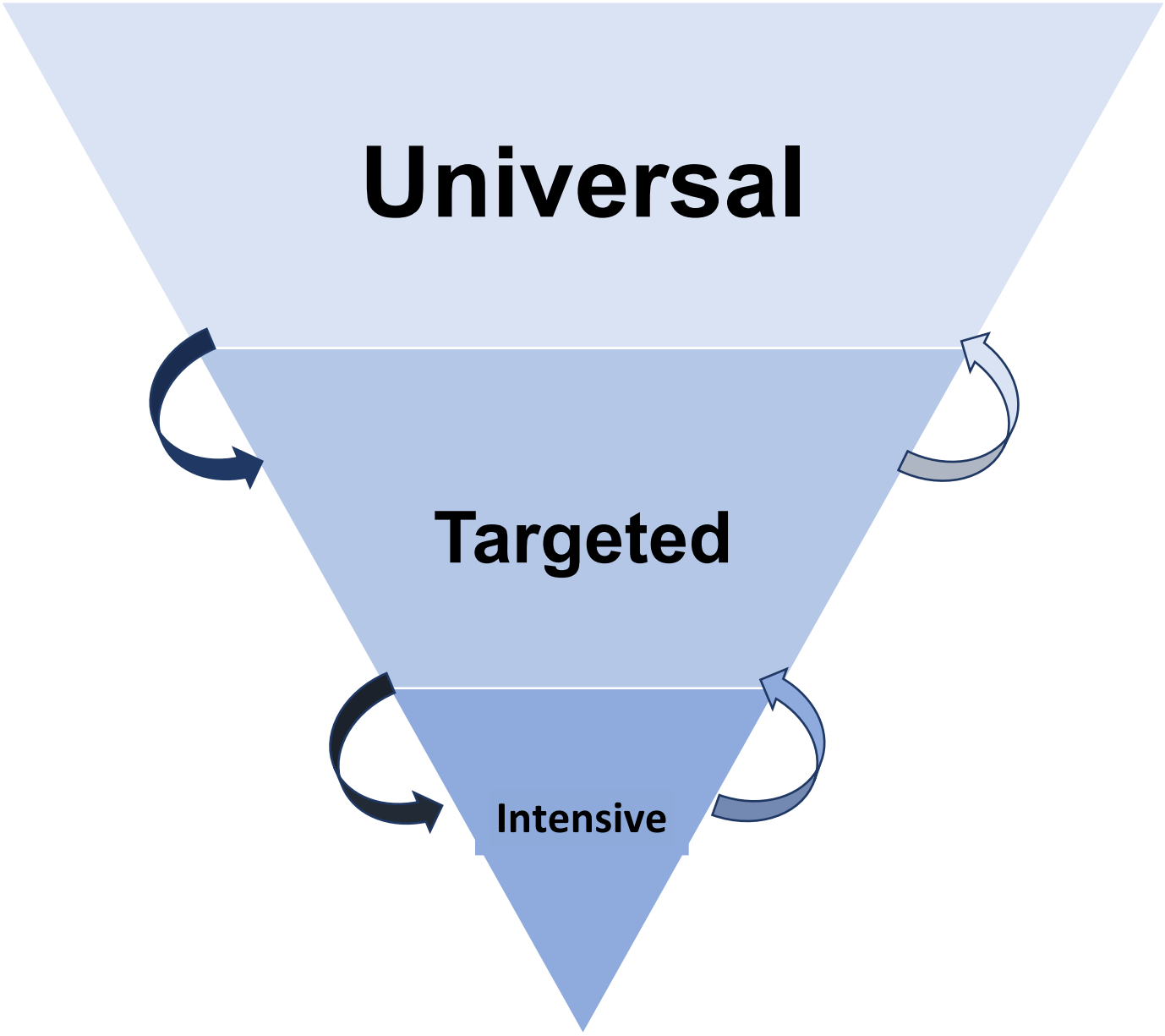
LONGSANDS ACADEMY
Astrea Academy Trust
LEARN, THRIVE, SUCCEED

Graduated Response to Scholar Mental Ill Health



Universal	• We strive to create a warm, welcoming environment, where every child feels included and understands the importance of their place within the Longsands Academy community. • Maintaining a child centred approach. • Maintaining safe and predictable environments through the implementation of the behaviour and relationships frameworks & policy. • Consistent, well-communicated expectations, which ensure scholars are prepared and safe. • Fundamental methods based on the '5 steps to mental wellbeing'. • Promote positive mental health for all, prioritising those who need help most. • Nurturing children's self-esteem through positive relationships. • Mental health awareness and response training for all staff. • Universal teaching approaches supported by cognitive science, create an inclusive learning culture. • Embedded Personal Development curriculum across all key stages, including bespoke lessons, assemblies, teaching practical self-care strategies, support scholars through key transition points.
Targeted	• Preventative and supportive communication with scholars and their parents/carers. • Access to interventions and provisions aiming to support mental health and wellbeing. • Access to in-house counselling services. • Specialist support plans which outline reasonable adjustments as agreed by key senior leaders (supported through the graduated approach for SEND where applicable). • Forming strong links with external mental health support services and signposting to external specialist child / youth mental health support agencies and services. • Embedded Early Help processes and offer. • Targeted teaching strategies that support self-identification and encouraging help-seeking behaviours through signposting and open discussion.
Intensive	• Regular supportive review meetings with the scholar and their parents/carers. • Individual support and Individual Health Care Plans written and agreed with specialist medical practitioner support. • Risk Assessments and Critical Incident Response Plans, written and agreed with specialist medical practitioner support, where relevant. • Information sharing with statutory safeguarding partners. • Participation in intensive interventions, led by mental health specialist practitioners.