



Together 
for Families

Headstart Kernow

Themed Networking Event 20 October 2021

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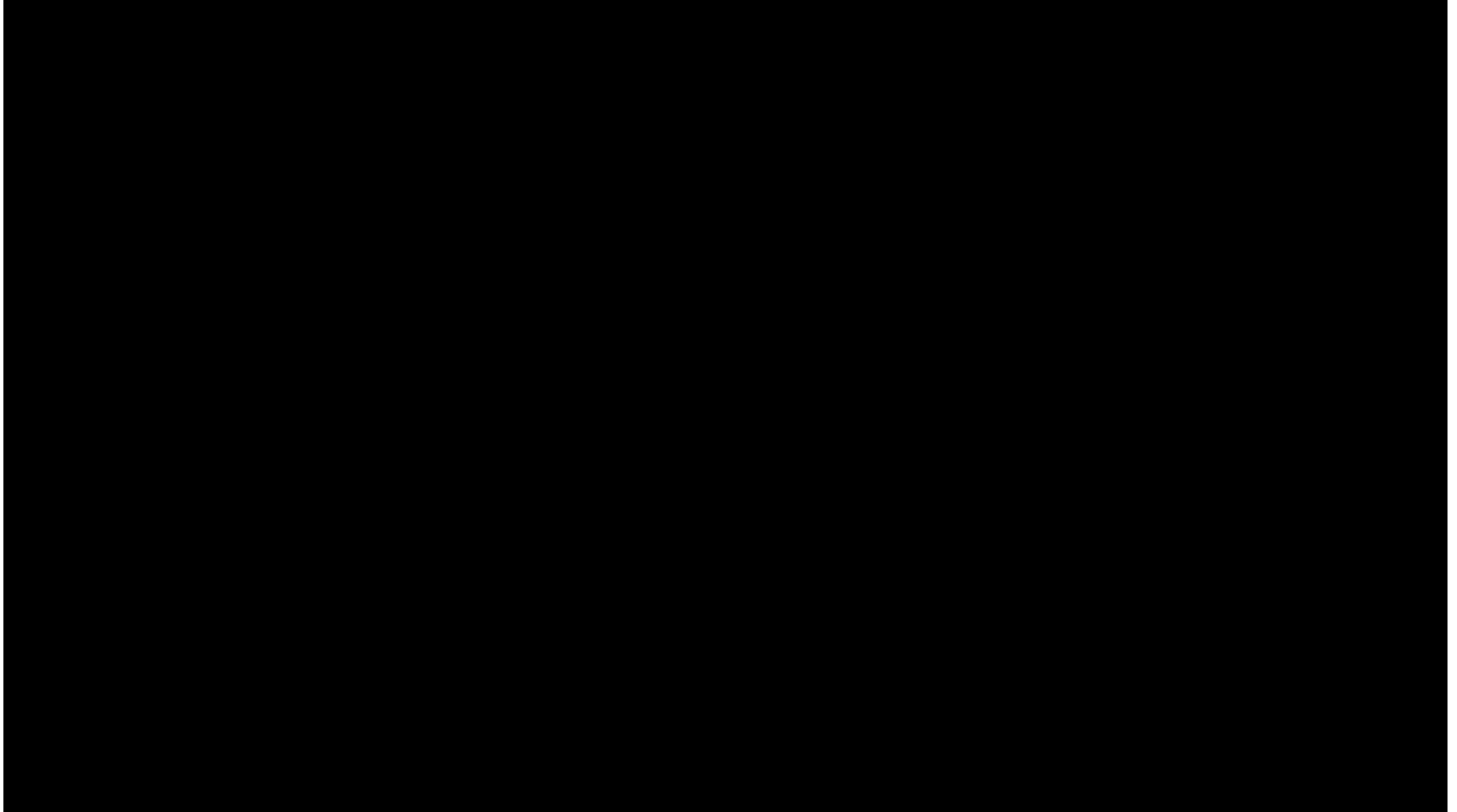
Strategic Lead HeadStart Kernow

Kate Pordage – Schools and Young People Co-Production Theme lead

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Cornwall: A brilliant place to be a child..

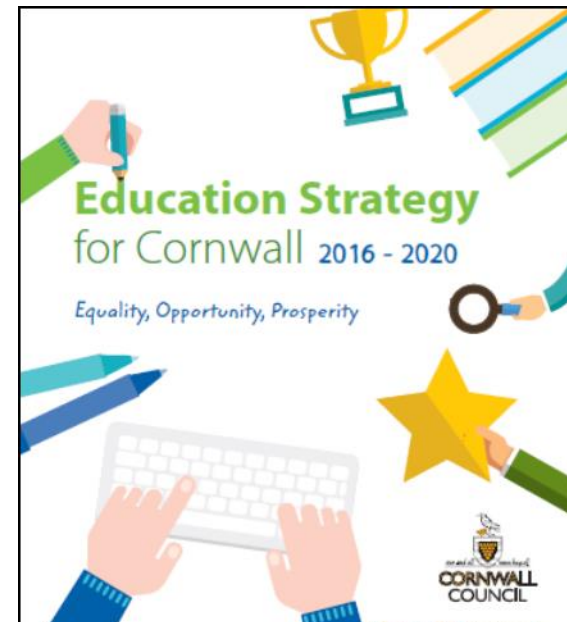


A Shared Vision...

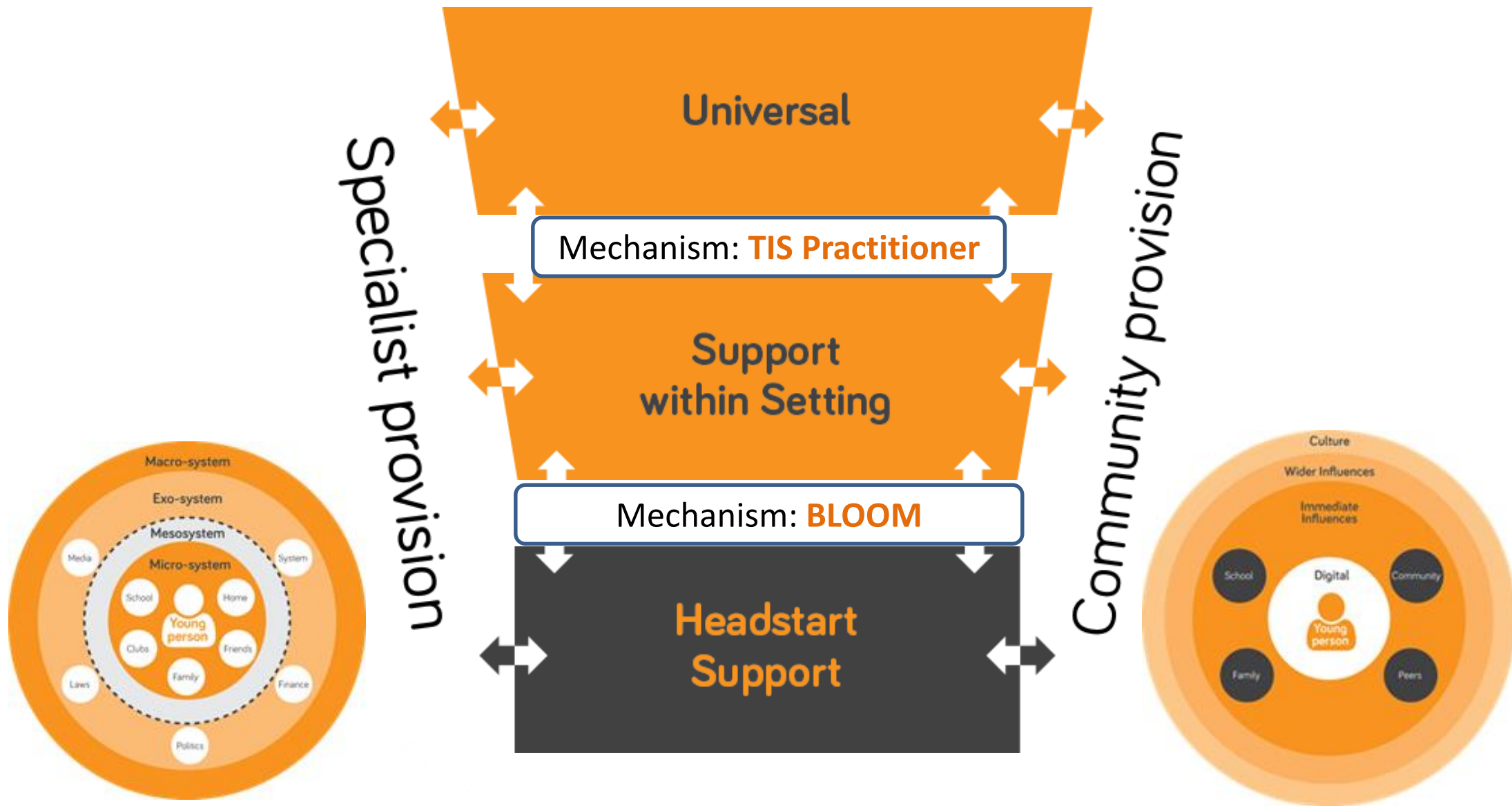
The emotional wellbeing and mental health of all children and young people is improved because they can easily access the right support when they need it...

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”



HeadStart Kernow model – 2016



Bronfenbrenner 1979

HeadStart Kernow Youth 2016

Setting the scene

- Where are we now?
- What are your key concerns for the school community?

- Pupils pleased to be back.
- Some sense of normality returning...
- ...tough at moment
- Window of opportunity to do things differently still open
- SMH Leads offer



Trauma informed and compassionate services across the system

Trauma specific and trauma informed services: our vision for the future

- Integrated early help offer focused on assessing and addressing adversity
- Development of Complex trauma interventions to heal trauma's available in the community
- Trauma informed integrated risk & crisis support service
- Integrated child protection support with trauma focused adult services
- Cornwall becomes a trauma informed county and all agencies
- BLOOM

The THRIVE Framework

The THRIVE Framework conceptualises the mental health and wellbeing needs of children, young people and families into five needs-based groupings:





Trauma-Informed Schools

"Inspiring, valuable, thought-provoking, emotional, , revolutionary"

Trauma Informed Schools (TIS) UK launched their training programme in Cornwall in 2017.

The course is based on 3 models:

1.The ACE Study and Protective Factors

2.The Neuroscience of Mental Health and Mental Ill-health (J Panksepp) including these systems – attachment, seeking, enriched environments and play

3.Protect, Relate, Regulate, Reflect

- PROTECT: Dr Dan Hughes' PACE model and Dr Stephen Porges POLYVAGAL theory
- RELATE: Affect attunement, empathy, containment, relationship policy
- REGULATE: Strategies for physiological regulation, attachment play
- REFLECT: Staff modelling psychological thinking, support in using images and metaphors

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- 278 Primary, Secondary and Special Schools have attended some form of TIS training with 1,099 having completed the 10 day Diploma course including some from the VCS.
- Eleven webinars are currently on offer till end July 2022 and the figures below showing the number of viewings at July 2021.

• Meeting the needs (1&2)	Part 1 343, Part 2 207
• Attachment Play	528
• Resilience	169
• Dan Hughes PACE	227
• Dan Hughes Blocked Trust	176
- A total of 4,500 staff have joined a 3 hr TIS overview session.
- Trauma-Informed care and approaches are being developed and advanced within Cornwall. There is now a Trauma-Informed Network and multi-agencies working together on this.



What is Bloom?

A holistic consultation model for professionals from a range of services, to support children's emotional, social and mental wellbeing in order to help them to thrive:

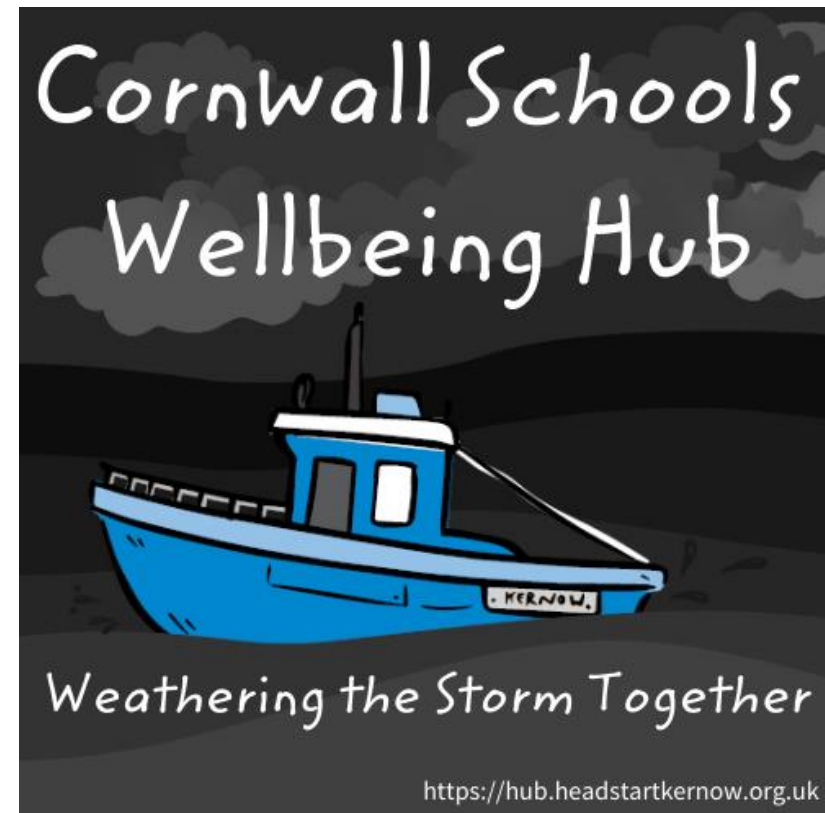
- For children and young people aged 0 to 18
- Average of 260 Bloom referrals discussed per year
- Supported by Health, Education, Social Care and the Voluntary Sector
- Needs-based, early intervention, preventative model (social prescribing opportunity)
- Inter-professional collaboration and access to clinical expertise; prevents escalation and reduces medicalisation of need and support
- A shared learning space that upskills and supports professionals
- Informed by the i-THRIVE framework
- HSK community and youth facilitators



"I think that's the most challenging thing we experience, working as a system, is the gaps between services and eligibility for services. Something like Bloom that brings the services together to really think about whole system approaches is beneficial..."

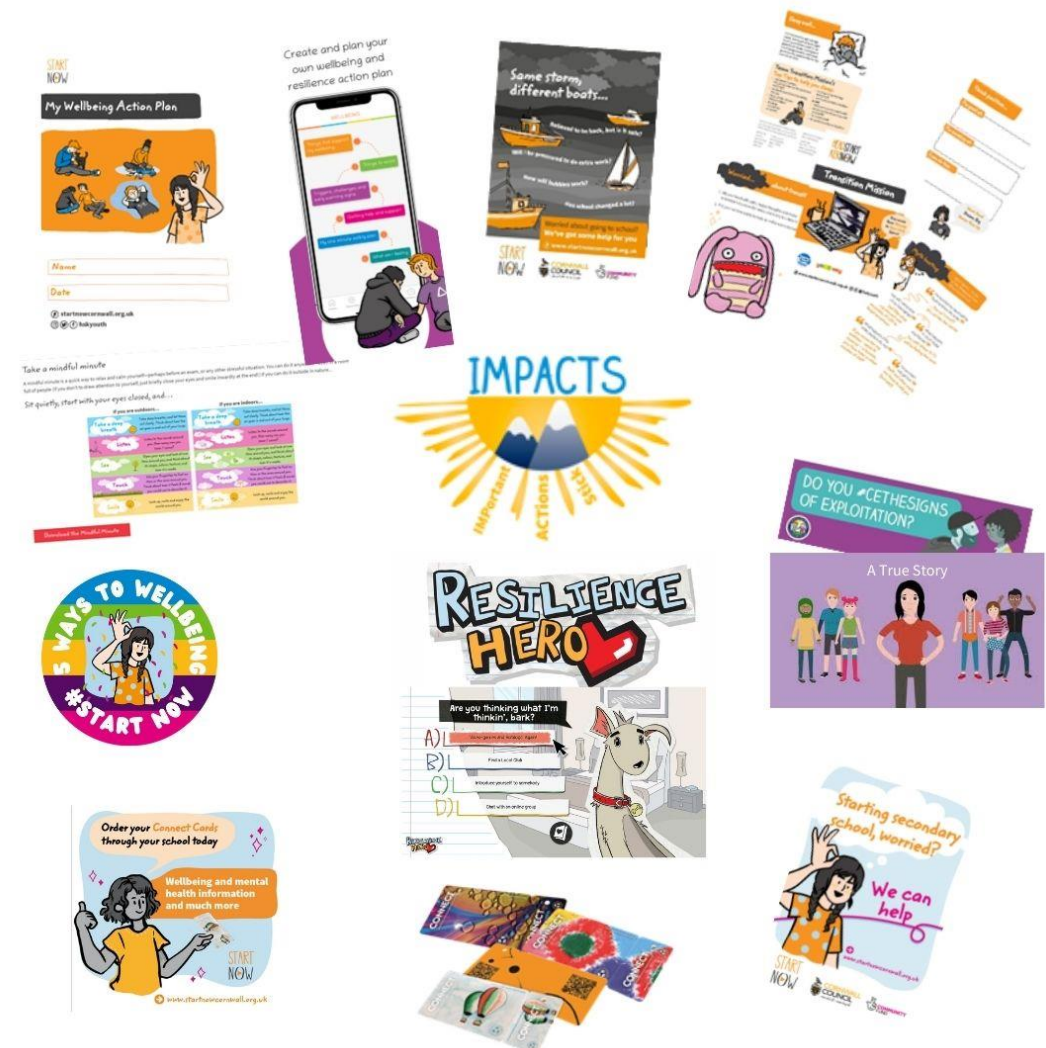
A Whole School Approach – how?

- Cornwall Wellbeing Hub
- Online tools and resources to support schools
 - Reflection and audit tools
 - Resources across all the 8 principles of the PHE WSA
- Webinars / on demand training for all staff / governors in partnership with the Education Psychology Service via WFER funding
- SMHL Support Network



School / YP support

- **Wellbeing Resilience Action Plan and Toolkit** – created by YP working with Pooky Knightsmith now the **"WRAP on the APP"**
- **CEA film and resource** - #CETheSigns
- **Connect Card** - fun stuff, free stuff, MH Stuff...
- **RUOK?** Online check in for young people **Wfer** with EPS colleagues.
- **Transition Mission / Back to School Campaign** – including bus stop posters – transition film / radio ads created by YP
- **Headstart Hub** – C&YP MH support network for including a MHL network
- **Online WSA tools**
- **Resilience Framework** and **Resilience Hero** online game – set in Cornwall.
- **IMPACTS – Call to Action** online on demand training for school staff created by YP



Resilience



“There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they’re falling in.”

Desmond Tutu

Headstart Kernow – Online Resilience Toolkit

The problem we were trying to solve:

- YP were not receiving the support they needed – being told off instead of helped.
- Professionals and parents lacked confidence and competence to support with “online issues”
- A culture of prohibition, lack of understanding led to heavy handed approach

Our approach:

- Talked to hundreds of YP to understand their views – felt unsupported, no trues in professionals.
- Talked to professional and parents to understand the issue from their perspective.
- Engaged key partners to work on the Online Resilience Toolkit (Potentially UK wide tool)

The Online Resilience Toolkit:

- Based upon primary research and expert contribution from academia (Prof Andy Phippen)
- The toolkit is based upon the potential harm posed by different behaviours at different age group.
- Importantly, the tool supports Professional and Parents have a more rounded conversation – avoiding prohibition.
- The Toolkit is based upon a “Harm reduction” approach to Safeguarding.
- Developed as series of podcasts addressing some of the more common questions / challenges / issues.

Current Position:

- Rolled out a 3 hour training programme to a large number of school / community based professional.
- Developed a parent version of the toolkit with simplified language and approaches

Challenges:

- Still huge culture change needed – media hype still drives behaviour. Need for improved critical thinking
- The ‘unintended consequences’ of social media on mental health require further research e.g. self image, constant comparison. HSK started this work but staffing changes brought it to a premature end. Still huge potential in this





SPACE – taking a different approach

- A Trauma Informed offer to the parents and carers of Cornwall
- Purposely branded as an educational programme (not a parenting intervention)
- Access to trained facilitators, a 5 week programme and resources
- Trained facilitators represent services across the sectors: Education, Housing, Health, Voluntary Community Sector and Children's Services
- Promotes working collaboratively with parents using a relationship based approach
- Acknowledges that life may shape who we are but does not have to define us
- Focuses on understanding causation/factors that may trigger feelings, emotions and behaviour (all forms of communication) rather than solely on the management of external behaviours with no knowledge or understanding as to the 'why'
- A shared, supportive, safe environment for parents and carers to come together and share their stories.
- Working with Anna Freud on an evaluative study of the impact of SPACE
- SPACE CYP (Children and Young People) currently in development





Parent & Carer Wellbeing Series

- A series of themed multimedia workshops, delivered on Facebook to update parents and expanding understanding in an everchanging world about their children's physical and mental health development
- raising awareness of services and support and promoting constructive, informed conversations.
- A collaboration between Headstart Kernow and Public Health Cornwall
- Aimed at supporting parents and carers across Cornwall and the Isles of Scilly.
- Series consisted of a diverse and innovative collection of 20 workshops co-delivered with subject experts
- Linked to subject area's covered in PSHE and SRE
- Recorded sessions Streamed 'live' on the Together for Families Facebook page (This series over 4 nights for 5 weeks)
- Resources and recordings uploaded to a dedicated web page
- Over 20,000 video views

[Parents and Carers Wellbeing Series : Headstart Kernow](https://www.cornwall.gov.uk)

 www.cornwall.gov.uk

What's Next?

- Ongoing collaboration between Headstart Kernow, Public Health Cornwall and other key partners
- Aimed: continuation of support for parents and carers across Cornwall and the Isles of Scilly.
- Series focused on Early years: First 1001 Days
- Series aimed at Young People, delivered by Young people to help peers better understand, how, where and from whom they can access support.



Parents and carers wellbeing workshops

Support to help you navigate the journey of raising a child in a fast-changing world

A series of 20 multimedia workshops for parents and carers living in Cornwall and the Isles of Scilly. Designed to help you get a better understanding of the everchanging world your child is growing up in, to guide you to available services and support and to promote helpful conversation.

Learn more about...

- Supporting parents and children emotionally
- Where and how to find local support
- Healthy relationships
- Staying safe online
- Mental health and self care
- Loneliness, loss and bereavement
- Wellbeing and nature
- Sexual health
- Myth busting self harm and suicide
- Talking to your teenager
- Impact of substances/alcohol use
- Gender identity
- Equality, diversity and inclusion
- Children's rights
- The power of books
- Dads as parent/carers

Where: Online
 facebook.com/TFFCornwall

When: Mon-Thurs, 7.30-8.30pm
 Dates: 7 June - 8 July

To find out more or register your interest, visit www.facebook.com/TFFCornwall or email wellbeingseries@cornwall.gov.uk with Wellbeing Series as the subject.

HEADSTART KERNOW
 CORNWALL COUNCIL
 Together for Families
 COMMUNITY FUND



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/)



Youth in Mind



Thank you / Meur ras

If you have any questions or comments

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