school nurse and will follow the same confidentiality rules. We can't help if you contact one working day and you should get an immediate response to confirm we received your text. Texts sent over the weekend or during school holidays, you need help before you start term, or outside a number of school days at your school. Our text number does not receive voice calls or SMS picture messages. We support messaging from UK mobile numbers only (not 0800). Don't disclose messages sent from 0800 or international mobile numbers and some 'number masking' mobile apps. Prevent the school nurse from sending messages to you by texting 8TOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.
001A-002014
ChatHealth



What's Up? What We Do About Us Support Us Contact and Referrals News & Events

LISTENING SUPPORT

mind Bath

OTR works with and in schools across Bath and North East Somerset College. Providing safe places to talk and get help.

Home About Us Our Services Get involved Support Us

Home / Our Services / Support for Young People

Support for Young People

<https://livewell.bathnes.gov.uk/supporting-adults-live-independent-lives/health-and-wellbeing/food-0/community-wellbeing-hub>

B&NES Early Help Service and App

<https://thehub.bathnes.gov.uk/Page/23705>

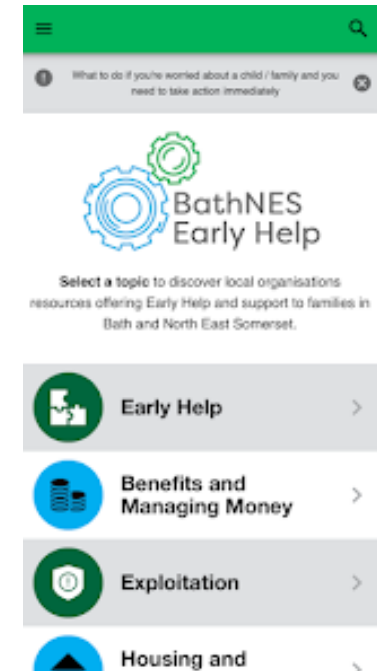
+ Early Help



Early Help: Resources to support your delivery

Early help means providing support to potentially vulnerable children, young people and their families as soon as problems start to emerge. Further information: <https://beta.bathnes.gov.uk/get-early-help>

B&NES Council commissions or provides the following Early Help services:



Swindon Early Help commissioned services for mental health needs

Early Help Assessment: 01793 466479

Be U Swindon, Swindon Single Point of Access:



- TaMHS
- Mental Health Support Teams
- Sandbox: online digital mental health and wellbeing service for children and young people.

www.ablhealth.co.uk

www.beusupport.co.uk

Wiltshire Early Help Commissioned services for mental health needs



Wiltshire Children and Young People Wellbeing Service

On Your Mind website
www.onyourmind.org.uk



[HCRG Care Group - Mental Health Support](http://www.onyourmind.org.uk)

School Nursing Service

vclwiltshirespa@nhs.net

hcrpg Care Group NHS

IF YOU'RE 11-19 YEARS OLD TEXT YOUR SCHOOL NURSE

07507334357

WE HELP STUDENTS WITH ALL KINDS OF THINGS LIKE...

EMOTIONAL HEALTH & WELLBEING BULLYING
SELF HARM ALCOHOL DRUGS HEALTHY EATING CONTRACEPTION SEXUAL HEALTH

Text us for confidential advice & support

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we are concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate response to confirm we received your text. Texts will not be sent outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive your calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some number masked/mobile apps). Please do not share the school name from sending messages to you by texting 'TOP' to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

ChatHealth 00155-010204

[School Nursing](http://www.onyourmind.org.uk)

Shout (all ages)

[Shout - Text WILTS to 85258](http://www.onyourmind.org.uk)

shout 85258 here for you 24/7

Are you being bullied at school or on social media?

Text WILTS to 85258 for free and confidential support

Texting the word 'WILTS' to 85258 is anonymous and will not show up on your phone bill. For more information, visit giveusashout.org

Working in partnership with Wiltshire Council

Mental Health Helpline for children and young people in BSW

9am – 5pm 01793 463177
Mon-Fri

Out of hours 01865 901000

National updates

Head Teachers will have received a letter from the DfE on 5 September, setting out **the health benefits of regular school attendance**. Read more here from Swindon Healthy Schools: [Health benefits of regular school attendance](#)

DfE guidance on supporting trans pupils in school was not published last term as expected. It is now expected to be set out in the autumn.

Better Health has recently created free KS3 vaping [resources](#)

Antibullying Week 13-17th November 2023

Odd Socks day Monday 13th November 2023

Materials now available [School Resources](#)

Has your school accessed SMHL training?



Useful sources of national updates

Newsletter sign ups

Anna Freud (Schools in Mind Newsletter) [Anna Freud National Centre for Children and Families \(list-manage.com\)](#)

Charlie Waller [Stay up to date with all the latest news | Charlie Waller Trust](#)

Anti-Bullying Alliance [Anti-Bullying Email Newsletter \(anti-bullyingalliance.org.uk\)](#)

Place2be (Children's Mental Health Week updates and resources) [https://www.childrensmentalhealthweek.org.uk/subscribe/](#)

Local updates of interest to all areas

Vaping education resources

New Wiltshire (and links to national) teaching materials
[Smoking and vaping education](#)

Connected belonging – 29th Sept pilot project briefing
Trial project materials with pupils, with Bath University

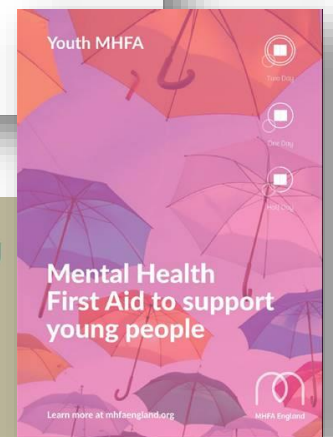
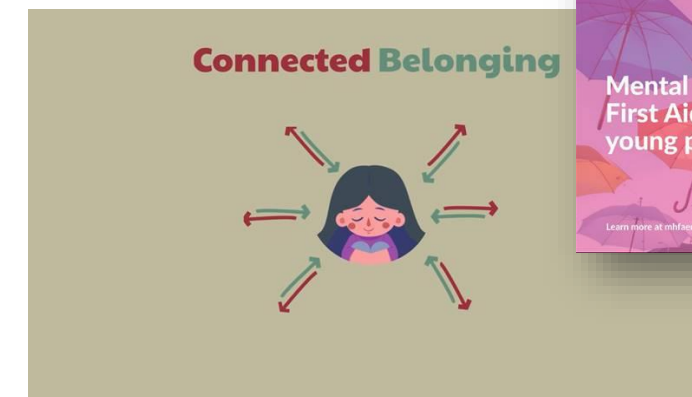
[Connected Belonging](#)

Youth Mental Health First Aid training in 2023 – ½ day and 2 day (face to face and online)

[Youth Mental Health First Aid](#)

Self harm page - [Self – harm](#) (Wiltshire)

[Emotional Health & Wellbeing](#) (Swindon)



Resources shared by schools

1/2

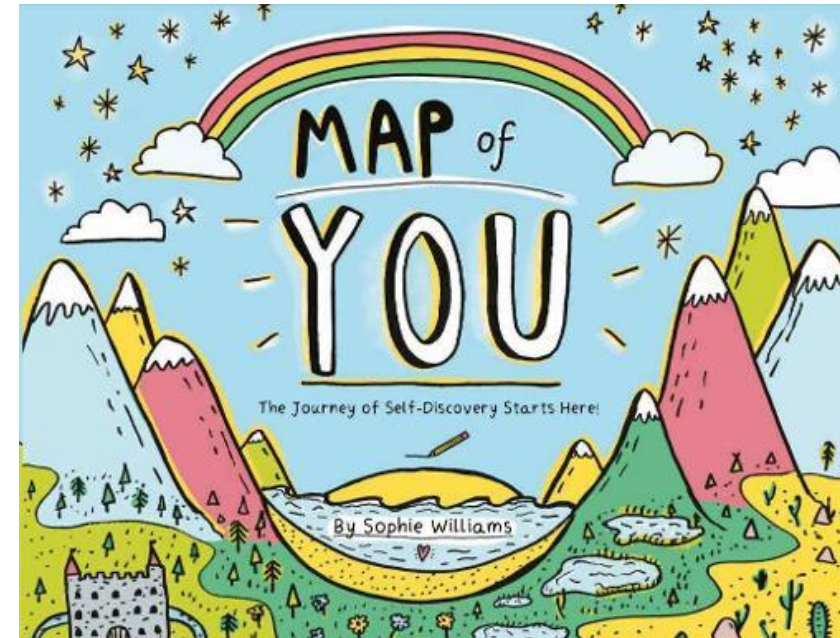
“We have been using the resources bought in from this school”: <https://www.wellbeingschool.com/our-story>

We use daily gratitude books, three things a day, something they are grateful for.

[Map of you by Sophie Williams](#) (US book) ages 8-12

[A Little Spot series](#) by Diane Alber (US books) primary

[Building Connections programme](#) from NSPCC (up to age 19) managing loneliness



Resources shared by schools 2/2

An incredible 5 point scale made for staff (placed in staff room and loos):

Created for a Wiltshire mental health course:

[mental-health-and-wellbeing-wiltshire-services.pdf](https://www.wiltshire.gov.uk/mental-health-and-wellbeing-wiltshire-services.pdf)

A list of links to local and national support and info

Look after each other and your own wellbeing – put your own oxygen mask on first!



Where are you on the 5 point scale today?



5. Talk to someone right now! xxxx or xxx can help. Do you need to take a Mental Health day?



4. Let others in the team know. Take time out, staff room, cup of tea, walk in the garden.
Code 4



3. How can we help? What works for you. What can we put in place to solve the problem?



2. You are good to go and in the right place to meet the needs of others.



1. The sweet spot – let the good times roll!

Code 4 to your team mates lets them know you are stepping out for the time YOU need.

**Self harm data, resources
and support available**

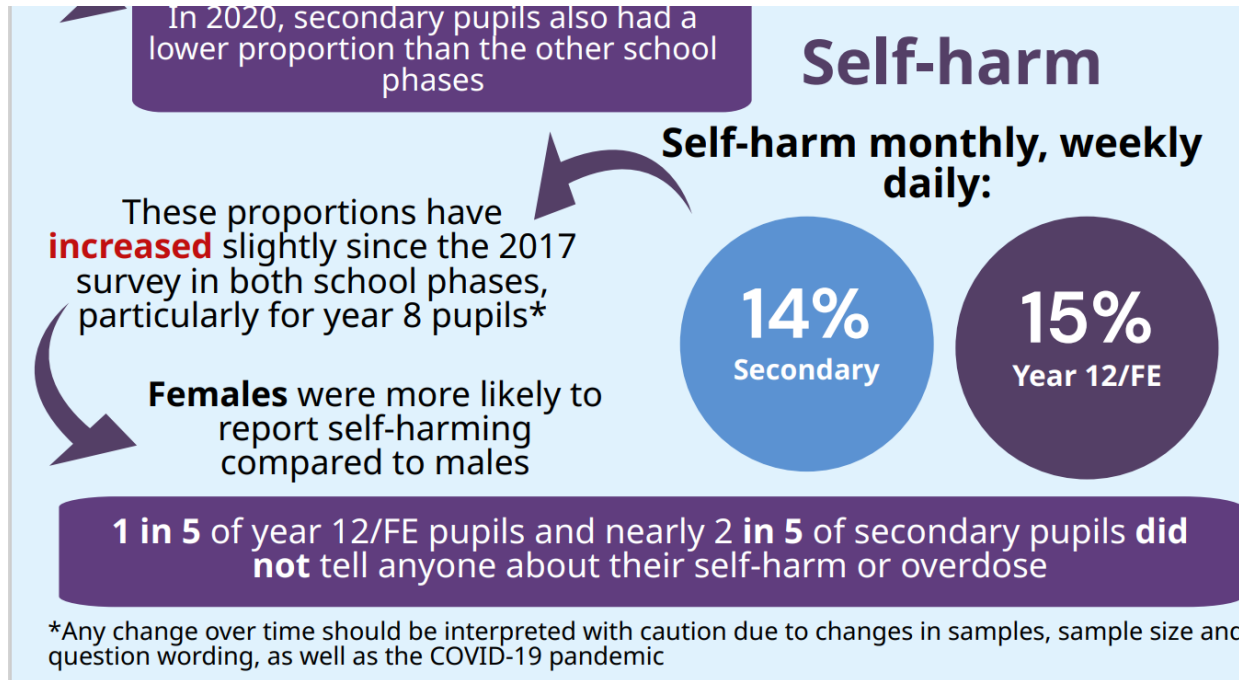
Swindon How are You? Survey data – Summer 2022

Self-Harm

- **41%** have 'ever' self-harmed, however, 50% of this group report that they have now stopped.
- **21%** of year 10 students surveyed report that they currently self-harm.
- **13%** do so infrequently i.e. less than monthly
- **4%** report self-harming most weeks
- **4%** report self-harming most days.

The 'ever' self-harm figure and on-going self-harm results are higher than we tend to see nationally.

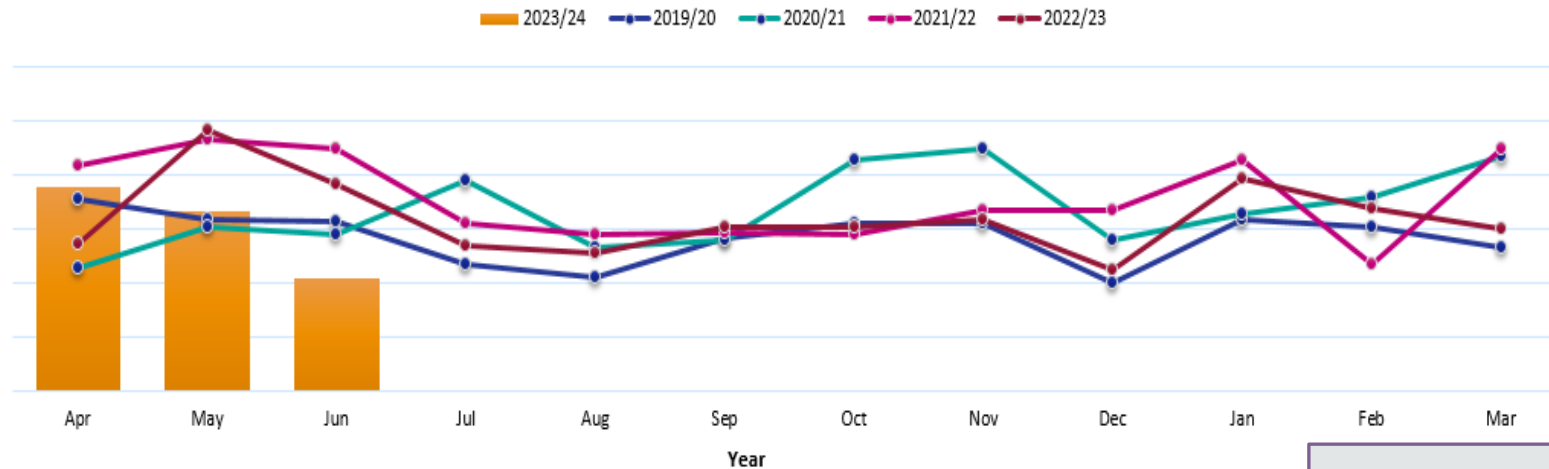
Wiltshire



Further Wiltshire school survey data are available in the emotional health report:

[FAB Research : Wiltshire Healthy Schools](#)

Intentional Non-elective Admissions BSW – 0 -19 yrs (self harm/poisoning)



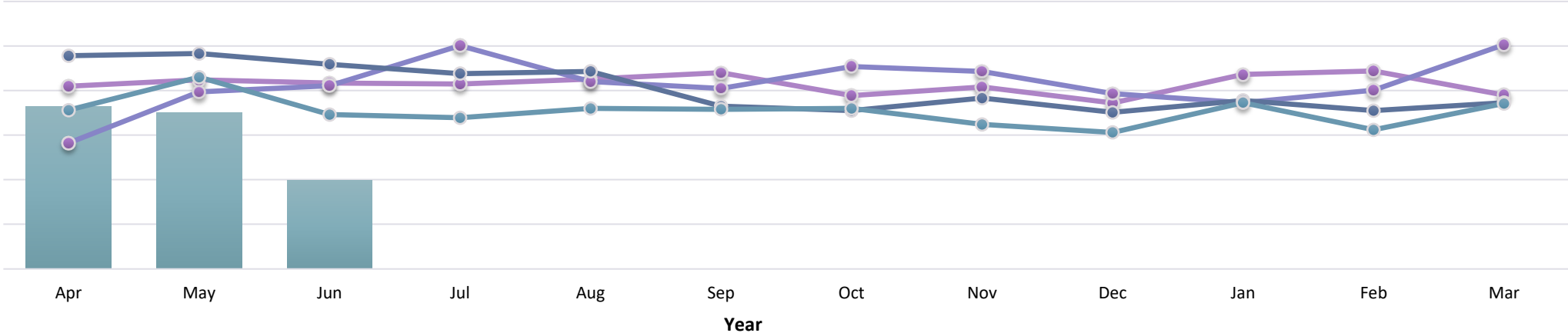
Year	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar
2019/20	71	64	63	47	42	57	62	62	40	64	61	53
2020/21	46	61	58	78	53	56	86	90	56	66	72	87
2021/22	84	93	90	62	58	59	58	67	67	86	47	90
2022/23	55	97	77	54	51	61	61	64	45	79	68	60
2023/24	76	67	42									

Totals
2019/20: 686
2020/21: 809
2021/22: 861
2022/23: 772

Intentional Self-Harm Non-elective Admissions BSW – 0 -19 yrs

Non-Elective Admissions

2023/24 2019/20 2020/21 2021/22 2022/23

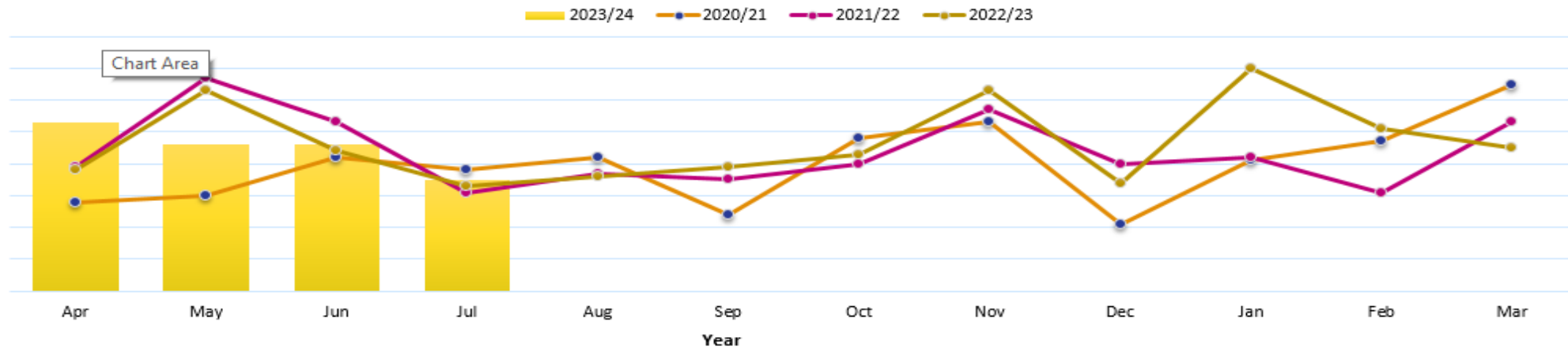


Totals

2019/20	100
2020/21	108
2021/22	104
2022/23	88

Intentional Self-Harm A&E Attendances BSW – 0 - 19 yrs

A&E Attendances



Year	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar
2020/21	28	30	42	38	42	24	48	53	21	41	47	65
2021/22	39	67	53	31	37	35	40	57	40	42	31	53
2022/23	38	63	44	33	36	39	43	63	34	70	51	45
2023/24	53	46	46	35								

Totals
 2020/21: 479
 2021/22: 525
 2022/23: 559

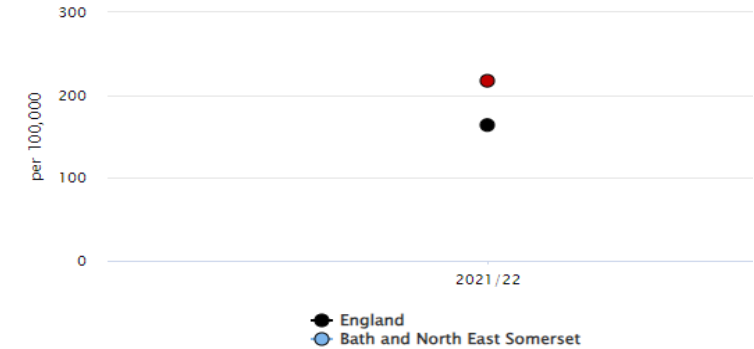
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Comparison to national data

All ages

Emergency Hospital Admissions for Intentional Self-Harm

[Show confidence intervals](#) [Show 99.8% CI values](#)



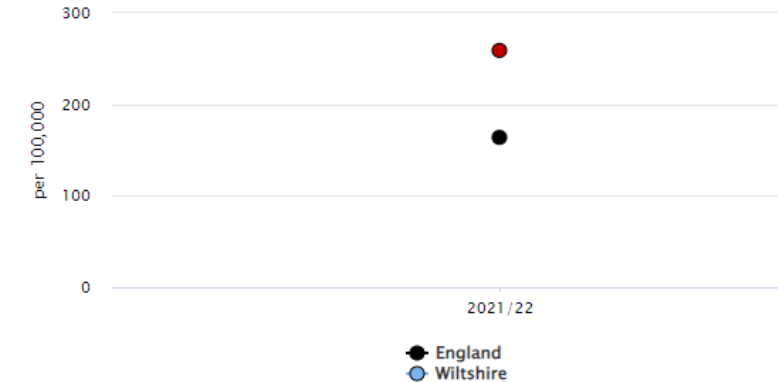
Emergency Hospital Admissions for Intentional Self-Harm

[Show confidence intervals](#) [Show 99.8% CI values](#)



Emergency Hospital Admissions for Intentional Self-Harm

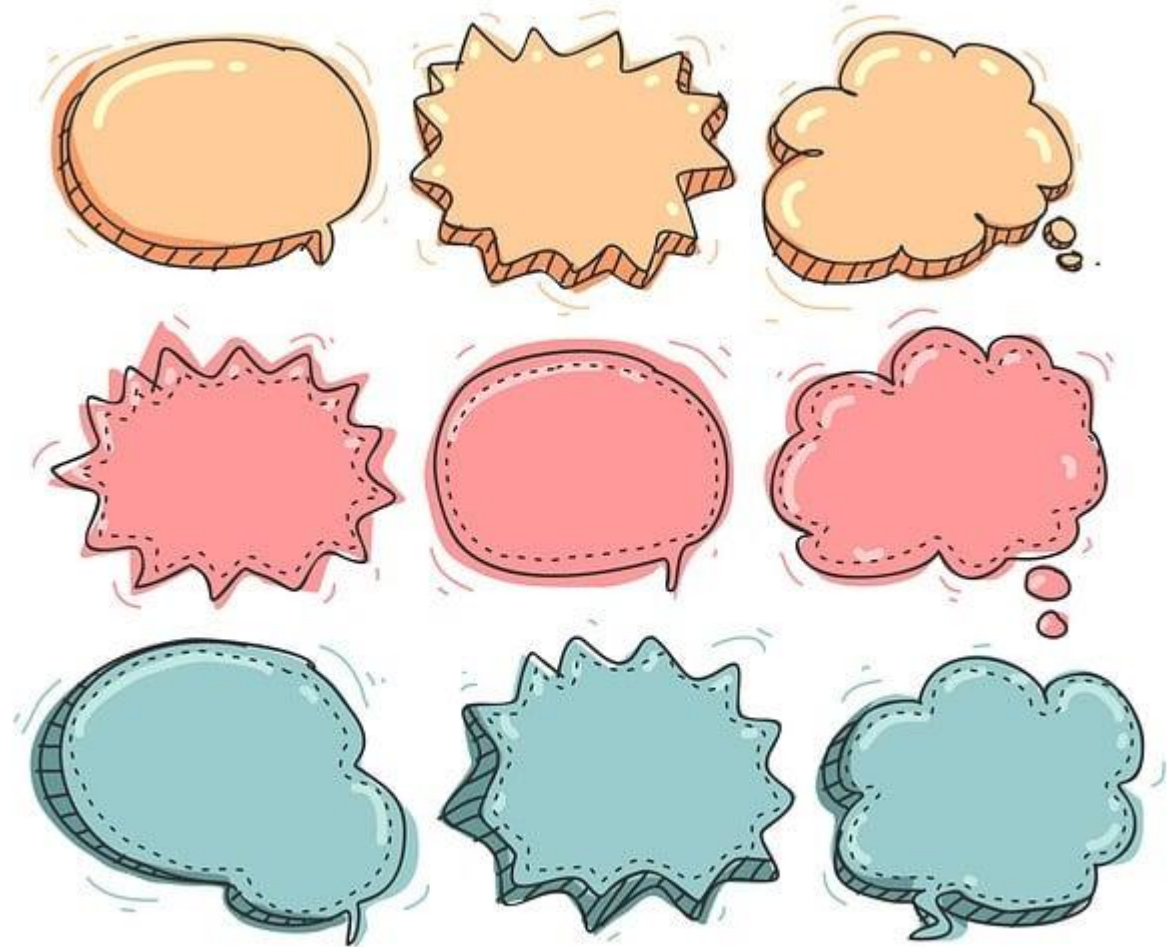
[Show confidence intervals](#) [Show 99.8% CI values](#)



England: 163.9 per 100,000
B&NES 217.3 per 100,000
Swindon 323.6 per 100,000
Wiltshire 259.0 per 10,000

Discussion

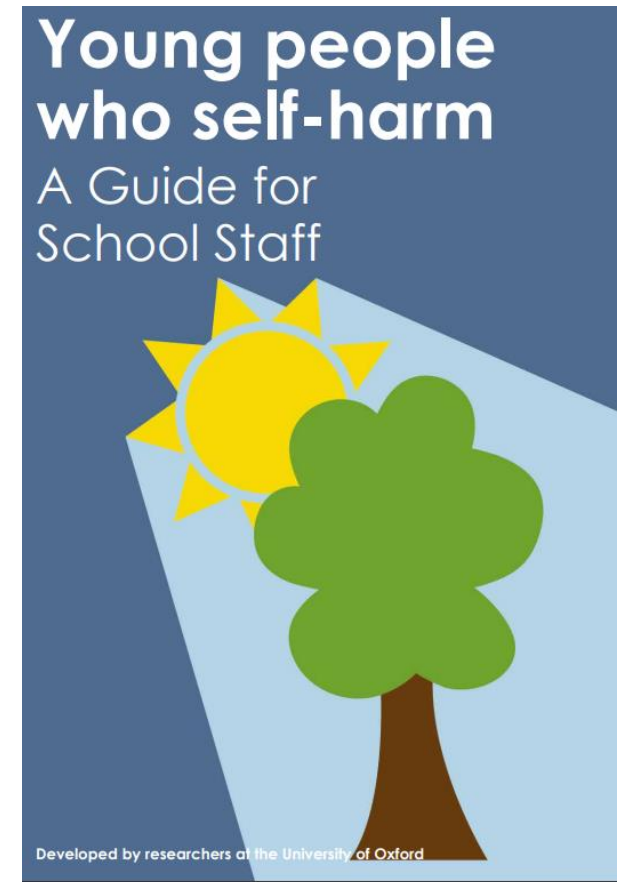
What are your current challenges and good practice around self-harm in schools?



Supporting CYP around Self-Harm in Schools

- Avoid normalising
- Focus on managing emotions and feelings
- PSHE teaching schedule states, 'NB It is important to avoid teaching methods and resources that provide instruction on ways of self-harming, restricting food/ inducing vomiting, hiding behaviour from others etc., or that might provide inspiration for pupils who are more vulnerable (e.g. personal accounts of weight change)

[young-people-who-self-harm-a-guide-for-school-staff.pdf](#)



Self Injury Resources and Support

harmless

harmLESS is an NHS resource for those who have contact with young people who are self-harming.



Papyrus UK Suicide Prevention

Hopeline 247 and resources for young people struggling with thoughts of suicide: www.papyrus-uk.org/



Chameleon PDE.

PSHE lesson plans on emotions, feelings and coping strategies (free for Swindon Schools).

No Harm Done

Films and digital packs from Young Minds



Self harm resources [from Young Minds](#)

Future dates for networks

- **Join future network sessions – 3:30-5pm**
 - 6th February 2024 [Book here](#)
 - 3rd July 2024 [Book here](#)
- **What would you like to cover in future network meetings?**
- Q&A and further support if required
- **SMHL group on Knowledge Hub**
[Request to join here](#)
Ask questions, share information and keep in touch.