

WEST MIDLANDS TARGETED MENTAL HEALTH IN SCHOOLS (TaMHS) CONFERENCE HELD ON THURSDAY 29TH APRIL 2010.

CONFERENCE REPORT.

1. Conference Purpose

This regional conference was aimed at all professionals who are key to the delivery of the TaMHS pathfinder programme within local areas and are key to the sustainability of the good practice and innovative beyond March 2011.

The aims and content included:

- The opportunity to promote discussion and thinking around the subject of sustainability of TaMHS work.
- To showcase effective partnership and collaborative activity which deliver TaMHS
- Provide a learning environment which enhances and encourages collaborative working, by bringing together services from different backgrounds
- Bring together colleagues Health, Education, Social care and the Voluntary sector to gain shared understanding of policy and targets relevant to Children's emotional wellbeing and mental health.
- Demonstrate service development and improvement by sharing good practice initiatives and experience

2. Programme

The programme included:

- An overview of the role of Targeted Mental Health in School in promoting emotional health and wellbeing in children and young people.
- A presentation on improving evaluation and best practice in mental health promoting schools.
- An update on the national evaluation - Me and My School

- A presentation on sustainable and integrated targeted mental health service in schools
- Workshops from phase 1 and 2 TaMHS pathfinders showcasing innovative and good practice examples.

3. Conference participants:

There were over 100 participants in the conference, with representation Local Authorities, Education Providers, Community Health Trusts, Mental Health Trusts and PCT's, and Voluntary sector Providers. The full participant list can be found at **Annex I**.

4. Summary of key information & knowledge shared.

Presentations and supporting information from the conference are available at:

<http://www.wmrdc.org.uk/children-and-families/children-young-people-and-families/targeted-mental-health-in-schools/upcoming-events/>

- 4.1 **Sallyann Sutton, Regional TaMHS Lead, WMRDC** gave an overview on the Targeted Mental Health in School Programme both at a national level and regionally. More information about the TaMHS Programme can be found at <http://www.dcsf.gov.uk/everychildmatters/healthandwellbeing/mentalhealthissues/tmhsproject/tmhs/>
- 4.2 **Charlotte Connor, YOUTHspace** outlined the policy drivers to promoting emotional health and wellbeing in children and young people. She shared the importance of rigorous evaluation of programmes that aim to improve the mental health literacy of children and young people and gave an overview of CLAHRC project. Further information on the CLAHRC project can be found at http://medweb4.bham.ac.uk/websites/bcra/clahrc/research_projects.html
Charlotte also spoke about the development of a website 'where's your head at' which focuses on mental health information for young people. This website can be found at <http://www.wheres-your-head-at.org/>
- 4.3 **Amelia Martin, Research Assistant, Targeted Mental Health in Schools (TaMHS), CAMHS EBPU**. Amelia shared the preliminary findings of the 'Me and My School' National Evaluation project. A full report of these findings can be found at <http://publications.dcsf.gov.uk/default.aspx?PageFunction=productdetails&PageMode=publications&ProductId=DCSF-RR232&>

- 4.4 **Mick Atkinson Head of Commissioning and Research, Place2be.** Mike provided an overview of the work of Place2be which aims to provide a cost effective integrated school model which actively promotes the emotional wellbeing of the whole school community. More information about Place2be can be found at <http://www.theplace2be.org.uk/>
- 4.5 The day was chaired by **Fran Tummey CAMHS Regional Development Worker, NHS West Midlands & NCSS**

5. Workshops

Each of the phases 1 and 2 West Midlands pathfinders provided a workshop to show case the work that is happening in their local areas. The workshops included are detailed below. Further information about the work in local areas can be obtained by contacting the TaMHS project Managers for the relevant pathfinder. Contact details can be found at <http://www.wmrdc.org.uk/children-and-families/children-young-people-and-families/targeted-mental-health-in-schools/west-midlands-tamhs-pathfinders/>

Coventry TaMHS

Title: Partnership Working - Coventry TaMHS and Dogs Trust

Coventry TaMHS and Dog's Trusts have identified that there are common themes in the work they do with children in schools. They are now developing ways of working together. The workshop showcased the work they achieved so far.

Facilitators: Sheena Ashford (Project Manager), Daksha Myrie (TaMHS) and Scott Spencer (Dog's Trust)

Hereford TaMHS

Title: Schools Commissioning and TaMHS and The Body Image Project

An outline of how budgets have been delegated to TaMHS schools, Service level agreement drawn up, action plans developed and schools supported to identify their individual needs. How 2XL develop programmes to met the needs of teenagers and an overview of the Body Image project, including video footage

Facilitators: Angela Tempany TaMHS Project Manager & 2XL -Sue Carter - Chief Executive

Shropshire TaMHS

Title: Learning Mentor resource pack 'Reach the top'.

An overview of a 6 week one to one intervention based on SEAL themes.

Facilitators: Helen Bayley, TaMHS Project Manager

Telford & Wrekin TaMHS

Title: The Pathfinder Journey

The workshop described the outcome based accountability foundation of Telford & Wrekin TaMHS; status at the end of year 1 and describe an example of innovation -'Mini Gold' project.

Facilitators: Sally Tyas (Healthy Schools Manager), Pavinder Chana (outcome Based Accountability Manager) and Phyl Edmonds (Project Manager)

Wolverhampton TaMHS

Title: Self Harm and self injurious behaviour in secondary schools

The presentation centred on a piece of work commissioned by a secondary school in respect of Self-Harm and Self-Injurious Behaviour. A small group of TaMHS funded workers and a member of our staff who has self-harmed in the past have researched and developed a package of self-awareness raising materials for use in the commissioning school and other schools. The materials include a suggested schools protocol and an INSET presentation. These materials will be archived for subsequent use in all schools in Wolverhampton, thus being 'sustainable' or TaMHS impact. We have drawn in CAMHS colleagues to be partners in this project.

Facilitators: Lottie Morris, Sara Feeney, Dan Oram and Michael O'Prey

Worcestershire TaMHS

Title: Mental Health Skills for Schools (MHSS)

The Mental Health Skills for Schools programme has been developed as part of the Worcestershire TaMHS Pathfinder project. This practical workshop will provide an overview of the Mental Health Skills for Schools materials, including an activity, which explores the risk and resilience model as a means for identifying children at risk of mental health problems developing appropriate support strategies in school.

Facilitators: Simon Rowe, Educational Psychologist

Pip McGill, Specialist Senior Educational Psychologist, TaMHS Project Manager

Walsall TaMHS

Title: Sustainable Partnerships for Promoting Emotional Wellbeing in Schools

An outline of the development of Walsall TaMHS, partnerships created to deliver the project, planning for sustainability, the work of Mind Health Development, an opportunity to experience some example activities from 'Friends' and 'Triple P'.

Facilitators: Steve Upton: TaMHS Project Co-Coordinator (Education Walsall) & Mental Health Promotion Specialist (NHS Walsall) Glyn Morris: Director Mind Health Developments

Warwickshire TaMHS

Title: Catching them early : A collaborative approach to preventing attendance breakdown

The workshop described an 8 week course to work with young people (key stage 3) whose attendance is starting to fall, in order to support and provide them with the skills and motivation they need to remain regular school attendees and increase their achievement potential.

Facilitators: Vashti Southarn (Early Intervention Service) and Christine Heydon (TaMHS Worker)

Place2be

Title: "Creatively Supporting Emotional Wellbeing"

This interactive workshop explored creative ways of supporting emotional wellbeing within a school context. Using the model of The Place2Be practice as a guide we will be looking at how all members of can be emotionally supported - the children, the families and of course the staff

Facilitators: Dave Exall and Dee Ingham

Feeling Good Project

Title: Feeling Good

Feeling Good is a project which promotes the mental wellbeing of young people and adults across the borough of Walsall. Through the intervention of creative arts and physical activity mental wellbeing, healthy eating, and physical activity is addressed.

The workshop commenced with a group activity involving the five ways to wellbeing, followed by: an overview of the Feeling Good Project; an introduction to the Feeling Good Model and the roles undertaken by the various partners within the delivery of the model; discussion of the resources which were developed as an element of the project. The workshop will end with a group activity which gives the participants an opportunity to engage with the resource

tools.

Facilitators: Rachel Parker Principal Arts into Health Development Officer,
Moya Lloyd Arts into Health Development Worker. Mary Staples Project
Consultant

6. Seminar outcomes

The conference was well attended with good representation from frontline workers, service managers and commissioner across the West Midlands Region. Those completing the evaluation indicated that the day had been a useful investment in learning time. A copy of the evaluation summary is available at **Annex II**.

The conference provided an opportunity for those practitioners involved in TaMHS programmes to shared learning and good practice with each other and take back learning to their local areas. It enabled professionals, such a service managers and commissioners to see the innovative practice across TaMHS programs in the region. The TaMHS programme comes to end in March 2011 and this conference provided an opportunity for these professionals to consider how elements of TaMHS might be sustained post March 2011 in order that the work continues to contribute to the agenda of promoting emotional health and wellbeing of children and young people.

Sallyann Sutton
Regional TaMHS Project Lead
NHS West Midlands Regional Development Centre

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Annex 1

WM TaMHS Celebration Event - Sustaining Innovation beyond 2011 -
March 25th 2010

Attendee list

Name	Position	Organisation	Email Contact
Apter, Brian	Principle Educational Psychologist	Wolverhampton LA	Brian.apter@wolverhampton.gov.uk
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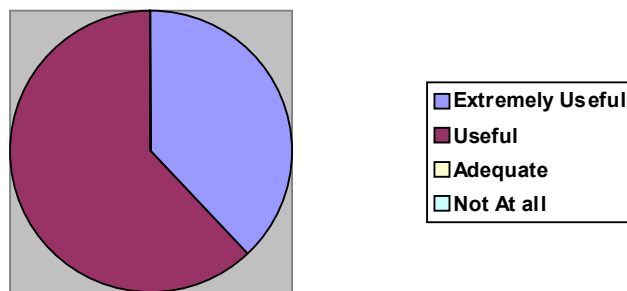
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WM TaMHS Celebration Event: Sustaining Innovation beyond 2011 - March 25th 2010 - Evaluation

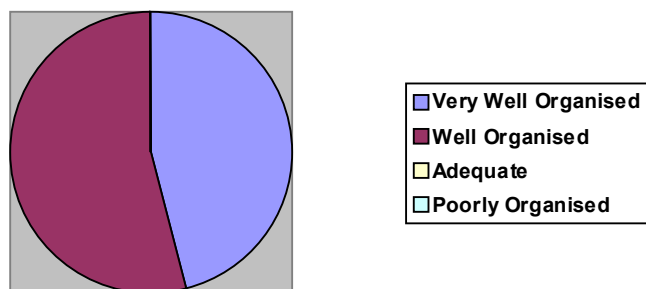
1. How Useful/ Relevant did you find this event?

At least 62% of delegates found the event to be Extremely Useful and all delegates agreed that the day was Useful



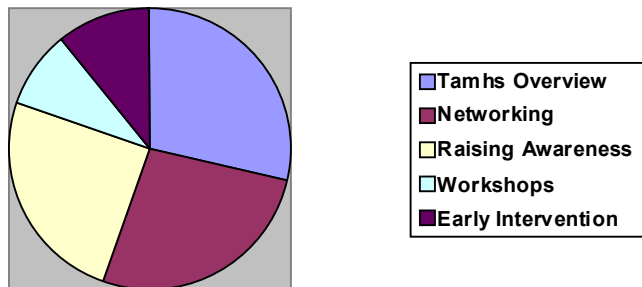
2. Organisation of the Event

At least 54% of delegates found the event to be Very Well Organised and all delegates agreed that the day was Well Organised



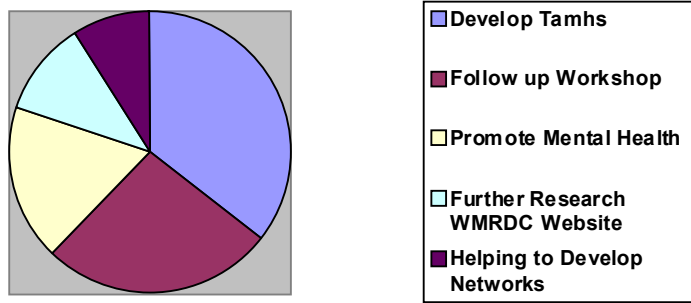
3. Personal Learning

Delegates highlighted key issues/areas where they felt they had made personal learning. 29% of delegates felt they had gained & learned from the TaMHS overview that was delivered on the day. 27% of delegates felt they had benefitted & learned from understanding TaMHS networks that were presented on the day. 25% of delegates felt they had gained learning around raising awareness. 10% of delegates gained personal learning on Early Intervention and 9% gained personal learning through workshops that took place throughout the day



4. Action Planning

Delegates highlighted actions that they would implement following the event. 36% of delegates highlighted they would develop/continue to develop a TaMHS project in the West Midlands. 27% of delegates would follow up on the workshops that took place on the day. 18% of delegates would hope to promote mental health. 11% would further research TaMHS and the majority of these delegates highlighted they would do so through the West Midlands Regional Development Centre's website. 8% of delegates highlighted that they would plan in helping to develop networks in the West Midlands.



5. The Whole Day

The majority of participants found the whole TaMHS event to be Very Relevant/Useful.

Participants left both positive and negative feedback. This can be broken down into the following categories:

- **Positive** 40% of delegates stated that overall the event was a success
- **Positive** 25% of delegates found the whole day provided an informative TaMHS overview of the region
- **Positive** 16% of delegates gained understanding and felt they benefited from workshops that were run on the day
- **Positive** 12% of delegates highlighted that the day was well organised
- **Positive** 6.5% of delegates left positive comments about the venue
- **Negative** 3% thought delegates would have benefited by having copies of the power point presentations in the delegate packs

