Whole School approaches to mental health and wellbeing

Prevention & promotion

Identification

Early support in school

Referral to external specialist support

School Context

Leadership commitment, knowledge and skills; School ethos / values – embedding in policies; Training for school staff

Universal / Pastoral

Curriculum –knowledge and awareness – tackling stigma. Wellbeing promotion for pupils; Wider activities – PE & sport, cultural enrichment; Staff wellbeing – inc. workload reduction programme

Needs Assessment

Wellbeing measurement; Pyramid of need; SEND graduated response; Behaviour responses; Additional pastoral support

Sch Staff / Ext

TI Practitioners; Ed Psych, School Nurse etc.; counselling; VCS; Mental Health Support teams; BLOOM

Additional Needs

BLOOM; CAMHS; EHH; safeguarding responses.

PHE's eight principles to promote emotional health and wellbeing in schools:

Ethos and environment Curriculum, teaching and learning

Identifying need

Targeted support

Leadership and management, Staff development; Student voice; Working with parents / carers

I Thrive Framework

Thrivin

Getting Advice

Getting Help

Getting More Help Getting Risk Support

(Key)

Prevention & Promotio

Those whose current need is support mental wellbeing through effective prevention & promotion strategies

Signposting, self-management and one-off contact

Those who need signposting and support

Goals focused, evidence informed and outcome focused intervention

Those who need focused goals-based support

Extensive Treatment

Those who need more extensive and specialized goals-based help

Risk management / crisis response

Those who have not benefitted from or are unable to use help, but are of such a risk that they are still in contact with services

Graduated Response

Universal

Targeted

Specialist