

## Context

As schools and colleges return for the autumn term, children and young people may present with a range of mental health and wellbeing issues. The majority will be normal reactions to their experiences over the last six months; others may have new, different or increased mental health needs and may have struggled to access the services they need.

Teachers and education setting staff will need to be able to recognise, understand and respond appropriately to these reactions and have the confidence to support their colleagues, children and young people and their parents.

To support them the DfE has worked with the Department of Health and Social Care, Health Education England, Public Health and NHS England and NHS Improvement and an expert advisory group to develop **Wellbeing for Education Return**. This is a support offer with two main aspects:

1. A new nationally developed training package for education setting staff.
2. Funding for Local Authorities to appoint one or more local experts to adapt the training to our local context, deliver this to nominated education setting leads and provide ongoing support until the end of March 2021.

The aim is to help as many schools and colleges as possible to provide wellbeing support for children and young people, preventing as many as possible from developing mental health problems and ensure those with pre-existing or emerging difficulties get access to the right support and promote resilience.

## Overview

The programme aims to equip nominated leads from education settings with the knowledge and skills to introduce clear and coherent information and resources to their settings' staff and to support and enable discussions with children, young people and parent/carers. The programme including the following aspects:

- Local experts appointed by Local Authorities will deliver virtual training to nominated education setting leads between Mid Sept – end of Oct.
- The training to nominated educating setting staff will involve attendance at two twilight sessions in the autumn term, the core training objectives for education setting staff are to:
  1. Increase knowledge of potential mental health and wellbeing impact of Covid-19 on staff, children and young people, and parents and carers.
  2. Build understanding of the evidenced-based response and resources to support recovery.
  3. Develop knowledge to introduce schools and college staff to evidence-based resources for dissemination to children, young people and parent/carers.
  4. Raise awareness of specialist and wider support services and when and how education professionals might signpost or refer children and young people, staff and/or parents and carers to them.
- Ongoing support by local experts until the end of March 2021.

## Who should education settings nominate as the education setting lead to attend the training?

The lead(s) will need to be determined by each education setting who should nominate an education setting lead(s) – this could be SENCOs, Senior Leads for Mental Health, Designated Safeguarding Leads, Pastoral, PSHE Leads and Senior Leadership Team Member.

## Is the programme available for all education settings?

Yes, the programme is for primary, middle, secondary schools, special schools, and FE.

## Additional information

We recognise that this programme will not provide all the answers and solutions at what is likely to be a challenging time in early September for both education and mental health services. However, it will complement the recently published mental health and wellbeing modules as part of the new RSHE curriculum and the wide range of other resources available. Alongside this work, Public Health England are also launching a public facing campaign early September, in partnership with Mental Health Charities to encourage and support young people and their families to take positive steps to look after their mental health.

The government has committed to improving support for children and young people's mental health in the medium and long term; and the ambition set out in the NHS Long Term Plan.

Locally, LA's have been working closely with NHS East Berkshire CCG and Berkshire Healthcare NHS Foundation Trust to integrate this programme into the existing mental health transformation programme to best meet the mental health needs of children and young people in East Berkshire. Professionals from CAMHS - Mental Health Support Team (Slough) and the Getting Help Service (East Berkshire) will be supporting the delivery of the programme.

Additionally we have been working on recovery and restoration planning in order to ensure that over the coming months our local system can protect and enhance children and young people's mental health so that they can adapt and thrive after their lives have been disrupted by Covid-19.

## How do I find out more?

There are a number of virtual online information sessions taking places on the below dates:

Wednesday 9<sup>th</sup> Sept 2020 @ 4pm-4.45pm [Click here](#) to book

Tuesday 15<sup>th</sup> Sept 2020 @ 4pm-4.45pm [Click here](#) to book

Wednesday 16<sup>th</sup> Sept 2020 @ 4pm-4.45pm [Click here](#) to book

Thursday 17<sup>th</sup> Sept 2020 @ 4pm-4.45pm [Click here](#) to book

If you have any other queries please contact:

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