



Place2Be

Expert training and in-school support for
children and young people's mental health

Mental health and schools

The facts

3 children in every classroom have a diagnosable mental health problem, and half of those with lifetime mental health problems first experience symptoms by the age of 14.

93% of School Leaders* tell us that pupils bring more worries into school than they did five years ago, and that teaching staff have to manage issues for pupils that go beyond their professional role.

Pupils cannot thrive at school if emotional issues distract them in class.

Teachers cannot teach effectively if pupils are disruptive.

That is why promoting good mental health is everyone's business - from Head Teachers and School Leaders, to Teaching Assistants and Lunchtime Supervisors.

*Source: Place2Be/NAHT, February 2017

How Place2Be helps

Founded in 1994, Place2Be has grown from working with a handful of schools, to supporting over 300 schools each year to become more 'mentally healthy'.

Working in close partnership with School Leaders, we offer:

- Consultancy, advice and training for teachers, school leaders and school staff
- In-school counselling and mental health support for pupils, families and school staff
- Accredited qualifications up to Postgraduate Diploma and Masters level for individuals looking to become child counsellors, to ensure schools have access to qualified, experienced professionals



Mental Health Champions - School Leader

Developing the school mental health strategy

A programme of training and consultation to support School Leaders to bring about strategic change to create 'mentally healthy' schools.

Held over two terms, participants work in groups with other School Leaders and are supported by senior clinicians to devise and implement a whole school approach to mental health.

The programme covers:

- Child development, attachment theory and mental health
- Formulating an action plan based on an audit of existing school-based activity, identifying areas for improvement
- Empowering wider staff teams, consultation, and supporting their wellbeing
- Effective communications with local CAMHS

School Leaders who take part in the programme are supported to develop a comprehensive mental health strategy in their school, covering:

- Strategic management and ethos
- Supporting children and young people
- Developing staff awareness and understanding
- Supporting staff wellbeing
- Guidance and support for parents and carers
- Links to external agencies
- Evaluating impact

“As a direct result of the training from Place2Be I was able to have a conversation with CAMHS using the language which enabled me to be listened to... It was probably the most constructive conversation I have had with health professionals where I felt confident to speak with authority and experience to access the help I needed for my student.”

Brenda Bailey

Director of Inclusion and Special Educational Needs,
English Martyr's Secondary, Leicester

“The opportunity to reflect on our current practice as a school to mental health has enabled me, as a School Leader, to really push for a much more comprehensive ‘offer’ for our children.”

Jennifer Lloyd

Senior Assistant Head Teacher,
Chantry Primary Academy, Luton

“At a Senior leadership team level this is a good platform for discussing and raising the issues of mental health support with research-based evidence.”

Marilina Roxburgh

SENCO, St Joseph’s Catholic Primary School, Banbury

Mental Health Champions - Class Teacher

Developing the mentally healthy classroom

An independently evaluated programme to develop the knowledge and skills of teachers, proven to increase confidence and job satisfaction.

The programme consists of a series of training workshops and personalised consultation sessions held over two terms. Participants gain practical knowledge and skills that they can apply in the classroom.

The programme covers:

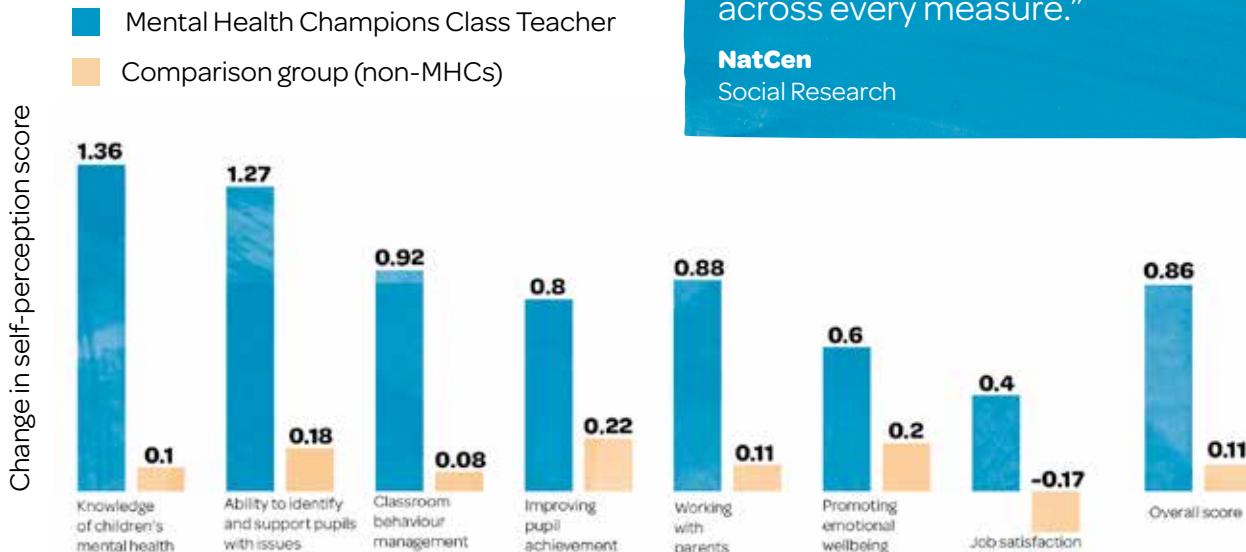
- Managing classroom behaviour
- An introduction to attachment theory
- Supporting children's emotional development and wellbeing
- Boosting pupils' resilience and self-belief
- Working effectively with parents and carers
- Managing your own emotional wellbeing

Teachers who took part in the programme scored higher and made more progress across seven key areas, than those who did not.

- Knowledge of children's mental health
- Ability to identify and support pupils with issues
- Classroom behaviour management
- Improving pupil achievement
- Promoting pupils' emotional wellbeing
- Working with parents
- Job satisfaction

Previously known as Place2Be's Talented Teacher Programme.
Full evaluation at place2be.org.uk/newteachers

New teachers were asked to score themselves (1-7) across seven key areas before and after the Mental Health Champions Class Teacher Programme



"Teachers who took part in the programme made significantly more progress than the comparison group across every measure."

NatCen
Social Research

In-school support

Place2Be takes a whole school approach to improve the emotional wellbeing of pupils, families and staff.

We provide mental health services in primary and secondary schools, offering vital therapeutic support around changes and challenges in life.

Our counselling helps children and young people to become more settled, more able to manage their behaviour and to engage in learning.

With Place2Be in school, teachers are able to focus on teaching, and parents feel better supported and more willing to engage with the school.

The School Project Manager is also on hand to respond swiftly to critical incidents, engage with external agencies, support staff initiatives and assist on all issues relating to children's mental wellbeing.

Our whole school approach includes:

- | One-to-one counselling
- | Group counselling
- | Whole class work
- | Lunchtime self-referral sessions
- | Support for parents and carers
- | Parent counselling
- | Consultation for teachers and staff
- | Specialist teams on safeguarding and SEND/ASN
- | Signposting
- | Care pathways with CAMHS and specialist agencies
- | Evaluating impact and reporting
- | Clinical supervision for all counsellors

“School staff have welcomed the opportunities they have had to discuss their concerns about their pupils in a supportive, solution-focussed way.”

Gillian Kierans,

Head Teacher, Aultmore Park Primary School, Glasgow

“As a school we have worked with Place2Be for nine years and I now can’t imagine the school functioning as effectively without them.”

Angela Anterkyi

Head Teacher, Gladstone Park Primary

“Place2Be takes away the layers of complexity with referrals and thresholds so that our staff can make the assessments of our children that are in most need. I would say unlike other services that are bolt-on or external – Place2Be is embedded within the fabric of your school, it is bespoke to your school, and works with your school.”

Carly Mitchell

Principal, Oasis Academy South Bank

Impacts and outcomes

In the last
school year

4,881

pupils were
supported through
one-to-one
counselling sessions

35,182

pupils booked their own
appointment to speak to a
mental health professional
during a lunch or break time

After Place2Be counselling

63%

of pupils caused fewer
problems for the teacher
or class

82%

of pupils with severe
difficulties showed an
improvement in wellbeing

For 62%

of pupils, their difficulties had
less impact on their learning

Continuing Professional Development

Place2Be also offers a series of half and one-day workshops to help develop professionals' understanding of children and young people's emotional wellbeing and how it affects behaviour. These workshops help to build confidence and expertise, whilst also providing participants with practical tools to improve their work with children, young people and families.

Our highly interactive and participative workshops can be tailored to suit your school's needs. Popular sessions include:

- **Resilience: wellbeing without words**
- **Understanding attachment**
- **Introduction to counselling skills**
- **Self-belief: helping children thrive**
- **Peer mentoring skills for students**
- **And many more...**

“If you have problems or worries you get a chance to talk to a person you trust. When I grow up I want to help children like Place2Be helps children.”

8-year-old girl

To find out more about our workshops, please email schools@place2be.org.uk or call on 0207 923 5526

Get in touch

If you are interested in finding out more about how Place2Be can work with your school, please get in touch:

T: 0207 923 5500

E: schools@place2be.org.uk

www.place2be.org.uk



ROYAL PATRON

HRH The Duchess of Cambridge

"Place2Be is part of our school family. It is more than an office, more than a therapy room, and more than a collection of counsellors. Its work permeates through every aspect of our school and its community. It is trusted by parents and carers, valued by the staff, and vociferously supported by the children."

Glyn Ellis

Head Teacher, Haslingden Primary School

www.place2be.org.uk

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Registered Company in England and Wales (02876150)