

Example – Basis for school mental health strategy

	Time frame 1 Assessing	Time frame 2 Improving	Time frame 3 Evaluating	Time frame 4 Embedding
School culture	<p>1.Environment</p> <p>2.Library/literature</p> <p>3.Staff, parent and pupil attitudes</p> <p>4.Sources of help for students in need</p>	<p>1.Consider a Wellbeing room for breaks</p> <p>2. Improve literature for staff, parents and pupils re mental health</p> <p>3. Involve older years in anti-stigma work/campaign</p> <p>4. Clear signposting for all to access to help eg Samaritans/ChildLine</p>	<p>Is there an increase in knowledge around mental illness and reduction in stigma.</p> <p>Are more students/young people coming forward with issues.</p>	<p>Consider peer mentors as knowledge within school has improved and continue to improve the successful structures.</p>
Assessing areas of need	<p>1.Ability of staff to assess areas of need.</p> <p>2. Identifying areas of the curriculum where mental health can be taught throughout the year and specific areas of need in pupils.</p>	<p>1.Consider screening tools to assist in assessment of concerning young people and to understand needs in your school.</p> <p>2.Implement teaching for pupils re:</p> <ul style="list-style-type: none"> -sleep hygiene - helping children understand emotions - Early signs of distress, how to manage these to help emotional regulation skills - healthy coping strategies - interpersonal effectiveness skills to be able to express their view points and realise their value - Safe use social media - Body image awareness 	<p>1. Are screening tools proving beneficial</p> <p>2.Feedback regarding new areas of curriculum / parent evening sessions.</p>	<p>Continue and expand successful tools and topics and to review ongoing areas of need for development</p>
Review policies	<p>Ascertain relevant policies already in place or required</p>	<p>Write Mental Health and Wellbeing policy</p>	<p>Review effectiveness and update as required</p>	<p>Ensure all aspects of policy robust within school</p>
Improving understanding of early signs of mental illness and how to access help	<p>Ascertain baseline training of staff and knowledge of parents</p>	<p>Teaching sessions to all staff in school and offer literature/teaching sessions to parents</p>	<p>Review feedback and if further training required and how to maintain training for new staff</p>	<p>Ensure part of induction and refresher training in school programme</p>

External professional links in place for the school staff regarding mental health	What links do you already have to relevant professionals?	Improve links to psychiatry, psychology, family therapy	Review feedback and effectiveness of communication with professionals	Increase knowledge of these services if working well within the school
Individual care plans re mental health and Wellbeing	What systems are in place for recording, monitoring and, communicating and planning and reviewing for individual cases who have risk factors for mental illness or insufficient mental health	Ensure adequate care plan structures in place	Review effectiveness of care plans	Increase usage as indicated