Mental Health Schools Award

Introduction
One in ten children and young people aged 5 to 16 has a clinically diagnosed mental health disorder and around one in seven has less severe problems. 75% of those with long term mental health problems are diagnosed by the age of 14. Children and young people need to be supported to develop resilience and coping skills as most will face mental and emotional health challenges throughout their childhood and adolescence and in their later life. In Swindon we know that we have high levels of hospital admissions for self-harm, high exclusions rates and lower than national educational attainment. Mental health and wellbeing are fundamental to children and young people long term outcomes and development.

As part of the Children and Young Peoples Joint Strategic Needs Assessment a Swindon schools survey was conducted to find out staff confidence levels in supporting emotional and mental health and to see which external agencies schools use to support them. The survey helped identify the gaps in knowledge and capacity to support pupils with mental health problems and that schools would welcome additional support in this area.

We have therefore developed this Mental Health Schools Award to provide schools with a framework to assess and develop a whole school approach to mental health and wellbeing. All elements of this award have been identified through review of best practice documents and guidance and including Department of Education\(^1\), Public Health England\(^2\) and Ofsted\(^3\).

The award is supported by Public Health, Healthy Schools and Education at Swindon Borough Council, TAMHS and Swindon Mind.

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\(^1\) Mental Health and Behaviour in Schools Departmental Advice (Department of Education 2016);

\(^3\) Ofsted Inspection Handbook August 2016
Aim: The aim of this Mental Health Award is to:

- Provide a framework for schools to ensure they are promoting good emotional and mental health.
- Ensure effective provision is in place to support school staff health and wellbeing.
- Ensure effective provision is in place to support children and young people.
- Support schools promote mental health and wellbeing as a whole school approach.
- Support schools in raising attendance and improve behaviour and attainment.

Objectives: The key objectives for achieving this award are to capture:

- How emotional and mental health is measured and promoted in schools for both staff and pupils.
- How children and young people’s mental health needs are identified, targeted support provided and outcomes evidenced.
- How services are chosen to support emotional and wellbeing.
- How anti-bullying is addressed discussed and promoted across the school.
- How young people are involved in promoting mental health.
- The good practice that takes place within Swindon Schools.
- The training provisions needed for school staff to further develop good practice to improve provision.
- Evidence for improved attendance, behaviour and raised attainment.

The Mental Health Schools Award will be aligned to the Healthy Schools Award and will demonstrate that the whole school is confident about being able to describe how to be healthy which includes how to have good emotional and mental health and how pupils feel safe. Evaluation of the award will highlight where gaps in provision and training are required and these may be addressed either by individual schools or collectively.

We hope you find the framework helpful in improving mental health and wellbeing in your school.

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