



**School Pilot Report
May 2018**

Sam Tyrer

Change Talks

EXTERNAL RELEASE

Mental Health 6- Week School Pilot

Programme

Objectives:

- Educate pupils on mental health
- Educate positive coping strategies
- Educate points of support for the pupils
- Reduce stigma

High Schools:

- Worden Academy
- St Thomas's Pupil Referral School
- All Hallows RC High School
- Our Lady's RC High School

Overview

This 6- week Mental Health Programme, was designed by two nurses: Sam Tyrer (General Nurse) and Lindsay Irwin (Mental Health Nurse). Both have an excellent insight to the effects of depression, anxiety, self-harm and suicide. The aim of the programme is to ensure that children and young people receive education on mental health, and includes lived experience talks, coping strategies and information on access points from which to gain support. Underlying the delivery of this programme is a focus on social and emotional learning which has proven success rates within countries such as America. The programme is split into six one- hour talks, which cover a variety of topics including anxiety, depression, eating disorders, body image, bullying and social media.

The talks are divided into sections, which cover education, the causes and science behind mental health issues and coping strategies to help deal with any concerns. Included in the sessions are short activities, which aim to help children and young people to interact with each other and to promote independent thinking. This links in with the social and emotional learning themes, in order to allow participants to become more aware of themselves and their surroundings.

Social media and bullying have been found to be two of the leading causes of mental health issues within children and young people. Both these topics are explored in detail within the programme in order that young people may truly understand their possible impact. Also included is the advertising of a number of services such as Myplace and Chat Health, which may be of assistance to young people.

Aims

The aim of the programme is to reduce the stigma of mental health issues, increase awareness and help young people to develop more resilient and healthy minds. On completion of the programme, children and young people will feel more confident and resilient when coping with everyday stress. They will have an understanding of the signs and symptoms of poor mental health, and will be able to access support where necessary.

Safety

All staff delivering this service have a current Disclosure and Barring Service check (DBS) to ensure that they can work with Children and young people. Upon delivery of the service, it is the school's responsibility to ensure correct referral routes are in place should any contentious information be revealed during or after any of the sessions. The staff delivering this service will support the school in this and will refer directly to the Lancashire Care Safeguarding Team or CAMHS team as appropriate.

Measurements

Numerous methods have been used to measure the outcomes of the 6- week programme in order to complete a thorough evaluation. However, liaison with the schools will continue following the programme delivery, to ensure that positive results continue to be achieved.

Prior to attending the programme, pupils are asked to complete a questionnaire in order to gain an understanding of their current knowledge of mental health. A paper- based system is used at present. However the questionnaire is to be uploaded on an online platform in time for the start of the new school year.

Visualisation is essential for moderating improvements within the pupils and any signs of concern or improvement are recorded after the session. Any tangible concerns are vocalised to the school and the correct point of contact. To ensure this is an all-round moderation, teachers are also asked to also feedback visual changes to the staff delivering the talks.

Communication with both pupils and staff has been essential in recording the progress of the pupils during and after delivery of the programme. One to one conversations have taken place with all pupils to ensure that they are learning and enjoying making progress. Communication with staff has been comprehensive throughout the programme to gain feedback as to how pupils are progressing during and after the programme.

Results

In order to give a broad overview of the programme results, comments from both pupils and teachers are included in this section.

The pre-questionnaire given to the school showed that;

- 60% of the pupils believed they had good knowledge of mental health, however could not answer the other questions on the page.
- Mental health problems they named were Dementia, Depression and self-harm (this being what they concerned to be self-harm)
- 26% believed alcohol and drugs were a positive coping strategy
- 80% received verbal abuse from a peer
- 87% witness or have been cyber bullied
- Only 17% knew what a coping strategies were
- 62% believed social media made them concerned about their image

Post questionnaire results showed a big improvement. The questions were slightly different, however showed great success.

- Students were asked to rate the programme from 1-10 with 10 being excellent.

Results were:

- 10 = 72%
 - 9 = 7%
 - 8 = 11%
 - 6-7 = 10%
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- 100% on knowledge improvement
 - 100% on wanting the team to come back
 - Improvements or changes which pupils would like: more activities and 1-1 time.
 - Favourite lessons were - Lived experience, Anxiety, Bullying, Social media and Body Image
 - Mental Health problems named by students - 14
 - Answers to coping strategies increased dramatically. Average listed per pupil was 5 positive coping strategies

Pupils direct responses regarding the staff and programme included:

“They are nice and they listen”

“They are kind, I feel like I am coping better”

“They don’t judge you and are easy to talk to”

“I have reduced social media”

“We have seen a reduction in bullying”

The teacher's responses were considerably longer and shown below.

What is your staff feedback?

Sam and Lindsay connected very well with the pupils. The materials were good and their experiences struck a chord with the young people. The class were attentive and listened throughout.

What is the pupil feedback?

They found it helpful. The evaluations back this up with most pupils saying that it was a very positive and worthwhile experience.

Is there anything we would change?

No

What is the main positive from the 6 weeks?

- That we are talking more about mental health!
- We really appreciate the time you took to come in and work with our young people and look forward to working with you again next year!
- Staff feel that students engaged really well and found it very informative. Students thoroughly enjoyed the sessions and we feel that it was delivered in a very child-friendly way, allowing students to be open about their thoughts and feelings. However, we feel it would be a little more engaging for students to include more hands-on activities.
- Students feel that the staff that delivered were very friendly and students felt comfortable talking to them. Staff felt that they learnt a lot about mental health that they didn't already know and would welcome the staff back to school again.
- I feel that it was delivered in a very professional way and it was delivered on the "students' level" meaning that both engagement and behaviour was excellent. They also felt very comfortable (even though some students were embarrassed to share their views – which is quite normal with our students when visitors come in).
- The Talk by Sam was fantastic and pupils were attentive. The information provided was relevant for those pupils involved and helped them to get an understanding for what can happen to young people and how they can seek help to avoid this happening. This is definitely something we should look to use again in the future. One of the best outside speakers we have had in my 17 years at school.
- It was amazing!
- The students loved it and I really feel that the messages was so on point and very topical as to how they can make positive changes towards their own mental health and wellbeing.

- It was good to see the pupils clearly engaged in what is such an important message of empowerment and resilience.

Overall outcome

Overall, an incredibly positive outcome from the pupils and staff was reported. All schools have commented on how well engaged the pupils have been and how much their behaviour has improved. The students have stated they have incorporated positive coping strategies into their lives and they now feel they are coping better. Many commented that there has been a dramatic decrease in bullying since the programme took place.

However, pupils have requested more activity work included in the programme and would like more opportunities to speak on a one to one basis.

Next Steps

The Mental Health Schools Programme has been a great success in terms of the pupil response and improvement.

To further develop the programme, more activities will be incorporated into the curriculum plan to ensure there is a high pupil involvement. It is also felt that a “buddy system” would be beneficial to help with the pupil’s one to one requirements.

A joint offer utilizing input from other organizations would create a more strategic offer to schools. If designed correctly, schools could receive a programme including both physical and mental health. Meetings are to be arranged with Active Lancashire and Lancashire Mind to create an in-depth programme, where the pupils may engage in both education and associated activities. Also N|Compass North West are collaborating with this programme to offer counselling support for the CYP if required.

Sam Tyrer

30 May 2018