

Health and well-being of families, children and young people

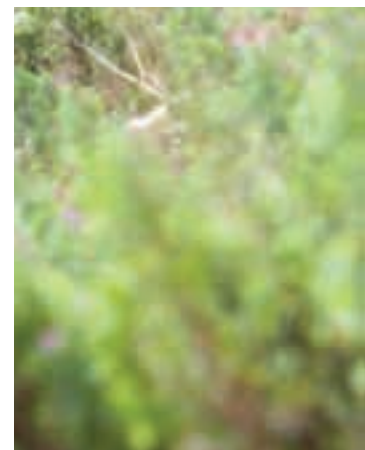


Targeted Mental Health in Schools (TaMHS) Pathfinder

From April 2009 to present

- 75 children and young people are receiving or have received emotional well-being and mental health support in the Skegness and Mablethorpe school clusters.
- 501 children and young people are receiving or have received additional group work support focusing on developing their coping skills, resilience and self-esteem.
- 13 schools are piloting various initiatives and programmes of work, which will, 'if successful', be introduced as options for all Lincolnshire schools to adopt and deliver.

Targeted Mental Health in Schools (TaMHS) Pathfinder



Why was action required?

- Emotional well-being is an important issue for schools and is included as a measurement in Ofsted reports. It is nationally recognised that 1 in 10 children may be experiencing a mental health concern at any one time - based on school data, levels of deprivation and health data, Lincolnshire successfully applied to provide a Targeted Mental Health in Schools Pathfinder Project on the East Lindsey Coast and in Boston.
- The over-riding aim was to develop work in schools to identify early signs of distress and prevent children's concerns escalating into mental health issues. This work builds on the good pastoral work already evident in many schools particularly through Healthy Schools and SEAL (social and emotional aspects of learning).

What did we do?

- Lincolnshire's approach was to work with schools and the key services to agree a new way of working which would centre the key staff within the school setting to enable easy access to appropriate professionals.
- The approach centred on skilling up key school staff to support the work through their normal work to enable families to access support at an early stage to prevent escalation.
- The key to this work has been to raise awareness that many children will have mental health problems that are less severe and more likely to be short-lived, but which may affect their psychological well-being and be of concern to themselves, their families and their friends.
- In the East Lindsey Coastal area the Pathfinder has:
 - Employed 2 Mental Health Nurses and 4 Child and Family Support Workers.
 - Trained over 80 school staff in a variety of programmes.

- Introduced 3 new programmes of work within the schools looking at coping skills, emotional resilience and self-esteem development.
- Put the family at the centre of the work so that we can assist them in achieving the best outcomes for their child.
- Worked in partnership with many agencies to ensure that there is a 'holistic' response to supporting the work through the various work programmes.
- Developed 3 new additional programmes that include FAST – Families and Schools Together, which focuses on recognizing change is best delivered through family systems.

What were the results for our residents?

- In year 1 (Sept 08- March 09) we have:
 - Provided opportunities for over 600 children and young people to develop through new experiences and activities.
 - Worked closely with 70 families to support the emotional concerns of their child. Families are able to access support relating to what has been a sensitive subject in a more open manner. New approaches that families tell us work will be available for other schools to utilise.
 - Worked with over 20 different partnership agencies, voluntary groups to support the work. There has been an increase in partners 'joining together' to enable a more varied approach to supporting families.

Where can I find out more information?

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