



**ISEND**

CHAMPIONING CHANGE FOR CHILDREN

## The Mental Health and Emotional Wellbeing (MHEW) in Education Team

A guide for Schools and Colleges



## WHO ARE WE?

The Mental Health and Emotional Wellbeing in Education Team is part of East Sussex County Council's Educational Psychology Service within the ISEND Department.

Our MHEW Advisers combine qualifications and experience from teaching, school leadership, coaching and mentoring, mediation, youth, and family support work, with a passion for supporting individual and community mental health and emotional wellbeing.

## WHAT DO WE DO?

- » Raise awareness of Mental Health and Emotional Wellbeing issues in schools/colleges
- » Share best practice and support schools and colleges to implement the recommendations of the government's [Green Paper](#)
- » Develop and deliver CPD programmes for schools to help them identify children and young people with mental health concerns and put in place appropriate, sustainable support

The [Whole School Approach](#) encompasses and mobilises the whole school or college to promote student and staff wellbeing, and address mental health issues. This type of multi-component approach has been shown to be most effective in promoting social and emotional wellbeing than those which focus on only one or two aspects of school or college life.

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## WHAT WE OFFER

### 1. Mental Health Leads Programme

Over 200 staff are working as MH Leads in East Sussex schools and colleges, championing improvements in understanding and practice around MHEW, and embedding an organisation-wide approach.

To support our MH Leads, we offer:

- Mental Health leads monthly supervision
- Mental Health leads networking events
- DFE Approved senior MH leads training

### 2. Training for school and college staff on aspects of MHEW

- » Managing anxiety at home and at school
  - » Supporting children and young people with low mood/ depression
  - » Talking mental health with parents/carers
  - » Teaching safely about MHEW
  - » Embedding staff-wellbeing in schools and colleges
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## WHAT WE OFFER

### 3. [Annual Mental Health Conference](#) for schools and colleges

The themes and content of the conference reflect the current MHEW priorities shared with us by our colleagues in educational settings. The 2021 conference drew on the theme of 'Togetherness' - how relationships and community support good mental health.

Highlights included:

- Louise Michelle Bomber - Teacher, therapist, DDP certified practitioner, adoptive parent, and author: on helping children to thrive post-lockdown through secure relationships
- Hope Virgo - Author and multi-award-winning advocate for people with eating disorders. Founder of the #DumpTheScales campaign, Hope shared her lived experience and offered practical strategies to support ourselves and others.

Recordings, slides and resources shared can be found [here](#).

### 4. [Mental Health Link Governors Programme](#)

These sessions outline the role of the MH Link Governor and explore practical ways to support your Senior Leadership Team in embedding a whole school approach to MHEW:

- » Training for MHEW link governors
  - » Networking for MHEW Link governors
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What we Offer



## WHAT WE OFFER

### 5. [Resources](#) and [guidance](#)

Toolkits, tip sheets, [pre-recorded webinars](#) and a monthly [newsletter](#)!

### 6. Review of schools and colleges MHEW practice

Staff or governors who have completed MH Leads' training can book an individual session to review their whole school approach, focussing on specific priorities as appropriate.

Ideally, this will be conducted in the school or college setting, however we can provide remotely as necessary. We allow 2 hours per review.

### 7. Support for developing and implementing a whole school approach to MHEW

Staff or governors who require additional support can book a 2-hour support session to review progress against objectives.

We encourage schools and colleges to complete an initial assessment of their whole organisation's approach using the ESCC [MHEW audit framework](#) or East Sussex Healthy Schools Programme [School Health Check](#) – this provides a good foundation to build upon.

Examples of traded work





## WHAT WE OFFER

### 8. Countywide strategic development of MHEW practice and provision

We work closely with East Sussex County Council teams and partner organisations across Education, Health and Social Care towards a consistent approach and understanding of MHEW with children, young people and families:

- [Schools and Colleges Mental Health Network \(SCMH\)](#)
  - [Pan-Sussex Self-harm Learning Networks Programme \(PSSHNLN\)](#)
  - [Discovery College](#) – to increase referrals from schools and colleges
  - [Mental Health Support Teams](#) – to ensure joined up approach
  - Emotionally Based School Avoidance – development of resources for parents, carers, and education staff
  - [DfE Wellbeing for Education](#) Return & Recovery Steering group
  - Whole School Approach Steering group
  - LGBTQ+ Youth and Schools' Network
  - Race Equality in Education Network
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## HOW MUCH DOES IT COST?

We believe that understanding of MHEW in schools and colleges is vital for the whole community to thrive. Therefore, all the above training and support is free of charge.

We can provide bespoke training for INSET days and whole staff teams by arrangement for an agreed fee.

Please contact us to discuss: [MHEW@eastsussex.gov.uk](mailto:MHEW@eastsussex.gov.uk)

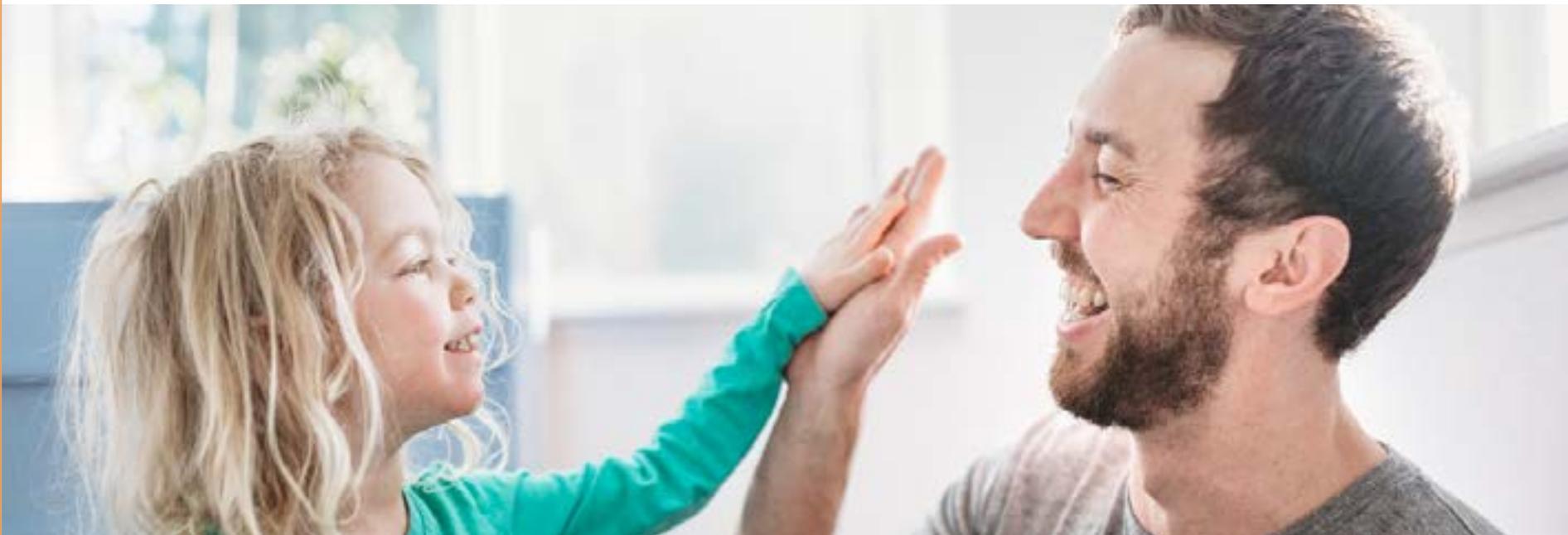
## WHO CAN ATTEND OUR TRAINING?

East Sussex County Council, Academy and Independent School staff are all eligible to attend our training, networking, and other events.

## HOW CAN YOU BOOK?

Click on the CZONE [training page](#) link to book on any of the above events.

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## Newsletter

“Thank you for the brilliant newsletter - so much information, data and resources. Packed full of helpful information. I just wanted to say thank you as I read it last night and was blown away by how much was in there. Hopefully everyone will use it to support their children when they return.”

*Primary Head Teacher*

“I was very impressed with your newsletter and have sent it on to several of my colleagues. I work for a national charity and mental health is a big issue for many of our members. Finding accessible information can be really tricky.”

*Office Manager, Learning Disability England*

## MHEW Training

“....a friendly, helpful informative online webinar.... a great balance between giving information and allowing time for discussion/the ability to respond to need and questions.... also ensures the participants are looked after regarding their mental health and wellbeing.”

*Academy Trust Lead for Behaviour, Nurture, Mental Health and Wellbeing*

“Thank you for putting on these sessions which have been really informative and reassuring that we are getting a lot right. I have also gained some ideas to use and expand on with the children and parents I work with.”

*Primary Family Support Lead/DSL*

## MH Leads Group Supervision

“It was very reassuring, and I felt listened to and valued.”

“These sessions were very useful and facilitated so well. I felt supported and have been able to implement ideas shared.”

*Supervision survey comments 2020*





## Mental Health Link Governor Training

“Just to say how much I appreciated the amount of detail you gave us in this afternoon’s training session – it is indeed a great deal to take in and I do appreciate that you told us these are ideas we can adapt and include with our own school settings. These are unprecedented times so I am going to work out a priority list of to dos based on WILL DO; SHOULD DO and COULD DO in order not to overwhelm both myself, SLT and school staff.”

## Mental Health Conference Webinars 2021

“Thank you for a really stimulating three days.”

“Thank you, a great session with lots of resources to tap into.”

“What is so amazing about this conference - is that all agencies involved with the child and family will be working from the same skill set. Speaking from the same narrative.”

*Webinar feedback 2021*

## Wellbeing support to senior leaders

“Thanks for providing this service. I really valued the session and support offered.”

“Thank you so much for your time and thought with these sessions, it is so appreciated.”

*Secondary Head Teachers*



ISEND MHEW IN EDUCATION  
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