



WELLBEING AND MENTAL HEALTH IN SCHOOLS (WAMHS) Service

What is WAMHS?



The Wellbeing and Mental Health in Schools (WAMHS) Service is an initiative led by the CAMHS Alliance with the support of the Children and Young People's Integrated Commissioning work stream in City & Hackney.

This innovative service aims to improve mental health and wellbeing support for children and young people in schools, colleges, specialist and alternative provision education settings in City & Hackney.

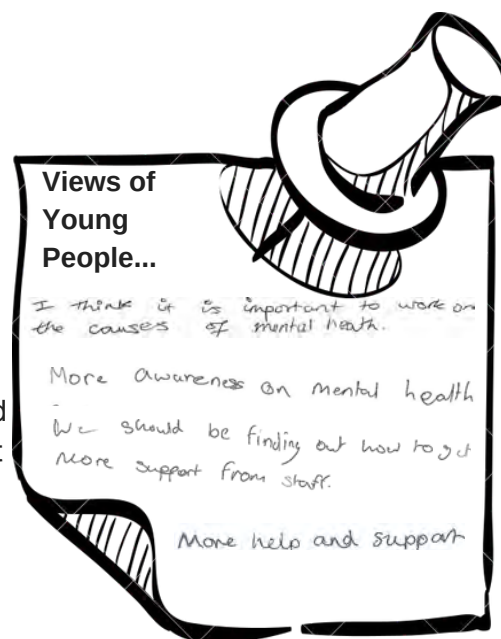
The WAMHS Service started with a one year pilot in September 2018. We are now in 69 Schools in City & Hackney. WAMHS was joined by The Mental Health and Support Team (MHST) in 2019 and has been rolling out to 55 schools.

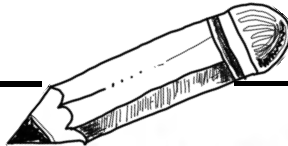
Why did we start WAMHS?

Schools are reporting higher numbers of students across the board that have difficulties with managing their emotions, coping with the stresses of life, both in and out of school, and in making the most of their learning and life opportunities in school.

Research tells us that positive health and education outcomes are closely related and that school staff are ideally placed to spot mental health difficulties at an early stage. In the 2017 Green Paper the Government stressed the importance of schools and mental health services working more closely together to make sure that children and young people who need help with their mental health are able to get it when they need it.

Not all schools are receiving MHST input yet, but where they are, **they will have an allocated Education Mental Health Practitioner:** This worker will support the work of WAMHS and provide direct work for both parents and students. This will include: Individual and Groups interventions and workshops for students and parents.





More courage
Asked "if you need help I'm here" more often to support

The Wellbeing and Mental Health in Schools (WAMHS) Service seeks to ensure that schools are settings where children and young people are helped to develop resilience and wellbeing in all areas of their lives, not only academically, but also socially and emotionally.

The focus of WAMHS is on **building resilience and coping skills** in students alongside helping students to access any extra help they may need, when they need it. It also aims to **upskill staff in schools** so that they feel equipped and confident in dealing with mental health difficulties and in supporting their students and their families.

WAMHS in City and Hackney

Schools and settings in City and Hackney participating in the WAMHS project have:

- A senior member of school staff to be their **Designated Mental Health Lead**. They lead on mental health and emotional wellbeing in the school.
- A **Wellbeing Framework Partner**, a skilled education professional from Hackney Education who will help each school review their current provision and develop an action plan to improve the support systems around wellbeing and mental health in school across a number of areas (e.g. identifying need, working with parents, enabling student voice, monitoring impact, ethos and environment...)
- **An allocated mental health practitioner from Child and Adolescent Mental Health services (CAMHS)**. They will visit the school regularly. Their role will not be to work individually with students in the school; instead they will help the school to increase awareness and knowledge in identifying and supporting their students' mental health difficulties and advise and support staff. They will do things such as:



- Attend regular planning meetings in schools to enable holistic thinking around student need
- Training for staff to recognise early signs of mental health difficulties and skills in managing the effects these difficulties can have in a school setting
- Consultation to school staff to support further understanding of need in students
- Support liaison with external services, so schools feel confident in referring students to other services if needed and agreed with the parent/carer and providing support in communicating effectively with these services.

Schools receiving MHST input will have an allocated Education Mental Health Practitioner: This worker will support the work of WAMHS and provide direct work for both parents and students. This will include: Individual and Groups interventions and workshops for students and parents.

Any records of discussions between school and the WAMHS worker regarding general issues for students at your school will not include any student details. If, however, there is a specific issue discussed about or with your child, in order to give the best possible care, the WAMHS worker will record details of the conversation and this information will be held securely and confidentially by the WAMHS clinicians' service. Young people and parents will consent to MHST Interventions. Young people 16+ or who are competent to do so may consent without parental involvement.

For further information on WAMHS please speak to your **Mental Health Lead** in school or send your queries at elft.wamhs@nhs.net.

You can also find more information about **The CAMHS Alliance** and our projects on the **Hackney Local Offer Website** (www.hackneylocaloffer.co.uk/)