

Holy Family Catholic High School & 6th Form Centre



Whole School Approach Mental Health and Emotional Wellbeing Policy

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1 Policy statement

At Holy Family Catholic High School, we aim to create a very supportive and caring environment for all our young people, where each young person has the self-confidence and belief to realise their ambitions, irrespective of background, circumstance or ability. We are committed to promoting a whole school approach to positive mental health and emotional wellbeing for all students, their families and members of staff and governors. Our open culture allows students' voices to be heard, and through the use of effective policies and procedures we ensure a safe and supportive environment for all affected - both directly and indirectly - by mental health issues.

2 Policy Aims

This policy is a guide to all staff – including non-teaching and governors – outlining our whole school approach to promoting mental health and emotional wellbeing. It should be read in conjunction with other relevant school policies.

- Promote positive mental health and emotional wellbeing in all staff and students.
- Increase understanding and awareness of common mental health issues.
- Enable staff to identify and respond to early warning signs of mental ill health in students.
- Enable staff to understand how and when to access support when working with young people with mental health issues.
- Provide the right support to students with mental health issues, and know where to signpost them and their parents/carers for specific support.
- Develop resilience amongst students and raise awareness of resilience building techniques.
- Raise awareness amongst staff and gain recognition from SLT that staff may have mental health issues, and that they are supported in relation to looking after their wellbeing; instilling a culture of staff and student welfare where everyone is aware of signs and symptoms with effective signposting underpinned by behaviour and welfare around school.

3 Key staff members

This policy aims to ensure all staff take responsibility to promote the mental health of students, however key members of staff have specific roles to play:

- Assistant Head Teacher and Designated Safeguarding Lead
- Inclusion Manager and Deputy Designated Safeguarding Lead
- SENCO / Assistant SENCO
- Designated Mental Health and Wellbeing Lead
- School Commissioned Mental Health Staff
- Attendance Officer/ Educational Welfare Officer

- Learning Mentors
- ELSA trained staff
- Alternative Curriculum Lead
- Personal Development Coordinators
- External Education Mental Health Teams

If a member of staff or parent/carer is concerned about the mental health or wellbeing of student, in the first instance they should speak to the **Progress Leader** and follow the school's **graduated approach to mental health and wellbeing**.

If there is a concern that the student is high risk or in danger of immediate harm, they should speak to the **Designated Safeguarding Leads** and follow the school's **safeguarding procedures**.

If the child presents a high-risk medical emergency, relevant procedures should be followed, including involving the **emergency services** if necessary.

4 Our School Mental Health Pathway

Our school's **graduated approach to mental health and wellbeing** pathway maps the support available to children across all levels of need. ***We are committed to provide an emotionally healthy whole school environment. Where information is shared that empowers young people, their families and staff to find the best ways of supporting their mental health and wellbeing.***

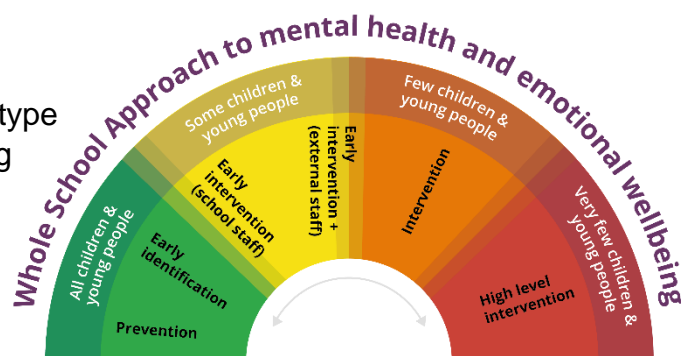
As a school we do this through:

- Assemblies
- Class Charts Announcements
- Displays around school
- Annual enrichment trips and holidays
- Daily extra-curricular activities
- Form Time
- Mental Health Awareness Days
- Newsletters (three times a year)
- Weekly Personal Development sessions
- Termly reward trips
- Wellbeing Walks (Last day of each half term)

When a young person shows signs of mental health concerns that may be persistent and of a moderate to severe nature (yellow/orange level), causing significant difficulties with their achievements and relationships, we would continue to signpost, use school-based intervention and external services, including Sefton’s Education Mental Health Teams, in partnership with CAMHS.

5 Levels of Need

Levels of need will be used to determine the type of support that might be needed for the young person. There are 4 levels:



Green = Prevention and early

identification. This level is for all children and young people and represents the basic level of mental health awareness and support strategies that all children and young people need for positive emotional wellbeing.

Yellow = Early Intervention. At this level of need children/young people will be showing early signs of distress that may be the start of an emerging mental health issue. Short-term interventions that build coping strategies are given to prevent these issues from developing – small changes to prevent bigger challenges.

Orange = Intervention. At this level children and young people will need more specific support as their mental health problem will be more developed and significantly impacting their day-to-day life. There may also be other complexities such as trauma or neurodevelopmental conditions. Interventions are chosen to suit the needs of each child/young person and will vary in modality, and intensity.

Red = High Level Intervention. At this level children and young people will need high-level support for mental health conditions that require support from Alder Hey Fresh CAMHS. Children may be at crisis point, require medication, or several different types of specialist support.

6 Inclusion Support Plans

When a pupil has received a diagnosis of a mental health issue or is receiving support either through CAMHS or another organisation (orange/red level), an **Inclusion Support plan** will be drawn up. The development of the plan will involve the pupil, parents/carers, and relevant professionals.

7 Mental Health Promotion

Mental Health is everyone's business in our school, and we promote an environment that fosters inclusion, diversity and respect.

The skills, knowledge and understanding our students need to keep themselves - and others - physically and mentally healthy and safe are included as part of our whole school approach.

We will follow the guidance, to prepare us to teach mental health and emotional health, as part of our Personal Development Curriculum and form time programme, safely and sensitively. Incorporating this into our curriculum at all stages is a good opportunity to promote students' wellbeing through the development of healthy coping strategies and an understanding of students' own emotions as well as those of other people.

Additionally, we will use such lessons as a vehicle for providing students who do develop difficulties with strategies to keep themselves healthy and safe, as well as supporting students to support any of their friends who are facing challenges.

8 Signposting

We will ensure that staff, pupils and parents/carers are aware of the support and services available to them, and how they can access these services.

Within the school (noticeboards, common rooms, toilets etc.) and through our communication channels (newsletters, websites), we will share and display relevant information about local and national support services and events.

The aim of this is to ensure students understand:

- What help is available
- Who it is aimed at
- How to access it
- Why should they access it
- What is likely to happen

See appendix for local services and signposting.

9 Recognising signs and symptoms of mental distress

Staff may become aware of warning signs which indicate a student is experiencing mental health or emotional wellbeing issues. These warning signs should always be taken seriously and staff observing any of these warning signs should alert the **Designated Safeguarding Leads** and follow the school's **safeguarding procedures**.

Possible warning signs, which all staff should be aware of include:

- Physical signs of harm that are repeated or appear non-accidental
- Changes in eating / sleeping habits
- Increased isolation from friends or family, becoming socially withdrawn
- Changes in activity and mood
- Lowering of academic achievement
- Talking or joking about self-harm or suicide
- Abusing drugs or alcohol
- Expressing feelings of failure, uselessness or loss of hope
- Changes in clothing – e.g. long sleeves in warm weather
- Secretive behaviour
- Skipping PE or getting changed secretly
- Lateness to, or absence from school
- Repeated physical pain or nausea with no evident cause
- An increase in lateness or absenteeism

10 Targeted support

We recognise some children and young people are at greater risk of experiencing poorer mental health. For example, those who are in care, young carers, those who have had previous access to CAMHS, those living with parents/carers with a mental illness and those living in households experiencing domestic violence.

We ensure timely and effective identification of students who would benefit from targeted support and ensure appropriate referral to support services by:

- Providing specific help for those children most at risk (or already showing signs) of social, emotional, and behavioural problems;

- Working closely with Sefton Children Services, Sefton CAMHS

and other agencies services to follow various protocols including assessment and referral;

- Identifying and assessing in line with the Early Help Assessment Tool (EHAT), children

who are showing early signs of anxiety, emotional distress, or behavioural problems;

- Discussing options for tackling these problems with the child and their parents/carers.

- Providing a range of interventions that have been proven to be effective, according to the child's needs;

- Ensure young people have access to pastoral care and support, as well as

specialist services, so that emotional, social and behavioural problems can be dealt with as soon as they occur;

- Provide young people with clear and consistent information about the opportunities available for them to discuss personal issues and emotional concerns. Any support offered should take account of local community and education policies and protocols regarding confidentiality;

- Provide young people with opportunities to build relationships, particularly those who may find it difficult to seek support when they need it; and

- The identification, assessment, and support of young carers under the statutory duties

outlined in the Children & Families Act 2014.

11 Managing disclosures

If a student chooses to disclose concerns about themselves, or a friend, to any member of staff, the response will be calm, supportive and non-judgemental.

All disclosures to be recorded confidentially to the **Designated Safeguarding Leads** using the school's safeguarding referral system.

12 Confidentiality

If a member of staff feels it is necessary to pass on concerns about a student to either someone within or outside of the school, then this will be first discussed with the student. We will tell them:

- Who we are going to tell
- What we are going to tell them
- Why we need to tell them
- When we're going to tell them

Ideally, consent should be gained from the student first, however, there may be instances when information must be shared, such as students up to the age of 16 who are in danger of harm.

It is important to also safeguard staff emotional wellbeing. By sharing disclosures with a colleague this ensures one single member of staff isn't solely responsible for the student. This also ensures continuity of care should staff absence occur and provides opportunities for ideas and support.

Parents must always be informed, but students may choose to tell their parents themselves. If this is the case, a timescale of 24 hours is recommended to share this information before the school makes contact with the parents/carers.

If a pupil gives us reason to believe that they are at risk, or there are child protection issues, parents should not be informed, and child protection procedures should be followed.

13 Working and supporting parents/carers

We recognise the family plays a key role in influencing children and young people's emotional health and wellbeing; we will work in partnership with parents and carers to promote emotional health and wellbeing by:

- Having continuous communication with the parents/carers if they have further questions or concerns.
- Highlighting sources of information and support about common mental health issues through our communication channels (website, newsletters etc.);
- Offering support to help parents or carers to develop their parenting skills. This may involve providing information or offering small, group-based programmes run by Sefton services (such as Family Wellbeing Centres) or other appropriately trained health or education practitioners;
- Ensuring parents, carers and other family members living in disadvantaged circumstances are given the support they need to participate fully in activities to promote social and emotional wellbeing. We recognise this might involve liaison with family support agencies.

14 Staff Training

As a minimum, all staff will receive regular training about recognising and responding to mental health issues as part of their regular child protection training to enable them to keep students safe.

Training opportunities for staff who require more in-depth knowledge will be considered as part of our performance management process and additional CPD will be supported throughout the year where it becomes appropriate due developing situations with one or more students.

Where the need to do so becomes evident, we will host twilight training sessions for all staff to promote learning or understanding about specific issues related to mental health.

Our designated MH Lead will attend termly Every Child Matters (ECM) meetings with other schools and professionals in Sefton.

15 Policy Review

This policy will be reviewed every academic year. The next review date is **30/11/2023**

In between updates, the policy will be updated when necessary to reflect local and national changes. This is the responsibility of the school's Mental Health Lead.

Any personnel changes will be implemented immediately.

Written by L.Skillen November 2023

16 Appendix

Local Support

In Sefton, there are a range of partner organisations and groups working hard to ensure children, young people and families get the support they need. The support available and how this support can be accessed is outline below.

Crisis Support

If a child or young person is in crisis, they can call the crisis care line any time, but they should only present to Accident Emergency Department if they need medical treatment or are struggling to keep themselves safe in the immediate moment.

The Alder Hey Crisis Care Team is available 24 hours a day, seven days a week on 0151 293 3577 or free phone 0808 196 3550.

Face-to-face support is still available when essential, risk assessments will be undertaken regarding these cases.

Alder Hey CAMHS

This service provides:

- Crisis risk assessment and management consultation through telephone support
- Urgent and routine assessments are being offered, but there is a slight delay with capacity.
- New urgent work is also being allocated.
- Children and Young People open are continuing with their treatment plan.
- The service offers remote contact when possible but face to face appointments, when clinically indicated. These are at Burlington House or Southport Health and Wellbeing.

Referral contact details:

Telephone: 0151 282 4527

Via online platform: www.seftonliverpoolcamhs.com

Email: camhs.referrals@alderhey.nhs.uk

Online: www.alderhey.nhs.uk/services/camhs

Twitter: @camhsSefton
For young people: @camhelions and
Instagram: Healthchampionsliverpool.

Who can make referrals? Any professional, parent/carer, self-referrals.

How can this support be accessed? Telephone, online and video call.

Opening hours:

Core hours: 9am-5pm, Monday-Friday.

Crisis: 24/7.

Fresh Plus Group - support for parents and carers

Alder Hey's CAMHS parent and carer support group will be running a series of informal virtual sessions to support families as we head into winter, focusing on strategies to boost mood and relieve anxiety in these uncertain times.

The support group is open to all parent and carers who have a child who has ever attended Sefton CAMHS or who is on a waiting list.

For further information and to join the sessions, email freshplusgroup@alderhey.nhs.uk or visit Twitter/Facebook @freshplusgroup.

Alder Hey Eating Disorders Service for Young People (EDYS)

This service provides:

- Mental and physical health assessments and reviews by telephone and online
- Dietetic advice
- Individual and family therapies via telephone and video call
- Service is delivered face to face, via telephone and video call.

Referral contact details:

Telephone: 0151 282 3662

Via online platform:

www.liverpoolandseftoncamhs.com

Or www.alderhey.nhs.uk/services/camhs

Email: camhs.referrals@alderhey.nhs.uk

Twitter: @EDYSAlderhey

Who can make referrals? Any professional, parent/carer, self-referrals.

How can this support be accessed? Face to Face support or telephone or via video call.

Opening hours: 9am-5pm, Monday-Friday

School Nurse Service - Emotional health and wellbeing support

This service provides:

- Targeted, confidential service for children, young people and their families to support with emotional, mental health and behavioural issues.
- Support available for the following issues:
 - Anger issues
 - Anxiety
 - Low mood
 - Low self-esteem
 - Bullying or friendship issues
 - Behavioural problems
- **ChatHealth, messaging service.** Send a message to 07312263291 to chat with a school nurse.

Referral contact details:

Telephone: 0151 247 6354

Who can make referrals? School, children and young people, parent / Carer

How can this support be accessed? Currently no face to face appointments, but available for telephone consultation and advice for parents, carers and young people.

Opening hours 9am – 5pm, Monday to Friday

Parenting 2000

This service provides:

Therapeutic counselling for children, young people & families

- Group counselling
- Information advice and guidance by telephone for parents
- Youth Connect 5 courses
- Parenting Circle family support group
- Alchemy Youth Club (Crosby and Southport) – activities, information, advice and support for young people aged 9 years - 18 years old
- Alchemy Detached youth mentoring:
 - for young people to safeguard them against criminal exploitation & help them make the best choices in life;
 - drop in mentoring sessions for young people who are worried about their mental health
- Buddy Up Plus @ Alchemy - social club for young people with additional needs aged 18-25 years old with mild to moderate learning disabilities & difficulties.

Referral contact details:

Counselling & Family support: www.parenting2000.org.uk/referrals

Alchemy Youth Club enquiries :

@Alchemy Youth via Instagram & Facebook

Alchemy Detached Youth Mentoring referral: parenting2000.org.uk/referrals/ypreferrals/
General enquiries: parenting2000.org.uk/contact/

Who can make referrals? Children and young people, parents/carers and professionals

How can this support be accessed? Remotely via email, telephone and a variety of online platforms

Opening hours

Core hours: 9am - 5pm Monday to Friday

Many services delivered outside of these hours

Venus Star Centre

This service provides:

New referrals accepted for children & young people living in Sefton aged 5-18

- Open access drop-in service for children, young people and their parent/carers. Available Mondays 4-6pm @ The Star Centre, 98b Linacre Lane, L20 6ES & Thursdays 4-6pm @ Thornton Children's Centre, Stanny Field Drive, L23 1TY
- Counselling and therapy sessions delivered in person and remotely via video link
- Parenting groups delivered including working with child anxiety
- Social groups for young people take place weekly including LGBTQ+ support group
- Youth Justice team including information, advice & guidance (IAG) and therapies
- Wellbeing and psycho-education telephone calls to new and existing clients
- Range of online resources

Referral contact details:

Telephone: 0151 474 4744

Online: seftonliverpoolcamhs.com or venuscharity.org

Who can make referrals? Children and young people, parents/carers and professionals

How can this support be accessed? Face to face by appointment or during drop-in hours, email, telephone or video link

Look for Venus on social media for updates: @thevenuscentre (Facebook and Instagram) and @venuscentre on twitter

Opening hours Core hours: 9am - 7pm Monday to Friday

Kooth

This service provides:

- Online counselling and emotional wellbeing platform for children and young people
- Accessible through mobile, tablet and desktop and free at the point of use.
- The team also delivers therapeutic support via online forums and chats.

Referral contact details:

Via the website www.kooth.com

Who can make referrals? Children and young people aged 11-19 years and young adults aged 19-25.

How can this support be accessed? Online via the Kooth website www.kooth.com

Opening hours: 9am-10pm Monday to Friday 6pm-10pm weekends

Text 'Shout' service

This service provides:

- Free support to people feeling anxious or stressed

Referral contact details: Text the word 'GREEN' to 85258

Who can make referrals? Anyone experiencing mental health difficulties

How can this support be accessed? Via text message - free and confidential. Find more info here: www.giveusashout.org

Opening hours: 24 hours a day, 7 days a week

Sefton Council for Voluntary Service (CVS)

This service provides:

- Sefton CVS supports a number of local youth and community centres, organisations and groups which provide services and support to children, young people and their families.
- Most of these centres and organisations are continuing to provide information, advice and support online and via social media, and some centres are supporting local food banks.

How can this support be accessed?

Further information about these centres and organisations, including how to access the services and support available at this time, can be found on the [Sefton CVS website](#) or via the links below:

[Bootle Christ Church Youth and Community Centre](#)

[Brunswick Youth and Community Centre](#)

Litherland Youth and Community Centre

Facebook: @LitherlandYCC

Twitter: @LitherlandYouth

MYA Space (Sefton Performing Arts and Education)

Woodvale Community Centre

Netherton Park Neighbourhood Centre

Sefton SEAS

The Youth Community Partnership (Meols Cop)

YKids

Sefton Carers Centre - Sefton Young Carers Support Service

This service provides:

- Free advice and guidance, emotional and practical support, training and a range of holistic therapies for unpaid carers living in Sefton, including young carers.
- Sefton Young Carers is a specialist service for children and young people aged 5-16 years old who have a direct caring role at home.
- Dedicated Transitions service supports young adult carers aged 16-25 throughout their journey to adulthood. Personalised support is offered to each individual and focuses on protecting the futures of Sefton's young carers.
- The centre offers support to young carers, young adult carers, and their families in-person, online and by telephone.

Referral contact details:

Telephone: 0151 288 6060

Email: help@carers.sefton.gov.uk

Online: www.sefton-carers.org.uk (see young carers and young adult carers pages)

Who can make referrals? Young carers, parents/carers and professionals.

Upon receipt of a referral the needs of the young carer will be assessed and an appropriate offer of support made.

How can this support be accessed? By telephone, messaging, online, and in-person where possible. Visit the young carers and young adult carers pages of the website for more information: www.sefton-carers.org.uk

Opening hours: 9am to 5pm Monday to Thursday 9am to 4.30pm on Fridays

Further information

Adult Mental Health Support

Urgent 24/7 support For parents/carers with urgent mental health needs and emergency service staff requiring immediate mental health advice and support for a Sefton resident, Mersey Care's 24 hour helpline is available.

Mersey Care's urgent mental health helpline - 24 hours a day, seven days a week - 0800 145 6570

Non urgent support

Self-referrals for anxiety, depression and other common mental health conditions can be made directly to Access Sefton.

Access Sefton referrals – call 0300 303 2708 or complete an online referral here: <https://www.mhm.org.uk/talking-matters-sefton>

If you require this information in an alternative format or language, please contact email communications@sefton.nhs.uk or call 0151 317 8456.