

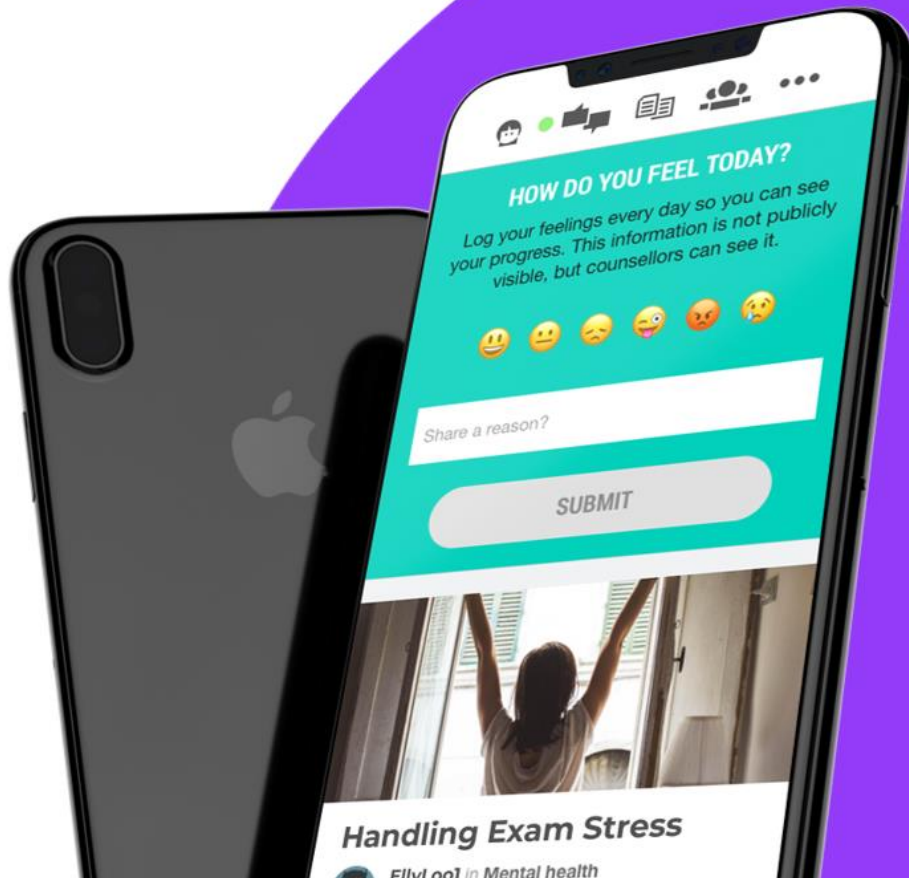
Senior Mental Health Leads Training Swindon Services

Su Rai

Public Health Specialist – Healthy Schools Lead

Session Overview

Time	Agenda Item	Presenter
13.00	Introductions and session outline	Su Rai
13.05	Kooth	Rachel Potter
13.15	STEP Therapeutic Groups	Paul Dobson
13.25	Educational Psychology	Alexa Denham
13.35	Trauma Informed Practice	Jane Griffiths
13.45	Single Point of Access TAMHS, traded offer Mental Health in Schools Award Local System Overview: <ul style="list-style-type: none"> • Swindon Services Poster • Local Offer • MH Resources – CCG YouTube channel 	Su Rai
13.55	Any Questions – Close and join main event	



kooth

It's free, safe and
anonymous.



National Picture:
As you can see from the
map opposite, we are now
commissioned for Kooth in
90% of local authorities in
England and Wales,
including Jersey and the Isle
of Man, with some contracts
now in Scotland.

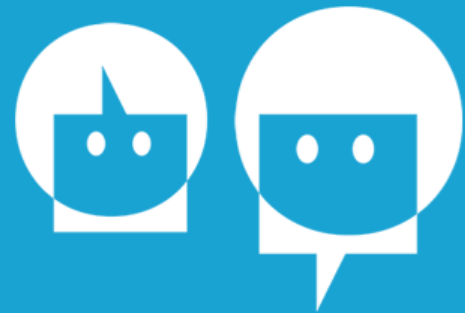


Areas where Kooth is Commissioned in
the UK - 2021

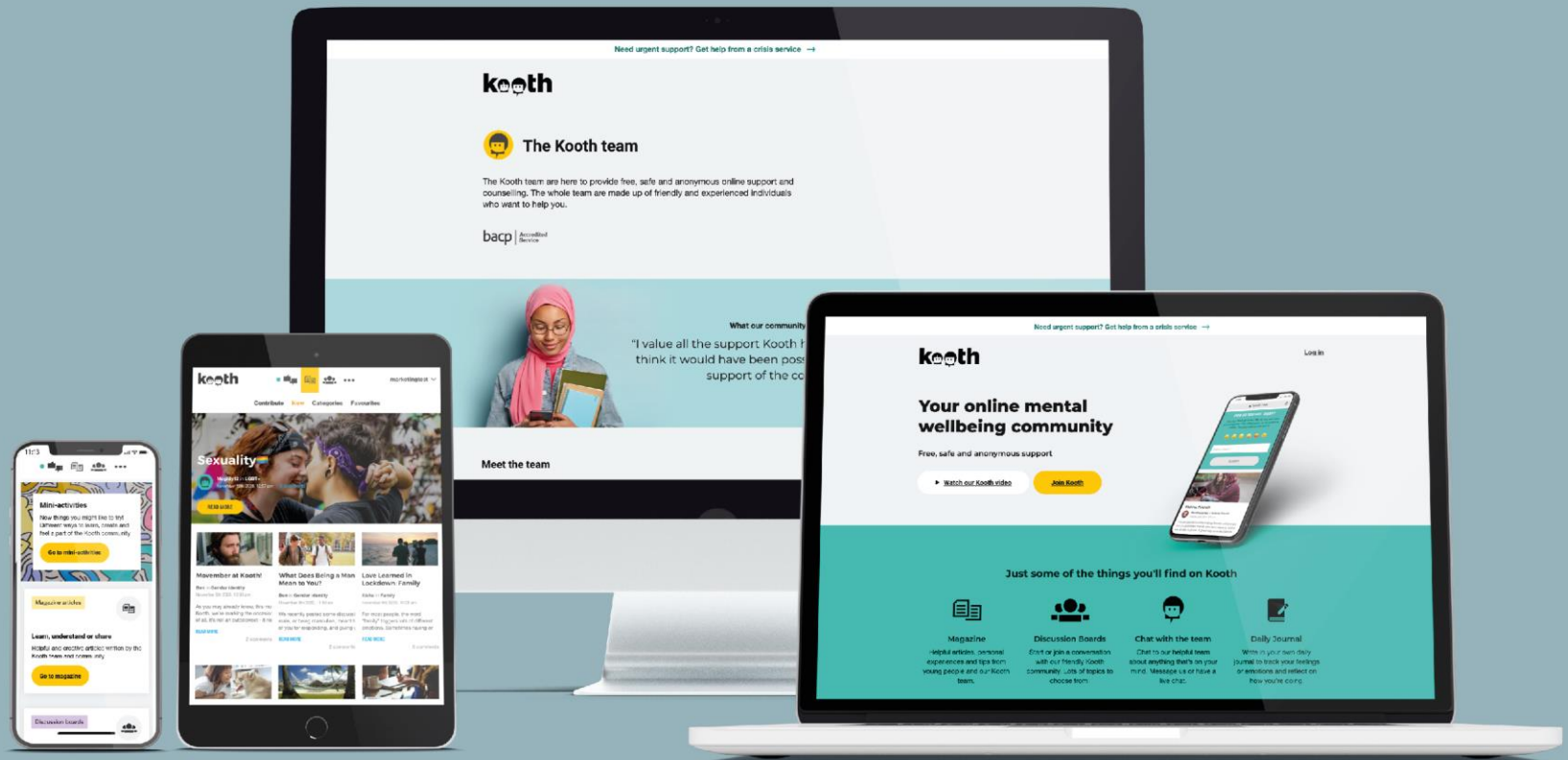


Online counselling & well-being support

- Young people can sign up themselves – no referral needed
- Text based – live or asynchronous messaging
- Offers a range of therapeutic tools and activities
- Open 365 days a year
- 12-10pm weekdays, 6-10pm weekends



This is Kooth.



Sign up

Where do you live?

The area I live is in...

Choose from this list



The place I live is in...

Choose from this list



Cancel sign up

Next

Sign up

When were you born?

Kooth is only available to a certain age range.

Year

Choose from this list



Month

Choose from this list



Cancel sign up

Next

Sign up

Which best describes you?

These questions help us to understand who uses Kooth.

My gender is best described as....

Male

Female

Agender

Gender fluid

My ethnicity most closes matches...

Choose from this list



Cancel sign up

Next

Sign up

Pick a username and password

Make sure you remember your username and password. It's the only way to access your account.

To protect your anonymity don't use real name, your date of birth or your username from another site or service.

Username

- ☒ Please do not use special symbols
- ☒ Between 6 and 20 characters
- ☒ Username must be unique (not already

Password

Make sure your password:

- ☒ is a mixture of uppercase, lowercase and numbers
- ☒ is 8 or more characters
- ☒ does not match your username.

Confirm password

- ☒ Passwords match

To use Kooth you must agree to our terms of service and read our [Privacy and Safety page](#)

☐ I agree

Cancel sign up

Next

“Kooth offers so much more than just speaking to a counsellor. The community is always online, and there’s other young people that will be there to help you. **You’re never alone, don’t be afraid to speak up.**”

Safeguarding

- Safeguarding is **the** core principle of Kooth and a core value amongst our people.
- The safeguarding team responds to all concerns raised by staff and service users.
- Our online safeguarding is a balance of skilful engagement, robust clinical governance, clear protocols and guidance.
- We conduct risk assessments and provide confidential spaces where service users engage and can understand our duty to keep them safe from harm.
- Where there is a cause for concern service users are encouraged to provide us with their identifiable information so we can best work with partners and other services.
- We would continue to work with young people to keep them safe even if they don't give us any further details.

What can you do on Kooth?



Magazine

Over 100,000 articles about anything and everything!



Forums

Discussion Boards to engage with people who have similar interests as you.



Counselling

Free chat-based counselling with the Kooth team.



Messaging

An inbox for you to message counsellors out-of-hours.



Activities

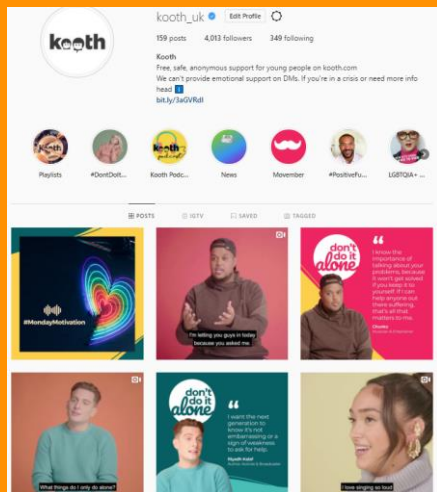
Letter to your future self, create a superhero and many more!



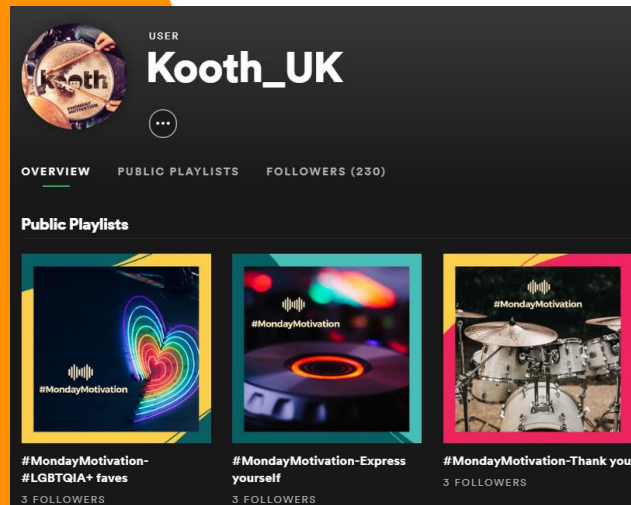
Did you know?

Kooth is also on Spotify! We release motivational playlists every monday, as well as our own podcasts!

Kooth beyond Kooth.com



Instagram:
@kooth_uk



Spotify Playlists:
Kooth_UK



Podcasts” on
Spotify &



**Everyone needs support
sometimes - and if you do,
Kooth is here.**

[kooth.com](https://www.kooth.com)

**Focusing on children, young
people, their needs, experiences
and contributions**



**STEP is a registered Charitable Incorporated
Organisation (CIO), established in 1984 to
provide therapeutic support to children and
young people across Swindon**

Therapeutic Evening Sessions

STEP SWINDON



Therapeutic Services

7-11 years: Junior STEP and 11 -18 years

Bespoke therapeutic group sessions focusing on:

- Raising confidence and self-esteem
- Understanding and managing emotions
- Developing communication skills
- Forming appropriate friendships
- Managing relationships
- Assertiveness and resilience
- Anger/ stress management

Behavioural

7-18 years

Sessions focus on:

- Preventing anti-social acts and involvement in criminal activity
- Actions & consequences
- Early intervention and harm reduction

5 STEPs to well-being

7-11 years; Junior STEP and 11 -18 years

For young people suffering from poor mental health and experiencing:

- Social isolation
- Low self-esteem / sense of self-loathing
- Anxiety
- Self-harm
- Disconnection from family, peers, and the wider community

RESTORE

7-11 years; Junior STEP and 11 -18 years

Sessions for young people living with DV, mental health, substance misuse & neglect in the home

- Learning to express feelings appropriately
- Dealing with stressful situations.
- Self-esteem / self-worth
- Resilience and confidence
- Healthy relationships
- Staying safe



Daytime Sessions (in school provision)



5 STEPs to well-being

For young people suffering from poor mental health and experiencing:

- Social isolation
- Managing emotions and challenges within educational settings
- Low self-esteem / sense of self-loathing
- Anxiety
- Self-harm
- Disconnection from family, peers, and the wider community

Positive STEPs – Behavioural

7-18 years

Sessions focus on:

- Managing emotions and behaviours within educational settings
- Actions & consequences
- Early intervention and harm reduction
- Social isolation
- Low self-esteem / sense of self-loathing

Safer Streets

Group sessions for young people most at risk of being either victims or perpetrators of violence against women and girls with the aim to prevent these crimes before they occur. Separate groups for young men and young women

- Healthy relationships
- Negative Influences
- Self-respect
- Peer pressure Actions and consequences – Participants will explore choices and actions that can be taken to try and make things better.

SEND Inclusion Project (Saturday Group)

STEP
SWINDON



Inclusions provisions - SEND children & young people

Junior group (8-12 years); focusing on:

- Emotions
- Friendships
- Communication
- Staying safe
- Keeping healthy
- Dealing with change

Senior group (13+ years); focusing on:

- Independence
- Community safety
- Taking care of yourself
- Social skills development
- Communication
- Appropriate relationships
- Transition into adulthood

Participation & Co-production



- **Commissioned by Swindon Borough council to ensure that children & young people with SEND have a voice and are given the opportunity to participate in decisions that affect their lives and makes a real difference to both them and other young people.**

**Young
Inspectors**

**Representatio
n on Strategic
Boards**

**Web site
review (CYP
Friendly)**

Recruitment

Training

Consultation

- **Commissioned by Barnardo's to ensure the views of children and young people are core to the work of Mental Health Trailblazer, in relation to informing service design and delivery.**

STEP in

Numbers (January '21 to December '21 across all provisions)

STEP

SWINDON

**318 young
people
supported**

**252 Sessions
delivered**

**92% young
people leave
service with
needs
(identified at
point of referral)
met**

**95% of young
people said that
STEP has
helped them**

**83% of young
people can
better manage
behaviour &
emotions**

**Average
18%
positive
shift
across
SDQ
scores**

**87% of parents
and carers said
they felt STEP
has helped their
child**

**80% of parents
and carers said
they felt the
intervention had
a positive impact
upon their
family**

**83
young people
and their
families
supported
virtually during
lockdown**

**9 parental guides
/ toolkits
created. 93 sent
out to support
families through
lockdown**



Introduction to Swindon Educational Psychology Service

Who are we and what do we do?

- EPs are psychology graduates and undertake post-graduate doctoral training in Educational Psychology.
- EPs apply psychological theory and research to promote the learning, development and emotional wellbeing of children, young people and their families.

Self-evaluation and Improvement

Is rigorously embedded in the work that we do. EPS Improvement Plan aims to evaluate our strengths and areas for improvement e.g.: QA of statutory advice, co-production of service, evidencing impact, recruitment/retention/staff wellbeing.

Access to the Service

- Packages of EP time are purchased by schools upfront for the academic year.
- Each school has a link EP who works with them closely.
- Statutory & Core time is free to schools; agreed by the LA and EPS management.

Statutory & Core Work

- Contribution to EHCNAs by providing statutory psychological advice
- Providing updated statutory advice where there are significant concerns
- Attending SENRAP, Annual Reviews, Tribunals & Mediation, CP Conferences
- Critical Incident Response

EPS Team Structure

- Principal EP, Deputy Principal EP, Senior EP
- 12 maingrade EPs (9.6 FTEs)
- 3 trainee EPs, 1 Assistant EP & 2 agency staff

Traded Work

The EPS provides a range of traded services to promote the development and well-being of children and young people aged 0-25, e.g. consultation, assessment, training & ELSA.

Commissioned Work

The EPS also engages in a variety of work which is commissioned by SBC and the CCG, e.g. Cygnet, NDC Pathway panels & assessments, Early Years Consultations.

Minute Briefing

Swindon at its Best

Together we are stronger
Trauma Informed Practice Training

Jane Griffiths

Children, Families & Community
Health Service



Trauma Informed Champion Programme – Cohort 2

- Trauma, in its different forms, and the adversity and stress that cause it, fragments communities and traps individuals in cycles of harm. People are protected and recover from trauma when communities are resilient and everyone has access to others who will co-regulate, guide and support them. This is network resilience, this is place-based resilience.
- If Swindon is to become the place described in the council's vision, all services and organisations must be supported to prioritise building network resilience and promoting recovery from trauma.
- Swindon has been working with [KCA](#), a leading training provider around the themes of attachment, trauma and resilience, since 2013.
- This new, vital and exciting learning programme will build on and bring together the different strands of that work.
- Up to 160 practitioners from right across the system will be identified to access a comprehensive programme of learning enabling them to champion using this core understanding of human ecology in their work.

Champion training and development

- The programme will be built around a three step learning pathway:
 1. Toxic Stress and Community Resilience:
Maintaining compassionate reason during social adversity
 2. Community Resilience and Secondary Trauma:
Maintaining well- being in the workforce
 3. Community Resilience and Connected Relationships: Building Compassionate Communities

Each course consists of:

- A 90 minute webinar for the full group as the access point to the full blended course.
- A link to log into KCA Connected site to, leave feedback and access the learning resources including the e learning *course which if completed represents a further 10 notional hours of CPD.*
- Each webinar would be followed by a 2 hour tutorial for small groups of up to 20.
- These reflective and discursive sessions would be for the Champions to focus on how the learning can be embedded in their own practice and how they can be using KCA resources to share learning within their teams.

You are committing to:

- Participate by watching the webinar and completing E-learning before the tutorials
- Taking part in a 2 hour small group tutorial
- Championing the ideas in your own service.
- You will be supported in this by your managers and your colleagues on the course.

<https://connected.kca.training/register.cfm?form=Champions-cohort2>

- **Course/event options**

-

- **Tutorial 1 Toxic Stress and Community Resilience** (at least 1 required)

- 'Web Tutorial Toxic Stress and Community Resilience Swindon' - 24 Jan 2022 (13:00 - 15:00), Webinar

- 'Web Tutorial Toxic Stress and Community Resilience Swindon' - 25 Jan 2022 (13:00 - 15:00), Webinar

- 'Web Tutorial Toxic Stress and Community Resilience Swindon' - 26 Jan 2022 (9:30 - 11:30), Webinar

-

- **Tutorial 2 Community Resilience and Secondary Trauma** (at least 1 required)

- 'Community Resilience and Secondary Trauma tutorial' - 1 Mar 2022 (9:30 - 11:30), Webinar

- 'Community Resilience and Secondary Trauma tutorial' - 2 Mar 2022 (13:00 - 15:00), Webinar

- 'Community Resilience and Secondary Trauma tutorial' - 3 Mar 2022 (9:30 - 11:30), Webinar

-

- **Tutorial 3 Community Resilience and Connected Relationship** (at least 1 required)

- 'Community Resilience and Connected Relationships Tutorial' - 29 Mar 2022 (9:30 - 11:30), Webinar

- 'Community Resilience and Connected Relationships Tutorial' - 30 Mar 2022 (13:00 - 15:00), Webinar

- 'Community Resilience and Connected Relationships Tutorial' - 31 Mar 2022 (9:30 - 11:30), Webinar

-

- **Pre-recorded webinars** (automatically selected)

- 'Toxic Stress and Community Resilience' - 5 Jan 2022, Webinar

- 'Community Resilience and Secondary Trauma' - 1 Feb 2022, Webinar

- 'Community Resilience and Connected Relationships Tutorial' - 7 Mar 2022, Webinar

TaMHS

The **Targeted Mental Health Service (TaMHS)** provides mental health assessment and therapeutic work to children and young people 0-18.

We are in a unique position around the UK to be part of Swindon Borough Council rather than the NHS which allows us to be part of the Early Help process. Offering a better access to wider support from SBC. Working in a very integrated way with the other agencies such as Family service and Educational psychologists.

There are 2 parts to the Service; Traded and Single Point of Access.

Single Point of Access

- ❑ TaMHS holds the Single Point of Access (SPA) for all referrals to TaMHS/CAMHS/ LDCAMHS
- ❑ Screening process is the triaging of the incoming referrals is completed by TaMHS
- ❑ Daily meetings between TaMHS/CAMHS to ratify decisions which the Trailblazers join twice weekly.
- ❑ TaMHS send outcome letters to the referrers and can action any queries or gather more information.

TaMHS Interventions

- ❑ TaMHS Assessments - TaMHS offer 9 assessment sessions per day, two days a week, equating to 18 assessments per week. From the assessments children/young people are either seen by TaMHS for a therapeutic intervention, discussed with CAMHS colleagues or signposted to other services.
- ❑ TaMHS Therapeutic interventions Individual sessions are offered to children following assessment using CBT based therapies and solution focussed therapies. These sessions offer support to manage anxiety, self-harm, improve self-esteem, addressing eating issues & low level eating disorders. TaMHS also offer wellbeing groups using the CBT informed approach, again looking at managing feelings and anxiety, these are a 5 week programme, other groups are available on a needs based approach such as year 6 transition groups or Stressbusters.

TaMHS and Local children's Mental Health



Further
information:

[Swindon Local Offer - TaMHS](#)
[- Targeted Mental Health](#)
[Service Menu](#)

There are 3 local Children's Mental Health Services in Swindon. At the lowest level there is Trailblazers – Project Me. TaMHS the Targeted Mental Health Service is part of SBC. And CAMHS offering the higher level support part of the NHS – which includes Learning Disability CAMHS and TEDS – The Eating Disorder Service

How to refer: Schools can refer to Trailblazers and TaMHS direct if they have the service in their school. All other referrals will come via TaMHS who will screen and action the referral. Young people presenting at GWH after e.g. an overdose will be assessed directly by CAMHS

TEDS – The Eating Disorder Service, another part of CAMHS offer. Offering specialist assessment and evidence based treatment for young people with an eating disorder such as Anorexia Nervosa using CBT and Multi-family Therapy

LD CAMHS – Learning Disability CAMHS, delivered alongside main CAMHS and offering assessments and intervention to children with a formal Learning Disability as opposed to a Learning Difficulty. They work alongside the more specialist schools in Swindon supporting pupils and their additional needs. CAMHS also have a Neurodevelopmental clinic which provides assessment and diagnosis of neurodevelopmental disorders for young people with complex needs who have additional mental health needs

Trailblazers (Project Me) run by the **Barnardo's** charity are the newest addition to the mental health support offer in Swindon. They were created with government funding to increase Mental Health support in schools. They offer lower level support using a Low intensity CBT model (Cognitive Behaviour Therapy). They're in 40 schools currently.

TaMHS – the Targeted Mental Health Service part of the FISS service delivered by SBC. There are 2 parts to the service: 1- the Traded service that schools can purchase and 2-the Single Point of access where we take referrals for TaMHS, CAMHS and LD CAMHS holding a daily joint screening meeting with all 3 mental health services leads present. TaMHS staffing compliment includes Registered MH nurses, social workers and Outreach Workers

CAMHS – Child and Adolescent Mental Health Service the 3rd service, is part of the NHS under Oxford Health NHS Trust, encompassing CAMHS and LD CAMHS. There is also an inpatient mental health unit on the site also. CAMHS have a wider range of Multi disciplinary staffing including Child Psychiatrists, Clinical Psychologists, Family Therapists and Registered Mental Health Nurses.



School Nursing

School nurse clinics are offered in all mainstream senior schools – usually every two weeks

Referrals can be made using the attached RFS form (it has the email address on it)

Clinics offer a confidential service to pupils as long as they have capacity to consent and there are no safeguarding issues (usual safeguarding procedures are followed)

SN's can support with low confidence & self esteem, anxiety and a range of other issues this is usually completed over 3-4 sessions in school

We are currently using Outcome Stars to monitor and evaluate progress

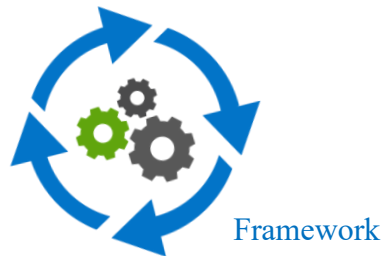
Jan Sadler

Professional Lead for School Nursing

Swindon Mental Health & Emotional Wellbeing Award



Aim of: Mental Health & Emotional Wellbeing Award



Whole school approach - PSHE



Improved Attendance and achievement

5 Key Sections:

1 – Whole School Programme – Universal Emotional & Mental Health

2 – Anti bullying work

3 – Targeted Support

4 – Staff Mental/Emotional Wellbeing

5 – Staff training

Final Section 6 – Evidence / Impact of support to staff and students

<p>Whole School Evidence:</p>	<p>Targeted Evidence:</p>
<p>How will you develop this work further?</p>	<p>Identify areas the school will need for further support :</p>

Please state how you will continue to develop this work or what support you may need to develop this work further.

Local System Overview

- Swindon Services Poster
- Local Offer: <https://localoffer.swindon.gov.uk/content/send-local-offer/landing-pages/health-landing-pages-and-content-pages/health-needs/mental-health-needs-menu/>
- MH Resources – CCG YouTube channel:
https://www.youtube.com/channel/UCI_TDbv_ZHo6AeQaPokmhYg/videos
- Swindon Mental Health and Emotional Wellbeing Award:
[New Mental Health Award : Swindon Healthy Schools](#)
- Details and documents from the whole day can be found here:
[Senior Mental Health Leads Training : Swindon Healthy Schools](#)