

Mapping of current activities, resources, educational programmes, support services and training to support all LEP colleagues in increasing their knowledge, understanding, awareness and skills for supporting young people’s resilience and mental well being.

- 1. Colleagues’ knowledge, understanding, awareness & attitudes for current activities that aim to increase young people’s resilience and mental well being is increased (New or existing initiatives)**

Building Resilience

Workforce	Purpose	Delivery
Staff-The Resilient Classroom-Young Minds	To provide opportunities to achieve positive relationships with students, build understanding and knowledge of students’ individual strengths and challenges, hopes and aspirations and support students to develop resilience in a way which is appropriate to their individual circumstances	The resource provides activities tutors can use in tutor time sessions to promote and encourage students to feel more resilient.
SAC Action for Children Youth Services, Education Services Ccafe Programme (Pilot Programme)	A programme to bring family groups together to prepare a meal and offer structured sessions for parents, children providing practice, routines and rituals	8 week programme in 2 Primary and 1 Secondary school

Mental Health Awareness

Workforce	Purpose	Delivery
Educational Establishments-Mental, Emotional Social and Physical Wellbeing- Responsibility of All within Curriculum for Excellence 3-18 years	Core experiences and outcomes to be delivered within and across the curriculum	Embedded with Primary Curriculum and PSHE (Personal , Social and Health Education)at Secondary
Educational Establishments and Partners-school participation in key local and national priorities e.g. Child Mental Health Awareness Week 6-12 th Feb	Awareness raising and increasing knowledge and understanding of mental wellbeing	Focused approaches
Partnership Working with Integrated Mental Health Services	Sharing expertise	Bespoke Inputs

Growth Mindset

Workforce	Purpose	Delivery
Scottish Attainment Challenge	Empowering young people and building staff capacity to improve methodology and pedagogy	Education Services

Resources/Educational Programmes

Programme	Purpose	Delivery
Friends-individual work	CBT programme to reduce anxiety and depression in children and young people	One day Training Educational Psychology
Emotional Health in a Jar	A set of 8 jars containing cards that can be used to generate discussions, writing exercises or ice breaks.	Self directed Kit
A Box Full of feelings	A box full of feelings is designed to support the social and emotional development of children and is built around the four basic feelings of happy, sad, angry and afraid.	Self directed Kit
That's not me	Pack for use with the film That's Not Me, included on DVD, which raises sensitive questions about teenage mental health and suicide	Self directed Kit
Getting the Lowdown	A teaching resource designed to equip teachers and facilitators with the tools they need to effectively educate and engage young people around issues of emotional well-being.	Self -directed
Understanding emotions in people with learning disabilities	Collection of printable and photocopiable factsheets to help staff understand and manage the emotions of sadness, anxiety and anger in people with learning disabilities.	Self-directed Kit Format
Walk the talk Youth Voices	A 12 minute film gives professionals a key insight into what young people would like to see improved within services, and offers solutions to break down some of the barriers they currently face.	Self directed DVD Book
Mental health and growing up-fact sheets for parents, teachers and young people	36 factsheets covering a wide range of mental health issues. The aim is to provide practical and up-to-date information about the emotional and psychiatric disorder which can affect children	Self directed Kit

	and young people	
Successful Circle Time	Quality Circle Time has been adapted to help children acquire the learning and social skills they need for early school years. The lesson plans develop values, feelings and attitudes by building confidence, self knowledge and a sense of responsibility. Children will naturally develop self respect for others and respect for themselves through sharing options, fostering relationships and working cooperatively in a safe and supportive environment	Self directed Book
I am, I know, I can	Pack offers extensive activities designed to encourage children to explore personal and social wellbeing and being positive citizens. Set out in 4 key themes. 1) developing confidence and responsibilities, 2) citizenship, 3) developing a healthy, safer lifestyle and 4) developing positive relationships	Self directed Kit
What's On your Mind See Me	Programme to help young people understand the importance of good mental health, recognise how it affects them and build confidence to talk more openly about mental health	Self-directed Kit

Policy Guidance

Workforce	Purpose	Delivery
Health and Wellbeing Strategy	Aligning key local and National priorities and setting out key outcomes	Education Services
Supporting Young People who Self Harm at School Supporting Young People who have Suicidal Intent	Guidance document for schools with associated briefing and awareness sessions	Training Module-NHS Health Promotion Educational Briefing
Supporting Transgender Pupils	Guidance document for schools with associated briefing and awareness sessions	Training Module-NHS Health Promotion Educational Briefing

2: Colleagues' awareness of support services to which young people can be signposted when necessary is increased

Counselling in Schools

Workforce	Purpose	Delivery
NHS Counsellor	To provide 1-1 counselling support to children and young people in Secondary Schools	1 day per week at each High School
NHS Family Nurse Partnership	To provide support to children and young people and families via the Nursing Pathway	As necessary
The Spark (Counselling Services)	To provide 1-1 counselling support to children and young people in highlighted Scottish Attainment Challenge Schools	Identified by individual educational establishments
Wellbeing Workers (Counselling Services)	To provide 1-1 counselling support and group therapy to children and young people in Secondary Schools and additional support to families	Identified by individual educational establishments
Wellbeing Resources. A guide to information and self management	A leaflet providing information on self help resources and support for individuals to use	Leaflets available through the NHS FV Health information Resource Service

Stress Control Groups

Workforce	Purpose	Delivery
IMHS-Coping with exam stress and anxiety/Stress Control	Bespoke input to Secondary Schools to support young people	Integrated mental Health Services Bespoke Input

Immediate access-school based Services

Workforce	Purpose	Delivery
Pastoral and Guidance teams	Support and guidance for young people	Bespoke
Outreach Team	To facilitate and provide support for young people who have emotional, social and mental wellbeing concerns	Bespoke-dependent on need

Befriending

Workforce	Purpose	Delivery
School based-Buddies and Mentors	Support and guidance for children and young people experiencing periods of emotional distress or requiring additional support	Training and delivery by Respect me

School- based Peer education Models	Young people share information, values and behaviour in educating others who may share similar social backgrounds or life experiences.	Bespoke in each school-support from Youth Link Scotland, Fast Forward, Youth Services
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3: Colleagues' knowledge & skills in supporting young people with mental health challenges is increased

Workforce Development

Workforce	Purpose	Delivery by (see contacts below)	Suitable for?
NHS and CAMHS: An Introduction to Child and Adolescent Mental Health (one day course)	An introduction to brain development, attachment, reliance and mental wellbeing	NHS Forth Valley - currently unavailable. Please refer to health promotion training brochure for availability in future	Universal
NHS Scottish Mental Health First Aid	An introduction to mental wellbeing, illness challenging stigma, brain development, attachment, reliance and positive approaches to mental wellbeing	Two day Course-NHS Forth Valley	Universal
NHS ASIST SAFETALK	Approaches to supporting listening to young people with suicidal intent and self harm	NHS Forth Valley Set courses	Universal
NHS Self Harm	To increase knowledge of the issues surrounding self harm and equip people with the skills to support people who self harm	NHS Forth Valley	Universal
NHS Practical Tools	Increase knowledge of the issues surrounding mental and emotional wellbeing of children and young people and provide practical ways if supporting improvement to their wellbeing	NHS Forth Valley	Universal
Stress Control classes for Council & NHS staff	To teach people how to manage stress though an evidence based 6 week programme	NHS Forth Valley	Universal

Educational Psychology and Educational Establishments EMDR	Trauma therapy	Educational Psychology, CAMHS, Phoenix Centre	Targeted Educational Establishments
Educational Psychology and Educational Establishments DDP Dyadic Developmental Psychotherapy	Attachment focused therapy for children and their families	Educational Psychology, CAMHS Bespoke Inputs	Targeted Educational Establishments
Educational Psychology and Educational Establishments CBT Cognitive Behavioural Therapy	Approaches to supporting anxiety and low mood	Educational Psychology, CAMHS, Phoenix Centre Bespoke inputs	Targeted Educational Establishments

TRAINING CONTACTS:

- **For NHS Forth Valley (Health Promotion training):** the link to the full brochure is <http://nhsforthvalley.com/health-services/health-promotion/health-promotion-service-training/>

The booking form is an online form that is available on this link. There is a generic email address for training information and where the booking forms are received FV-UHB.HPTraining@nhs.net

- **For Educational Psychology courses, contact Education Services via the council's website**
- **CAMHS (Child and Adolescent mental Health)** it is normal for CAMHS to expect some form of support to have been attempted prior to any referral (i.e. GP, health visitor, school head teacher, or Pastoral / Guidance Staff). However, for booking onto training courses telephone 01786 454546 or email Uhb.northcamhs@nhs.net
- **Phoenix Centre**, please book onto courses via Integrated Mental Health Service Marshall House, Marshall, Alloa, FK10 1AB. Tel: 01259 215048 Email: integratedmentalhealth@clacks.gov.uk