Building Blocks of Provision for Building Mentally Healthy Schools in Northamptonshire

Key

<table>
<thead>
<tr>
<th>Colour</th>
<th>Status</th>
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<tbody>
<tr>
<td>RED</td>
<td>Not Yet Developed</td>
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<tr>
<td>AMBER</td>
<td>Partly Developed</td>
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<tr>
<td>GREEN</td>
<td>Well Developed</td>
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‘Drawing and Talking’ KS1-4

Emotional Health / Wellbeing Team – to support students in KS3&4

Home-Focused Practitioner Trained in ASD, 123 Magic, Solihull Approach Parenting & Theraplay

Support for child experiencing: Anger; Anxiety; ADHD; ASD; Domestic Abuse; Gender Dysphoria; Insecure Attachment (inc Theraplay & VIG); Loneliness; Loss, Separation & Bereavement; or Self-harm.

Peer Support KS1&2 Peer Mentoring KS3&4

CBT based Group Work e.g. ‘Growing Optimism’

ELSA = Emotional Literacy Support Assistant

Building Resilience: - Zippy’s Friends Y1/2 Apple’s Friends Y3/4 Keys to Happier Living Y5

Coping Skills

Well-Being Wheels - interactive resource

Roots of Empathy

Building Exam Resilience

Whole-School Behaviour Management Approach

County PSHE Prog inc SEAL. Anti Bullying. Digital Resilience.

Ask Normen inc Shoe Box

Head-teacher & Staff Well-being Programmes

Solihull Approach / Protective Behaviours / Five to Thrive / Adolescent Brain

Restorative Approach & Practices

Solution Focused Approach

Mental Health Team or Lead Person

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)

For evidence base, see www.northamptonshire.gov.uk/tamhsupdate
For enquiries, please contact tamhs@northamptonshire.gov.uk

January 2018

As informed by Northamptonshire

Targeted Mental Health in Schools Project & Programme Est. 2009

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

Essential Underpinnings for work with children