

Emotionally Healthy Schools

pilot success in Cheshire East

What did we want to achieve?

The Emotionally Healthy Schools pilot project was commissioned by East Cheshire Council to improve links between education and CAMHS in six local high schools.

What we did:

- Facilitated twice-monthly reflection sessions with school staff. Sessions provided a safe and structured space to consider their practice with children and young people.
- Developed and successfully piloted a self-harm pathway for schools to use when responding to self-harm in children and young people.
- Developed a mental health awareness training package based around the MindEd online learning modules and delivered this successfully to school within the pilot and local primary schools.

Results:

- Sessions were well attended by pastoral staff who reported improved confidence in responding to emotional health and wellbeing needs of young people, as well as an increase in their knowledge on basic mental health difficulties.
- Salford University study found an improvement in confidence in school staff in responding to emotional and mental health needs in children and young people.
- Overall, children and young people felt more resilient in dealing with stress.

Next steps:

- East Cheshire Council has commissioned Cheshire and Wirral Partnership Trust to roll out training, mental health consultation, and facilitated reflection sessions across all schools in the region.
- Build on the pathway development work carried out in the pilot and develop a new pathway for children and young people with complex needs but who do not meet CAMHS criteria.

