Criteria to Retain TaMHS Gold Accreditation

In order to maintain accreditation at Gold level, a school must evidence the school's ongoing commitment to developing and supporting strategies that will enhance pupils’ mental health and well-being, including:

1. Annotating the current TaMHS Building Blocks model (see next page) to show how eight of the Foundation Building Blocks are used within the school and provide evidence of their impact.

2. Providing evidence of eight building blocks across the other levels being used and their intended and actual impact.

3. Evidencing the impact on two out of three outcomes from: attendance, exclusion, and attainment.

4. Providing evidence of continued whole school understanding of TaMHS and their role in supporting children and young people’s mental health and well-being.

5. Providing evidence of the school's ongoing involvement in Northamptonshire’s Mental Health Awareness day.

Please send application to tamhs@northamptonshire.gov.uk.
### Building-Blocks of Provision for Building Mentally Healthy Schools in Northamptonshire

**January 2018**

**As informed by Northamptonshire**

**TaMHS**
Targeted Mental Health in Schools Project & Programme Est. 2009

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<table>
<thead>
<tr>
<th>‘Drawing and Talking’ KS1-4</th>
<th>Emotional Health / Wellbeing Team – to support students in KS3&amp;4</th>
<th>Home-Focused Practitioner Trained in ASD, 123 Magic, Solihull Approach Parenting &amp; Theraplay</th>
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**More Targeted Programmes or Support**
- Wave 3 focused

**Targeted Programmes or Support**
- Wave 2 focused

**Universal Programmes or Support**
- Wave 1 focused

**Essential Foundation Programmes & Approaches**

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|---------------------------------------------------------------|

**Coping Skills**
- Peer Support KS1&2 Peer Mentoring KS3&4
- CBT based Group Work e.g. ‘Growing Optimism’
- ELSA = Emotional Literacy Support Assistant

**Well-Being**
- Peer Massage & Relaxation Techniques
- Wheels - interactive resource

**Roots of Empathy**
- Proactive Transition
- Mindfulness

**Building Exam Resilience**
- Emotion Coaching

**Whole-School Behaviour Management Approach**
- Family SEAL
- Child’s Voice
- Parent Engagement – Best Practice

**Mental Health Stigma Programme (MHSP) inc Participation of Children & Young People**

**Children’s Workforce Core Competencies (from DCSF, ECM 2005)**

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For evidence base, see [www.northamptonshire.gov.uk/tamhsupdate](http://www.northamptonshire.gov.uk/tamhsupdate)

For enquiries, please contact tamhs@northamptonshire.gov.uk