

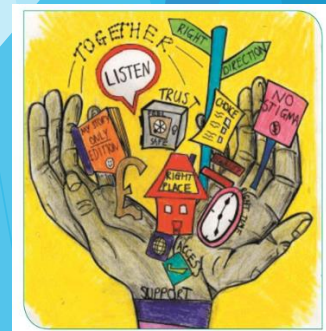


Future in Mind

Our Mental Health First Aid Journey

Future in Mind...

- ▶ Future in Mind Action Plan / Warrington CCG
- ▶ PSHE Hub Network/WASCL Site
- ▶ Future in Mind Launch (10th Oct 2016 - drama production, Warrington Guardian, external provision stands)
- ▶ Assemblies and Digital Signage relating to National campaigns
- ▶ Visits to other schools / sharing good practice
- ▶ Whole-school approach / Cross-curricular activities



In-school support


▶ Dedicated Pastoral Team

- ▶ Personal Development Team (PSHE, Citizenship, CEIAG)
- ▶ SEN Inclusion Team (plus Mentors)
- ▶ Safeguarding Team (CPOMS, TOOTOOT)
- ▶ Internet Safety Team
- ▶ 2 x Counsellors
- ▶ Pupil Premium Team
- ▶ Year group Progress Leaders (plus 2 x 'MH' Form Tutors)
- ▶ 'Play Therapy Room' (vulnerable students) - plans in place
- ▶ 'Well-being Room' and 'Self Help Hallway' - plans in place
- ▶ School Nurse Drop-in sessions

Confidential School Nurse
'Drop in'

School Nurses work both in and out of School to provide support and advice on:

- ▶ Keeping Healthy
- ▶ Immunisations
- ▶ Emotional Health
- ▶ Weight Management
- ▶ Sexual Health
- ▶ Drugs and Alcohol
- ▶ Smoking
- ▶ More support for those who need it most!



The 'Drop-in' is held
Thursday 1.15 - 2pm
C107

MAKE A NOISE
DON'T BE AFRAID TO SPEAK UP.
With tootoot you can

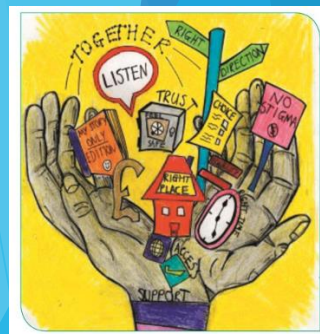
- talk about your worries in confidence
- attach pictures, videos and screenshots
- make a difference!



www.tootoot.org.uk



Available on the App Store



External Services

- ▶ Warrington CCG / EH&WB Meetings
- ▶ CAMHS (support sessions/training)
- ▶ Proud Trust (Rainbow Flag Award - LGBT)
- ▶ Cheshire Police (Safer Schools and Young Person)
- ▶ KOOTH (TTPB whole-school support and group therapy sessions)
- ▶ School Health Team (support for PSHE lessons, drop-in sessions, YHC campaigns)
- ▶ Youth Health Team (support for PSHE lessons, Activities Week sessions, Mobile Unit)
- ▶ Amy Winehouse Foundation (drug & alcohol awareness programme)
- ▶ Footsteps for Families (individual counselling sessions)
- ▶ The Tailormade (engaging drugs & alcohol message delivered in a unique way)
- ▶ Live Wire (Smoking Cessation)
- ▶ MHFA England (case study)

PERSONAL DEVELOPMENT

Warrington Youth Service Supporting Year 7 Transition

Many thanks once again to Warrington Borough Council's fabulous Youth Service team for providing invaluable support to our new starters in Year 7. The mobile bus, staffed by Youth workers, gave our students the opportunity to discuss and increase their awareness of self-esteem and the external influences on it, encouraged understanding of the emotions that may affect self-esteem and examined healthy relationships and the qualities of good friendships in an informal and unpressured setting. The activities were well attended and we hope that this has helped to alleviate any stresses associated with transition to secondary school.



Student well-being

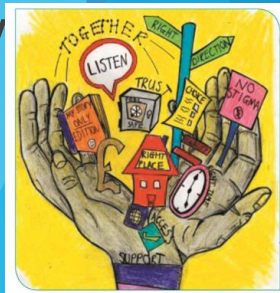
- ▶ **Timetabled PSHE Lessons** - all students (except Year 11), staff selected as per strengths
- ▶ **Youth Health Champions** (Make Your Mark, FiM, No Smoking, CAMHS visit, Anti-bullying)
- ▶ **Student Voice** - Student Leadership Group (dedicated sub groups)
- ▶ **My Pledge** - Year 10 students pledging to volunteer their time to support others
- ▶ **Tackling the Primrose & Blues** - working with Warrington Wolves Charitable Foundation, Everton FC & Edgehill University
- ▶ **Teenage Cancer Trust** - annual event promoting community spirit / charity

Youth Health Champions' Visit to CAMHS

As part of the recently launched Year 10 'My Pledge' initiative, CHS Youth Health Champions have formed a sub-group focusing specifically on 'Anti-Bullying'. The students involved participated in a visit to The Alders – the main site for CAMHS (Child and Adolescent Mental Health Services) - on Friday 25th November. They interviewed the five Boroughs Partnership Clinical Team staff in order to find out a bit more about CAMHS, the services and support they offer and how young people can access this.

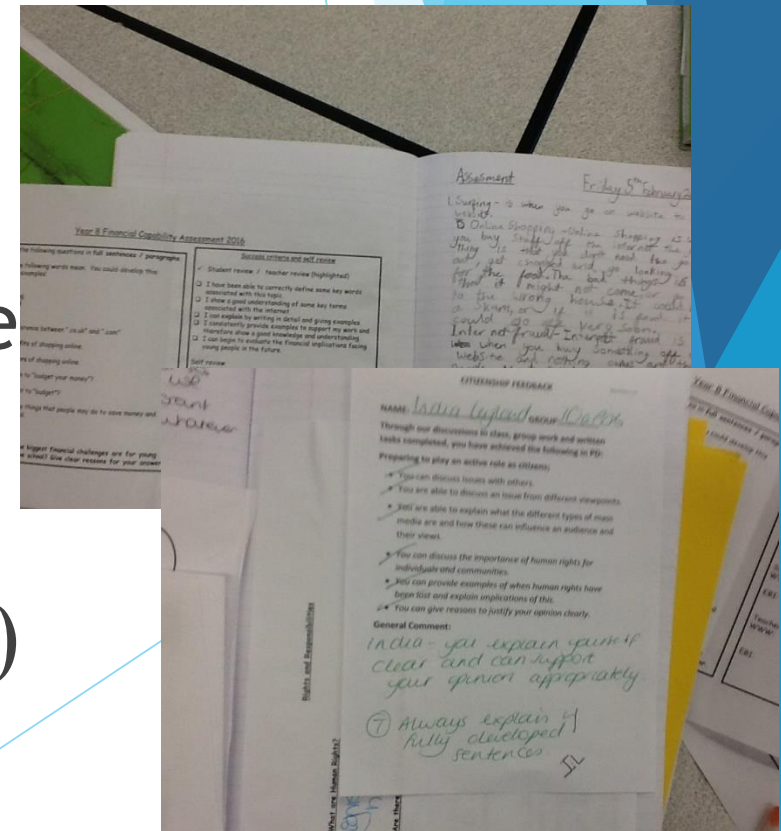
The group is currently editing the video and plans to share this with all member schools of the Future in Mind pledge in the near future. Watch this space!

Many thanks to the Warrington CAMHS Clinical Team for welcoming our students and taking the time to highlight the fantastic work being done to support the mental health of our young people.



Staff Well-being

- ▶ Professional CPD for all staff - sharing good practice within departments, tailored to individual needs/requirements
- ▶ Staff Plus - staff voice group (with newsletter); car washing service, cake day
- ▶ Staff 'celebration' nominations - 'Going the extra mile' & 'Unsung Hero' awards
- ▶ Reduction to staff workload (various initiatives inc. formal observation limitation)



Training

- ▶ Alliance for Learning (Lisa Wisher - 22nd May to support MH Week events) / AGGS PSHE Hub network
- ▶ Warrington Collegiate - distance learning
- ▶ Counselling in Education - supporting staff who offer support to young people
- ▶ Youth Connect 5 - engaging with parents/carers to support and build these relationships
- ▶ HappyOKSad - knowing how to access the support available to all across Warrington
- ▶ Self Harm & policy writing - understanding issues and developing a robust policy



A practical guide to www.happyoksad.org.uk, Warrington's mental health awareness website

Who should attend the one hour workshop?

Staff and volunteers from not-for-profit organisations, working in Warrington, who might signpost clients or colleagues to mental health services.

Purpose

To enable people to easily locate information about local and national mental health services, campaigns and resources.

Learning outcomes

Following the workshop we anticipate people will have increased knowledge of:

- how to locate information about local and national mental health services
- the range of mental health services available in Warrington
- how to access local mental health services
- key mental health campaigns
- how to navigate the site www.happyoksad.org.uk
- mental health promotion resources available



The Connect 5 Mental Wellbeing Training Programme

What is the focus of the Connect 5 Mental Wellbeing training programme?

The focus of Connect 5 training is to enable you to feel more confident and skilled to work collaboratively with individual adults, so you can help them improve their mental wellbeing.

Each Connect 5 session is practical and interactive, involves a PowerPoint presentation, large group discussion, small group work and exercises in pairs.

The Connect 5 training is based on a cognitive behavioural therapy (CBT) approach. This approach can help people to recognise and change some of the unhelpful patterns of thinking or behaviour that are behind their difficulties, so people can then improve the way they feel on a daily basis.

Who can attend the training?

The Connect 5 training programme is for Warrington Borough Council's staff, but is also open (free of charge) to staff and volunteers from not-for-profit organisations supporting Warrington residents.

The training is aimed at frontline workers and volunteers whose role includes supporting people to improve their mental wellbeing.

Where will the sessions be held?

The sessions will be held at different venues across Warrington.

Surveys

- ▶ Warrington BC 'Year 7 PSHE Survey' 2016
- ▶ Warrington BC 'Self-Harm' Survey for Schools 2016
- ▶ 'Smoking, Drinking and Drug Use among Young People in England' survey (NHS Digital/NFER research) 2016
- ▶ 'Children's Tobacco & Alcohol
- ▶ Future in Mind Evaluation 201
- ▶ CHS Year 10 SRE Survey



2017 Young People's Alcohol, Tobacco and E-cigarette Survey

Since 200 Warrington Trading Standards Service, in partnership with schools, has conducted a study to monitor and evaluate the behaviour and attitudes of young people (14-17 year olds) towards alcohol, tobacco and e-cigarettes.

How do you take part?

The survey data enables trends and patterns in behaviour and attitudes to be identified at a local and regional level.

The data will be used for the Joint Strategic Needs Assessment, facilitating analysis at a local level.

The data will be used to inform commissioners of various services to ensure appropriate resource targeting.

If the study is used to develop strategies for tackling the sale of alcohol, tobacco and e-cigarettes to young people

The survey areas to focus efforts on in addressing alcohol and tobacco harming people

How is the information formed?

The survey can be completed online or on paper but must be completed under school conditions (where the teacher is acting in loco parentis). It is expected to take a maximum of 10 minutes to complete. The survey is completely anonymous. The findings of the survey may be published, none of the information you provide will be linked back to an individual or to your school.

The survey is intended for pupils in Years 10 and 11. Any pupil in Year 10 or Year 11 who is not in school during the survey between January and March 2017



CHILD & ADOLESCENT MENTAL HEALTH SERVICES

5 Boroughs Partnership NHS Foundation Trust

Self-Harm Awareness Survey: Self-Harm Project

Date: 21/09/16

Names: Joanna Shaw

Email: jry@culchethhigh.org.uk

Role: Head of PSHE

School: Culcheth High School

Please rate your current knowledge, skills and confidence by placing an 'x' in the appropriate columns.

1 (lowest rating) - 7 (highest rating)	1	2	3	4	5	6	7
Knowledge of mental health difficulties		X					
Knowing what to do when someone presents with mental health difficulties		X					
Knowledge of self-harm		X					
Knowing what to do when someone presents with self-harm		X					
Confidence in supporting a young person with mental health difficulties	X						

Policies

- ▶ Positive Mental Health
- ▶ PSHE
- ▶ SRE (WIP)
- ▶ Substance Misuse
- ▶ Self Harm (WIP)

All policies have been produced in collaboration with students, staff, parents/carers, governors and other stakeholders and are displayed in the designated area on the school website and communicated via the Eagle newsletter.



Culcheth High School's Substance Misuse Policy

We want to make Culcheth High School a 'healthy' school; free from the misuse of alcohol, drugs, tobacco and other substances which have a harmful effect on you and our local community. For this reason, **CHS has implemented a new SUBSTANCE MISUSE POLICY**. We operate a zero tolerance regarding illegal drugs and will take action in relation to any drug related incident.

This includes the following circumstances:

- Suspicion
- Observation
- Discovery

Mr Hunt, and staff authorised by him, have a statutory power to search you or your possessions, without consent, when they have reasonable grounds for suspecting that you may have a prohibited item.

Prohibited items include:

- alcohol
- illegal drugs
- vaping paraphernalia (e.g. e-cigarettes)
- tobacco and cigarette papers
- any item that the member of staff reasonably suspects has/may be used to commit an offence
- any other item identified as being banned by Culcheth High School

Actions taken by Culcheth High School:

- These items can, and will, be taken from you and safely disposed of
- Your parents will be informed, along with the Police if necessary
- The incident will be kept on your file and you could be temporarily or permanently excluded from school
- Juvenile Cautions imposed by the Police stay on Police File FOR LIFE and may affect your future career prospects
- Criminal convictions also affect your travel plans to certain countries including the USA, Australia and New Zealand

Support from Culcheth High School:

- Following any alcohol or drug incident your parents/carers will be asked to come into school to discuss an action plan
- You will be screened by Warrington's 'Young Person's Substance Misuse Team', and given information, advice and support from the 'CHS School Health Team'
- An Individual Behaviour Plan (IBP) or a Pastoral Support Plan (PSP) may be put in place

Your mental and physical health is as important to us as your grades!

FRANK
0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

 Cheshire
Constabulary
Young Person's Drug
and Alcohol team :
07775 024875
or 07717 815859

If you would rather talk to
someone other than a CHS
staff member then
alternative help is available

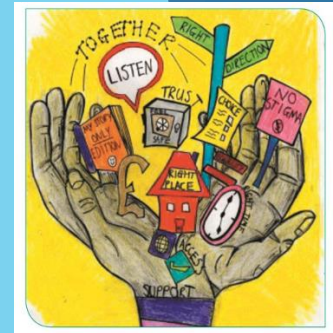

01925 244524

 Warrington
Borough Council

Warrington Drug and Alcohol Team (DAAT):
01925 443442

Next Steps

- ▶ YHC Celebration Event
- ▶ Developing WASCL PSHE Hub area and Network
- ▶ Further external support utilisation
- ▶ Embedding EH&WB for students AND staff
- ▶ Developing the PSHE Twitter feed
- ▶ Primary Liaison / Transition
- ▶ Equalities Award
- ▶ **Mental Health Awareness Week - 15th - 19th May**



Welcome to the EQualities Award

This guide will help you to navigate through the audit toolkit and answer any technical issues you may come across.

