



Healthy Minds

Nurturing Emotional Wellbeing in Schools

Sheffield is in the process of rolling out the Healthy Minds Framework (delivered by Sheffield Children's NHS Foundation Trust) to primary and secondary schools with 45 taking part in 2017/18.

The focus of the Healthy Minds Framework is on providing schools with training and support around mental health to enable them to support young people to remain in school, and to identify those children who would benefit from the support of other services more effectively. The aim of this work is to develop a whole school approach to supporting mental health to help enable children and young people with mental health issues to stay in education and to reduce inappropriate referrals to CAMHS services.

The feedback from a primary school in the pilot phase reflects the closer working relationship established between schools and CAMHS and an increased confidence in establishing a responsive culture to the emotional health and wellbeing needs of students:

Our teams love the children we serve and a great deal of problem solving and energy goes into trying to understand and improve lives. The clarity by which you expressed what truly counts in our relationships and the checklist of actions to make each child feel noticed are clearly powerful.

Drawing on the psychology of attachment and attunement and a neuro-scientific understanding of the developing brain, Healthy Minds Framework supports schools to develop trauma informed approaches to responding to children's behavioural responses.

Developmental play and touch are encouraged to support enjoyment and learning for younger children, acknowledging emotional responses helps to create a safe environment. Students are offered age appropriate teaching about the instinctive, emotional and thinking brain and how to regulate emotions to support their learning.

For more information contact CAMHS 0114 226 2348