

Appendix 1 - Schools provision

1. The following table shows the schools in the City and the range of mental health services on offer to their pupils.

School	Mental health services
City of London School for Girls	<ul style="list-style-type: none"> - two school counsellors - the sixth form run a mental health committee which works on friendships and relationships in Year 8, for example, which includes a session with the school counsellor about grief and loss, and helping a friend in need. Most year groups do something about body image and also social media. Year 7 have a session on transitions and where to go to ask for help. - school nurse. - Mental health programmes such as mindfulness covered in PSHCE and assemblies. - run a wide range of clubs, sports and societies.
City of London School	<p>-2 counsellors – both psychotherapeutic; one of our counsellors is a child and adolescent psychotherapist</p> <p>-Pastoral and well being advisor – this is a person who is a senior social worker and her work with young people is informed by social work models of working (e.g. motivational interviewing, systemic practice, solution-focused questioning, etc.)</p> <p>30+ members of teaching staff are mental health first aid trained</p> <p>-A SEND department which intersects with mental health provision in as far as being able to do initial assessments for some learning issues such as ADHD. The department does a huge variety of work with pupils with ASD, ADHD etc. including social communication workshops</p> <p>-Weekly pastoral case meetings with DSL, nurse, counsellors and other key pastoral staff to review cases and reflect on best practice</p>

	<p>-Regular training for all staff about mental health issues, including depression, anxiety, eating disorders, stress etc.</p> <p>-all key pastoral staff have undergone Suicide Prevention Training with Papyrus</p> <p>-Network of professionals in the mental health field – private, hospital based and CAMHS</p> <p>-Relevant case meetings with external agencies and pastoral staff at CLS to support pupils with mental health issues</p> <p>-A number of key pastoral staff are Tavistock trained in a variety of different areas of counselling and psychotherapy (specifically in adolescents)</p>
Charterhouse Square School	<p>-one teacher trained in Drawing and Talking</p> <p>-one teacher training in counselling.</p>
St Paul's Cathedral School	<p>-endeavour to support pupils through their form teachers, the school nurse and the school Chaplain.</p> <p>-work closely with CAHMS for early intervention.</p> <p>-one pupil who currently meets with a private counsellor who comes in for the meeting to take place at school.</p>
Sir John Cass Primary School	<p>- First Steps in fortnightly to meet with parents.</p> <p>- Play therapist 1 day per week</p> <p>- Counsellor 1 day per week</p> <p>- CAMHS support half a day per fortnight (this academic year, whilst we undertake a pilot project)</p> <p>- Some of the other provisions include: ongoing training for staff - ACES, trauma sensitivity Developing children's Growth Mindset Training in Philosophy for Children Broad and balanced curriculum</p>

- currently undertaking/developing a wellbeing and mental health in schools project (WAMHS) that lasts for 1 year and will possibly extend to 2 years.

Wellbeing and Mental Health in Schools (WAMHS) is a project which seeks to improve access to the appropriate mental health support for all CYP in City & Hackney. This involves improving early identification of possible mental health problems by supporting and equipping schools to confidently identify and intervene early in emerging mental health problems and to upskill school staff to be able to successfully promote and support their student's wellbeing, thus off-loading pressure created by later intervention of more severe problems. The project also seeks to ensure that all children receive the right intervention. The transformation project ultimately seeks to increase the number of CYP with diagnosable mental health conditions accessing services, by ensuring that they are identified and correctly signposted to the appropriate CAMHS service. In the same way, the project seeks to reduce the current inequalities in accessing mental health services, as well as in exclusion rates by taking into consideration the cultural diversity and specific needs of the population in City & Hackney. To achieve this, the Schools workstream has developed 3 interlinked strands of intervention brought together under the name of Wellbeing and Mental Health in Schools (WAMHS) Project:

- a) Anna Freud Schools and Mental Health Link Project
- b) Wellbeing Framework Support in 50% of schools in City & Hackney:
- c) Deployment of CAMHS clinicians in 50% of schools in City & Hackney