



# Mental Health in Schools Project

Mapping Exercise Overview Report

September 2018

## About Healthy London Partnership

Healthy London Partnership formed in 2015. Our aim is to make London the healthiest global city by working with partners to improve Londoners' health and wellbeing so everyone can live healthier lives.

Our partners are many and include London's NHS in London (Clinical Commissioning Groups, Health Education England, NHS England, NHS Digital, NHS Improvement, trusts and providers), the Greater London Authority, the Mayor of London, Public Health England and London Councils.

All our work is founded on common goals set out in [Better Health for London](#), [NHS Five Year Forward View](#) and the [Devolution Agreement](#).

## About this document

This mapping exercise was undertaken as part of the Mental Health in Schools Project. The project is a joint enterprise between the Greater London Authority and the Healthy London Partnership.

## Executive Summary

This mapping exercise was undertaken as part of the Mental Health in Schools Project. The project is a joint enterprise between the Greater London Authority and the Healthy London Partnership.

The project was agreed by the London Health Board in April 2018 following a report regarding the services available within schools to children and young people to support their emotional wellbeing and mental health.

The project was established in May 2018. It has been overseen by the Healthy London Partnership Children and Young People's Transformation Board.

It had the following agreed aims:

- **Support a survey of services** for children in schools through local authority, CCGs and Mental Health Trusts to support better understanding of the current provision across London.
- **Develop a Key Line of Enquiry** for Local Transformation Plans within London, supported by NHS England.
- **Develop a self-assessment tool for CCGs** to measure their progress in developing services through the Local Transformation Plan and their oversight through Health and Wellbeing Boards.
- **Develop an online toolkit**, which will be a best practice guide for school leaders, governing bodies and commissioners in health and local authorities.
- **Investigate the availability of suitable apps** for use by CYP and whether these can be promoted to assist children and young people's understanding of health issues.
- **Hold an event** through the Greater London Authority to launch and publicise the toolkit.

This report provides the results of the first of those aims.

The survey and mapping exercise was undertaken from May to August 2018. As agreed by the London Health Board in April 2018, the mapping exercise was undertaken across the three key organisations engaged in Local Transformation Planning:

- Clinical Commissioning Groups (CCGs)
- Local Authorities, through Directors of Children's Services
- NHS Mental Health Provider Trusts

The survey format was different for each of these organisations to reflect their distinct roles.

We are extremely grateful for the assistance of the Cavendish Square Group, the Association of London Directors of Children's Services, Clinical Commissioning Group Leads and the Association of Directors of Public Health in facilitating the collection of this information.

The formats were designed to elicit a descriptive and qualitative response. This has had the advantage of giving a depth to the information, but has meant that there are difficulties in aggregating overall levels of services across London. As the findings illustrate, the range of different services would have made like for like aggregation of services challenging in any event.

In all, responses were received from 27 out of 33 local authority areas, which is a return rate of 82%.

The extent and detail included means that there is a significant advance in the information available on what activity is taking place within schools.

### **Key Findings**

- In the majority of areas that have submitted a response, there is evidence of a considerable range of activity to support emotional wellbeing and mental health within schools.
- The nature of this activity varies considerably between boroughs. There are a wide range of initiatives, sometimes within the same geographical area.
- There is a variation in how much knowledge and awareness of services provided and commissioned by schools the CCG and Local Authority hold.
- The commissioning arrangements remain complex, particularly at the lower ranges of intervention.
- Many initiatives are at early stages in their evaluation of effectiveness.
- There is limited data about the numbers of CYP who are accessing services currently through schools and colleges.

As a result of the Key Findings, the report makes the following recommendations:

1. Clinical Commissioning Groups and Local Authorities should work together to understand the overall services available to CYP at schools and colleges. The self-assessment tool developed by Healthy London Partnership is available to assist with this. This process should be overseen through Health and Wellbeing Boards.
2. Clinical Commissioning Groups, Local Authorities (including colleagues from Public Health) School Forums should work together to clarify commissioning responsibilities for services to CYP at schools and colleges. Providers from NHS and Voluntary Sector Organisations should be engaged in this work. A commissioning tool has been developed by Healthy London Partnership to assist with this.
3. Commissioning Guidance for schools should be developed. This should include Guidance on how to evaluate services. A working group of Commissioners and school leads should be convened to draw up this Guidance.
4. As interventions are evaluated, this information should be shared across London. The Mental Health in Schools online toolkit should be maintained and updated as a method of sharing information.

## **Introduction and Background**

The Mental Health in Schools Project is a joint enterprise between the Greater London Authority and the Healthy London Partnership.

Improving mental health support for children and young people (CYP) is a priority for the Government and for the National Health Service.

One in ten children aged 5-15 are estimated to have a diagnosable mental health problem at any one time<sup>1</sup>. It is estimated that 75% of enduring mental health disorders have commenced by the age of 18.<sup>2</sup>

The Government published Future in Mind<sup>3</sup> in 2015, setting out the vision to improve services for children's mental health. Following this, the NHS published the Five Year Forward View Plan for Mental Health<sup>4</sup>, which is the key plan for the NHS contribution to Future in Mind. The Government committed an additional £1.4bn in England to improve mental health services over the 5 year period. Each Clinical Commissioning Group is required to submit an annual Local Transformation Plan setting out how they are improving services for children. This Plan is presented to the local Health and Wellbeing Boards for oversight and approval.

Providing support for emotional wellbeing and mental health in schools is a very important factor in improving support overall. Such support can prevent the emergence of mental health problems and schools can play a vital role in identifying problems, seeking appropriate help, and in offering on-going support to children.

This has been further recognised by the Government in their Green Paper 'Transforming Children and Young People's Mental Health' and Consultation Response.<sup>5</sup> There are three key proposals:

- *Incentivising schools/colleges to train a Designated Senior Lead for Mental Health*
- *Creating new Mental Health Support Teams to provide extra capacity for early intervention and on-going help.*
- *Trialling a four week waiting time for access to specialist NHS children and young people's mental health services.*

It is planned for these proposals to be established across 20-25% of England by 2023. It is also important to note that Mental Health Support Teams are designed to provide additional capacity and support and to complement existing services, not to replace them.

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<sup>1</sup> Green H, McGinnity A, Meltzer H, Ford T, Goodman R (2005). Mental health of children and young people in Great Britain, 2004

<sup>2</sup> Murphy M and Fonagy P (2012). Mental health problems in children and young people. In: Annual Report of the Chief Medical Officer 2012. London: Department of Health.

<sup>3</sup> <https://www.gov.uk/government/publications/improving-mental-health-services-for-young-people>

<sup>4</sup> <https://www.england.nhs.uk/wp-content/uploads/2016/02/Mental-Health-Taskforce-FYFV-final.pdf>

<sup>5</sup> [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/728892/government-response-to-consultation-on-transforming-children-and-young-peoples-mental-health.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/728892/government-response-to-consultation-on-transforming-children-and-young-peoples-mental-health.pdf)

Through the London Health Board, the Mayor of London raised concerns regarding the range and status of support in schools regarding emotional wellbeing and mental health that is currently available.

In response to this, the Mental Health in Schools Project was established with support from NHS England. The Project had the following key aims:

- **Support a survey of services** for children in schools through local authority, CCGs and Mental Health Trusts to support better understanding of the current provision across London.
- **Develop a Key Line of Enquiry** for Local Transformation Plans within London, supported by NHS England.
- **Develop a self-assessment tool for CCGs** to measure their progress in developing services through the Local Transformation Plan and their oversight through Health and Wellbeing Boards.
- **Develop an online toolkit**, which will be a best practice guide for school leaders, governing bodies and commissioners in health and local authorities.
- **Investigate the availability of suitable apps** for use by CYP and whether these can be promoted to assist children and young people's understanding of health issues.
- **Hold an event** through the Greater London Authority to launch and publicise the toolkit.

In addition, a Consultation exercise seeking the views of CYP was undertaken through Young Minds and their Amplified programme.

This report sets out the findings of the first of these aims, the survey and mapping exercise of current services. Appendix 1 gives a further level of detail regarding the findings.

### Methodology

There was an initial consideration on whether to conduct a survey across all schools.

The immediate background was that the Department of Education had carried out a survey across all schools in England and published findings.<sup>6</sup>

This provides a useful set of background information. However, the rate of return in England was 21% of all schools and within London the rate was substantially less. It also gave limited information about the extent of services available within schools, such as counselling.

As schools had recently received a survey regarding mental health support it was agreed by the London Health Board in April 2018 that it was likely there would be a similar rate of a response to a survey just for London schools to complete. We were also conscious of the number of information requests that schools receive and that the summer term, with the pressures of exams, was likely to further limit the effectiveness of this approach.

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<sup>6</sup> <https://www.gov.uk/government/publications/supporting-mental-health-in-schools-and-colleges>

The London Health Board therefore agreed that it would be more effective to carry out a mapping exercise across the three key organisations engaged in Local Transformation Planning:

- Clinical Commissioning Groups (CCGs)
- Local Authorities, through Directors of Children's Services
- NHS Mental Health Provider Trusts

The survey format was different for each of these organisations to reflect their different roles.

The formats were agreed and consulted on before circulation.

The formats are attached as Appendices 2-4.

In practice, in some areas, the lead commissioners in the local authority and the Clinical Commissioning Group collaborated and submitted a joint response.

Provider Trusts have also submitted partial submissions in some areas because the same provider is operating across several CCGs and have different commissioning arrangements with each of those with regard to school services.

The formats were designed to elicit a more descriptive and qualitative response. This has had the advantage of giving a depth to the information, but has meant that there are difficulties in aggregating overall levels of services across London. As the findings will illustrate, the range of different services would have made like for like aggregation of services challenging in any event.

In all, responses were received from 27 out of 33 local authority areas, which is a return rate of 82%.

### **Key Findings**

- In the majority of areas that have submitted a response, there is evidence of a considerable range of activity to support emotional wellbeing and mental health within schools.
- The nature of this activity varies considerably between boroughs. There are a wide range of initiatives, sometimes within the same geographical area.
- There is a variation in how much knowledge and awareness of services provided and commissioned by schools the CCG and Local Authority hold.
- The commissioning arrangements remain complex, particularly at the lower ranges of intervention.
- Many initiatives are at early stages in their evaluation of effectiveness.
- There is limited data about the numbers of CYP who are accessing services currently through schools and colleges.

### **Range of Activity**

Appendix 1 gives a greater level of detail regarding the extent of the services that have been referred to through the mapping exercise.

Services are identified against a range of categories, which are often difficult to categorise.

Where figures have been given, the third column gives this information. As is evident, in the majority of cases, this information was not provided or is not available.

This report will summarise the services according to broad levels of need.

These are:

- Universal services
- Services for CYP with needs identified as lower level
- Services for CYP with more complex needs
- Services for CYP at high levels of risk

Prior to this however, is a brief comment on the commissioning arrangements that have been identified.

### **Commissioning**

At all levels of intervention services have been established through a number of routes:

- Universal provisions such as School Nursing and Educational Psychology, although in many cases these can be augmented by schools commissioning an enhanced level of service.
- Direct commissioning through CCGs and Local Authorities. In some cases, services are provided on a universal basis to schools. This may involve an agreed top slice from the Dedicated Schools Grant. In other cases, services are made available as a traded service, where the partial or full cost of the service is purchased by individual schools.
- Grant funded national initiatives, such as Mental Health First Aid Training.
- Direct commissioning by schools through Voluntary Sector Organisations.
- Direct commissioning by schools of private providers.
- Development of initiatives within schools such as peer to peer support.

The commissioning bodies engaged include:

- Individual Schools
- Multi Academy Trusts
- Schools Forums
- CCGs
- Local Authorities
- Public Health
- Grant funding
- Central Government
- Charitable funding

The complexity of the commissioning arrangements lead to a high level of variation regarding what provision is available to CYP.

Some authorities do offer advice to schools on commissioning.

*Example: Wandsworth.*

### **Surveys of Provision**

Some CCGs and Local Authorities had undertaken their own surveys of current provision across the schools in their area. However, all reported that the return rate from schools was variable.

Undertaking detailed surveys requires a considerable expenditure of resource to compile and analyse the data, and this limits the ability of areas to achieve this regularly.

In some areas, there was a very limited understanding of what is being provided by schools compared with other areas where the processes for engagement were better developed.

*Examples of Surveys: Enfield, City and Hackney and Newham.*

The categories of provision given below are approximations. In many cases, the differential between them is difficult to define. For example, training to staff may form part of an overall package that is linked to more targeted interventions. Staff offering counselling will also be involved in offering more general advice and guidance.

The examples given are not intended to be exhaustive as many services are offered in large numbers of local authorities or schools.

### **Universal Services**

In this context, Universal Services are those that are not aimed at individual children. They are offered to all children or staff, or in offering advice.

- Staff Training – training is offered in the majority of areas. In the greater number of cases, this is offered free of charge. The extent of the training is variable. Many schools commission their own training. Where voluntary sector organisations are working within schools they also offer training.

*Examples of staff training: Camden, Islington, Merton, Wandsworth, City of London, Richmond, Hounslow, Lambeth and Southwark.*

- Whole school approaches. Many schools have made strides to improve the culture of the school. This may involve classes and assemblies with specific lessons on mental health. The approach is to aim to reduce the stigma associated with poor mental health and develop a school culture that is more supportive and invites CYP (and staff) to talk about their feelings.

*Example: Marylebone School, City of Westminster.*

- Participation of CYP. This may not be directly related to issues of mental health, but giving CYP a voice and input into the school is an identified part of developing a mentally healthy school.

*Example: George Green School, Tower Hamlets.*

- Mental Health First Aid (MHFA) training – this is offered in a range of ways. Central Govt. has commissioned a nationwide programme. The Greater London Authority are now commencing on a further supplementary programme. Many local authorities or CCGs have also commissioned supplementary training. Some schools have also sent individual staff on this training through their own budgets.

*Examples: Camden, Lewisham and Bromley.*

- Surveys of Emotional Wellbeing – these were supported by the Local Authority and CCG in some areas. Information is available to schools through various organisations. In some areas, schools were offered support in interpreting the data. Surveys are less well embedded than training.

*Examples: Waltham Forest and Islington.*

- Conferences on mental health have been provided in a number of areas for school staff.

*Examples: Greenwich and Barking and Dagenham.*

- In a number of areas, the CCG or the Local Authority support and enable Mental Health School Forums for key staff.

*Examples: Greenwich, Enfield, Bromley and Tower Hamlets.*

- There are examples where CCGs have identified named staff to offer advice and support for schools.

*Examples: Barking and Dagenham, Newham and Bromley.*

### **Early Help Services/ Getting Help**

There are a very wide range of services included within this range. These are services that are open to all pupils, rather than being targeted at those who have been identified as being in need. However, there is emerging evidence that offering services to whole classes can have a disproportionately high impact on the CYP with higher levels of need. It may also be difficult to identify CYP with lower levels of need prior to interventions.

Approaches include:

- A range of peer to peer support arrangements. This includes mentoring programmes and recruiting CYP to be available at lunch breaks and after school. Pupils have organised conferences for other schools. In some cases this is supported by voluntary sector organisations but is most often enabled within the school. It does require commitment and resource from school staff.

*Examples: Hendon School, Barnet and Chingford Foundation School, Waltham Forest.*

- Group work across whole classes. This is most often used within primary school settings. Group work may be to look at particular issues or be more widely to build resilience within CYP. Some programmes are based on Cognitive Behaviour

Therapy. In most cases these interventions are delivered by an external body. They may be commissioned by CCGs or Local Authorities, jointly funded/traded, or commissioned by schools. Some of the Child Welfare Practitioner Schemes have delivered group work with CYP.

*Examples: Cues-Ed delivered by South London and Maudsley in Croydon and Southwark; Zippy's Friend in Merton; Head Start services in Newham and Trauma informed PRU, primary schools and partners project (TIPPPS) in Islington.*

- Group work with parents. The CYPIAPT Children Wellbeing Practitioner (CWP) programme has in some instances delivered group work with parents, generally in primary school settings. There are examples of schools that have extended their MHFA training to some parents.

*Example – Richmond CWP and Central London CCG CWP.*

- Mental Health Leads in schools – the role of leads cuts across all of the levels of need, but their role in providing pastoral care to CYP at lower levels of need is very important. Where they have received MHFA or other training, for example through the CAMHS School Link Pilots, they are likely to have greater levels of knowledge on how to identify and support children who may need a greater level of assistance.

*Examples: Hackney, Islington, Camden, Croydon*

- Primary and Community Care – using primary and community care as a route to identifying mental health in CYP and relevant support/treatment.

*Examples: The Well Centre in Lambeth and Hounslow School Nursing Service.*

### **Targeted Services/ Getting More Help**

This group of services are generally aimed at individual CYP who have identified themselves or have been identified/ referred by a professional as having a greater level of need. This might also be referred to as services at CAMHS Tier 2 level.

These include:

- Counselling services commissioned by schools either through individual counsellors or through voluntary sector organisations. Counsellors operate within the school. They may offer open access sessions as well as individual sessions to identified children.

*Examples: Harris Multi Academy Trust commission counsellors and Place2be operate in over 200 schools.*

- Services either offered to schools through CAMHS or other providers through a traded arrangement or part traded arrangement. Most services offer a range of training, advice and guidance as well as individual work with CYP.

*Examples: Wandsworth (primary), Enfield (secondary), Kingston (primary), Lambeth, Southwark, Greenwich, Barnet and Ealing.*

- Services as above offered to all schools. In some areas this is funded through the Schools Forum.

*Examples: Camden, Islington, Kingston and Richmond (secondary), Wandsworth (secondary), Enfield (primary), Kensington and Chelsea/ City of Westminster and City of London.*

- Education Psychology Services operate in all schools. They are often now a traded service and some schools commission independent Education Psychologists. In some areas, they have been commissioned to offer additional support to schools.

*Examples: Enfield and Merton.*

- Staff Support – the need to support staff who are in turn offering support to CYP is recognised as one of the components of a whole school approach to improving emotional wellbeing. There were fewer examples offered of particular programmes.

*Examples: Lessness Heath Primary School in Bexley and Place2think in Waltham Forest.*

- Open access counselling – through online or other arrangements. These are not directly related to schools but schools will encourage CYP to use them.

*Examples – Kooth are commissioned in 13 boroughs and Off the Record in 4 boroughs to provide online counselling. An outreach bus operates in Croydon.*

### **Managing Risk and Getting Support**

This relates to CYP who have higher levels of needs and require services that are unlikely to be offered within the school setting. These will be the responsibility of the local CAMHS service. Local Transformation Plans, overseen through the Health and Wellbeing Board, are in place in each Clinical Commissioning Group to set out how CAMHS services should improve through the Future in Mind programme.

School link arrangements, either through school staff undertaking training or through CAMHS or other staff being linked to schools, have proved effective in improving the identification of CYP at higher levels of need.

Good communication has also been aided through forums, training and conferences as referred to above.

### **Challenges and Difficulties**

Contributors were asked to identify some of the difficulties that they were experiencing in supporting schools. There were a number of consistent themes given within the feedback:

- Difficulties in engaging with all schools within the local authority. This was not necessarily related to their status in terms of whether schools are academies.
- Pressures on staff time within schools and maintaining skills and knowledge.

- Financial pressures on local authorities and schools.
- Commissioning responsibilities and advice for schools.
- Resources required to survey schools and disseminate information.
- Understanding the total offer within schools.
- Ensuring access to CYP not in school.
- 16-18 year old provision.
- No statutory basis for PSHE.
- Links to parenting programmes.
- Having an outcome driven approach.
- Addressing the needs of LGBTQ CYP.
- Support in the voluntary sector.
- Support for teaching and other school staff.

### **Recommendations**

1. Clinical Commissioning Groups and Local Authorities should work together to understand the overall services available to CYP at schools and colleges. The self-assessment tool developed by Healthy London Partnership is available to assist with this.
2. Clinical Commissioning Groups, Local Authorities (including colleagues from Public Health) School Forums should work together to clarify commissioning responsibilities for services to CYP at schools and colleges. Providers from NHS and Voluntary Sector Organisations should be engaged in this work. A commissioning tool has been developed by Healthy London Partnership to assist with this.
3. Commissioning Guidance for schools should be developed. This should include Guidance on how to evaluate services. A working group of Commissioners and school leads should be convened to draw up this Guidance.
4. As interventions are evaluated, this information should be shared across London. The Mental Health in Schools online toolkit should be maintained and updated as a method of sharing information.

## Appendix 1

### Mapping exercise of mental health services in schools in London

Explanatory Note – Services are allocated to Local Authority. Local Authorities have been assigned randomly with numbers. In some cases, services are offered across provider area, which may include services across two or more Local Authorities or Clinical Commissioning Groups. Data on numbers of schools, staff or children have been quoted where these have been provided.

Type of Service	Description/ Examples	Data and Figures (where available)
Direct Services within schools	<p>LA 6 - Schools Forum commissions CAMHS to provide a clinician to each school – 0.5 per fortnight for primary schools and 1.0 per fortnight for secondary schools. Many schools top this up.</p> <p>Offers:</p> <ul style="list-style-type: none"><li>• Working with CYP and families who have been hard to engage with more formal CAMHS arrangements</li><li>• Early intervention and prevention</li><li>• Consultation for school staff</li><li>• Training for staff</li><li>• Working with groups of children or parents on specific issues relevant to the school</li><li>• Initial screening for autism/ neurodevelopmental disorders</li></ul> <p>LA 9 - provides the same level of service as above jointly commissioned through the LA and</p>	83 schools (all schools in the local authority)

	<p>the CCG</p> <p>LA 9 - Developing Innovative Practice – funds schools to develop new ideas on the basis that these will then be shared with other schools in their area.</p> <p>LA 16 - CCG and schools jointly commission Place2be in primary schools.</p> <p>LA 16 - Also commission Catch 22 in secondary schools (7) – schools have to make a contribution</p> <p>This offer of joint commissioning is open to all secondary settings - offers counselling as well as a service on substance misuse.</p> <p>LA 14 – Place2be operating in schools. Commissioned by schools</p> <p>LA 14 – Young People’s Health and Wellbeing Service works with young people aged 10 – 19. Not specifically offered within schools</p> <p>LA 10 – play and art therapy for primary settings; parent and child workshops to support families; counselling, drama therapy and additional SALT.</p> <p>LA 10 - Additional Support for schools close to site of major catastrophe – schools have had regular clinical services and others are being screened.</p>	<p>55 schools</p> <p>20 schools</p> <p>7 schools</p> <p>7 schools</p>
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	<p>LA 5 - Most schools buy in a counselling service from a range of providers, including locally commissioned voluntary agency.</p> <p>LA 5 - School Consultation Service to all schools commissioned by CCG.</p> <p>LA 23 - Big Lottery funded programme offers a range of whole school approaches and preventative services.</p> <p>LA 23 - CAMHS consultation group available for teachers run on a fortnightly basis. 2.5 teachers employed through CAMHS to follow up treatment within schools.</p> <p>LA 23 - CCG commission a PSHE and Emotional Wellbeing Coordinator to provide advice and support for all schools.</p> <p>LA 4 - Primary Care Setting – operates in LA and is available to schools and children in local area. Primary Health Care also offering mental health support. Commissioned by local schools to offer emotional wellbeing support in schools and to deliver PSHE lessons to local schools.</p> <p>LA 2 - Schools Emotional Wellbeing Service – traded to schools and commissioned by 20% of schools. Delivers therapeutic assessment and intervention for individuals and groups, support to staff and whole school development.</p> <p>LA 2 - Primary Based Support Service – commissioned by Schools Forum – provides</p>	<p>17 schools</p> <p>12 schools</p> <p>64 schools (50 primary and 14 secondary)</p> <p>4 schools directly commission but open to all local schools</p> <p>22 schools</p>
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	<p>specialist consultation and intervention to primary schools.</p> <p>LA 1 - CAMHS link worker at maintained school</p> <p>TaMHS – provided by Mental Health Trust – traded to schools LA</p> <p>LA 25 - Specialist self-harm support service provided to schools</p> <p>LA 20 and 21 - Emotional Health Service offered by CAMHS and available to schools through a traded service. Some schools take up 0.5 days per week, others do not purchase. However, the Council commissions this service for all secondary schools. Schools are able to make decisions over which services that are appropriate for them. This is an integrated service with social care, early help and educational psychology. Integration of Tier 2 CAMHS with social care, ED Psych and Early Help</p> <p>LA 20 - Tailor made mental health support to all secondary schools provided through in-house CAMHS team</p> <p>LA 21 - Public Health fund Health Link Workers in secondary schools providing low level mental health support.</p> <p>LA 6 - TIPPPS – provided to 5 schools with plans for a further 5 primary and 2 secondary. A programme aimed at managing challenging behaviour.</p> <p>LA 4 and LA 8 - SEaDS (Support Engagement and Delivery in Schools) service offers traded</p>	<p>74 schools</p> <p>1 school</p>
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	<p>service to schools – training for staff and direct work with children and families provided by CAMHS staff</p> <p>LA 15 - CBT training offered by CAMHS</p> <p>Children’s Wellbeing Practitioner Schemes operate in 11 CCGs in London. CWPs offer a range of interventions with children and with parents, for mild to moderate mental health issues. The schemes are part of a pilot scheme and have a range of different structures.</p> <p>LA 4 - Tree of Life group work offered by CAMHS for refugee and unaccompanied minor children</p> <p>LA 26 – Core offer jointly commissioned by LA and CCG from CAMHS – 12 -20 hours of in reach support to all schools. Schools can top up where they choose.</p> <p>LA 17 - Mental Health Adviser to schools appointed by LA / CCG</p> <p>LA 12 –CAMHS offer targeted support through traded service within schools</p>	<p>5 schools</p> <p>16 schools</p> <p>30 children – 1 school</p> <p>6 schools</p>

Staff Training	<p>LA 16 - PATHS service commissioned in 12 schools – an education programme to enhance social competence for children in primary settings;</p> <p>LA 9 - Has commissioned new training for Newly Qualified Teachers on how to promote positive mental health in the classroom.</p> <p>LA 9 - Training offered to all School link teachers through CAMHS.</p> <p>LA 7 - Friends for Life Group Leader Training to schools – then delivered to 400 children</p> <p>LA 7 - Training offered to lead staff members</p> <p>LA 4 and 15 - Head- First - Children and Young People’s Health Partnership – CYPHP – a training programme for staff to assist with building emotional resilience. 48 schools have taken this up – 148 staff have been trained.</p> <p>LA 2 - Attachment Lead training – 7 day programme, offered to 10 mainstream and one special school.</p> <p>LA 1 - Community Health and Wellbeing Service (CHEWS) offers training and support to schools regarding early intervention</p> <p>LA 1 - Suicide and self-harm prevention guide produced for school staff</p>	<p>12 schools</p> <p>All eligible schools in local authority</p> <p>Teachers have used this to train 400 children</p> <p>25 schools</p> <p>48 schools – 148 staff trained to date</p> <p>Offered to 11 schools</p>
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	<p>LA 20 - Training offered to Newly Qualified Teachers on mental health topics</p> <p>LA 20 - Training on childhood bereavement offered to schools</p> <p>LA 11 - Mental Health in Schools Toolkit developed giving advice to schools. Offer available to schools to buy bespoke support</p> <p>LA 14 - Training offered in Young Persons Toolkit developed out of MHFA training – explores the impact of stress on the mind and body. Suitable for 11-18 year olds</p> <p>LA 14 - training undertaken by CAMHS for school staff</p> <p>LA 30 - CAMHS training programme for secondary school staff – 12 sessions offered</p> <p>LA 26 - Time to Change training offered to staff in all schools</p> <p>LA 17 - Mental Health Awareness Training for staff</p> <p>LA 17 - Training offered to staff on loss and bereavement, anxiety disorders and self-harm</p> <p>LA 12 - CAMHS offer training to secondary school staff as part of traded offer</p>	<p>1 school</p> <p>8 schools</p> <p>4 schools</p> <p>14 schools – 102 staff attended at least one session</p>
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		6 schools
MHFA Training (where this is offered in addition to the DfE commissioned training)	<p>LA 9 - Offers additional MHFA training - 278 staff, from 70+% of schools. Training is also offered to residents and other staff working in the authority.</p> <p>LA 6 - 42- 50 staff from 39 schools.</p> <p>LA16 - Training School Nurses and Health Visitors in MHFA.</p> <p>LA14 - Provides MHFA training but no figures provided.</p> <p>LA 11 - MHFA training provided to all secondary schools.</p> <p>LA 5 - Report high levels of demand for MHFA training – 80 staff trained so far</p> <p>LA25 - Offered to all school staff</p>	<p>278 schools staff</p> <p>39 schools – 42 -50 staff</p> <p>80 staff</p>
Education Psychology Service (Where mentioned as providing additional service)	<p>LA16 - Services available to schools but need to be commissioned on an individual basis</p> <p>LA 25 - One day self-harm awareness training offered to schools</p> <p>LA 2 - EP service commissioned by CCG to offer a range of training programmes to schools</p>	All secondary schools in authority

<p>School Nursing Service (Where mentioned as providing additional service)</p>	<p>LA 7 - Is currently undergoing a review of the school nursing service and is aiming to increase their role in needs assessments regarding EHWB.</p> <p>LA4 - Introducing Chat Health – a text message service freely available to children to seek advice and support from School Nurses. School Nursing service has been redesigned to give additional emphasis on emotional wellbeing.</p> <p>LA 9 - CAMHS nurse has been commissioned to work with the School Nursing service to raise awareness and improve skills</p>	
<p>School Link arrangements between schools and CAMHS, including enabling referrals</p>	<p>LA 18 and LA 8 - Current School Link Pilots – training offered to every school within the authority – not all schools have taken up the offer.</p> <p>LA6 - CAMHS provide a link to each school – some schools have identified a link but this varies</p> <p>LA 9 - Mental Health Leads are identified in all schools in Camden. Every school also has a named CAMHS worker</p> <p>LA 12 - Primary Mental Health Workers, based within the LA who are linked to schools. Offer short term interventions and counselling support</p> <p>LA 11 - Mental Health Leads meeting supports up to 20 schools.</p>	<p>75% of schools have appointed a mental health lead</p> <p>20 schools</p>

	<p>LA 5 - 'Most schools have mental health leads'. There is a Mental Health Leads Development Network, holds regular meetings and supports training events</p> <p>LA 5 - Single Point of Access for referrals managed by voluntary service</p> <p>LA 4 - Primary Care Centre for young people. Available to all children but with key links to surrounding schools. All children who attend are given a mental health screening with the possibility of direct support. The service also offers PSHE lessons to schools on mental health.</p> <p>LA 2 - Termly PSHE and Healthy Schools Forum. A survey suggested that this was most often the SENCO rather than a dedicated mental health lead.</p> <p>LA 20 - Mental health leads established in 'many' schools and training has been provided for them.</p> <p>LA 8 - SEaDS service provides a CAMHS link worker as part of SLA</p> <p>LA 26 - Schools Mental Health network – Public Health Schools Lead coordinates a group for mental health leads</p> <p>LA 26 - Mental Health Conference</p>	<p>16 schools</p>
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	LA 17 - Behaviour Conference for schools	
Mapping Exercises Support – including where schools undertake emotional wellbeing surveys of pupils	<p>LA 9 - Surveys undertaken on a biannual basis across all schools</p> <p>LA 22 - Survey of all schools in LA – 30 schools responded – there were a range of services, some being purchased from the local authority, some clinical services being commissioned such as counselling, and a number of peer to peer arrangements. High levels of variation between schools – for example within 30 schools, 28 different provisions were operating to offer training to staff on Emotional Health and Wellbeing issues.</p> <p>LA 4 - Survey of schools found that a number of schools were commissioning their own counselling provision.</p> <p>LA 3 - undertook a limited survey of school provision in 2017.</p> <p>LA 9 - undertook a survey through the Schools Link Pilot</p> <p>LA 18 - undertook a survey of schools on services they offer. Did not get a 100% response rate.</p> <p>LA 6 - Public Health commissions Health Related Behaviour Questionnaires for all secondary schools and 30 primary schools</p>	30 schools

	<p>LA 6 - 25 schools have undertaken a collaborative audit</p> <p>LA 22 - undertook a survey of Year 10 pupils (1074 completed this) – 30% said yes to ‘do you often feel down, depressed. Or that you have little interest in doing things?’</p> <p>LA 4 - Public Health commission a School Health survey on an annual basis</p> <p>LA 26 - Offer a Health Related Behaviours Survey every two years across all schools</p> <p>LA 17 - Interventions Audit found that 62% of primary and 86% of secondary schools are providing counselling</p>	<p>25 schools</p> <p>1074 pupils</p>
Early Intervention Approaches mentioned	<p>LA 25 - Zippy’s Friend – building resilience approach in primary settings.</p> <p>LA 8 and LA 4 – CUES – ED – programme of resilience training for pupils in Years 3 -5</p> <p>Mindfulness - mentioned by a number of local authorities as being commissioned.</p>	<p>4000 children in 50 schools</p>
Support for school staff	<p>LA 22 - One off commissioned service ‘Place2think’ supervision for staff supporting mental wellbeing in schools but the funding was one-off and has not continued</p> <p>CAMHS offered mentoring training and supervision for 20 pastoral staff over 2 terms and staff wellbeing groups for 50 staff in 2 schools</p>	

	<p>LA 3 - Wellbeing Award for Primary School</p> <p>LA 1 - Academy Protocol developed for staff wellbeing</p> <p>LA 9 - School wellbeing survey undertaken</p>	
Transitions support	LA 2 - STAY programme – for young people with more complex SEND to enable transition and ongoing support into adulthood.	
Commissioning Support	<p>LA 16 - are creating an Outcome Framework for schools to use to understand the impact of commissioned services</p> <p>LA 6 - schools have identified that they will develop a directory of services offered within schools and make recommendations regarding organisations that support positive mental health</p>	
Data Collection	LA 5 - enables all voluntary agencies to feed data into the MHSDS – but this is not collecting services provided by schools.	
Open Access Counselling	LA 8 - Outreach bus. Voluntary sector commissioned counselling service based in a bus travels around the Borough and is accessible for all young people to seek support. Although	

	<p>not specifically commissioned to operate within schools, it is an open access service well known to local secondary settings.</p> <p>Online Counselling available in 13 LA areas through commissioned voluntary sector providers</p>	
Young People Participation	<p>LA 26 - Young Mental Health Ambassadors - supported by Young Minds</p> <p>LA 17 - More than Mentors training for young people</p>	