# Building-Blocks of Provision for Building Mentally Healthy Schools in Northamptonshire

**September 2018**

**As informed by Northamptonshire**

**TaMHS**

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

## ‘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

### Peer Support
- KS1&2 Peer Mentoring KS3&4

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

### ELSA = Emotional Literacy Support Assistant

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

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

### Coping Skills
- Peer Massage & Relaxation Techniques

### Well-Being Wheels - interactive resource

### Roots of Empathy
- Proactive Transition

### Building Exam Resilience
- Mindfulness
- Emotion Coaching

### Whole-School Behaviour Management Approach

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<th>County PSHE Prog inc SEAL. Anti Bullying. Digital Resilience.</th>
<th>Ask Normen inc Shoe Box</th>
<th>Headteacher &amp; Staff Wellbeing Programmes</th>
<th>Solihull Approach / Protective Behaviours / Five to Thrive / Adolescent Brain</th>
<th>Restorative Approach &amp; Practices</th>
<th>Solution Focused Approach</th>
<th>Mental Health Team or Lead Person</th>
<th>Family SEAL</th>
<th>Child’s Voice</th>
<th>Parent Engagement – Best Practice</th>
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## Mental Health Stigma Programme (MHSP) inc Participation of Children & Young People

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

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

- **More Targeted Programmes or Support**
  - Wave 3 focused

## Whole-School Behaviour Management Approach

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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

## Essential Foundation Programmes & Approaches

- **Family SEAL**
- **Child’s Voice**
- **Parent Engagement – Best Practice**

## Essential Underpinnings for work with children