

# Supporting Mental Health and Wellbeing at Cawston Grange Primary School

If you have any concerns about your child's Wellbeing or Mental Health, firstly please talk to your child's class teacher.

Below are some of the support options we can put into place.



## What is an ELSA?

ELSAs are emotional literacy support assistants. They are teaching assistants who have had special training from educational psychologists to support the emotional development of children and young people in school. ELSAs have regular professional supervision from educational psychologists to help them in their work.

ELSAs help children and young people learn to understand their emotions and respect the feelings of those around them. They provide the time and space for pupils to think about their personal circumstances and how they manage them.

## How does ELSA work?

Most ELSA programmes will last for 6 to 12 weeks, helping the pupil to learn some specific new skills or coping strategies. Clear programme aims (SMART targets) need to be set early on and each session has an objective - something the ELSA wants to help the pupil understand or achieve.

The ELSA isn't there to 'fix' the child. For pupils with complex or long-term needs, it's unrealistic to expect ELSA support to resolve all their difficulties. Change is a long-term process that needs everyone's help.





**Drawing and Talking can be delivered quickly and cost effectively by anyone who has completed the Foundation to Drawing and Talking training.**

Drawing and Talking is a therapeutic intervention for children, young people and adults. It is designed as a short-term, time limited, proactive intervention intended to complement, rather than replace, the work of specialist mental health services.

Through a 12-week cycle of 30-minute one-to-one sessions, this non-intrusive tool allows children, young people and adults to process emotional pain resulting from trauma. The child or adult utilises drawing as a way to help them express their feelings differently from ordinary verbal language.

The Drawing and Talking therapeutic intervention allows individuals to discover and communicate emotions through a non-directed technique. This is what sets Drawing and Talking apart from existing solution-focused and cognitive-based therapies and interventions.


## Mental Health in Schools Team

### *Mental Health In Schools Teams*

*Information for families*

**What are MHSTs?**  
The Mental Health in Schools Teams (sometimes referred to as Mental Health Support Teams) are based in a growing number of schools throughout Coventry and Warwickshire.

Our aim is to support children, young people and their families to achieve positive mental wellbeing.



### *Who are we?*

Mental Health in Schools Teams are based in many Coventry and Warwickshire schools and offer short term support to children and young people who are experiencing symptoms of mild to moderate mental health difficulties. This might include anxiety (for example; separation anxiety, panic, some lower impact obsessions and compulsions, generalised anxiety (worry and social worries) and low mood. We are also able to offer some support for difficulties that might require a more intensive approach and will signpost to other services if we aren't the right people to help.

### *How do we do this?*

We support parents/carers, children and schools using an 'early intervention' approach. This means that we try to respond quickly to problems as they are developing in order to prevent further deterioration and build resilience to prevent problems manifesting themselves in the future. This can be helpful for those who have noticed recent changes in their mental health or those who have not received support before. There are a number of ways in which we can do this:

- **Parent/Carer Work** - we offer 6-8 sessions (usually up to an hour each) and use a blended approach, using video platforms, telephone work and face to face sessions (Covid restrictions may affect these options). Our aim is to teach parents/carers 'therapist skills', as the research shows that if parents/carers are taught the skills to work with their children, they bring the expertise in terms of knowing what is likely to work, what may be more challenging and how to best communicate, for the best outcomes. We can offer parents/carers work either in a group setting or as a 1:1 or 2:1 (if both parents/carers are able to attend).

- **'Whole School Approach'** - in schools, we deliver staff training, hold classroom workshops and help to develop a "whole school approach", to include the school community and all aspects of school life. This approach aims to promote resilience, problem solving and develop coping strategies to support good mental health.
- **Individual low intensity cognitive behavioural therapy** - using a guided self-help approach, together with the young person, we make a 'toolbox' of strategies which equips the young person with skills to build their emotional resilience. We encourage young people to reflect on and adapt thinking patterns and behaviours that may be contributing to their difficulties. We help them identify healthy coping mechanisms which support young people to feel more empowered. We usually offer between 6 – 8 1:1 sessions.
- **Individual high intensity cognitive behavioural therapy** - we are able to offer access to more intensive CBT which means a higher number of treatment sessions enabling therapy with a greater level of detail and complexity. High intensity therapists are able to work with the anxiety disorders referenced above, in addition to Obsessive Compulsive Disorder (OCD), Social Anxiety, Post Traumatic Stress Disorder (PTSD) and Health Anxiety.



# Primary Mental Health Service

## Primary Mental Health: What do we do and how do we do it

Primary Mental Health provides support to a child or young person's emotional wellbeing as early as possible. This means offering the best evidence-based support for those experiencing mild to moderate mental health difficulties.

We do this by working with the adults supporting the young person in their daily life.

This could include a parent, carer, social care, school-based or health-related professionals. Our purpose is to stabilise children's emotional wellbeing by understanding the situation before working together to limit harmful thoughts and behaviours with the aim of preventing them from taking root.

Our teams are made up of highly experienced professionals.

These include nurses, clinical psychologists, occupational therapists and wellbeing practitioners. Outside of the expertise within the Primary Mental Health team, to get the best outcome for the children we see, we access the breadth of



expertise in other Rise teams, and regularly consult with Specialist Mental Health and the Neurodevelopmental Service.

There are two Rise Primary Mental Teams: one based in Coventry and the other serving Warwickshire. Both support children via supporting the adults in the child's everyday life (i.e. parents, carers or professionals). However, how we do this differs slightly.



## Parents and Carers:

A consultation offers an opportunity to speak confidentially about the current challenges your child is experiencing. These usually happen in community settings such as schools, family hubs, health centres and community centres. Parents and carers not only tend to be in daily contact with their child but know the young person better than anyone else. So, during the consultation we'll use a solution-focussed approach to explore strategies that can help the young person in their daily life.

To get the best out of these meetings you'll be asked to:

- ☀ complete the Dimensions Tool (this provides detailed, tailored support information) prior to the appointment
- ☀ not bring the service user, or other children to the session

## Parents and Carers:

### How to access this support:

#### Young Person Live in Coventry?

##### Parent and carer consultations:

- ☀ Join a consultation with the professionals in your child's life.
- ☀ For more information call: 024 7696 1368

#### Coventry Specific support

Each term Coventry Primary Mental Health Team works with up to 7 different schools. As part of this work, we offer a **Parent workshop** (on topics such as managing your child's behaviour, managing your emotions, a mental health overview, mood and self-harm). These are co-ordinated by your child's school, so keep an eye out on the next workshop in your area.

#### Young person lives in Warwickshire?

##### Parent and carer consultations:

- ☀ Speak 1-to-1 to a mental health professional about your concerns.
- For an appointment contact us on: Tel: 07915 704682  
email: [risecommunityoffer@covwarkpt.nhs.uk](mailto:risecommunityoffer@covwarkpt.nhs.uk)

#### Warwickshire Specific Support

In addition to parent consultations, Warwickshire parents/carers can book into a **Parent Information Session**.

Here, you can meet other parents as well as learn about that week's theme (topics are for specific age ranges, and encompass areas such as understanding school refusal, anxiety, self harm, managing challenging behaviours, meeting sensory needs and supporting healthy emotional development to name a few). After this structured session, there's an opportunity to informally connect to professionals and parents.

Call us on 079175 04682 or email: [risecommunityoffer@covwarkpt.nhs.uk](mailto:risecommunityoffer@covwarkpt.nhs.uk) to book into a session. Please note the running of these sessions may be impacted by the evolving Government Covid-19 advice.

In addition to parent consultations, Warwickshire parents can access the following course:

#### 'The Incredible Years' Parenting Programme (pre-school primary school age):

- ☀ Format: one 2-hr group-teaching session a week for 14-weeks plus 1-2-1 phone support
- ☀ Aim: To reduce challenging behaviours in children by increasing the parent/carer's social and emotional awareness.

#### 'Working Directly with the Child and Young Person'

Through a process of joint-decision, which blends clinical expertise with the insights of the professional or parent/carer, together we may decide that the best option is to work directly with the young person and/or their parent/carer.

What does this look like? Direct work would mean using Cognitive Behaviour Therapeutic (CBT) approach to support the young person on a 1-to-1 basis over 6-8 sessions.

Sometimes a family focused intervention may be recommended, such as 'The Incredible Years', or the 'Helping the Non-compliant Child' programme.



Your school nursing service

## Health & wellbeing support for Warwickshire families

Our service is here for all school-aged children (age 5 to 19, or up to 25 for individuals with SEND) and their parents/carers – regardless of whether they attend a mainstream school. Our team includes a range of healthcare professionals, who can offer you support with topics such as:

- Healthy eating
- Dental health
- Friendships and relationships
- Bullying
- Anxieties about changing schools
- Parenting
- Behaviour
- Fussy eating
- Sleep
- Continence
- Referral onto additional services
- Emotional wellbeing including stress and anxiety

## Connect for Health How you can access the service

If you feel that you, or someone you know, would benefit from our support or would like some more information about the service, you can get in touch anytime via:

Our confidential [downloadable referral form](#) (schools may also find our [criteria for emotional health referrals](#) useful)

ChatHealth confidential text messaging for young people aged 11-19 years on **07507 331 525**

Parentline confidential text messaging for parents / carers on **07520 619 376**

Also keep an eye out for our termly Mental Health and Wellbeing workshops  
and weekly tips on the school Newsletter

If you are unable to attend the workshops, you can access the PowerPoints by  
selecting the documents attached below.

I am Mrs Brookes. I am the Mental Health Lead and Deputy Headteacher. I also teach in Year 4 on a Friday. We are very proud of our whole school and team approach to supporting children with their Mental Health. Staff are committed to finding the best way to support your child both academically or with their personal development. If you feel that your child needs further support with their wellbeing, you can speak to their class teacher or contact me via the [admin3594@we-learn.com](mailto:admin3594@we-learn.com) email address.

I am Mrs Petts and I work as an ELSA (Emotional Literacy Support Assistant) and Drawing and Talking practitioner. I carry out interventions with children of all ages across the school to support their wellbeing and emotional development. As part of my role within school, I attend regular supervisions with Educational Psychologists to ensure and promote best practice at all times. As a school, we pride ourselves on working empathically and collaboratively to ensure the best outcomes for all children and young people.

I am Mrs Paterson and I am the school's Special Educational Needs and Disabilities Co-ordinator (SENDCO). As a school, we work really hard to support children's mental health in lots of different ways, and are always happy to meet with you to discuss any concerns. If you feel that your child might have an underlying need or you would just like to chat about what SEND support we can offer.

I am Mrs New, Child and Family Support. My role involves supporting children and their families with issues ranging from bereavement to divorce. I also support families who are experiencing housing issues, debt management and health concerns. We regularly hold fun and informative parenting support groups, which help parents understand and manage their child's behaviour.

You will find me at the gates at the start and end of the day, so I'm always available to have a chat if you have a query or concern.



## Need Help Now?

For urgent calls for those under 17 who are experiencing a mental health crisis in Coventry and Warwickshire:

Contact the **Rise Crisis Team** on **Freephone 08081 966798** (select option 2)

This freephone line is available 24-hours a day, 7-days a week, but with an advice-only service outside the core hours of 8am-8pm.

**\*\*If you believe that you are with someone who is seriously ill or injured and their life is at risk call or text 999. Call 111 when it's less urgent than 999.\*\***

### **Further Organisations offering support Further**

**Childline** (under-19s) trained counsellors provide confidential support on anything – no matter how small or large.

Call: 0800 1111

Chat with a counsellor online about whatever's worrying you: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Open: During the Coronavirus opening times are 9am – midnight

**Samaritans** offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal.

Call: 116123 (free from any phone)

[jo@samaritans.org](mailto:jo@samaritans.org) (Sometimes writing down your thoughts and feelings can help you understand them email them to jo - a volunteer will respond)

Open: 24-hours a day, 7-days a week

**PAPYRUS HOPELINEUK** (for under-35s) offers confidential support and practical advice.

Call: 0800 068 4141

Text: 07860039967

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Open: 9am – 10pm weekdays, 2pm – 10pm weekends and bank holidays

### **Wellbeing for Warwickshire**

The Coventry and Warwickshire Mental Wellbeing Line is for Coventry and Warwickshire residents aged 16 or over.

#### **If you are:**

- feeling low, anxious, or stressed,
- having a difficult time coping,

- and need to talk to someone in confidence to find the right service

**Coventry and Warwickshire Mental Wellbeing Line provides:**

- Connection, advice, information and signposting to other services
- 24 hours a day, seven days a week, 365 days a year service
- Talk to one of our friendly, compassionate advisors by calling 0800 616171.

For more information and resources **in Warwickshire, visit:** [Wellbeing for Warwickshire website](#)

For more information and resources **in Coventry, visit:** [Wellbeing for Warwickshire website](#)