

Welcome to...



ILKLEY GRAMMAR SCHOOL

A MOORLANDS LEARNING TRUST SCHOOL





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Ilkley Grammar School

Place2Be and Mental Health
Parents' Information Evening
16th October 2018



Our Journey so far

- Health and wellbeing of the whole school community is part of the school's vision and values statement and as a community we are committed to supporting everyone.

<p>School Priority 1: Transforming Learning <i>(Exceptional Inclusion & Innovation)</i></p>
<p>1. Students and staff feel valued and thrive in an understanding, safe and rewarding environment where wellbeing is at the core of the school's work.</p>

‘Three children in every classroom’ suffering mental health problems, reveals children’s charity

Children’s mental health services in England ‘buckling under strain’

Is the system failing children with mental health issues?

Young people at IGS

Friendships

Exams

School life

Life Events

Sexuality

Family

Drugs and Alcohol

Social Media



Mental Health Champions and MHFA champions

- Key staff additionally trained to support young people
- Recognition and identification
- Training for all staff
- Training and awareness raising with students
- Record keeping
- Pathways to External services
- Clear links to pastoral and safeguarding teams





Mariya Naylor
Service Manager for Yorkshire

Laraine Dawson
School Project Manager

Paula Nagel
Principal Educational Psychologist

Place2Be



The Place2Be, recognised by the Charity Commission in September 1994.

Royal Patronage HRH The Duchess of Cambridge

Core Hub- London

Safeguarding team, Educational Psychologists, Training department & Place2Reflect

Yorkshire Team

SPMs, Cluster and Service Manager for Yorkshire

Place2Be- www.place2be.org.uk



Our mission is to enhance the wellbeing and prospects of children and their families by providing access to therapeutic and emotional support in schools, using a proven model backed up by research and training.

Recent Headlines



“Happiness level of women and girls drop drastically in a decade...”

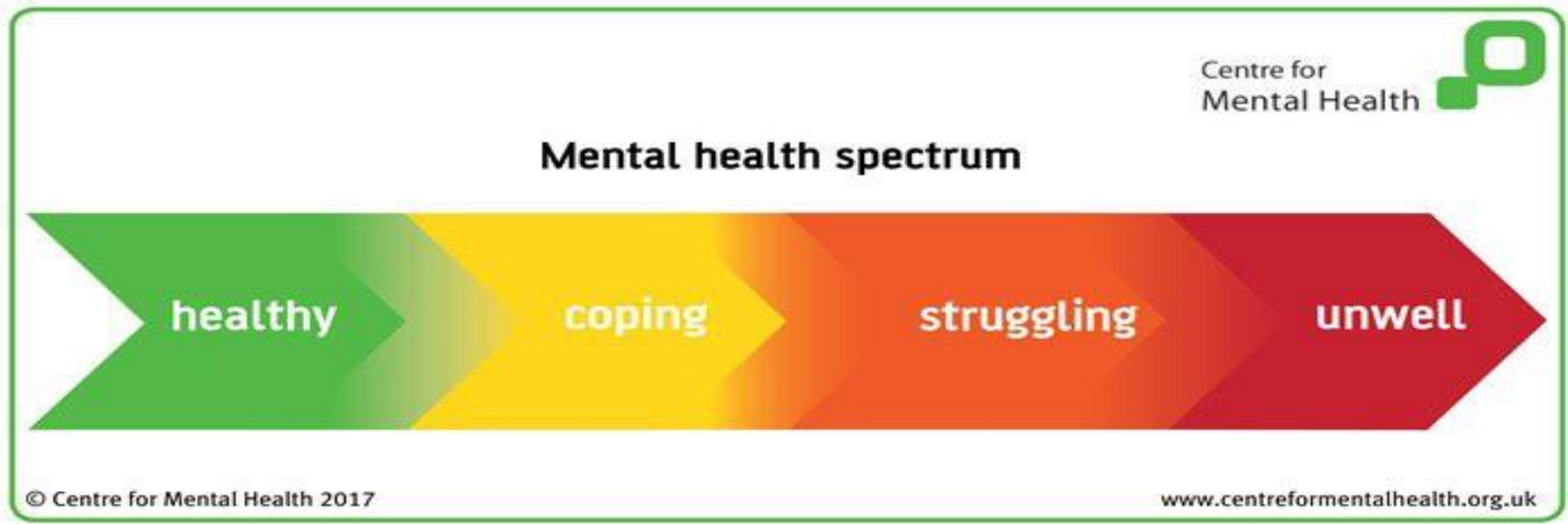
“Mental health waiting times mean 75% of young people get worse before treatment...”

“Mara discusses being diagnosed with mental illness aged 12.. .”

What is mental health?



*...the capacity to live a full and creative life and the **flexibility** to deal with its ups and downs...*



It is moreover, like physical health, not static; it ebbs and flows, functioning well and not so well and carrying, at any given time, its own difficulties or sticking points.”

Source: Peter Wilson, 2002

Adolescence - The perfect storm?



Internal pressures

Major brain changes

- Empathy
- Impulse control
- Peer pressure behaviour
- Risk taking


External pressures

Life stages

- Hormones
- Friendships
- Identity
- Belonging
- School / exams
- Transitions

Head of Year

Referral Form completed for Place2Be



School Project Manager

Parents contacted by SPM if pre 16



Placement Counsellor

Short, Medium or Long Term

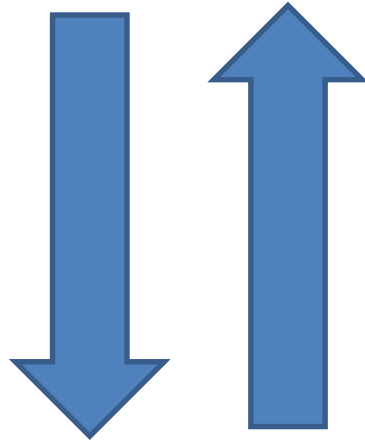


Feedback



Parents
Student
Staff

Concern raised



Safeguarding team



Place2Be services

- Place2Be 1:1 counselling- written permission (Years 7-11)
- Place2Talk- opt out letter (Years 7-11)
- Whole school assembly/class work
- Group work- written permission (Years 7-11)
- Place2Think- Offering professional advice on children's mental health/Supervision
- Parent partnership- heads together, support and strategies (parent counselling option)



Place2Be counselling

- Consistent, weekly sessions-same counsellor
- Contract offers safety and boundaries
- Confidentiality- sharing child protection and safeguarding concerns with school
- Non-directive/child led
- Creative materials, sand, games and play
- Calm, safe and therapeutic space

- Try to avoid core subjects
- Week A and B timetable



How does it work?.....

- Offering a safe and trustworthy therapeutic relationship
- Creates space for individual to be themselves
- Opportunity to relate with others and experience themselves in the relationship
- Counsellor to build self-esteem, confidence and recognise resilience through empathy, acceptance and validation.
- Work on positive coping strategies
- Support family-parent partnership



Place2Talk

Coming soon to IGS.....

- 15-minute appointment
- Before/after school, break or lunchtime
- As and when needed- "get things off your chest"- student request
- Weekly/fortnight regular time



Place2Talk

- Email after half-term with link to online form
- Only I will see this- anonymous (contract-safe/harm)
- Name, form, email address and brief reason for talk
- Option to select preferred time of day
- Email received back with appointment



Raising awareness...

Ricky Hatton's personal account of depression:

https://www.youtube.com/watch?v=7X7M5_OA9QM

The stand-up kid- Time to change:

https://www.youtube.com/watch?v=SE5lp60_HJk

Mantality Project

<http://www.leedsrhinosfoundation.org/health/32030.php>

Crisis Text Service
Text HELP- 85258



Feedback from IGS staff

“Reflecting on students with Laraine is a very supportive process. It is particularly useful in providing an alternative perspective or resources which have proven most helpful in enabling us to support our students’ wellbeing”.



Thank you for listening

Happy to answer questions
downstairs in Courtyard café or
please contact Laraine;

01943 608424 Ext 280

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Located in C1 for students