

# HeadStart Middlesbrough Update

## Autumn Term



Giving all Middlesbrough's children and young people the necessary support to build resilience and achieve good emotional health



@HeadStart\_Boro



[facebook.com/headstart-boro](https://www.facebook.com/headstart-boro)

### #EpidemicOfHappiness Campaign

To coincide with World Mental Health Day, the HeadStart Middlesbrough programme launched the #EpidemicOfHappiness campaign to create a town-wide wave of positivity across Middlesbrough as well as promoting key areas of wellbeing such as self-care, self-esteem and positive thoughts. The campaign will feature videos, tools and other resources co-produced by HeadStarters to help spread happiness in Middlesbrough. The campaign launch video featuring some of the HeadStarters explaining what makes them happy can be viewed following the link below.

<https://www.youtube.com/watch?v=flfPg4KX3A&feature=youtu.be>

### FeelGood Festival

132 young people attended the 4<sup>th</sup> annual HeadStart #FeelGood Festival held at MyPlace. The #FeelGood Festival is an evening of live music and celebration for the young people of Middlesbrough. The festival is co-produced by young people who attend the MyPlace Mixed Ability Youth Club.

The festival also provides an opportunity for the Music SEND music champions to perform in front of a live audience, showcasing their singing, acting, dancing and standup comedy routines to help them achieve a music champion award.

As part of the festival, local organisations and services are invited to have a place in the "Wellbeing Market" as a way of promoting their services directly to young people, parents and carers. This year Youth Focus North East, More Than a Run, Youth Voice Middlesbrough and The Bungalow Partnership attended the "Wellbeing Market" while Involve Tees Valley brought their double decker youth bus Elsie to add to the activities on offer.



## HeadStarters

The HeadStarters are mental health and wellbeing champions recruited from all schools in Middlesbrough. Participants undertake the HeadStarters ASDAN Educational Training Pathway from Bronze Award up to Gold. The Bronze Award is 15 + learning hours of introductory activities and lessons on mental health and wellbeing ranging from building resilience, developing different coping strategies, dealing with change and the links between physical and mental health. The Silver Award is a community project planned and delivered by the HeadStarters to benefit the wellbeing of other people in school or the wider community, peer mentoring and community reporter training. The Gold Award is the Peer Education element of the pathway, where the HeadStarters pass their learning onto a new group of students

Following the October half-term, there are currently 701 youth mental health champions accessing the HeadStarters Educational Pathway across 32 primary and secondary schools. 10 of these groups are currently working towards the HeadStarters Gold Award, accredited by ASDAN, by passing on their learning to new groups of HeadStarters to create sustainable mental health and emotional wellbeing education and awareness in their school.

This half-term, six new schools will be undertaking the HeadStarters Educational Pathway.

## HeadStart Post 16

HeadStart Middlesbrough's Post 16 offer to colleges and sixth forms was rolled out in the first half-term of the academic year, following the successful funding bid to NESTA. Students from The Northern School of Art and Macmillan Academy Sixth Form have begun working towards the HeadStarters Bronze Award as part of the HeadStarters Educational Pathway. Training will begin at Middlesbrough College and Trinity Catholic College Sixth Form this half-term.

To complement the Post 16 offer, the HeadStart Middlesbrough Post 16 website will be made live shortly, featuring resources and support for all Post 16 students.

Academic Resilience Approach training is available for free through HeadStart Middlesbrough for all Post 16 staff based in Middlesbrough. The full day of training will be held at Macmillan Academy on Wednesday 11<sup>th</sup> December. Please contact HeadStart Programme Officer Andy Appleyard to book a place. This should be done as soon as possible to avoid any disappointment.



**“Being a HeadStarter has encouraged me to talk to people about my feelings”- Rose Wood Academy HeadStarter**

**“The whole school gets the benefit of HeadStart.” – Paul Cowley, Rose Wood Academy Headteacher**

## **HeadStart REACH**

HeadStart REACH Middlesbrough were commissioned to provide emotional wellbeing support to children and young people attending mainstream Middlesbrough schools in Years 1 to 11 as part of the national drive on early intervention and prevention in children and young people's mental health. Support was provided either one to one or in a group setting where appropriate. HeadStart Middlesbrough Emotional Wellbeing Practitioners were trained to deliver evidence based practices using a variety of interventions including counselling skills, CBT techniques and solution focused strategies ensuring that support is person centred. Each child and their family received a comprehensive initial assessment prior to work starting to determine their suitability for the service. The child, parent and school staff receive a final report which includes a description of the work completed, information about the progress made and any recommendations.

During the 2018/19 academic year 202 secondary pupils and 268 primary pupils were referred for one to one emotional well-being support. Reach recorded significantly improved outcomes for pupils receiving support. Further details are available from the Programme management Team.

## **HeadStart School Quality Standard**

Delivery of the HeadStart school standard to all primary, secondary and special schools in Middlesbrough is part of the Middlesbrough CAMHS Transformation Plan, the school standard enables schools to improve the emotional health and resilience of pupils.

The HeadStart school standard has been developed in conjunction with senior school leaders to support schools in facilitating effective and sustainable change in the delivery of support for the emotional well-being and mental health of children and young people.

The aim of this approach is to implement an early help and prevention model which will ultimately reduce the onset of common mental health problems by building the resilience of pupils to be able to cope better in difficult circumstances.

The model is underpinned by evidence based theory using the resilience framework: <https://www.boingboing.org.uk/interactive-resilience-framework/>

The implementation of the model is tailored to meet the priorities of school wherever possible.

The Headstart approach supports pupils on 3 levels –

- Universal – a whole school approach
- Universal plus – additional support for those pupils exposed to risks e.g. poor economic circumstances, parental mental health issues, presence of familial substance/alcohol misuse.
- Targeted – for those pupils subject to risk and exhibiting symptoms: attendance, behaviour and attainment

Features of the school offer include:

- A capacity building approach to improve resilience and capability of pupils to have good emotional health
- Developing the capacity of schools to support pupil emotional health through workforce development, financial investment and evidence based quality standards.

Overarching outcomes are:

- Increased emotional resilience in young people

- A school workforce with increased awareness of and better able to identify and respond to the needs of children through an overall systems change leading to sustained improvements in early prevention, targeted and specialist services
- Appropriate, accessible, innovative, joined up services reducing the need for high level interventions
- Improved attainment, attendance and behaviour

The HeadStart school standard has been developed to evidence a structured and effective support system for pupils. It is a requirement for schools to work towards achieving the standard to receive the full HeadStart offer. It has been developed in partnership with schools and provides an incremental framework to achieve a whole school approach to emotional health. This is linked to the academic resilience framework and toolkit developed by Young Minds and University of Brighton to support and facilitate a whole school approach to emotional well-being: <https://youngminds.org.uk/youngminds-professionals/our-projects/academic-resilience/>

### **HeadStart School Sustainability Grant Spotlight**

Subject to achieving the school quality standard and developing a sustainability plan, schools access a non-recurrent grant to facilitate an improved approach in supporting emotional health

The schools who have received their school improvement grant have invested in a variety of ways to create sustainable change including indoor and outdoor nurture spaces, investment in PAT training, transition support and school mental health and wellbeing hubs

Having achieved HeadStart Gold standard, North Ormesby Primary Academy invested their grant into creating a HeadStart Space, an additional intervention space in school to enable the school to respond to the needs of children more effectively and allow children to self-soothe and calm themselves. The HeadStart Space will also provide a space for children if/when they reach crisis, provide a space for HeadStarters to fulfill their training and in school work and help increase emotional resilience in children.



**“HeadStart has helped me to find more friends in my year group”** – Rose Wood Academy HeadStarter

**“The impact of HeadStart is invaluable”** Gemma Howell, Pastoral Support Officer, Sunnyside Academy

## **KOOTH**

Young people aged 11-18 across Middlesbrough can now access Kooth, a website offering free online counselling and emotional wellbeing support

Kooth ([www.kooth.com](http://www.kooth.com)), from digital mental health provider XenZone, gives young people instant access to emotional and wellbeing advice and support whenever and wherever they need it. It incorporates self-help articles and online tools such as a mood tracker, as well as professional online therapy and moderated peer-to-peer forums.

The Kooth service has been commissioned by local mental health provider Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV) as part of its commitment to provide early mental health guidance and support through digital provision.

The service is accredited by the British Association for Counselling and Psychotherapy (BACP) and provides a safe environment where young people can chat anonymously and in confidence with qualified counsellors, who are online from 12-noon until 10pm on weekdays and from 6pm until 10pm, 365 days a year.

Young people can register on Kooth without having to provide personal details such as their name or address. It provides a safe and non-judgemental place for them to talk, connect and chat with others and know they are not alone.

TEWV has commissioned the Kooth service to complement existing care provision and, where necessary will signpost children and young people to wider support available, as well as having the ability, when information is provided to them, to refer them directly into TEWV if needed.

For further information please contact [awhite@xenzone.com](mailto:awhite@xenzone.com) representing Kooth or the HeadStart Programme Management Team.

## **Link Programme**

Early in 2020 Anna Freud will be hosting 2 workshops in Middlesbrough. The Link Programme is a major national initiative which is being rolled out over four years starting from September 2019. All Clinical Commissioning Groups are expected to take part and every school and college will be invited to participate. The programme has a simple aim: to bring together education and mental health professionals so that more children and young people get the help and support they need, when they need it. It centres around two full-day workshops which bring together education and mental health professionals from across the CCG. The Link Programme is not a series of one-off workshops. It's a step towards creating systemic and sustainable change by supporting education and health professionals to work closely together. This will be an ideal opportunity to consider what has been achieved and delivered to date - through HeadStart and other school initiatives -and how the agenda needs to be moved forward within the town. It is essential that as many schools and colleges attend the workshops. Dates and invitations will be sent out as soon as possible.

## **On My Mind**

Anna Freud's On My Mind website now features a new resource on Shared Decision Making. The resource features top tip videos for young people, parents and carers and professionals all developed through consultation and workshops with the Centre's Young and Parent Champions.

The [Shared Decision Making resource is now live on our website](#).

Service can also download a free Shared Decision Making poster from the [Resources Section](#).

### **World Mental Health Day on BBC Tees**

As part of BBC Tees' World Mental Health Day celebrations, reporter Ian Wood attended a HeadStarters session at Rose Wood Academy to speak to Year 4/5 students and school Headteacher Paul Cowley about the impact that the HeadStart Middlesbrough Programme has had on school and the importance of continuing this work. These interviews were then featured on Antony Collins's Breakfast Show on World Mental Health Day. The full feature can be found using the link below.

<https://www.youtube.com/watch?v=ACo2hghhShQ>

**“HeadStart is essential as it creates a whole school key focus”** – Jill Manders, Deputy Headteacher St. Joseph's Catholic Primary School

**“Being a HeadStarter has helped me to learn different ways to cope and help with my anger”**- Rose Wood Academy HeadStarter

For more information on HeadStart Middlesbrough please contact the programme team:

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