

February 2019

Dear Head Teacher,

I would like to introduce you to a project that offers professional training and professional development in child/adolescent mental health. The project trains pastoral staff to support children and families in school. This is called the **HOPE Project** (HOPE=Helping Our Pupils' Emotions).

The HOPE Project developed over the past five years and has positive outcomes for children that have an emotional need for support. The project trains school staff to understand the mental health of young people and to develop listening/counselling skills for non-counsellors using evidence-based practice. The support delivered in school complements a whole school approach to mental health and emotional wellbeing. Delivering a supportive listening ear service offers a safe space in an environment the child is comfortable has additional benefits such as the adults' familiarity with the child/family which aids the trusting relationship.

The project is a subsidised, bespoke package currently funded by South Staffordshire CCG's (Health). It complements and extends what schools currently provide. What is offered...

4 whole days of training: 12, 26 Sept, 10, 24 Oct 2019	
<p>*Day One: Understanding the Mental Health of Young People</p> <ul style="list-style-type: none"> • Develop the foundation knowledge of mental health – definitions, current research, statistics and the new Thrive model of mental health services/treatment • Developing understanding of risk and resilience factors for children and young people • Provide strategies for helping children and young people needing emotional support for anxiety, low mood, hyperactivity 	<p>Day Two: Morning: Understanding Self Harm/Suicide</p> <ul style="list-style-type: none"> • Understand current context of self harm statistics & research • Myth busting & reality setting of self harm • Managing self-harm in schools • Managing Risk and Preventing suicide <p>Helping Others:</p> <ul style="list-style-type: none"> • Emotion coaching • Listening and questioning skills
<p>Day Three: Practical Strategies & Outcomes</p> <ul style="list-style-type: none"> • Introduction to outcome measures-using evidence informed framework • Paperwork pack review & documentation • Audit and feedback • Setting goals for intervention & monitoring outcomes • Thinking about the whole-school approach to improving/developing mental health support in your school 	<p>Day Four: Staff and self wellbeing and Reflective practice</p> <ul style="list-style-type: none"> • How to take care of staff wellbeing; what is a happy school? Importance of taking care of self • Reflective practice & supervision –give it a try • Audit and feedback <p>Conclusion, feedback and NOW...The exciting bit! What do you want to do for emotional wellbeing in your school?</p>
<p>Termly Networking Meetings</p> <ul style="list-style-type: none"> • Discuss difficult cases • To share difficulties, challenges, achievements and successes • On-going professional development to consolidate skills and knowledge 	
<p>Telephone/Email</p> <ul style="list-style-type: none"> • Support for advice is FREE on an as needed basis. A worker name/number will be allocated at the training • Email hopeproject2016@outlook.com • Twitter updates on current events and news in Mental Health, focusing dominantly on Young People's mental health & emotional wellbeing @hopeproject2016 	

What schools will need to provide:

- The school must agree to release the mentor for a minimum of protected time - ½ a day per week to develop and deliver the MH support and to prepare their interventions.
- MH Champions are required to attend a minimum of one networking meeting per term and one hour supervision per half term which is in addition to their dedicated delivery time.
- The school agrees to release the MH Champion to deliver the program throughout the academic year.
- The school / Champion is required to complete outcome data / feedback on forms provided and ensure this is forwarded to the Project Lead at specified time (end of May).
- The Mentor agrees to deliver the Hope Project in accordance with the definition and remit of provision as defined within the SLA.
- *Hope* documentation to be used for all pupils and to be kept in a secure, locked location on the school site.
- The school confirms that the MH Champion has undertaken safeguarding training.

To register staff onto the training (up to 2 per school) please use Eventbrite booking link:

https://hopeproject_trainingevents.eventbrite.com

I hope to hear from you soon, training starts Sept 2019

Call me: 07962 229 206 or email: hopeproject2016@outlook.com

Warm Regards,



Ms. Rache Rayner,
MSW, HCPC Reg. SW80034