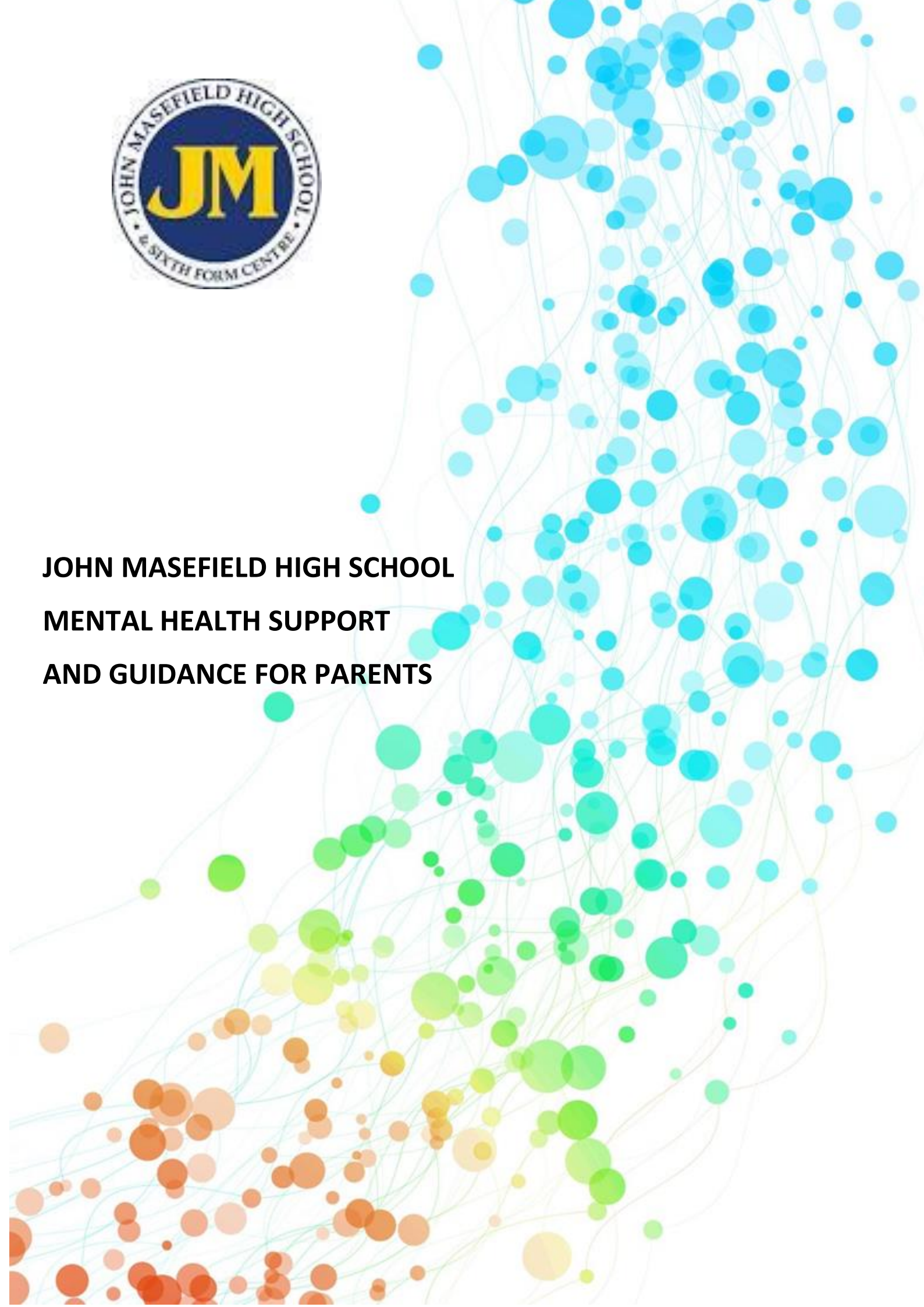




**JOHN MASEFIELD HIGH SCHOOL
MENTAL HEALTH SUPPORT
AND GUIDANCE FOR PARENTS**



INTRODUCTION

As a school our aim is to support the holistic development of all students. Part of this includes taking care of their mental health. With the reduction of the stigma surrounding mental health and more openness about the subject we are finding more students will talk when they are struggling. There has been a significant rise in students identifying with mental health concerns in the last four years from 1 in 9 in 2017 to 1 in 6 in the last NHS measure in 2022.

There are three levels of school-based support within this:-

1. **Preventative** – PSHRE lessons are planned to ensure mental health guidance and support is delivered to all year groups in age appropriate ways. Students are taught how to manage their mental health and to value this in the same way as physical health. We discuss strategies for managing stress and anxiety and where to go when further support is needed.
2. **Pastoral system** – students can talk to their tutors in the first instance. We also promote 'active tutoring' where our teachers are monitoring students for early warning signs such as attendance and behaviour changes. This can be followed up by the Year Leader and the Mental Health Lead where appropriate.
3. **External agency support** – we are fortunate to have access to the School Nurse Service, CLD counselling services and the Wellbeing and Emotional Support Team. All of these services visit the school and students will be assessed by us and directed to the most appropriate service.

There are some mental health conditions such as Eating Disorders, Bipolar Disorder and severe Obsessive Compulsive Disorder where it will be advisable to seek more specialist support through the NHS and CAMHS. Our school services, Year Leaders and the Mental Health Lead will be able to advise you further on this.

Whilst these are excellent services, there are inevitable waiting lists and there are some really useful and helpful resources available to all online which can offer support. These will be referred to throughout this booklet.

If you are particularly concerned about your child, please always consult your GP and let us know as soon as possible. Getting intervention in place early is best for the quick recovery of any person suffering with mental ill health.

Julie Kyle
Mental Health Lead

Julie.kyle@jmhs.hereford.sch.uk

Why do children and young people have mental health issues?

- Long term physical illness
- Family history of mental illness
- Losing someone very close to you
- Divorce and separated parents
- Bullied or physical abuse at young age
- Handling or experiencing financial issues
- Experience discrimination, racism
- Educational pressure
- Problems among family members, regular fights and arguments

The above list some of the many reasons that children can experience mental health distress. Unsurprisingly we see a huge rise in anxiety and panic in students in Year 11 and Year 13 which is a time of huge pressure. What we would encourage is time to talk at home and make sure that your child knows that they have someone to speak to who does not judge but listens carefully and takes their concerns seriously.

The following lists some signs to look out for with your child. You are the person who knows them best and you are the expert. Look out for the slightest of changes to know that something could potentially be worrying them and it might be time to seek help.

- Reassurance seeking (appearing clingy, not wanting to be on their own)
- Attention problems or getting distracted easily
- Withdrawing from friends or saying they feel isolated
- Disruptive behaviour in class
- Unfinished work or not handing in homework
- Tiredness in class
- Being late for school or missing school
- Frequently going to the toilet and trying to leave class
- Frequent complaints or real physical illnesses (e.g. tummy aches or viruses)
- Perfectionist tendencies
- Behaviours that could be considered rituals
- Anger outbursts
- Tearfulness
- Thoughts of self-harm or suicide
- Not eating at school
- Refusing to answer questions in class or speak in front of a group

School-based support

School-based support covers three of the areas covered in graphic below. The Mental Health Lead can signpost and then refer to either “Getting Help” which could be through the School Nurse or Education Mental Health Practitioner or CLD which goes into the “Getting Risk Support”. Those students needing more help will be referred on to the NHS and CAMHS.



School Nurse

The School Nurses come in once a week to support students. This can either be through a referral from the Year Leader or Mental Health Lead or students can drop in by themselves at lunchtimes. The Nurses can see students for up to 6 sessions about any of the issues listed below. If they consider that the issue needs further support they will refer on with us to CLD.

School Nurse Support



CLD

CLD are a counselling organisation which the school employs for 2 days per week. They cover a range of different support strategies through counselling including Cognitive Behavioural Therapy (CBT), solution focused therapy and systemic family practice. The waiting time for counselling in school is quite long and is focussed on supporting those in higher risk categories first. It is possible to self-refer to the CLD Trust although this is obviously charged.

Their website also has helpful information on mental health and levels of support.

www.thecltrust.org

info@thecltrust.org

01432 269245

WEST – Wellbeing and Emotional Support Team – Hereford

The WEST team provide the school with an Educational Mental Health Practitioner to work with students in either 1:1 or small groups. The Mental Health Lead will make a referral to this service if they are considered appropriate for this level of support.

- one of the first services you refer to when signs that someone is struggling first appear
- Guided Self-Help, so any 1:1 or group work involves supporting a student with implementing self-help strategies into their day-to-day lives
- Short term interventions: 6-8 weeks for 30-minute sessions and wellbeing tasks between sessions
- If at the end the student would like further support, we would then look at referring to services such as CLD Counselling, CAMHS, school nursing or any other relevant services

What we do:
Guided Self-Help

2022

- Worry Management**
Help with knowing how to control worries rather than them controlling us
- Thought Challenging**
Challenging negative thinking to support with feelings of low mood or panic
- Problem Solving**
Support with creating solutions to problems if students often become overwhelmed
- Sleep Hygiene**
Looking at sleeping well by using sleep diaries, wind down times and understanding more about why we sleep
- Behavioural Activation**
"Doing more of what matters" - increasing daily activity to decrease feelings of low mood
- Graded Exposure**
Support with feelings of panic or phobias by breaking things down into smaller steps to overcome fears

Understanding WEST

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Online support

There are other avenues of support which are extremely helpful and will guide and advise both parents and the children themselves. These can work well for children who are reluctant to talk or who are ready to engage in help and support. These are listed below.



STRONG YOUNG MINDS

This is a locally based mental health charity. There is a lot of advice and support for all young people from 10-26 available on the website. Students can also get involved with their charity work and become mental health champions for their schools.



HEREFORDSHIRE AND WORCESTERSHIRE CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

CAMHS provides significant guidance on their website for parents and carers concerned about their child's mental health. The website also has videos of parents discussing the levels of support offered and their success with it. It is increasingly difficult to get a referral to CAMHS and the website can help.

<https://camhs.hacw.nhs.uk/home>

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

The Solihull Approach website is full of online courses for children, parents and grandparents to learn about mental health in young people and, more importantly, learn how to support. If you use the code APPLEHERE then you can access this learning for free.

www.inourplace.co.uk



Young Minds know parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow up, and to help them learn to be independent, it can also be really hard work. It can feel especially hard if your child's mood and behaviour seem different and you're not sure why, or what you can do to help. But you are not alone.

Young Minds have lots of practical advice and tips on supporting your child - from how to encourage your child to open up about their feelings to dealing with mental health services. No matter what you and your child are going through, things can get better.

They also have a Parents Helpline who can provide advice and support if you're worried about a child or young person.

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

Parents Helpline on 0808 802 5544, Monday - Friday 9:30am - 4:00pm.



Kooth is an organisation which provides online support for students. It is full of helpful articles, discussion boards, live chat and a daily journal. Students with a Herefordshire or Worcestershire postcode can access the service for free. It is a highly-rated organisation for those who are able to access and start support for themselves.

www.kooth.com