The impact of covid has had an overwhelming effect on the mental health of our young people. This session will give you innovative and impactful ways of providing support to reduce the barriers to learning, caused by poor mental health.

GEORGE CHITTOCK - NASH

GCN CONSULTING

Ideas for you

- Walking therapy
- Welfare assessments – pre-enrollment
- Suicide safer strategy
- Supervision for staff
- Funding streams

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Walking therapy

Convincing research

Lacks clinical associations

Particularly good for males

Easy to administer

Funding available

Welfare assessment

- Pre enrollment
- DSL liaison essential
- Put plans in place
- Early check in post enrolment
- Top ten meetings

Assessment Questions	Yes	No	Don't Know	Comments
*Self Harm				
*Depression (personal or family history)				
*Suicidal Thoughts / Ideas in the past				
*Thoughts / Ideas in the last week				
Only ask if Yes to previous 2 questions: *Do you have a plan of how you would do so				
* Personal or Family History of: 1.Expressed Intent, 2. Suicide Plan, 3. Attempted Suicide				Within Previous 3 month Within Previous 6 months Within previous 12 months Within 3 years
*Male Gender at birth				
*Do you have poor friendship and family support?				
*Are you concerned about your appearance? (more or less)				
*Alcohol and or drug misuse If yes complete DUST assessment.				
*Would your family say you are at risk at the moment?				
*Chronic physical illness / pain / disability				
*Recent Death of close friend or family member				
Gender (add to comments box) heterosexual/lesbian/gay/bi-sexual/transgender/rather not say	N/A	N/A	N/A	Gender identity ? Sexuality?
Any diagnosed mental health concerns? E.g. Anxiety, Psychosis, Eating disorders, OCD etc.				
Are you having psychiatric support? Name of psychiatrist, Mental Health Support Worker or Care Co-ordinator				
Panic Attacks - Frequency, triggers				

Suicide safer strategy

- Learn words and phrases to use/avoid
- Teach staff how to respond
- Help students to understand
- Ensure safety on – site
- Spot the signs training

Supervision for staff

- Clinical supervision – online
- Psychology and Therapeutic Service, Children and Young People's Directorate, Suffolk County Council
- Use funding bids
- Support staff to support students

Funding streams

- Allocate time to someone to source funding
- The bid we won was the **Public Mental Health CYP Grant Funding Scheme** – you will also be able to use your local authority, find out who the mental health lead is within public health, they were also the people that assisted my other bid for **'opportunity area funding'.**