




The Langton
GRAMMAR SCHOOL
FOR BOYS

Mental Health and Wellbeing

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ASSISTANT HEAD TEACHER (MENTAL HEALTH AND WELLBEING)



Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

World Health Organisation (2014)

Within Simon Langton Grammar School for Boys community we recognise the need to support our students and adults in many ways, to enable us all to reach their potential.

This goes from a friend noticing that someone isn't feeling so good and spending a bit more time with them, all the way up to making a referral to mental health teams at Children and Young People's Mental Health Service (CYPMHS).

How Do We Support our Student

There may many scary statistics around Mental Health and its impact on our young people. But the most important aspect of improved wellbeing is the day to day effect it has on ourselves and those around us and the ability to deal with the day to day trials of being a young person.

Our job as adults is to teach young people how to be good friends, colleagues , sons , daughters , fathers, mothers.... Which entails looking after those around us whether they are in physical or psychological pain.

Therefore schools have a number of strategies they can adopt and this is how we at Simon Langton Boys support the Wellbeing of the young people in our care.

<https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>

Pastoral Care

The first wave of support comes at 8:50am every day, where the students have their first official contact with adults at the school.

Therefore the first opportunity for positive interactions with a familiar face. All of whom are members of the school community and familiar with school policies and have annual safeguarding training .

- ▶ Mentoring / Coaching.
- ▶ Daily Check in.
- ▶ First port of call for a concern via home or teacher.

Head of Year 7: Mrs A Sheppard asheppard@thelangton.kent.sch.uk

Head of Year 8: Miss K Day kday@thelangton.kent.sch.uk

Head of Year 9: Mrs K Bennett kbennett@thelangton.kent.sch.uk

Head of Year 10: Dr P Easterbrook peasterbrook@thelangton.kent.sch.uk

Head of Year 11: Miss J Turner jturner@thelangton.kent.sch.uk

Head of Pastoral Care KS3 and KS4: speto@thelangton.kent.sch.uk

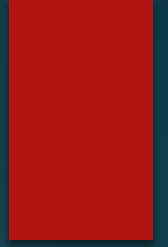
Head of 6th Form Pastoral Care: Mrs M Wells: mwells@thelangton.kent.sch.uk

Data used by pastoral team; such as Attendance , Attainment and Effort

Often these seem like purely academic concerns , but often a indicator if someone is struggling.

- ▶ Struggling with certain lessons.
- ▶ Difficulties sleeping, eating, unwell
- ▶ General worries , school work, romantic relationships , sports injury, popularity.
- ▶ Low mood.
- ▶ Friendship issues.
- ▶ Difficulties at home.
- ▶ Etc , etc etc

Curriculum



KS3 PSHE Curriculum

<https://thelangton.org.uk/app/uploads/2018/01/Positive-Action-Research-findings-2017.pdf>

KS4 Citizenship Curriculum

<https://mindfulnessinschools.org/breathe/breathe-curriculum/>

<https://www.tes.com/magazine/news/general/relationships-and-sex-education-what-you-need-know>

Concern

If a concern is raised , which is deemed to be increasingly serious and there might be a potential need for an intervention.

Normally this will go through the Heads of Year, who will do an initial 'Wellbeing Survey'. This information and some context will be taken to our weekly 'Wellbeing Triage Meeting' and discussed about what support needs each case has.

In the meeting we have;

Mr M Tithecott – Assistant Head Teacher (Mental Health and Wellbeing)

Mr S Peto – Assistant Head Teacher (Pastoral)

Mrs M Wells – Assistant Head Teacher 6th Form (Pastoral)

Mrs T Langley – Wellbeing Mentor and Deputy Safeguarding Lead.

Mrs S Prior – School Counsellor

Mr G English – KS3 Mentor

Miss A Morris – Play / Art Therapist

First Aid For Mental Health Awareness

- ▶ All Support Staff
- ▶ A designated member of staff in each academic department has completed the training.
- ▶ We are part of a pilot with R World (www.rworld.org.uk/)
<https://www.rworld.org.uk/first-aid-for-mental-health-in-schools/>
- ▶ At least two members from each 6th form sports team have been trained to be the designated person within that team to be the First Aider for Mental Health.
- ▶ The 6th form Student Leaders have completed the First Aid for Mental Health awareness course.
- ▶ The Training of Students and Staff is an ongoing programme that aims to support our community.

Interventions

Students under 14 years old will have parental consent for us to do direct wellbeing work with them.

- ▶ Pastoral Lead to meet with student further.
- ▶ Regular meeting with form tutor / Head of Year.
- ▶ Regular Meeting with Academic Mentor.
- ▶ Regular 1:1 meeting with Wellbeing Mentor.
- ▶ Regular 1:1 meeting with School Counsellor.
- ▶ Regular 1:1 meeting with Level 5 Trainee Councillor.
- ▶ Refer to other agency.
- ▶ Mindfulness Groups.

Increasing Concern Referral to other agencies;

This can also be done via GPs

Early Help Referral –

Early Help and Preventative Services (EHPS) in Kent aims to target early help services for the most vulnerable children, young people and families with a focus on delivering better outcomes.

Children, young people and families should be able to access the right services at the right time in the right place. We aim to place them at the heart of everything we do, working in a more integrated way and avoiding, where possible, lack of coordination or wasteful duplication.

EHPS offer a wide range of support services to children, young people and families across different levels of need.

South Kent

Ashford - 03000 41 03 05 -
AshfordEarlyHelp@kent.gov.uk
Dover - 03000 42 29 98 -
DoverEarlyHelp@kent.gov.uk
Folkestone and Hythe - 03000 41 10 08 -
ShepwayEarlyHelp@kent.gov.uk

East Kent

Canterbury - 03000 41 62 22 -
CanterburyEarlyHelp@kent.gov.uk
Thanet - 03000 41 95 67 -
ThanetEarlyHelp@kent.gov.uk

<https://www.kelsi.org.uk/special-education-needs/integrated-childrens-services/early-help-and-preventative-services>

The Children and Young People's Mental Health Service (CYPMHS)

The Children and Young People's Mental Health Service (CYPMHS) provides emotional wellbeing and mental health advice and support for young people and their families across Kent.

The service is open to young people between the ages of 0-18, or up to 25 in some instances, for example those with special educational needs.

CYPMHS offers advice and support for stress, low mood and depression, anxiety, self-harm or difficult to manage behaviours.

We also have specific support for Eating Disorders. Please visit our [Eating Disorders page](#) for more information.

The way in which we offer support can differ from young person to young person as every journey is unique.

For some young people, their emotional well-being may be having a significant impact on their day to day life. In these cases we may offer a short period of face to face support either in 1:1 sessions or in a group. Due to the ongoing pandemic these 1-1 or group sessions may be offered to you via video call. If you have limited access to devices such as tablets/laptops, poor or restricted internet or data access, or find online options difficult to use please do let the service know so we can ensure we are offering solutions that you can easily access.

<https://www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health/>

Mental Health in Children in the UK

THE ALARMING FACTS

1 in 6 children aged 6-16

were identified as having a probable mental health problem in 2020. That's 5 children in every classroom of 30 [1]. This is a rise from 1 in 10 in 2004.

17-22 year old women

are the group most at risk of developing mental health problems. Young women are 3 times more likely to experience anxiety and depression than men [2]

The number of A&E attendances by young people aged 18 or under with a recorded diagnosis of

a psychiatric condition increase by more than 300% between 2010 and 2018-19 [3]





80% of young people with mental health

needs agreed that the coronavirus pandemic had made their mental health worse [4]



In 2018-19

24% of 17-year-olds reported having self-harmed in the previous year [5]

7% reported having self-harmed with suicidal intent [5]

Suicide was the leading cause of death for males and females aged between **5 to 34 in 2020** [6]

Just over 1 in 3 children and young people with a diagnosable mental health condition get access to NHS care and treatment [8].



Nearly half of 17-19 year-olds with a diagnosable mental health disorder has self-harmed or attempted suicide at some point, rising to **52.7% for young women** [7]



34% of those who get referred into the NHS by their GP are **not accepted into treatment.**

For most, there is an average 10-year

delay between young people displaying first symptoms and getting help.

School pupils who have a mental health problem are more likely to be excluded from school than their peers. In 2013-14, 1 in 5 students with an identified mental health difficulty were excluded from school [9]

Children from Black, Asian and minority ethnic (BAME)

communities are less likely to access mental health services. [10]

Children from the poorest 20%

of households are four times as likely to suffer from serious mental health difficulties by the age of 11 as those from the wealthiest 20%. [11]






*How this Impacts Adulthood

- ✓ One-third 1/3rd of mental health problems in adulthood are directly connected to an adverse childhood experience (ACE) [12].
- ✓ Adults who experienced four or more adversities in their childhood are four times more likely to have low levels of mental wellbeing and life satisfaction [13].

References

- [1] NHS Digital (2020): 'Mental Health of Children and Young People in England', prevalence survey. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2020-wave-1-follow-up>
- [2] NiMcManus et al., 2016
- [3] NHS Digital / The Independent (January 2020) 'Number of children admitted to A&E with mental health problems jumps 330 per cent over past decade'. Available at: <https://www.independent.co.uk/news/health/children-mental-health-hospital-suicide-nhs-ae-a9255626.html>
- [4] YoungMinds (summer 2020) Coronavirus: Impact on young people with mental health needs (survey two). Available at: <https://www.youngminds.org.uk/media/355gyqcd/coronavirus-report-summer-2020-final.pdf>
- [5] NCB and UCL research (November 2020), 'One in six report severe mental health difficulties by age 17'. Available at: <https://www.ncb.org.uk/about-us/media-centre/news-opinion/one-six-report-severe-mental-health-difficulties-age-17>
- [6] ONS: Deaths registered in England and Wales (2019) section six 'Leading causes of death'. Available at: <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/deathsregistrationsummarytables/2019#leading-causes-of-death>
- [7] NHS Digital (2018) 'Mental Health of Children and Young People in England, 2017'. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017>. Based on 46.8% of 17 to 19-year-olds that were identified as having a diagnosable mental health condition reporting that they had harmed themselves or tried to kill themselves at some point
- [8] NHS Five Year Forward View for Mental Health dashboard. Available at: <https://www.england.nhs.uk/publication/nhs-mental-health-dashboard/>
- [9] Department for Education, 2016
- [10] Education Policy Institute, 2017
- [11] Morrison Gutman et al., 2015
- [12] Kessler, R. (2010) 'Childhood adversities and adult psychopathology in the WHO World Mental Health Surveys' British Journal of Psychiatry 197(5): 378-385.
- [13] Mehta, D. et al. (2013) 'Childhood maltreatment is associated with distinct genomic and epigenetic profiles in posttraumatic stress disorder' Proceedings of the National Academy of Sciences 110(20): 8302-8307. Available at: <http://www.pnas.org/content/110/20/8302.full.pdf>



The following are apps which can be downloaded via The App Store or The Play Store to phones and tablets, and are designed to support wellbeing generally:

- The Calm Harm app is designed to help you if you are experiencing self-harm.
- Download the Headspace app, an app that uses mindfulness exercises and encourages good sleeping habits.
- Another app which promotes better sleep is called sleepio – they use CBT techniques to improve sleep.
- Catch It is an app provided by the NHS, it is designed to manage feelings like anxiety and depression, teaching you to think about problems in a different way.
- The Thrive: Mental Wellbeing app is similar, and helps young people prevent and manage stress, the Safespot app is another which is designed to help with coping skills.
- Grassroots – this is an app which can be used for anyone thinking of suicide, you can find further resources and get practical help.

The Young Minds website provides a wealth of knowledge, information and resources for young people, their families and professionals alike, they have a helpline you access Mon-Fri 9:30am-4pm on 0808 802 5544, or www.youngminds.org.uk

If you are concerned about a friend or you yourself are thinking of suicide, please contact either Papyrus or Ollie:

- Papyrus is for children and young people under the age of 35 who are experiencing thoughts of suicide. For anyone concerned that a young person could be thinking about suicide call 0800 068 4141.
- The Ollie Foundation: One Life Lost is Enough, check out <https://theolliefoundation.org/about/our-story/> and <https://theolliefoundation.org/emergency>

In times of crisis, any of the following can be accessed online or by phone for support:

- For people of all ages needing immediate mental health support, just text the word “Kent” or “Medway” to 85258. This is a 24/7 text service provided by SHOUT and the Crisis Text Line as part of the Kent and Medway Release the Pressure campaign.
- Access kooth.com for safe and anonymous support, join discussion boards and talk to qualified professionals. For ages 11 to 24 years, up to 10pm every day. You have to register but you only provide a username and your age and area which you live, it's completely anonymous.
- Access www.moodspark.org.uk or www.kentresiliencehub.org.uk to learn about mental health and find tips and resources to keep emotionally healthy.
- Texting Chat Health for support around physical and mental health on 07520 618850. The number is monitored Monday to Friday, 9am to 5pm.
- Access the Big White Wall if aged 16+ for anonymous support through <https://www.bigwhitewall.com>
- Call The Samaritans on 116 123



You can also visit your nearest A&E department and ask for help.

When we are back in school you can also speak to your tutor or head of year, and ask to come to Wellbeing in M3, or email us on:
wellbeing@thelangton.org.uk.