

Social, Emotion and Mental Health Provision Map

SILVERDALE PRIMARY ACADEMY



Silverdale Primary Academy
The best in everyone™
Part of United Learning

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mental health explained

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Social, Emotional and Mental Health Explained

At Silverdale Primary Academy we aim to support our whole school family to thrive both academically as well as socially and emotionally.

With this aim in mind, we have put together a provision map for pupils, parents and staff to use to signpost possible intervention and support available to support wellbeing and mental health.

Our provision map begins with Level 1 support which is our universal approach to supporting wellbeing for all.

The provision map then moves through levels of support where needs may include;

Level 2- targeted support which includes planned intervention over a period of time to address sustained mental health concerns

Level 3- personalized support which includes planned interventions and professional referrals to support high level mental health concerns

Level 4- urgent support which includes referrals for serious, possibly life threatening mental health concerns

Level 1- Universal Support

Level 1 – Universal Support

For children	For Parents	For Staff
<p>Conscious Discipline:</p> <p>Brain Smart Start includes</p> <p>Unite activities- we are equal</p> <p>Connect activities- helping to strengthen relationships between children</p> <p>Breathing to support self-regulation</p> <p>Daily Wish Well and Commitment</p> <p>Safe Spaces in all classrooms</p> <p>Worry Boxes</p> <p>Transition Programme for all Year Groups</p> <p>Sensory Space</p> <p>Curriculum:</p> <p>Themed Assemblies</p> <p>PSHE and Citizenship Curriculum</p> <p>Online Safety Curriculum</p> <p>Termly Team Building Tuesday</p> <p>Tweensafe for Year 6 pupils</p> <p>Police Cadets for Year 5 pupils</p> <p>Collaborative Learning Approach used daily</p> <p>Education with Character Curriculum</p>	<p>Communication and Information:</p> <p>Meet the Teacher- transition meeting</p> <p>Termly Parent Consultation, one to one with the class teacher</p> <p>Half termly Newsletter including information on Mental Health and wellbeing, Safeguarding</p> <p>Monthly Online Safety Newsletter</p> <p>Half termly Curriculum Newsletter including PSHE curriculum information</p> <p>Class Dojo- daily/weekly updates on learning through photographs</p> <p>Class Dojo- staff are available to contact 24/7 via messaging</p> <p>Staff visibility at the start and end of the day</p> <p>Access to Family Liaison Officer</p> <p>PTA coffee morning</p> <p>Annual Online Safety Workshop</p> <p>To develop:</p> <p>Area on the website related to SEMH</p> <p>Descriptions of services available including ELSA</p>	<p>Communication and Support:</p> <p>Open Door Policy with SLT</p> <p>Weekly Briefing Email including wellbeing</p> <p>Trained Senior Mental Health Lead staff member</p> <p>Teachers- additional paid PPA flexible time after school</p> <p>Termly Wellbeing Wednesday</p> <p>Annual Early Dart</p> <p>Half termly Conscious Discipline Training</p> <p>Annual Staff Surveys</p> <p>Workload and Wellbeing Charter</p> <p>Staff Well Being Team</p>

Level 2- Targeted Support

Level 2 – Targeted Support

For children	For Parents	For Staff
<p>Targeted Support:</p> <p>Weekly one to one pupil voice sessions with Family Liaison Officer</p> <p>Tea at the tree- quiet lunch time provision</p> <p>Group ELSA sessions</p> <p>Individual Pupil Passport- adaptations to learning, sensory support, individual support resources, visual timetables</p> <p>Education Health Care Plan</p> <p>Autism Outreach Team- support for children with autism or suspected autism</p> <p>Trained staff for Bereavement Support</p> <p>Dove Bereavement Counselling</p> <p>VIP Emotional Coaching</p> <p>Merryfields Outreach support</p> <p>Glow / Action for Children Counselling</p> <p>Shout- free 24 hour text service and advice 85258</p> <p>To develop:</p> <p>Individual Transition Programme and Booklets</p>	<p>Communication and Support:</p> <p>Return phone calls or face to face appointments with teachers or Family Liaison Officer available to book at the school office via email, phone or in person</p> <p>Earliest Help organised with School</p> <p>Shout- free 24 hour text service for advice and support 85258</p> <p>YoungMinds Parents FREE Helpline- 0808 802 5544</p> <p>Webchat is also available 9:30am – 4:00pm Monday to Friday</p> <p>You can email outside of these hours for a tailored response within 3-5 days</p> <p>https://www.youngminds.org.uk/parent/parents-helpline-and-webchat#ParentsWebchatandEmailservice</p> <p>Referral to agency support including;</p> <p>Attendance support with FLO and VIP</p> <p>Aspire Housing Support</p> <p>Home Start/ Family Action- Earliest Help</p> <p>Family Support Worker- Early Help</p> <p>Action for Children- support for parents</p> <p>School Nurse Hub referral- can provide support with health, mental health, behaviour, continence and sleep concerns</p>	<p>Targeted Support:</p> <p>One to one Meeting with Headteacher when required</p> <p>Mental Health Risk Assessments and Plans to support</p> <p>One to one Meeting with HR and Headteacher available</p> <p>PerkBox Confidential Helpline- as an employee of United Learning, you are eligible to phone for free confidential support (this has replaced Confidential Care Line)</p> <p>Staffordshire and Stoke-on-Trent Wellbeing Service IAPT (Improving Access to Psychological Therapies)- Provides a range of services including cognitive behavioural therapy (CBT) for anxiety, EMDR for trauma, counselling for depression, interpersonal therapy and couples therapy</p> <p>Shout- free 24 hour text service for advice and support 85258</p>

Level 3- Personalised Support

Level 3- Personalised Support

For children	For Parents	For Staff
<p>Personalised Support:</p> <p>One to one ELSA sessions</p> <p>Social Stories</p> <p>Staffordshire Inclusion Services (referral only)</p> <p>Education Psychologist/ SEND Specialist/ Behaviour Support Team</p> <p>VIP Behaviour Support Visit</p> <p>TAC Access- 6 weeks of Counselling offered from United Learning if a child has been on the CAMHS waiting list for a sustained time</p> <p>Referral to CAMHS (Children and Adolescent Mental Health Services)</p> <p>CAMHS Intensive Outreach Team (referral required)</p> <p>https://camhs.mpft.nhs.uk/south-staffordshire/our-services</p> <p>Childline is available by FREE phone or email 24 hours a day: 0800 1111</p> <p>Online chat is also available: https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/</p> <p>https://www.childline.org.uk/</p> <p>NSPCC FREE helpline is available Monday to Friday 8:00am to 10:00pm and Saturday and Sunday 9:00am – 6:00pm: 0808 800 5000</p> <p>Email service is available 24 hours a day: help@nspcc.org.uk</p> <p>https://www.nspcc.org.uk/</p>	<p>Family Support:</p> <p>Staffordshire and Stoke-on-Trent Wellbeing Service IAPT (Improving Access to Psychological Therapies)</p> <p>Provides a range of services including cognitive behavioural therapy (CBT) for anxiety, EMDR for trauma, counselling for depression, interpersonal therapy and couples therapy.</p> <p>You can self-refer via:</p> <p>https://www.staffsandstokewellbeing.nhs.uk/</p> <p>Or call 0300 303 0923</p> <p>Eating disorders:</p> <p>https://nipinthebud.org/</p> <p>Help in creating a safety plan to deal with suicidal thoughts:</p> <p>https://stayingssafe.net/</p> <p>Information on how to plan for a mental health crisis:</p> <p>https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/planning-for-a-crisis/</p>	<p>Personalised Support:</p> <p>One to one Meeting with Headteacher when required</p> <p>Mental Health Risk Assessments and Plans to support</p> <p>One to one Meeting with HR and Headteacher available</p> <p>PerkBox Confidential Helpline- as an employee of United Learning, you are eligible to phone for free confidential support including;</p> <p>24 hour EAP Helpline-</p> <p>Our free employee assistance helpline gives you 24/7 access to fully qualified counsellors, solicitors and consultants, so you can get professional support when you need it the most</p> <p>Help in creating a safety plan to deal with suicidal thoughts:</p> <p>https://stayingssafe.net/</p> <p>Information on how to plan for a mental health crisis:</p> <p>https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/planning-for-a-crisis/</p>

Level 4- Urgent Support

Level 4- Urgent Support

For children	For Parents	For Staff
Safeguarding and Child Protection		
Adults do not choose when children disclose. In the case of a disclosure adults must- listen, believe and remind children that they are safe in school, use tell me...explain...describe...		
Refer to the DSL without delay		
https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/		
NHS Urgent Mental Health Helpline		
Staffordshire Health Care NHS Foundation Trust- Free phone available 24/7		
If you are unable to speak to your local NHS urgent mental health helpline and you need support for your mental health BUT it is not an emergency:		
Call: 111 or use the online 111 service		
https://111.nhs.uk/		
Call your GP and ask for an urgent appointment regarding mental health		
IN EMERGENCY SITUATIONS (where someone has injured themselves, taken an overdose, or you do not feel that you can keep yourself or someone else safe)		
Call 999 or go straight to A&E.		
Help in creating a safety plan to deal with suicidal thoughts:		
https://stayingsafe.net/		
Information on how to plan for a mental health crisis:		
https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/planning-for-a-crisis/		
Stay Alive app is available from Google Play, Apple App store and Desktop Web App		
https://prevent-suicide.org.uk/find-help-now/stay-alive-app/		