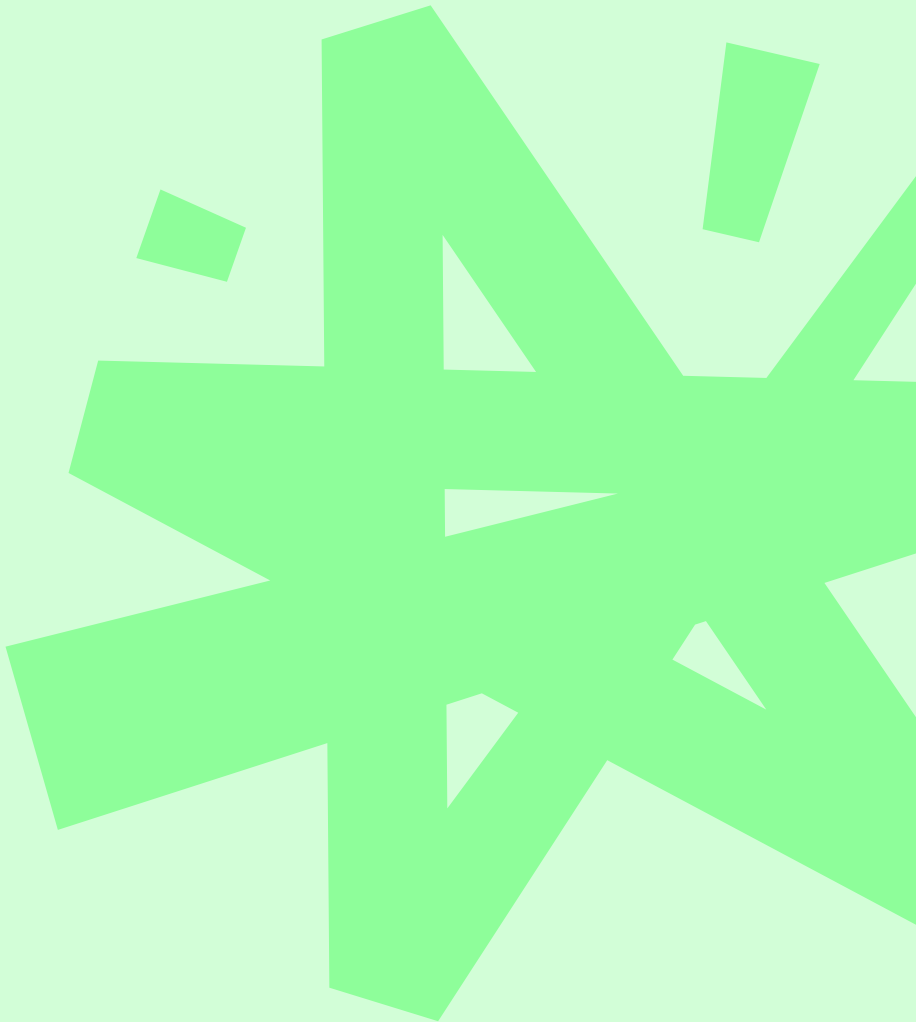




Providing mental health support in schools



Introduction to Barnardo's

Leading children's charity Barnardo's is one of the most comprehensive providers of integrated health and social care services for children and young people, with more than 150 years' experience of supporting them through a variety of challenging circumstances.



We work with a range of commissioners and partners including NHS England (NHSE), Integrated Care Systems (ICSs), Department of Health and Social Care (DHSC), Department for Education (DfE) and local authorities (LAs) to support the delivery of cost-effective and innovative integrated health and wellbeing services across prevention, early intervention, targeted and specialist support in a variety of place-based settings throughout the UK.

Our services take a trauma-informed and inclusive approach based on the principles of personalised care and shared decision making. We put the voices of children, young people and families at the heart of what we do to ensure all our services are accessible and appropriate.

Mental health - a strategic priority

Children and young people's mental health is a key priority in Barnardo's Corporate Strategy 2024-2027 – **Changing Childhoods, Changing Lives.**

Our Theory of Change promotes the development of a core, evidence-based Barnardo's framework for mental health and wellbeing work in schools, that promotes a positive culture, identifies children who are struggling, provides support, and signposts to the right services.

Our work in this area

One of the biggest health challenges in the UK today is effectively supporting the mental health and wellbeing of children and young people. To meet this rapidly increasing demand, it is crucial that effective preventative and early intervention emotional wellbeing and mental health support is available for children and young people at all schools and colleges.

In 2022/23 we supported 52,000 children, young people, parents and carers through our school-based programmes.

Barnardo's is commissioned to deliver a wide range of mental health services in schools and colleges. We provide a whole school approach which focuses on children and young people, parents and carers and teaching staff. Our support helps to build resilience and ensure that prevention and early intervention help is available when the warning signs start to emerge.



Mental Health Support Teams (MHSTs) in schools

Barnardo's delivers MHSTs to a high standard across several regions and has been involved in their delivery since the Trailblazer rollout in 2018/19.

We have since become the lead delivery partner to Morecambe Bay and North Cumbria, we deliver the Birmingham and Solihull MHST in collaboration with Forward Thinking Birmingham and are part of a delivery collaborative on the Isle of Wight. Through these teams, we successfully deliver a wide range of early intervention support (i-Thrive 'getting advice' and 'getting help') in schools and colleges across England focused on mild to moderate mental health difficulties. We have expertise in alternative modalities and interventions, and these include counselling and resilience-based support. This provides a blended offer and moves away from the pure MHST model.

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Barnardo's MHST core model offer aligns with the minimum agreed standards of NHSE's MHST for Children and Young People in Education Operating Manual and some of the key features of Barnardo's led MHSTs is that our teams are fully embedded in the schools in which they work, are responsive to individual setting needs and are co-produced in the approach and offer with local stakeholders. This enables them to best support the delivery of an effective whole school approach by working closely with school staff to respond, innovate and flex to address children's presenting needs. Delivering these services in multiple locations simultaneously, enables us to deliver support most effectively, whilst positively shaping the wider whole school system.

In 2023, we published '**It's Hard to Talk**' policy report championing the need for further roll out of mental health support in all schools and colleges. Barnardo's research gathered evidence from service commissioners, teachers, frontline practitioners, children and young people which showed that as well as providing an effective mental health service for children and young people, MHSTs are cost effective, saving the government £1.90 for every £1 invested.



Barnardo's Education Community

Barnardo's Education Community is a Mental Health and Wellbeing platform for education staff across the UK, providing a range of free trauma-informed resources, training, and support to improve the mental health and wellbeing of babies, children, and young people (BCYP) and of the staff who support them. We are a small multi-disciplinary team with education, early intervention and therapeutic backgrounds.

All educators supporting BCYP (early years to higher education) can access our universal offer via the website. A variety of resources are available: articles, blogs, booklets, activities, podcasts, and case studies. We also have a targeted offer for individual education establishments which includes staff wellbeing programmes and CPD packages that provide a blend of theory, reflective practice and practical application.

We aim to build upon educators' existing knowledge and skills, and develop their reflective practice, by exploring themes relevant to their work in a safe, supportive space:

"As always, an excellent informative session which was held supportively and sensitively by the facilitators. I am always glad I attend these sessions. I benefit not just from the knowledge but also from the reflective space and the manner in which the group is facilitated..."



Barnardo's Let's Connect

Barnardo's Let's Connect provides a range of services that support the emotional wellbeing, mental health and resilience of children and young people, parents, carers, school staff and whole school communities as well as resources which help foster families.

The menu of service options enables schools to train and grow their own support so they can become self-reliant and implement the Wellness Recovery Action Plan WRAP® to identify what impacts on wellness and mental health, understand troubling feels and behaviours and identify coping strategies, as well as accessing specific support for school transition, exam support and tailored resources to use in PSHE classes and whole school assemblies.





Barnardo's Real Love Rocks

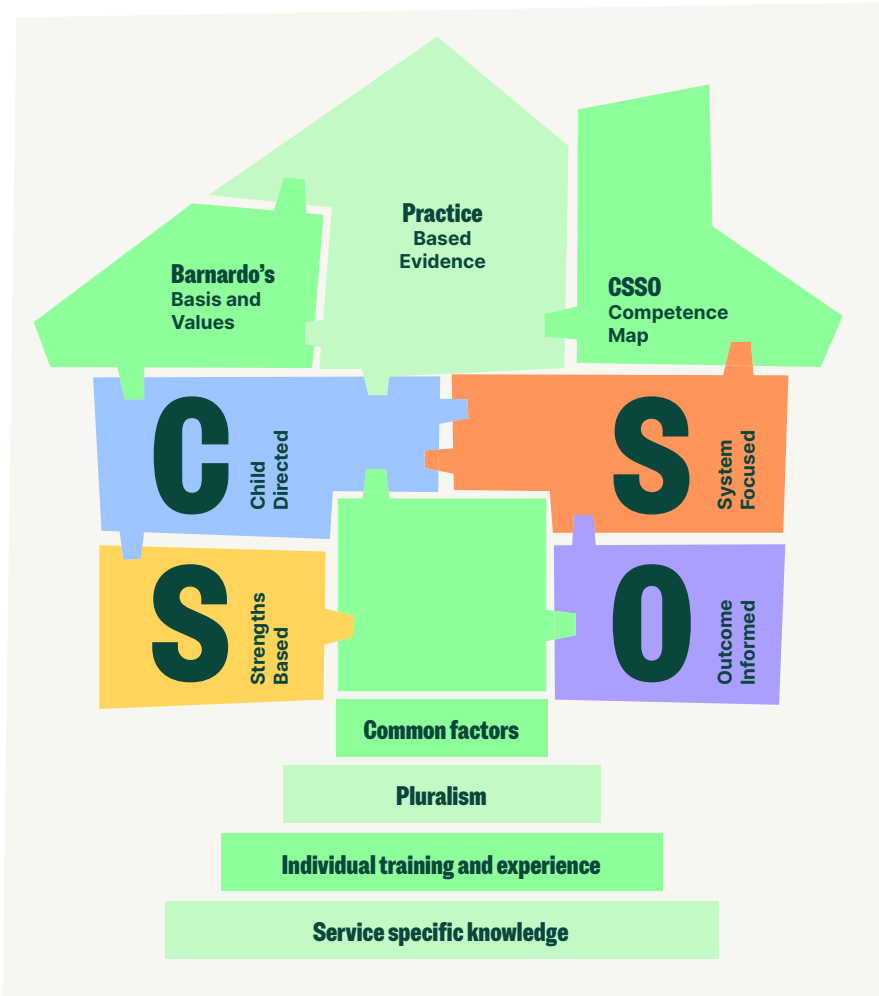
Barnardo's Real Love Rocks provides online and printed resource packs for primary, secondary and SEND school teachers to enable them to create an open dialogue and engage with pupils in a fun and empowering way. It uses a range of tools including animations, worksheets, activities and games to help children understand a range of complex issues. This includes healthy relationships, consent, feelings and emotional regulation, grooming, abuse and exploitation, bullying and cyberbullying, pornography, radicalisation and extremism, and online safety.

These trauma informed resources promote children and young peoples' right to healthy and safe relationships with their peers, partners, family and within their community. It also helps them to develop kindness, understanding and empathy for themselves and others and creating a support network of safe and trusted people.



CSSO - Barnardo's whole service delivery framework for mental health services

CSSO is a whole service delivery framework, providing a coherent evidence-informed structure for the delivery of specialist support mental health services. It provides clearly structured, outcome-informed methodologies to both shape practice and demonstrate service impact. The CSSO acronym refers to what are known as the four 'practice pathways' within the framework as illustrated below:



Child-young person directed

A child directed approach puts the child or young person in the 'driving seat', rather than a specific counselling model or method. The therapeutic alliance is a central tool for change. Interventions are shaped by a young client's 'theory of change' and their preferred counselling approaches.

System focused

Systems focused work links with neurobiological research on the centrality of attachment relationships in buffering adversity and building resilience. CSSO counsellors connect with the key adults in a child's system, promoting relational health to ensure the context can support and sustain positive change.

Strengths based

Research from Positive Psychology informs the strengths based principle. It highlights the importance of focusing on a child or young person's resources in building a foundation for problem-solving and resilience. CSSO counsellors listen to presenting difficulties, but they balance this within a 'what's right with you?' approach.

Outcome informed

Research demonstrates that service user feedback dramatically improves counselling effectiveness. CSSO uses a standardised feedback system known as Partners for Change Outcome Management System (PCOMS). Each session young people give feedback on their level of well-being and the therapeutic alliance. Evidence shows that both these elements have a major impact on positive intervention outcomes.

To find out more

We'd love to hear from you.
Please get in touch via
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if you would like more information.



[barnardos.org.uk](https://www.barnardos.org.uk)



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