



In-school support

for children and young people's mental health



Mental health and schools

Pupils cannot thrive at school if emotional issues distract them in class. Teachers cannot teach effectively if pupils are disruptive.

That is why promoting good mental health is everyone's business – from headteachers and school leaders, to teaching assistants and lunchtime supervisors.

3 children in every classroom

have a diagnosable mental health problem.

NHS Digital, 2018

Half of all mental health problems

are established by the age of 14.

Kessler R and Wang P, 2007

83% of school staff

said they have seen an increase in the number of pupils with mental health problems over the past two years.

National Education Union survey, 2019



Who we are

Place2Be is a children's mental health charity. We provide in-school support and expert training across England, Scotland and Wales to improve the emotional wellbeing of pupils, families, teachers and staff.

Founded in 1994, Place2Be has grown from supporting a handful of schools, to working with over 700 schools each year to help them become more 'mentally healthy'.

Our mission

To improve the mental wellbeing and prospects of children, their families and school communities across the UK.

Our vision

Children should not have to face mental health problems alone. Place2Be's vision is for all children to have the vital support they need to help them build lifelong coping skills and thrive.

How we help

Working in close partnership with school leaders, we offer:

- Consultancy, advice and training for teachers, school leaders and school staff
- In-school counselling and mental health support for pupils, families and school staff
- Accredited qualifications up to Postgraduate Diploma and Masters level for individuals looking to become child counsellors, to ensure schools have access to qualified, experienced professionals.

“As a school we have worked with Place2Be for nine years and I now can't imagine the school functioning as effectively without them.”

Angela Anterkyi, Headteacher,
Gladstone Park Primary

Mental Health Champions School Leader Programme

Developing a whole-school approach to mental health

Supporting and equipping school leaders to develop and implement a whole-school approach to mental health is crucial to ensure that all children and young people receive the help they need.

School leaders tell us that their staff now manage issues that go far beyond their traditional professional roles.

Place2Be's expert training helps to build confidence and expertise, providing leaders with practical skills to improve their work with pupils and families.

“This is an excellent programme to raise the profile of mental health within schools. I now feel so confident to discuss mental health with colleagues and stakeholders. My ability to do so has empowered change within my school at all levels.”

School leader, Havering



Held across two terms, course participants work in groups with other school leaders and are supported by clinicians to develop and implement an action plan to create mentally healthy schools.

The programme covers:

- Leadership of mental health across the school
- Child development, attachment theory, neuroscience and adverse childhood experiences
- Building relationships with all stakeholders from consultation to supporting wellbeing
- Assessment tools for targeted interventions
- Working with parents and carers
- Effective communications with local CAMHS.

Participants carry out an online assessment of existing mental health activity in school and develop an action plan based on their identification of priorities in five main areas:

1. Strategic leadership and culture
2. Supporting children and young people
3. All-staff awareness and support
4. Support for parents and carers
5. Links to external agencies

Following this, schools receive two consultations to support their wider staff teams in implementing their action plan.

Mental Health Champions Class Teacher Programme

Developing the mentally healthy classroom

This independently evaluated programme develops teachers' knowledge and skills in understanding mental health, and is proven to increase confidence and job satisfaction.

The programme consists of a series of training workshops and personalised consultation sessions held over two terms. Participants gain practical knowledge and skills that they can apply in the classroom.

It covers:

- Introduction to mental health, attachment theory and the neuroscience of managing classroom behaviour
- Listening skills to support children's emotional development and wellbeing
- Boosting pupils' resilience and self-belief
- Working effectively with parents and carers
- Managing your own emotional wellbeing
- Strategies to support children's emotional wellbeing and mental health.

“An excellent opportunity to develop understanding of potential reasons for poor mental health. It was an opportunity to implement change and to work with our senior management team. I found it confidence-building and received excellent support from the group.”

School leader, Hackney and Haringey

Teachers who took part in the programme scored higher and made more progress than their school peers across seven key areas:

1. Knowledge of children's mental health
2. Ability to identify and support pupils with issues
3. Classroom behaviour management
4. Improving pupil achievement
5. Promoting pupils' emotional wellbeing
6. Working with parents
7. Job satisfaction



The Art Room at Place2Be

The Art Room is a Place2Be service which uses a unique approach to support children facing emotional difficulties.

Our studios are bright, vibrant and inspiring spaces of sanctuary and support within a school.

Through art-making and discussion, children are able to explore their feelings, express themselves and grow in confidence.

We work closely with neighbouring schools in Oxford, London and Edinburgh to provide weekly support to small groups of students aged five to 16 who benefit from a nurturing environment.

Who attends?

With consent from parents, schools refer pupils who may struggle with their emotional wellbeing, have low self-esteem, and require support to develop their social skills and build trusting relationships.

They may also be going through a significant change in their life. This could be as a Looked After Child, an asylum seeker, a young carer or a new pupil at the school

In 2017/18, 1,028 children aged between five and 16 years attended The Art Room, 47% of whom had severe emotional and behavioural difficulties according to the Strengths and Difficulties Questionnaire (SDQ).

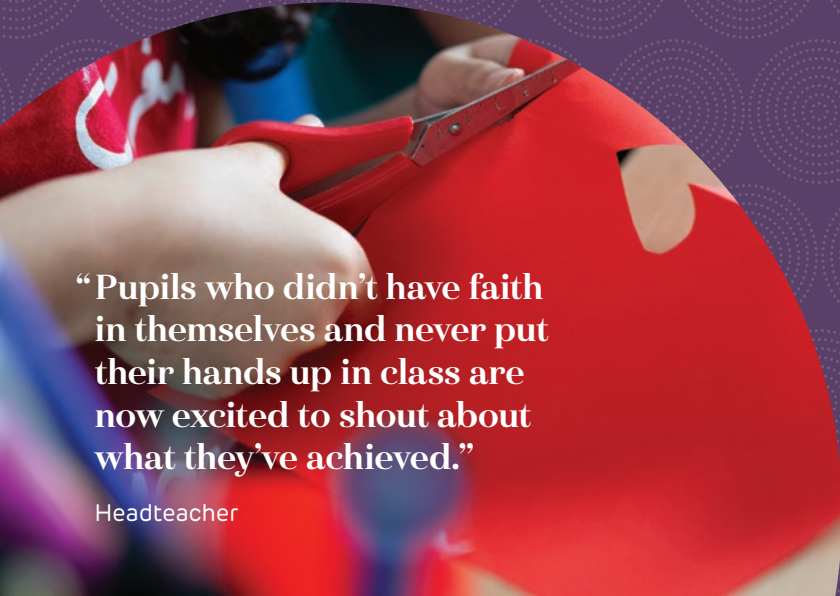
What happens?

The sessions are carefully planned to provide safe, consistent support and stimulation.

Groups of up to eight children attend the sessions for one to two hours every week for at least a term.

Working with a team of skilled practitioners, they transform an everyday object – such as a lampshade, stool, clock or tray – into a work of art which they take home with them at the end.

This approach gives each child an opportunity to explore their feelings and creativity, while expressing their emotions, developing their social skills and growing in confidence.



“Pupils who didn’t have faith in themselves and never put their hands up in class are now excited to shout about what they’ve achieved.”

Headteacher

In-school support

Place2Be takes a whole-school approach to improve the emotional wellbeing of pupils, families and staff.

We provide mental health services in primary and secondary schools, offering vital therapeutic support around big changes and challenges in life. Our counselling helps children to become more settled, more able to manage their behaviour and to engage in learning.

With Place2Be working in partnership with a school, teachers are able to focus on teaching and parents feel better supported and more willing to engage with the school.

Our mental health professional is also on hand to respond swiftly to critical incidents, engage with external agencies, support staff initiatives and assist on all issues relating to children's mental wellbeing.

“Place2Be takes away the layers of complexity... so that our staff can make the assessments of our children that are in most need. Place2Be is embedded within the fabric of your school, it is bespoke to your school, and works with your school.”

Carly Mitchell, Principal,
Oasis Academy South Bank

Supporting school staff

Consultation for teachers and staff.

Supporting parents and carers

Support for parents
Parent counselling
Signposting.

Our whole-school approach includes:

Supporting children and young people


One-to-one counselling
Group counselling
Whole-class work
Self-referral sessions during lunchtime or breaktime.

Quality assurance

Care pathways with CAMHS and specialist agencies
Evaluating impact and reporting
Clinical supervision for all counsellors.

Additional expertise

Specialist teams on safeguarding and SEND/ASN.



Place2Think

Specialist mental health consultation service

For school and community-based professionals working with children and their families, Place2Think offers a safe forum for staff to gain a broader understanding of children's mental health needs.

“School staff have welcomed the opportunities to discuss their concerns about their pupils in a supportive, solution-focussed way.”

School Leader, Glasgow

Who is it for?

- Headteachers and school leadership teams
- Designated safeguarding leads
- Inclusion leads and pastoral support staff
- Class teachers and newly or recently qualified teachers
- Support staff, including teaching assistants and midday supervisors.

The service is tailored to the needs of your school and the challenges specifically faced by your staff. It is also available to other community-based staff working with children and families, including social workers.

What does it involve?

Place2Think is usually delivered to individuals or groups by an experienced Place2Be clinician in a package of 60 to 90-minute sessions.

Place2Think is

- **Solution-focused:** empowers staff to identify strategies that are relevant to children's needs
- **Supervisory:** supports staff to process the impact of supporting the mental health needs of children in their care
- **Attachment-oriented:** fosters working relationships based on an understanding of what lies behind the child's behaviour
- **Systemic:** considers the systems of support for children's mental health needs within the school setting.

Impacts and outcomes

Many of the children and families we work with lead difficult and complex lives. By providing support at an early stage, we help children learn coping strategies that support them in the long term.

Of the children who have taken part in counselling with Place2Be:

69% cause fewer problems for their teacher or class.

77% find it easier to have & keep friends.

In the 2017/18 school year:

5.5k
children

accessed weekly one-to-one counselling sessions.

39.6k
children

booked a self-referral session during lunchtime or breaktime.

64% of children's difficulties had less impact on their learning.

81% of those with severe difficulties show an improvement in wellbeing.

Continuing professional development


Place2Be also offers a series of half-day and one-day workshops to develop professionals' understanding of children and young people's emotional wellbeing and how it affects behaviour.

These workshops help to build confidence and expertise, while also providing participants with practical tools to improve their work with children and families.

Our highly interactive workshops can be tailored to suit your school's needs.

Popular sessions include:

- Resilience – wellbeing without words
- Understanding attachment
- Introduction to counselling skills
- Self-belief – helping children thrive
- Peer mentoring skills for students.



“If you have problems or worries you get a chance to talk to a person you trust. When I grow up I want to help children like Place2Be helps children.”

8-year-old girl

“Place2Be is part of our school family. It is more than an office, more than a therapy room, and more than a collection of counsellors. Its work permeates through every aspect of our school and its community. It is trusted by parents and carers, valued by the staff, and vociferously supported by the children.”

Glyn Ellis, Headteacher, Haslingden Primary School

Get in touch

If you are interested in finding out more about how Place2Be can work with your school, please get in touch:

0207 923 5500
schools@place2be.org.uk
place2be.org.uk

Registered Charity in England and Wales (1040756) and in Scotland (SC038649) Registered Company in England and Wales (02876150)