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Improving Mental Health Training and Support for Schools

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Claire Alp

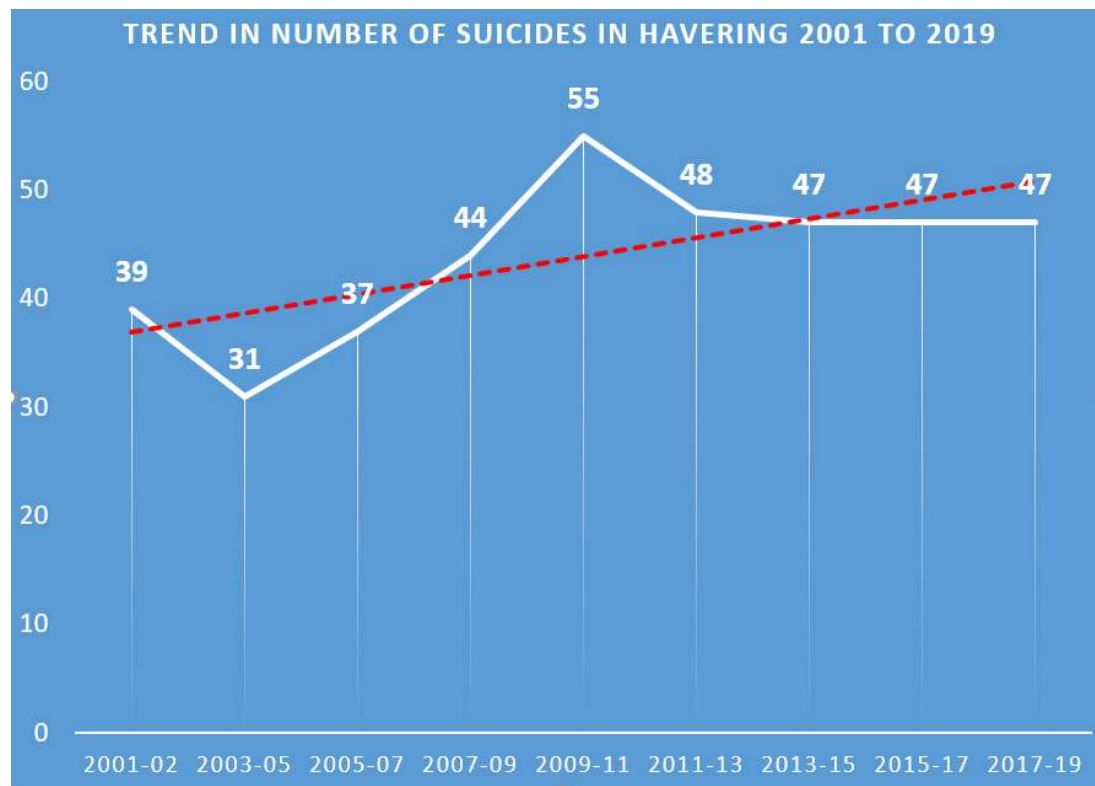
Public Health

London Borough of Havering



Level of Need

- In the period 2017 to 2019, 47 people in Havering took their own lives



It was like being in a building that was collapsing. Everything that held us together as a family fell apart around us. I still can't get over the guilt that I didn't see there was a problem.



What we Know

- three in four deaths by suicide are by men; the highest suicide rate in England is among men aged 45-49
- people in the lowest socio-economic group and living in the most deprived areas are more at risk
- there are specific factors that increase the risk of suicide
 - previous episodes of self-harm
 - re-existing mental ill-health
 - substance misuse
- Wider risk factors compound one another making some individuals particularly vulnerable, including:
 - unemployment
 - financial difficulties
 - unstable accommodation



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Suicide is preventable, we have to remember that. That's why we have to take more action to let people know their lives are important. Because when suicidal thoughts are at their strongest, it's hard for people to see their own worth.



Suicide Prevention Strategy

- In 2018, the North East London Boroughs of Barking & Dagenham, Havering and Redbridge collectively developed its joint suicide prevention strategy.
- Action #2 of this strategy stated that, “We will work to ensure that the local workforce understands the risks of suicide and their potential contribution regarding prevention.”



Suicide prevention in the wider context

- Significant investment in children and young people's mental health through Local Transformation Plan funding over the past 5 years.
- Enabled investment in mental health training and support for schools – from building resilience and identifying early signs of mental ill health, through to understanding crisis management and suicide prevention.
- Local CYP Mental Health Transformation group was set up with good multiagency representation from NHS and Local Authority commissioners and providers, headteachers and voluntary sector partners.



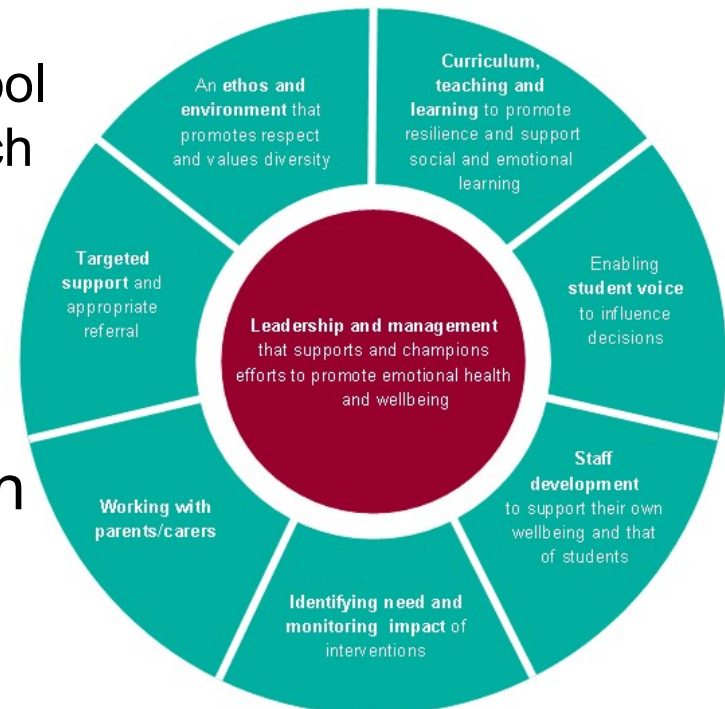
Principles for CAMHS Transformation

- Integration between health, social care and education
- Self care and self management
- Early intervention and outreach
- Distinction between support and intervention
- Shared decision making
- Digitally enabled
- Systematic use of outcome data
- Continuous improvement



Identification of needs

- Schools fed back to the group that whilst there was an increasing amount of training becoming available, they needed support in:
 - Knowing what to prioritise for their school
 - Deciding which staff should attend which training courses
 - Understanding the differences between each training offer
- Promotion of whole school approach





Working in Partnership

- CAMHS
- Local Authority Education Services
 - Educational psychologists
 - Attendance and behaviour officers
 - Alternative provision staff
- Youth Offending Team
- Youth Services
- Police
- Voluntary Sector Organisations
 - Havering MIND
 - Add Up



Development of solution

- Public Health developed an online training and support resource to bring together information on what was available to schools:
 - Subject
 - Target audience
 - Topics covered
 - Length of workshop/ course
 - Cost to schools (if any)
 - Contact details
 - Overview of content
 - Intended outcomes
- Partners on the Transformation Group take ownership of their sections and update these termly



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Mental health training and support for Havering schools

This resource provides an overview of training and services available in Havering to assist schools in taking a whole school approach towards supporting children and young people's mental health and emotional wellbeing.

The spreadsheet will be updated at the end of each term, in preparation for the following term. The training and support offered is delivered by many different providers, and funding comes from multiple sources and changes frequently. As such, individual contacts provided in this resource will be able to provide the most up-to-date information on their own training, but we hope you find this overview useful.

Training providers meet regularly to share best practice, identify gaps in provision, and seek funding to meet identified needs. We welcome input and feedback from school staff through the Havering Mental Health Transformation Implementation Group. If you would like to know more about this group, please contact healthyschools@havering.gov.uk.

► Actions

- Print
- Add to My Shortlist
- [Search for a childcare provider](#)

Downloads

Mental Health Support Training for Schools Spring 2021

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A1 This resource provides an overview of training and services available in Havering to assist schools in taking a whole school approach towards supportin

This resource provides an overview of training and services available in Havering to assist schools in taking a whole school approach towards supporting young people's mental health and emotional wellbeing. The purpose of the resource is not to endorse or give approval to any organisation or service listed on it, but simply to provide a summary of services available to schools in the borough. The OVERVIEW sheet provides a summary of the courses and interventions available - who delivers them, who they are targeted at, how long they last, costs and contact details.

- Clicking on the hyperlinks in column A will take you to a page containing further information on that course/ intervention - including contact, outcomes and resources. You can return to this overview page at anytime by clicking on the "Return to OVERVIEW" link in the bottom right of each page.
- The coloured cells in column C help to show whether the course/ intervention is delivered to school staff, pupils/parents or a combination of these.

This resource will be updated three times per year, and the updated version published at www.havering.gov.uk/mentalhealthresources. If you have any feedback or queries, please contact healthyschools@havering.gov.uk.

Course/ Intervention	Service/ Provider	Target Audience	Length of Course/ Intervention	Cost to schools (if any)	Contact Name	Email	Telephone
STAR Worker and PMHT support	NELFT CAMHS	School staff, pupils, families	Ongoing support	Free	See "STAR Workers and PMHT" tab	See "STAR Workers and PMHT" tab	0300 300 1888
Training and Support for All School Staff							
Promoting Positive Mental Health in the Primary Classroom Support	LBH Health and Wellbeing in Schools Service	Primary school class teachers	e-mail support as needed	Free	Tracey Wright	Tracey.Wright@havering.gov.uk	01708 434488
Wellbeing for Education Return	LBH CAD Team	All school staff	Half-day training sessions - times TBC	TBC	Elisbeth Dunnett	Elisbeth.Dunnett@havering.gov.uk	N/A
Developing Positive Coping and Resilience	Charlie Waller Trust	Primary and Secondary school staff	3 hours	FREE (donations welcomed)	Annabelle Martin (for queries) Ian Macdonald (for queries)	annabelle.martin@charliewaller.org ian.macdonald@charliewaller.org	Please see email
Online Youth Mental Health First Aid (MHFA) Aware Course (Half-Day)	Havering Adult College	Anyone working with young people aged 8-18 years old	4 hours	1 free place per school (funded by Havering LSCB) All other places £75 (discounts available to One Free place for TA's or higher level TA's working in schools in Havering (One place per school). Additional places €200.00 please call	Shakira Gordon (LSCB funded places) Breeds Hunt (paid individual and group bookings)	shakira.gordon@havering.gov.uk Breeds.Hunt@havering.gov.uk	01708 433216 (LSCB) or 01708 434355 (HAC)
Youth Mental Health First Aid (MHFA) Champion One-Day Online Training Course	Havering Adult College	Professionals and volunteers who work with children and families in Havering	1 hour	One Free place for TA's or higher level TA's working in schools in Havering (One place per school). Additional places €200.00 please call	Breeds Hunt	Breeds.Hunt@havering.gov.uk	01708 434355 (op/hoel, optional)
Youth Mental Health First Aid (MHFA) Two-Day Online Course	Havering Mind/ Havering Adult College	Professionals and volunteers who work with young people	2 days	Prices for places vary depending on whether the course is delivered centrally or in-school. Online delivery available subject to minimum enrolment	Cieran White (Havering Mind/ Havering Adult College)	training@haveringmind.org.uk Breeds.Hunt@havering.gov.uk	01708 457040 (HMind), 01708 434355 (HAC)
Training in Specific Areas of Mental Health							
Suicide Prevention - Overview Training (SPOT) session - online	Papyrus	Primary school, and secondary school and college staff working with children and their families	1.5 hours	TBC; €250 for up to 30 participants per organisation	Mysaie Palmier-Clus	london@papyrusuk.org	020 8161 0223
Suicide Prevention - Explore, Ask and Keep safe (SEPAK) training session	Papyrus	Primary school, and secondary school and college staff working with children and their families	3.5 hours	7/8 places per borough funded by THRIVE LDN, or €450 prebooked for 30 staff	Mysaie Palmier-Clus	london@papyrusuk.org	020 8161 0223
Applied Suicide Intervention Skills Training (ASIST) course	Papyrus	Primary school, and secondary school and college staff working with children and their families	2 days	See PYPYRUS website for details about ASIST course; €165 per person	Mysaie Palmier-Clus	london@papyrusuk.org	020 8161 0223
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Counselling/ Clinical Services							
Bereavement and Grief Counselling Service for Adults	HBBS Counselling (formerly Havering and Brentwood)	Adults who are affected by emotional well-being issues or bereavement	Individual counselling programmes	€40 initial assessment/registration fee and then cost between €35-€50 per session (depending on household income)	Lisa, Elaine or Kim	enquire@hbbscounselling.org	01277 283193
HBBS Children's Grief Counselling Service	HBBS Counselling (formerly Havering and Brentwood Bereavement Service)	Children aged 4 to 18 who are affected by emotional well-being issues	Individual counselling programmes	€40 initial assessment/registration fee (paid by child's family or school) and then cost €40 per session	Lisa, Elaine or Kim	enquire@hbbscounselling.org	01277 283193
HBBS Children's Bereavement Counselling Service	HBBS Counselling (formerly Havering and Brentwood Bereavement Service)	Children aged 4 to 18 struggling to come to terms with a bereavement	Individual counselling programmes	€40 initial assessment/registration fee (paid by child's family or school). Following sessions are free.	Lisa, Elaine or Kim	enquire@hbbscounselling.org	01277 283193
Kooth Online Counselling Service	Kooth	Young people aged 11-18	N/A	Free (commissioned by Havering CCG)	N/A	N/A	N/A
Workshops and Support for Pupils							
Do Girls and Good Falls (Famk & Male groups)	Havering Youth Services	13-18 yr olds at risk of exploitation, in care or have additional needs	6 - 8 weeks (evening group once a week)	None	Melinda Yems/Anais Edwards/ Ben Blackman	melinda.yems@havering.gov.uk anais.edwards@havering.gov.uk ben.blackman@havering.gov.uk	01708 433045
SWITCH Minds and Links	LifeLine and Community Links	Young people aged 12-18 years who have, or are at risk of developing, a mental health issue	11 weekly mentoring sessions over an average of 2 school terms or A 6-8 week peer mentoring course delivered by Community Links	Free to 6 schools during 3-year funding period, working with a total of 60 young people (funded by DHSC, LBH, BHR CCG)	Daniel Chery	danielchery@lincsprojects.co.uk	020 8597 2900/ 07438 368 514
Five Ways to Wellbeing	Havering Youth Services	13 - 18 yr olds	1pm, at My Place youth centre	Free	Melinda Yems	melinda.yems@havering.gov.uk	01708 433045
Training and Support for Parents							
Master Inside Family Training	Addip	Parents, children and young people	3 weeks, 2 hours per week	5 families each course Parents only course €1200.00 Children and young people only course €1500.00	Shells Keeling	addip@addip.co.uk	01708 454040
Raising Confident Children	Havering Adult College	Parents and carers	2.5 hours per week for 5 weeks	Free	Havering Adult College	familylearning@havering.gov.uk	01708 434355

OVERVIEW STAR Workers and PMHT Promoting Positive MH KS1-2 Wellbeing Return Positive Coping Online Youth MHFA aware Youth MHFA 1-Day



Promotion to schools

- Termly head teacher forums
- Pastoral leads forums
- Existing networks (SENCo, Healthy Schools, CAMHS STAR Worker contacts)
- Annual Safeguarding Week Mental Health 'Speed Dating' event



Impact

- Building relationships across a wide range of organisations helped us to identify a much broader range of training needs and audiences, and then develop a wider suite of training around mental health and suicide prevention.
- Positive feedback from schools:

An “excellent introduction to services” *Assistant Head Teacher, Parsonage Farm Primary School*

A useful way to “discover more about each provider and what they are able to offer our school” *Lead Mentor, Sacred Heart of Mary Girls’ School*



Project enablers

- Mental health is high on everyone's agenda
- Consistent funding offer
- High level support

Project challenges

- Took time to build engagement
- Time constraints for school staff
- Time-consuming initially to set up the template
- Learning curve throughout



Advice for other local areas

- Have a committed individual to lead from the start
- Multi-agency partnership is key
- Value the expertise and input of everyone involved
- Training was found to be most beneficial when it was shared and accessed across different class teachers and teaching assistants rather than focused on just one or two leads in the school.



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Thank You

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