



# Place2Be's experience of delivering a mental health service in school

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# Place2Be: a 'whole school approach' to support children's mental health



Building on 24 years' experience of working with schools and local communities ...

Place2Be has grown to be a leading children's mental health charity providing in-school support and expert training to improve the emotional wellbeing of pupils, families, teachers and school staff.

- Present in **282** primary and secondary schools, providing "whole-school" mental health services to a school population of **116,000** children UK-wide
- Currently present in **7** primary schools in Cardiff

Sometimes you feel like a volcano erupting, but if you come to Place2Be, you can cool down.  
– 8-year-old boy

# Place2Be and Partner Schools: delivering a whole school approach

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## Supporting parents and carers

- Parent partnership
- Signposting and multi-agency working
- Parent counselling



## Quality assurance measures

- Clinical supervision
- Training for staff and volunteers
- Evaluation to assess impact and regular reporting on outcomes
- Care pathways with CAMHS and specialist agencies



## Supporting children and young people

- Place2Talk self-referral
- Referral and assessment
- One-to-one counselling
- Therapeutic group work
- Whole class work



## Focus areas

- Safeguarding
- SEN and disability
- Hidden Harms (domestic violence and addiction)



## Supporting school staff

- Place2Think consultation
- Training for teachers and school staff



# Children's Voices

Place2Talk is a place where we  
can let our heart out.  
– 7-year-old girl

You can say everything on your  
mind and be happy again.  
– 9-year-old boy

I would like to come to **Place2Talk**...

Name: \_\_\_\_\_ Boy or Girl: Girl

Class: F Date: 27/11/17

Are you bringing anyone else with you?  
write their names below

Sad

I don't have friends.

oo

I would like to come to **Place2Talk**...

Name: \_\_\_\_\_ Boy or Girl: \_\_\_\_\_

Class: \_\_\_\_\_ Date: 21/11/17

Are you bringing anyone else with you?  
write their names below

Sod that! Mad

How do you feel?

oo

I used to feel down all the time,  
but I feel that talking to my  
counsellor has really helped me.  
– 13-year-old boy

# Place2Be / NAHT report on mental health in primary schools shows that:



Providing in-school support enables reach of children and families without stigma, to build resilience and intervene earlier in the onset of problems ...

- **Only 5%** agreed or strongly agreed that when they refer a child / young person to CAMHS, they can get help when they need it
- Just **a third** of primary schools reported that their pupils have access to a school-based counsellor. Of these, **60%** have a counsellor on site for one day a week or less
- **78%** reported financial constraints as a barrier to putting in place mental health services for pupils and **61%** put it down to a lack of local qualified professionals

I believe our school, like many others, needs a higher paid, specifically trained counsellor. Counselling requires specialised intensive training specifically tailored for work with young people and children. NAHT member



# Place2Be Training

## Mental Health Champions training

Professional learning and development is an integral part of Place2Be's work

Leading provider of specialist training and university – validated professional qualifications

A recent survey of over 3,000 school staff found that 63% of teachers do not feel they have received sufficient training in mental health way of responding to pupils experiencing mental health problems

Mental Health Champions training offers an opportunity to School Leaders and teaching staff to audit their schools current provision for mental health, to identify what works and where there are gaps, and through tailored consultation to build a strategy going forward for the whole school.



# Place2Be in Teacher Training

## Pilots in 2 Scottish Universities

Recent surveys in the UK have identified that a significant number of teachers are leaving the profession within 5 years of completing their training.

Through its work in schools, Place2Be identified that teacher support – regular supervision for the emotional aspect of the work – is eagerly taken up when offered.

Our pilots in Edinburgh and Stirling Universities offer this kind of support to trainee teachers, with a view to making the case for such a resource to be available in all teacher training institutes.

In the long run, we hope this will also make the case for support/supervision for all teachers on an ongoing basis, in the field of mental and emotional health and wellbeing.



# Contacts at Place2Be

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