

**CORNWALL
COUNCIL**
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Together 
for Families

HeadStart Kernow – Pandemic Response

21 October 2020

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 www.cornwall.gov.uk



Education landscape in Cornwall

Information Classification: CONTROLLED



There are 234 state funded primary schools (including infant and junior) in Cornwall. 31 secondaries, 6 APAs and 4 special schools

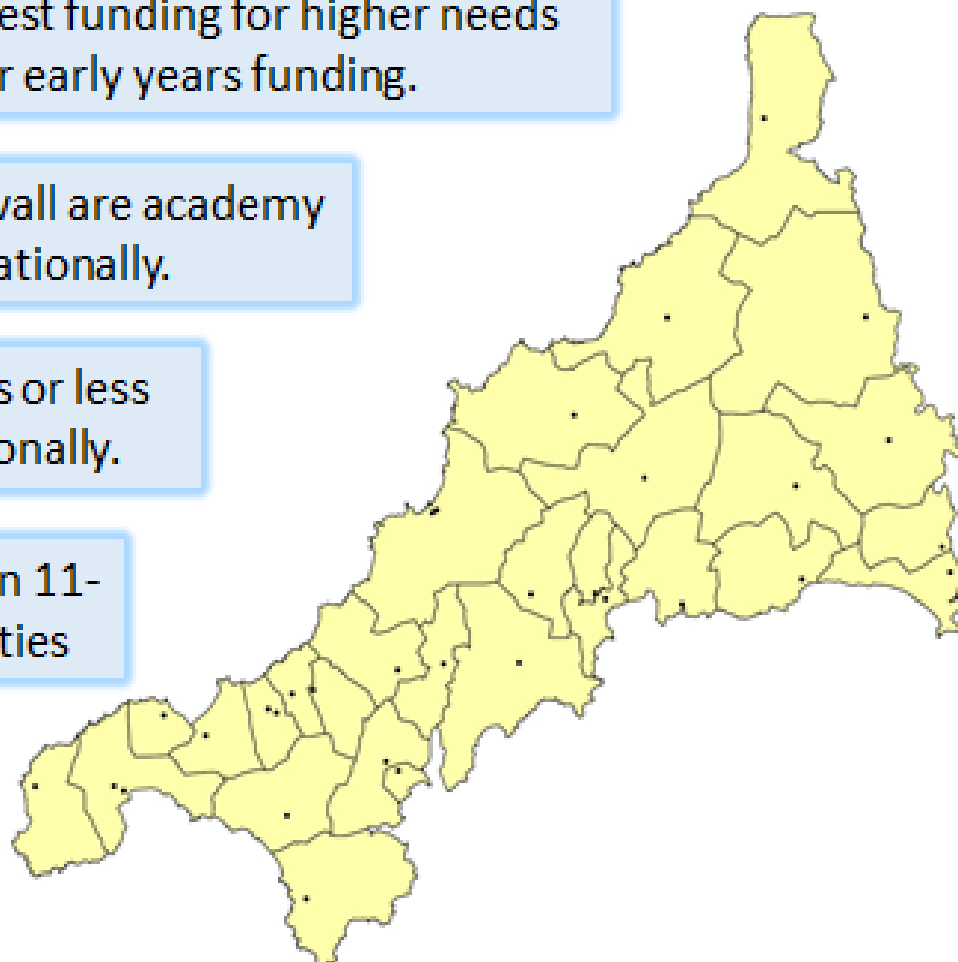
Cornwall is ranked 145/149 for lowest funding for higher needs funding and joint bottom for early years funding.

178 (76%) primary schools in Cornwall are academy schools compared to 35% nationally.

73 (31%) of schools have 100 pupils or less compared to 12% of schools nationally.

We have an estimated 3,300 children 11-16 who have mental health difficulties

12,954 C&YP identified as eligible for the national Troubled Families Programme

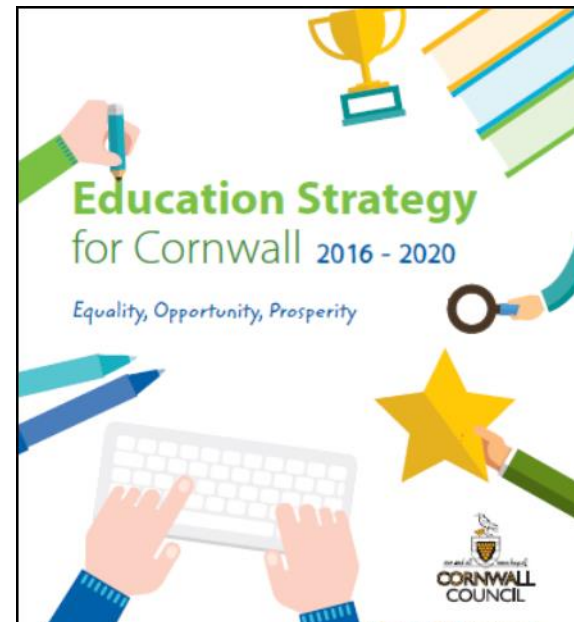


A Shared Vision...

The emotional wellbeing and mental health of all children and young people is improved because they can easily access the right support when they need it...

Young People have said:

- “We can understand our own thoughts and emotions and can talk openly when we need help”
- “People around us know the signs and know what to do when we are struggling”
- “Help is reliable and consistent; we will know who we can trust to help us to help ourselves”
- “We are helped to cope with the pressures of life, including online”
- “We learn and share what we have learned”



Setting the scene

A broad spectrum of experiences:

- **'newly vulnerable'** children – not previously identified... so a **'Trauma Gap'** as well as Attainment Gap...
- ...but including students who will have found **lockdown an opportunity** to learn in different ways, reconnect with family and, perhaps a blessed relief from the anxieties / difficulties they face in school.
- **All** students (and staff) may have **experienced loss to some degree** (routine; structure; friendship; opportunity; freedom) during lockdown **potentially** leading to **anxiety, trauma and bereavement**.
- *Barry Carpenter (A Recovery Curriculum)*

Same storm,
different boats...

Relieved to be back, but is it safe?

Will I be pressured to do extra work?

How will bubbles work?

Has school changed a lot?

Worried about going to school?
We've got some help for you

www.startnowcornwall.org.uk

START NOW

CORNWALL COUNCIL
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COMMUNITY FUND

Working Together – Headstart Youth

- **Start Now Website** adapted for the pandemic
- **RUOK? Check-in 1 and 2**
- **Transition Mission & Back to School**
- **Online Wellbeing Action Plan**
- **Lockdown Workshops** – including Smartphone photography online!
- **IMPACTS**



Hey Cornwall...

RU OK?

**START
NOW**

We asked you to tell us how you were doing during the lockdown using the **RU OK?** Check-in



This is what you told us...

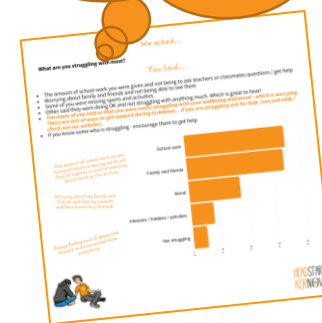
www.startnowcornwall.org.uk/coronavirus/ruok/ruok-links/

RUOK? 2 Back to School Results just coming in...

“Schools really hard, Y11 GCSE syllabus keeps changing, really hard going back into Y11 after missing so much of year 10. Really scary”

RUOK? Some of the results

www.startnowcornwall.org.uk/coronavirus/ruok/ruok-links/



Colour?...orange because I woke up today made my bed did the dishes and went for a run then came back and had a shower plus did all my school work with no fuss. I felt really good after that fresh start and it boosted my confidence

Struggling? Always feeling kind of depressed, stressed or disconnected from everything

Proud. The fact that I could be so angry and sad and then i can just calm myself down with something

Advice to pre-lockdown self Don't worry too much about school work because you do get used to it and it is okay to be worried sometimes because it can be hard, but try to relax.

RUOK? 2 Back to School Results just coming in...

"Schools really hard, Y11 GCSE syllabus keeps changing, really hard going back into Y11 after missing so much of year 10. Really scary"

"Because I had a great day and met some lovely new teachers and I now know my way around school"

Universal, Whole School Approach



- May be familiar with this...
- This can underpin and reinforce any existing Whole School or College approach – not replace it.
- Part of the ‘job description’ of a Mental Health Lead / link Governor (and across the whole school community)

(Source Public Health England and Children and Young Peoples Mental Health Coalition, 2015)

WSA: The key is what works for the school



- Developed by Educational Psychologists and Headstart in Cornwall
- Using **elements of the Recovery Curriculum (Carpenter)** and;
- **SWAN** model – developed by Pooky Knightsmith

School support (sec) – lockdown & beyond

- **Wellbeing Action Plan and Toolkit**– Brought forward launch of the online resource **created by YP** working with Pooky Knightsmith.
- **RUOK?** Online check in for young people (*above*)
- **Light touch support** – stayed in contact. Ideas / information / just a chat.
- **Informal network** keeping schools in touch with each other
- **Recovery Curriculum** with EPS colleagues.
- **Transition Mission** from ordering 10Kcopies the day before lockdown to online interactive version and virtual PR campaign by YP who created it (& hard copies distributed to every primary / secondary school!)
- **Back to School Campaign** – including bus stop posters created by YP
- **Headstart Hub** – C&YP MH support network for schools and partners



Resilience

Google “resilience” and you’ll get 188 million hits...

“Resilience is not just your ability to bounce back, but also your capacity to adapt in the face of challenging circumstances...”
www.mind.org.uk

“The power or ability of a material to return to its original form from a position etc. after being bent, compressed or stressed”.

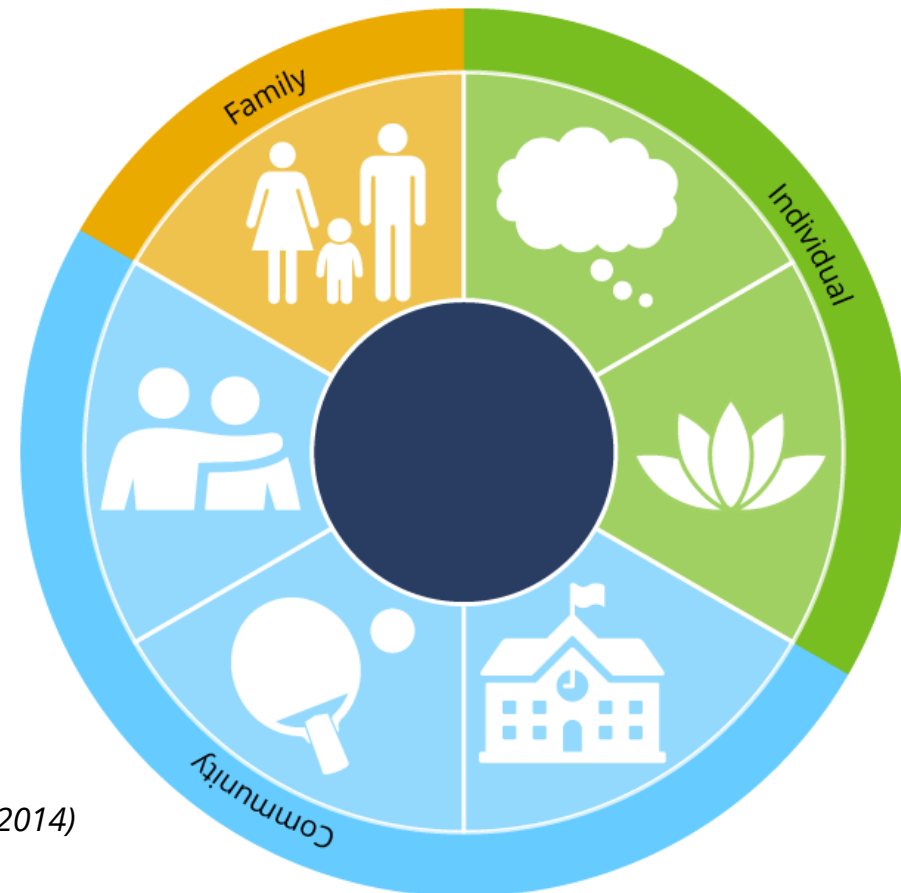
One of many dictionary definitions

Bouncebackability!



Resilience: protective / positive factors

- **Family**
 - Strong family relationships
- **Individual**
 - Self-regulate and manage stress
 - Support steps to help thinking positively
- **Community**
 - Supportive social networks
 - Physical activities
 - Enjoying school/college



(Masten 2014)

- **5 Ways to Wellbeing**



Workforce Development



- Trauma Informed roll-out very positively received
- All training is now online
- 918 delegates attended/attending 10-day course or top up training
- 690 delegates joined the Return to School 3 hr training
- Whole Staff Approach 3 hr training parts 1 and 2
- Pathway to mental health booklets for TIS practitioners ‘What every professional should know about brain chemicals’
- Pilot supervision model established
- Online videos and resources to support practitioners
- Mentoring for current delegates
- Conference: Brain based attachment interventions to transform troubled lives – Dr Dan Hughes and Dr Jon Baylin 27 October for 500 delegates
- A programme of CPD to launch in January 2021
- A virtual ring binder to support staff and help with signposting:
https://www.headstartkernow.org.uk/virtual-ring-binder/#binder_start

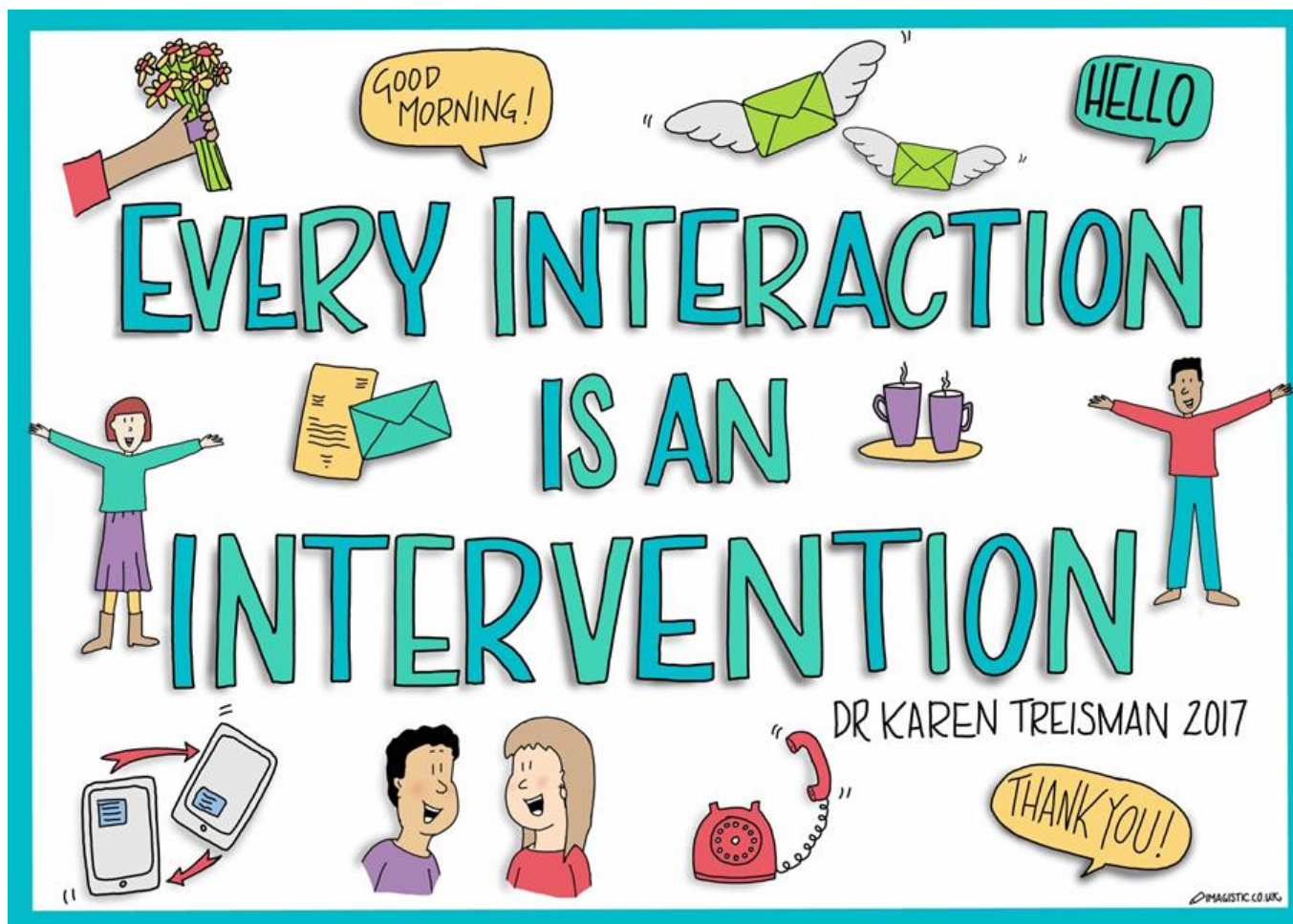
Key Message!



One emotionally available adult before the age of 18 interrupts the progression from childhood adversity to learning difficulties, mental and physical ill-health.

For many children this person will be a teacher.





“Ordinary
Magic”

Ann Masten

Bloom: A consultation model for professionals offering an holistic approach, across services, to support children's emotional, social and mental wellbeing

Pre-Covid 19

- Locality-based model – weekly two-hour meeting per locality discussing up to 4 referrals per meeting
- Attendees always include a CAMHS Clinical Psychologist, Primary Mental Health worker and HeadStart; other attendees include Locality Early Help Team, school staff, voluntary sector, Educational Psychologists, GPs...
- Referrals from all quadrants of i-Thrive framework considered
- Very positive feedback from all attendees



Covid-19 adaptation

- More centralised model – 4 meetings per week, 1 referral per hour long meeting; via Teams; supporting processes and procedures adapted
- Core team at all meetings: Bloom Clinical Lead (Clinical Psychologist), PMH worker, Bloom Operational Lead (HeadStart), Community Facilitator; referrers also attended
- referrals from the 'Getting More Help' and 'Risk Support' quadrants of i-Thrive framework considered
- All existing referrals (81) triaged by end April 2020; 50 full Covid-19 Consultation meetings held to date
- Universally positive feedback from all attendees

Youth and Community Support


- Youth Facilitator in each locality
- 3 Community Facilitators (East, Mid, West)
- Provide 121 and group work; links to community groups and voluntary sector; training
- Point of contact for schools through school clusters
- Youth Facilitators accessed via Bloom

Covid-19 adaptation – re-engineered at speed

- Youth Facilitators accessed via direct referral – Wellbeing Service
- 121 provision delivered online
- Group work suspended
- Community Facilitators training amended to be delivered online
- Summer provision refocussed (including supporting NCS programme, Cornwall Outdoors activity programme, developing and distributing You, Me, US care packs for young people working with Youth Parliament)
- Return to School feedback report


HEADSTART KERNOW

Hand sanitising stations around the school so I can clean my hands more often.



More sheltered areas outside so I can sit with my friends more easily, even if it raining


More outside activities to help break the day up so I can get used to being in a classroom again more slowly.




Staggered break/lunch times so its not as busy in the canteens.

Shorter day so I don't feel so scared all the time


Shorter week to start with, with smaller groups so I feel safe.




More fun days to help build back up again and get me used to the school week again. Like Activities Week or something similar.




Keeping the school quieter so I don't have to deal with too many people. Maybe less year groups in at once until I can feel safe again



Some time with my teacher individually to help make a plan that I am happy with and help me answer my questions.



Connect 

What might make going back to school easier for you?



Takeaway Tips from Cornwall

- Leadership and collaboration – all levels, all agencies
- Invest and maintain inter-professional relationships and partnerships
- Advocating and encouraging whole school, whole community approach to promote and maintain resilience and wellbeing – young people, families, staff
- Know your system, demographics, needs of young people – ask them and listen and ask again
- Ensure training influences behaviour support, avoids exclusions and promotes healthy emotional wellbeing environments in schools, homes and community – all matter
- Strengthening place-based networks around schools to maximise holistic emotional and mental health support MHSTs etc./ to access universal and targeted provision that complements their resources
- Do take a look at our HeadStart Kernow website to read more about the programme and to use our free resources www.headstartkernow.org.uk/ (YP site www.startnowcornwall.org.uk/)

A last word from young people





Thank you / Meur ras

If you have any questions or comments

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