



Learning and Development Offer to Schools

“Our vision is for children and young people in Suffolk to have the best start in life, enjoy good mental health, be resilient and productive, enjoy school, make friends, achieve their full potential and have positive and happy relationships”

The recent report of the Children and Young People’s Mental Health Taskforce *Future in Mind*, establishes a clear and powerful consensus about how to make it easier for children and young people to access high quality mental health care when they need it. ‘Deliver a step change in how care is provided – moving away from a system defined in terms of the services organisations provide towards one built around the needs of children, young people and their families’

‘More of the same is simply not an option. Unless we make some real changes right across the whole system, getting serious about prevention and moving investment upstream opportunities to build resilience in our children and young people, promote good mental health and intervene early when problems first arise will continue to be missed and unacceptable variations in quality of care and outcomes will persist’

A key part in achieving this is working together to develop and deliver a five-year plan to transform the system and services that support the emotional wellbeing of all children and young people in East and West Suffolk. The Emotional Wellbeing Plan 2020 (EWB 2020) outlines 5 big ideas and 10 priorities for us to develop, based on what children, young people and their families have told us. Integral to this change is the whole system working together, using the Signs of Safety framework and Principles.

Our practice and culture tends toward paternalism whenever the professional adopts the position that they know what is wrong in the lives of families, and they know what the solutions are to those problems. The Signs of Safety approach seeks to create a more constructive, collaborative culture of working alongside children, young people and families. *Future in Mind* describes an integrated whole system approach to driving further improvements in children and young people’s mental health outcomes with the NHS, public health, voluntary and community, local authority children’s services, education and youth justice sectors working together

Signs of Safety Principles:

- **WORKING RELATIONSHIPS** - Constructive working relationships between professionals and family members, and between professionals themselves, are the heart and soul of effective practice
- **THINKING CRITICALLY, FOSTERING A STANCE OF INQUIRY** - As soon as a professional decides they know ‘the truth’ about a given situation this begins to break working relationships with other professionals and family members, all of whom very likely hold different positions
- **LANDING GRAND ASPIRATIONS IN EVERYDAY PRACTICE** - Finding and documenting practitioner, children, young people and families descriptions of what on-the-ground good practice looks like is a key to learning

The Signs of Safety Principles go well together with the CYP IAPT priorities. CYP-IAPT aims to support service transformation around four key priorities for best practice. The programme is designed to realise the changes locally that are needed to achieve appropriate, accessible, effective and efficient services, as described in *Future in Mind*.

The four priorities are:

1. Better evidence-based practice
2. Better collaborative practice and shared decision making
3. Authentic participation of families and young people who have used or may use services
4. Rigorous outcomes monitoring

Free Learning and Development Programme for schools:

To support this change, a FREE programme of learning and development has been created in collaboration with mental health specialists, parents/carers, children and young people, workforce development specialists, and key members of our system-wide workforce. This compliments the training in Signs of Safety that is already available: One SOS for Schools and Partners and 2 Day Introductory Training – See CPD Online Multi-Agency Channel

Suffolk Needs Met

Suffolk's Needs Met is a 3hour training workshop aimed at providing insight into managing personal wellbeing. It is about providing an understanding of what it means to be emotionally healthy, why it is important and how our emotional health supports our physical health. By learning how to identify emotional needs, the course takes you through the innate resources we have which enable us to ensure these needs are met. This course is intended to provide a holistic understanding of our mental and emotional health which can be used to inform the way in which we support others.

The course aims to provide;

- An understanding of the emotional needs and resources model and how to manage emotional wellbeing
- An awareness of how to spot risks to mental health and emotional wellbeing
- Insight into finding solutions to these risks

The course is available through CPD Online and can be provided as a twilight or PD Day for whole school staff groups

Mental Health Awareness for parents

This is a one-day introduction for parents which includes;

- Mental health myths, stigma and statistics
- Supporting people in distress
- Mental and emotional wellbeing

These one-day sessions are available on CPD Online and can be offered to groups of 16 parents at your school

Mental Health First Aid

Internationally recognised in 23 countries, the MHFA teaches you how to recognise the signs and symptoms of common mental health issues, provide help on a first aid basis and guide someone towards the right support services. The course is for everyone working alongside children and young people.

The sessions are a mix of mix of presentations, discussions, and group work. They are practical and will have a direct impact on your practice.

These courses are run throughout the year and can be found on the multi-agency channel of CPD Online

Bespoke Learning sessions

Bespoke training including areas such as self-harm, attachment and bereavement will be developed in localities for practitioners from all services involved with children, young people and their families. These will build on the universal offer above to strengthen the infrastructure of support available to those working in the universal workforce, and to upskill key members of staff across the system with more specific skills to support children and young people with their emotional and mental wellbeing. *This programme is currently in development.*

Please note: All training will be offered on a first come, first served basis. We are planning to run this programme over the next 2/3 years so there will be the opportunity for as many schools as possible to access the leaning and development over that period. For further information, please see CPD Online or contact sorrell.grove@suffolk.gov.uk