

SEMH Strategy Team

Social, Emotional & Mental Health

November 2021



Essex County Council

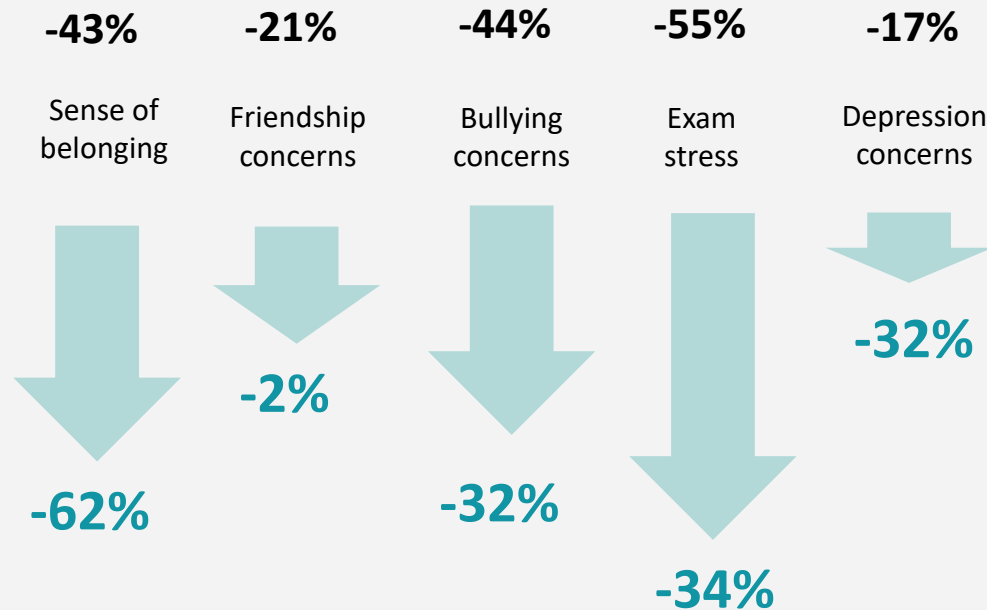
The 'Big Picture' in Essex

Presenting issues **on the rise**



Reference: Kooth Pulse Report (2021)

Presenting issues on the reduction



Reference: Kooth Pulse Report (2021)

Forums & Activities:

Top 3 Live Forums	Views
Kooth Live Forum: "Myth Busting: Toxic Masculinity" 23/10/20	235
Kooth Live Forum: "Using Creativity To Release Stress" 16/09/2020	195
Kooth Live Forum: LGBTQIA+ Celebrating Differences 🏳️	194

Top 3 Activities	Views
Make your own coping box - Activity Discussion	163
Share advice with others - Activity Discussion	115
Create a 'good mood' playlist - Activity Discussion	79

Outcomes

Children and young people in Essex:

- 1. Feel safe** (feel safe and be safe)
- 2. Have good self-worth and positive identity**
- 3. Are resilient**
- 4. Have trusting and positive relationships with adults**
parent/carer + significant adult in your life (not a professional)
- 5. Have trusting, healthy friendships and relationships with others**
friends and peers, professional/education staff)
- 6. Have a connection with their community**
e.g. Education, jobs, support groups, etc.

Essex Schools Infolink – New SEMH Portal



Essex Schools InfoLink

[News & Information](#) ▾ [School Management](#) ▾ [Staff Support](#) ▾ [Pupil Support & Welfare](#) ▾ [Data & Standards](#) ▾ [Other Education Services](#) ▾ [My School](#)

[Home](#) > [Pupil Support & Welfare](#) > Social, Emotional and Mental Health Portal for Schools, Colleges and Settings

Social, Emotional and Mental Health Portal for Schools, Colleges and Settings



[National Guidance](#)



[Is It An Emergency?](#)



[Let's Talk Recovery and Returning to Education Settings \(Covid-19\)](#)



[Essex Guidance and Let's Talk Resources](#)



[SEMH and Healthy Schools Newsletter](#)



[SEMH Jargon Buster](#)



[SEMH Training](#)



[Teaching Resources and Assessment Tools](#)

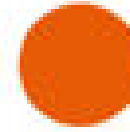


[Useful Links, Advice and Support](#)



[What is SEMH?](#)

Let's Talk...



Essex Guidance and Let's
Talk Resources

Reducing
the Risk of
Suicide

Common
Language
for EWMH

Supporting
Engagement

Working
Together

Disordered
Eating

Support for
Families

Themes arising during Covid-19

In conversations with children, young people, families and schools/settings, recurrent themes were being raised as causes for concern following periods of lockdown.

These themes were:

- Emotional wellbeing
- Loneliness and isolation
- Disordered eating
- Self-injury



Let's Talk Recovery and
Returning to Education
Settings (Covid-19)

Mental Health Posters

Four posters have been produced to support staff in school/settings to help children and young people who may be experiencing key areas of mental health needs:

Let's Talk:
Social, Emotional & Mental Health Pillars

All children, young people and families will need a holistic period after this latest lockdown. This should be a whole school/setting approach.

Some may need a focused recovery intervention programme, personalised to their needs. This needs to be viewed in terms of short, medium and long term.

Pillars of Recovery

- Creating a safe and healthy environment for recovery
- Supporting recovery through education and training
- Supporting recovery through social and community activities
- Supporting recovery through physical and mental health services

Pillar 1: Relationships providing the compassion and kindness
We cannot underestimate the impact of the loss of that social interaction. It is key to their holistic development. For most children and young people, their daily goal in going to school is not just to learn, but to see their friends. This provides them with a sense of self-worth and belonging that only a peer group can offer.

Pillar 2: Openness and understanding providing the hope
Hope enables individuals to look forward in life instead of being stuck in the past. Opportunities for growth is the hope. It enables people to bounce back from stressful life experiences with increased resilience.

Pillar 3: Time and space to be, freedom and fun providing the connection and belonging
Connecting with others makes us feel safe and provides a sense of belonging that we all need. Improving someone's relationships within their positive social network increases their resilience. Being kind and connected is the best thing we can do for each other. Everyone must have quality relationships with at least one adult and one friend.

Essex promotes the values of Trauma Perceptive Practice (TPP) in all that we do:

Compassion & Kindness Hope Connection & Belonging

Other topics available in this series of posters:
Disordered Eating, Self-Injury & Loneliness & Isolation

If you found this poster useful and would like to propose more themes to add to the range, please get in touch: semstrategy@essex.gov.uk



Let's Talk:
Loneliness & Isolation

Covid-19 has had an impact on the lives of children, young people and families in Essex. Loneliness and isolation have been identified as an increasing concern for all ages.

If you are worried about a child or young person feeling lonely or isolated, there are things you can do to help.

If you are noticing any changes from a child/young person's presentation, be curious with the family to find out more. Remember to discuss confidentiality agreement and boundaries with the pupil before having conversations with them.

Look

- Are they spending increasing time on their own?
- Are there changes in their engagement in social situations?
- Are there changes in their relationships with friends and family?

Listen

- Others saying that they are not engaging as before (clubs etc)
- Crying, sadness, low mood, anger, expressing their loneliness
- Changes in connection-seeking behaviours

Say

- "I've noticed... and I'm wondering what's happening?"
- "Let's think about this together."
- "Help is available for you."

Do

- Offer emotional support, let them know you care with regular check-ins
- Involve them and their peers in acts of kindness and belonging
- Think with the child/young person about distraction and calming techniques e.g. music, breathing exercises, writing their thoughts down
- Gentle encouragement and scaffolding where needed

Signpost

- Essex Youth Service <https://youth.essex.gov.uk/>
- Kooth.com <https://www.kooth.com/> & TogetherAll <https://togetherall.com/en-gb/>
- Essex Wellbeing Service [essex.gov.uk/wellbeing](https://www.essex.gov.uk/wellbeing) (for education staff and families)
- EWMS EP helpline: <https://bit.ly/3p0d8Zn>
- Shed text service: 83398

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Let's Talk:
Self-injury

Covid-19 has had an impact on the lives of children, young people and families in Essex. Self-injury has been identified as an increasing concern for all ages.

If you are worried about a child or young person self-injuring, there are things you can do to help.

If you are noticing any changes from a child/young person's presentation, be curious with the family to find out more. Remember to discuss confidentiality agreement and boundaries with the pupil before having conversations with them.

Look

- Are there signs of repeated or ritualistic self-injury?
- Are there signs of scratches, bites, scars and bruises?
- Are there signs of scold and burn marks or cuts?
- Are they wearing clothes specifically to cover up?
- Are they seeking to control aspects of their life?

Listen

- To the story about the injury
- To the account from another person describing the injury
- For indicators of stress, hopelessness and/or anger
- Distorted views about self-image and relationships

Say

- "I've noticed... and I'm wondering what's happening?"
- "Let's think about this together."
- "Help is available for you."

Do

- Basic first aid
- Offer emotional support, let them know you care with regular check-ins
- Think with the child/young person about distraction and calming techniques e.g. music, breathing exercises, writing their thoughts down
- Make reasonable adjustments to the school day for the child/young person, so they feel supported through this difficult period in time
- Follow your policies and procedures for Safeguarding

Signpost

- Self-harm management toolkit: <https://bit.ly/3q8R8U1>
- GP or NHS 111
- Essex Wellbeing Service [essex.gov.uk/wellbeing](https://www.essex.gov.uk/wellbeing) (for education staff and families)
- Paypex <https://www.paypex-uk.org/>
- EWMS EP helpline: <https://bit.ly/3p0d8Zn>

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Let's Talk:
Disordered Eating

Covid-19 has had an impact on the lives of children, young people and families in Essex. Disordered eating has been identified as an increasing concern for all ages.

If you are worried about a child or young person's eating, body image or changes in their weight, there are things you can do to help.

If you are noticing any changes from a child/young person's presentation, be curious with the family to find out more. Remember to discuss confidentiality agreement and boundaries with the pupil before having conversations with them.

Look

- Are there changes in eating and exercise habits?
- Are there fluctuations in weight and mood?
- Are the signs of fatigue, dizzy spells and low concentration?
- Are there rituals and routines around meal times?

Listen

- Distorted views about body image
- Preoccupation with diet and exercise
- Seeking to control aspects of their life
- Indicators of stress or hopelessness

Say

- "I've noticed... and I'm wondering what's happening?"
- "Let's think about this together."
- "Help is available for you."

Do

- Offer emotional support and let them know you care with regular check-ins
- Think with the child/young person about distraction and calming techniques e.g. music, breathing exercises, writing their thoughts down
- Make reasonable adjustments
- Follow your policies and procedures for Safeguarding

Signpost

- GP
- BEAT <https://www.beateatingdisorders.org.uk/>
- Essex Wellbeing Service [essex.gov.uk/wellbeing](https://www.essex.gov.uk/wellbeing) (for education staff and families)
- EWMS EP helpline: <https://bit.ly/3p0d8Zn>
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Provision Mapping & Local Offer

Accessible to all ECC workforce

‘Guest Access’ can be granted to partners



	Provision	Location	Directorate	Commissioned	Age range (ag...)	Tier	Type of Need	Provision format	Notes
1	Why do people bully?	National	Education	No	0-16 years	1: Universal	Anti-bullying	Resource	1.30min video clip
2	ADHD Specialist Nurse	West	Community	Yes	0-18 Years	2: Additional	Medical	Community Service	
3	CAVS Ways to Wellness	South	Community	Unsure	0-18 Years	2: Additional	Wellbeing	Community Service	
4	Children & Young People's Mental Health Coalition	National	Community	No	0-18 Years	1: Universal	General Mental Health	Online/website	brings together leading char
5	Deaf CAMHs' - Cambridge CAMHs Outreach	All Essex	Social Care	Unsure	0-18 Years	2: Additional	SEND	Hub	in partnership with Teacher
6	Essex Youth Offending Service	All Essex	Care sector	Yes	0-18 Years	3: Intensive	Risk	Community Service	supervises young people su
7	EWMHS single point access for CYP referrals)	All Essex	Social Care	Yes	0-18 Years	3: Intensive	General Mental Health	Therapeutic input	children, young people and
8	Faith and Religious Bullying	National	Community	No	0-18 Years	1: Universal	Anti-bullying	Online/website + helpline	Ways to get help, being you
9	Virgin Care Community Paediatricians	West	Health	Yes	0-18 Years	3: Intensive	General Mental Health	Clinic-based	assessing children with dev
10	Wipe Away those Tears (Charity granting a wish)	National	Community	No	0-18 Years	2: Additional	Life threatening/life limitr	Outreach	a charity which aims to gran
11	CAVS Family Mentoring Service, 0-19 years	Mid/South	Community	Unsure	0-19 Years	2: Additional	Wellbeing	Community Service	
12	Community Children's Nursing	West	Community	Unsure	0-19 Years	2: Additional	Medical	Community Service	

Essex Local Offer is currently being redesigned.
Expected to be finished June 2022.



Promoting Services



Useful Links, Advice and
Support

- Education Essex Bulletin
 - Highlighting key events/dates and resources
- EWMHS Instagram
- Shared newsletter with Healthy Schools (ECFWS)



SEMH and Healthy
Schools Newsletter

Trauma Perceptive Practice

TPP is now being rolled out to all schools and settings in Essex. It is hoped that all Essex education settings will be Trauma Perceptive by 2025.

	Total	Mid	West	NE	South
Schools	553	155	123	126	149
Expressed interest/Waiting List	26	9	8	9	0
Training arranged or in progress	330	87	60	95	88
Setting Trainers in place (Schools and EY Settings)	403	107	50	139	107

	Total	Mid	West	NE	South
EY Settings	757	170	137	120	180
Expressed interest/ Waiting List	23	5	5	12	1
Training arranged or in progress	50	19	16	2	13

- TPP is now embedded in Healthy Schools Accreditation
- Part of the Teacher Training programme for Essex practitioners
- TPP for Essex Partners – termly ‘abridged version’
- TPP for Families - currently in Pilot phase
- Annual Conference

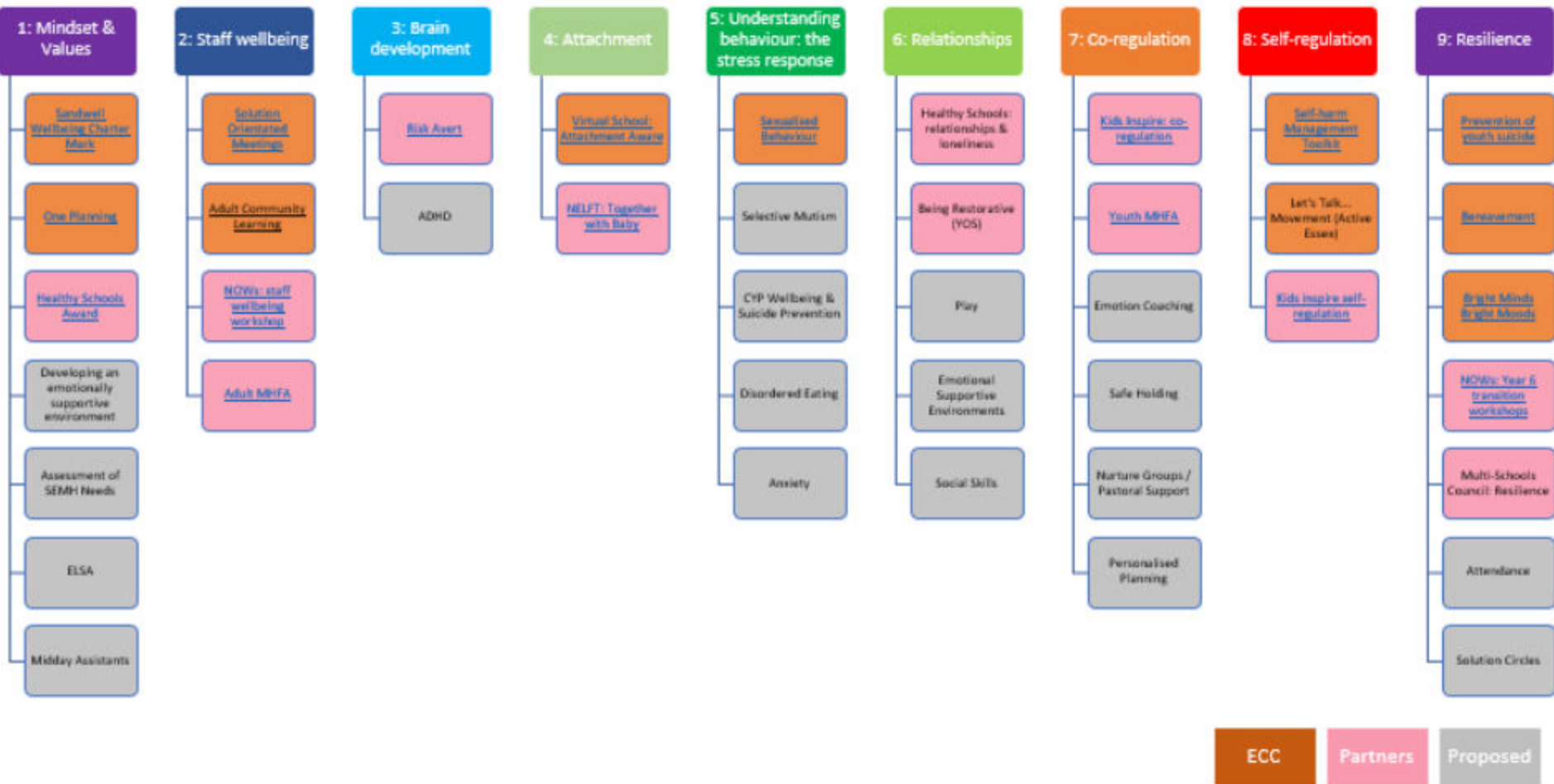


SEMH Training

SEMH Training Offer



SEMH Training



Senior Mental Health Lead Training

Overview

The Department for Education (DfE) is offering a senior member of school or college staff the opportunity to get a grant for training to develop the knowledge and skills to implement an effective whole school or college approach to mental health and wellbeing in their setting.

The grant is a contribution to the cost of training and the hiring of supply staff whilst leads are engaged in learning.



SEMH Training

Thank you!

