

Schools in Mind Background and Information

Middlesbrough and Stockton Mind is pleased to be able to offer "Schools in MIND", a service for any school in the Borough of Stockton-on-Tees, through means of a costed Service Level Agreement. Schools in MIND began working in schools in September 2017.

Background

In recent years, there has been much research carried out into the current state of mental health in England, particularly the availability and quality of help and support aimed at Children and Young People; this research resulted in the publication in March 2015 of the influential Future in Mind report.

Nationally and locally there is a drive to take an early intervention approach with children and young people, aiming to give all children the best start in life. In Stockton-on-Tees, according to publicly available data, the numbers of children who are supported by protective factors are low and those affected by risk factors are on the increase. Also growing is the number of children who are at higher risk of poor mental health including those who are looked after and children with special educational needs. The rates of suicide and self-harm in Stockton-on-Tees and child admissions for mental health related conditions is also statistically higher than the national average.

What is Schools in MIND?

Schools in MIND provides emotional wellbeing sessions to children and young people in schools, which could typically include the following:

- An initial briefing session with school staff with regards to the different levels of support available, the process for making referrals and referral criteria.
- After a referral has been submitted, it is screened to assess suitability. The service offers low- to moderate- level support. An initial assessment is then carried out with the Parent/Carer.
- One-to-one sessions with an emotional wellbeing practitioner, lasting 45 to 60 minutes depending on the pupil's ability and needs.
- Group work sessions targeting specific issues requested by the school, for example Transition, Coping with Strong Emotions or Building Resilience.
- Feedback and a final report to the School and Parent or Carer.

Our Emotional Wellbeing Practitioners and Counsellors use a range of interventions based on recognised therapies. The choice of approaches involves an assessment of the child using a 'Person Centred' approach in collaboration with the family and school staff. The practitioner will identify an appropriate intervention based on the individual's needs, recognising that one approach does not fit all (NICE 2015). Further, Counsellors ensure the maintenance of standards of practice according to Middlesbrough and Stockton Mind's policies and any regulating, professional and accrediting bodies (e.g. BPS, BACP, UKCP, BABCP) and keep up to date with recommendations and guidelines set by the Department of Health, the National Institute for Clinical Excellence and other relevant bodies.



Interventions are low- to moderate- level and all staff are trained in Solution Focused Therapy. All staff receive clinical supervision based on Kolb's Experimental Learning Model, Vygotsky Zone of proximal Development and De Shazers Solution Focused supervision.

Why choose Schools in MIND?

Research shows that children and young people generally prefer to talk through their issues with a person from an external agency rather than a member of staff from their school, mainly due to trust issues which may arise and also some young people may feel uncomfortable with teaching staff knowing their issues. Young people may also become confused with the crossover of boundaries when teachers adopt a counselling based role; choosing an external agency to provide emotional well-being support can avoid this.

Schools in MIND is modelled on the successful HeadStart programme which has run in all schools in Middlesbrough since November 2015. The Schools in MIND information brochure for schools includes a number of testimonials from staff, parents/carers and pupils that have found the service to be a positive and helpful experience.

Pricing

The costs associated with Schools in MIND varies depending on the level of support being sought. The number of children, the level of support (Practitioner or Counsellor) and amount of time required will all impact on the charge made to the school. Schools wishing to purchase the Schools in MIND service will be expected to sign a Service Level Agreement with Middlesbrough and Stockton Mind.

Cost example: an Emotional Wellbeing Practitioner providing a school with a ½ day of support per week, and thereby being able to support up to a maximum of 18 children over the course of a year, would be charged £4215 per annum.

Contact for Further Information

Sarah Ross, Service Manager

sarah.ross@middlesbroughandstocktonmind.org.uk

Clare Shakespeare-Watts, Marketing Lead

clare.shakespearewatts@middlesbroughandstocktonmind.org.uk

Or

Schoolsinmind@middlesbroughandstocktonmind.org.uk