


AUTUMN 2009 page 1 of 2

Welcome to the second edition of TaMHS newsletter.


You'll see that it's been a busy time, with lots of developments across our programmes. We believe it is vitally important that mental health support is seen as the responsibility of the whole school rather than of the individual, and we're working, in partnership with local schools, to help that become a reality.

How are we doing?

...the big picture

 In September, the DCSF launched a report looking at the findings so far from the first 25 Pathfinder areas, including our work in West Norfolk. These findings will help senior managers in other areas plan effective services. For further details about the report or to download it, please visit: <http://www.dcsf.gov.uk/everychildmatters/resources-and-practice/EP00613/>

...closer to home

 Thank you to everyone who has taken part in focus groups, helping to evaluate different models of mental health support within the TaMHS project.

If you haven't yet, and could spare a few moments to help us shape the TaMHS project, please share your opinions and views via this easy online survey: http://www.surveymonkey.com/s.aspx?sm=vtopFkCSXICa2uP_2fbdx_2f5g_3d_3d

The questions in the survey are different to those asked in recent focus groups so anyone can take part – and you could **win £50!**

If you have any questions about this survey, please contact John Bevan at john@spiralsplus.com or 01953 450380.

Look out for the results of the survey in our Spring newsletter.

NEW NEW NEW

Targeted work

Liz and Louise, our Primary Mental Health Workers, are now able to offer support for individual children. This work will follow on from cases the Mental Health Lead has discussed with the Educational Psychologist. Remember you can contact Liz or Louise for support at any time.

Mental Health Leads meetings

The first meeting for Mental Health Leads took place at the beginning of October. These termly meetings are a great opportunity for all Mental Health Leads to discuss their experiences, share good practice and receive further training. They replace the Implementation Group meetings held previously.

If you are a Mental Health Lead with your own email address, please let us know it. That way we can make sure information gets direct to you.

Small group work

From January 2010 we will be running sessions with small groups of children, looking at developing self esteem, social skills and anger management. Further information on how to book these sessions will be available later in the term.

What is TaMHS?

TaMHS stands for Targeted Mental Health in Schools and is a project funded by the Department of Children, Schools and Families. It aims to transform the way that mental health support is delivered to children aged between 5 and 13, to improve their emotional wellbeing and tackle problems more quickly.

The TaMHS project in Norfolk has been initially funded until 2011 and is based in the west of the county, focusing on four high school clusters and their feeder schools, plus pupils who attend the Western Area Pupil Referral Unit.

Call us: 07917 174873 Email us: trish.harris@norfolk.gov.uk Fax us: 01553 679263
Write to us: TaMHS 39 Marsh Lane, Kings Lynn, Norfolk PE30 3AD

Core Training Programme

A free training programme for school staff aimed at developing skills to recognise when to refer to specialist services. The programme also helps to develop knowledge, useful ideas and strategies that will have an immediate impact on practice.

Four bespoke training sessions have already taken place and feedback has been very positive with high levels of recommendation to other staff members.

"This course broaches a subject that is difficult to talk about, it was dealt with delicately."

A Bereavement and Loss training attendee

This term we will be running a further four courses:

- 13th Oct Recognising and Supporting Autistic Spectrum Conditions
- 21st Oct Bereavement and Loss
- 19th Nov Recognising and Managing Anxiety
- 26th Nov Recognising and Supporting Depression

Get in touch to find out more.

Promoting Alternative Thinking Strategies (PATHS)

The PATHS programme is aimed at those working with primary school aged children, helping develop self control, emotional awareness and interpersonal problem solving skills. Eight schools are currently taking part in this programme.

PATHS is well and truly up and running. At the beginning of September, 120 school staff and partners undertook initial PATHS training.

"Great ideas and easily usable in class, can't wait to introduce it, it will make a big difference to many." A PATHS training attendee

A follow up session to the initial training is taking place in November with Key Stage 2 staff training taking place at Easter.

Everybody's Business training

Training for whole school teams focusing on mental health.

We're steaming ahead with 90 per cent of schools already undertaking training.

"... it changes the way you think about a child's behaviour and you can see that some behaviour may be the result of factors you hadn't considered before." A school Mental Health Lead

Look out for our new range of resources, including games, books and photocopiable worksheets, which are designed to be used with children and young people. These will be available to loan in the new year.

Supervision and consultation

Support and advice from an Educational Psychologist, via a weekly telephone consultation line and a monthly meeting. Mental Health Leads receive training on problem solving, consultation and case management.

This term we will be changing the current format of the meetings. The session will run for two hours with focus on case presentation and discussion in the first half. The second part will look at the development of individual consultation skills.

"These sessions could add 10 years to teachers' lives." An attendee headteacher

Early intervention is key. If you think a child might need support, please consult your Educational Psychologist. Pick up the phone sooner rather than later.

Call us: 07917 174873

Email us: trish.harris@norfolk.gov.uk

Fax us: 01553 679263

Write to us: TaMHS 39 Marsh Lane,
Kings Lynn, Norfolk PE30 3AD