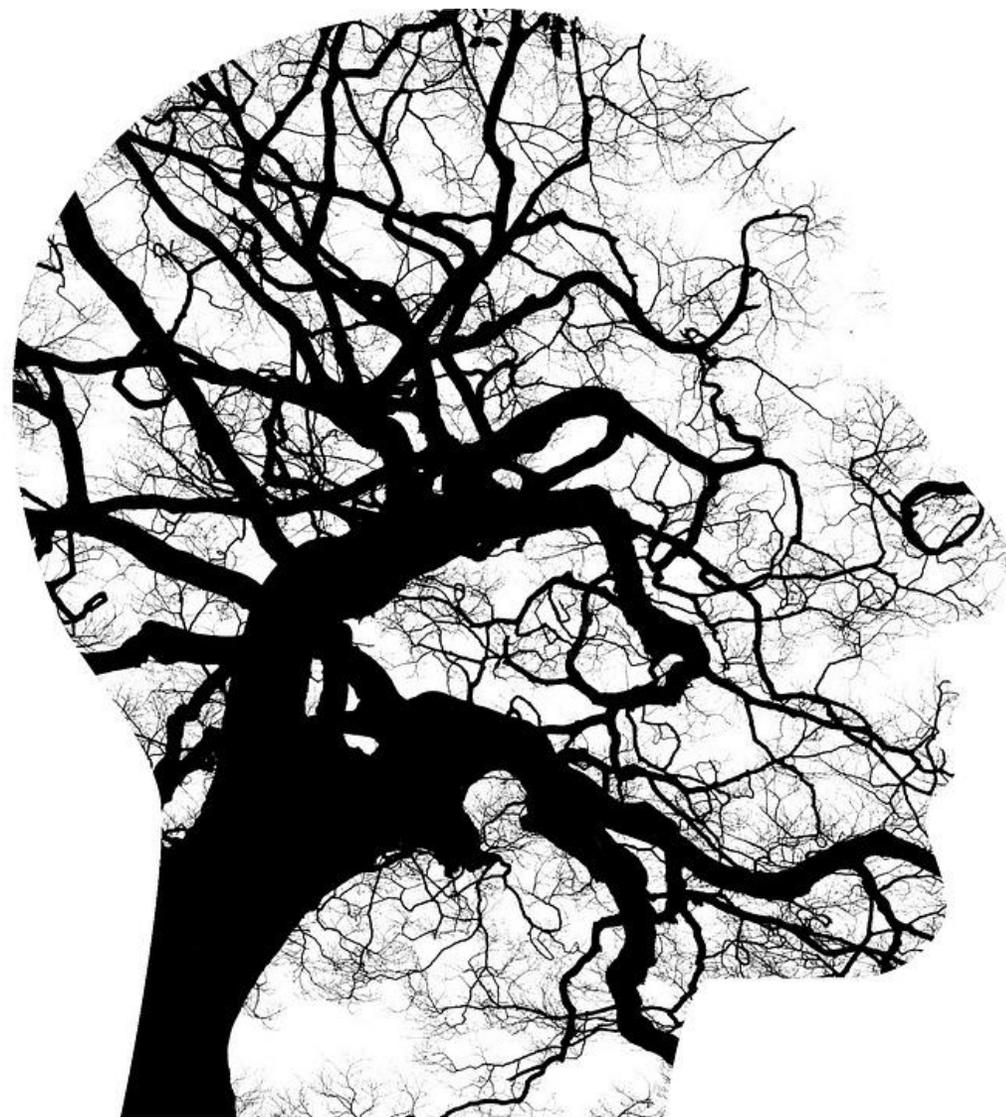


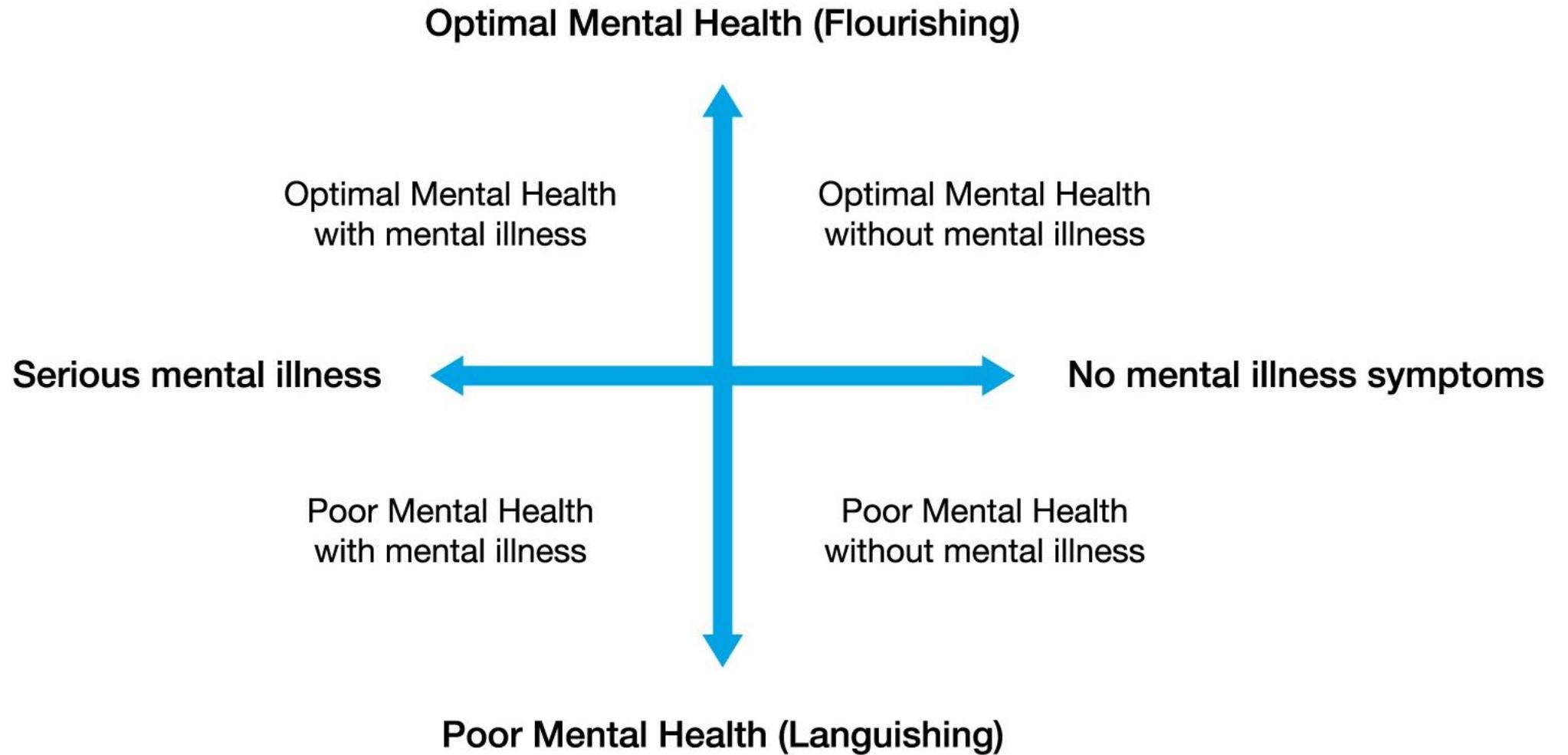
MENTAL HEALTH
MATTERS
AT
JGHS

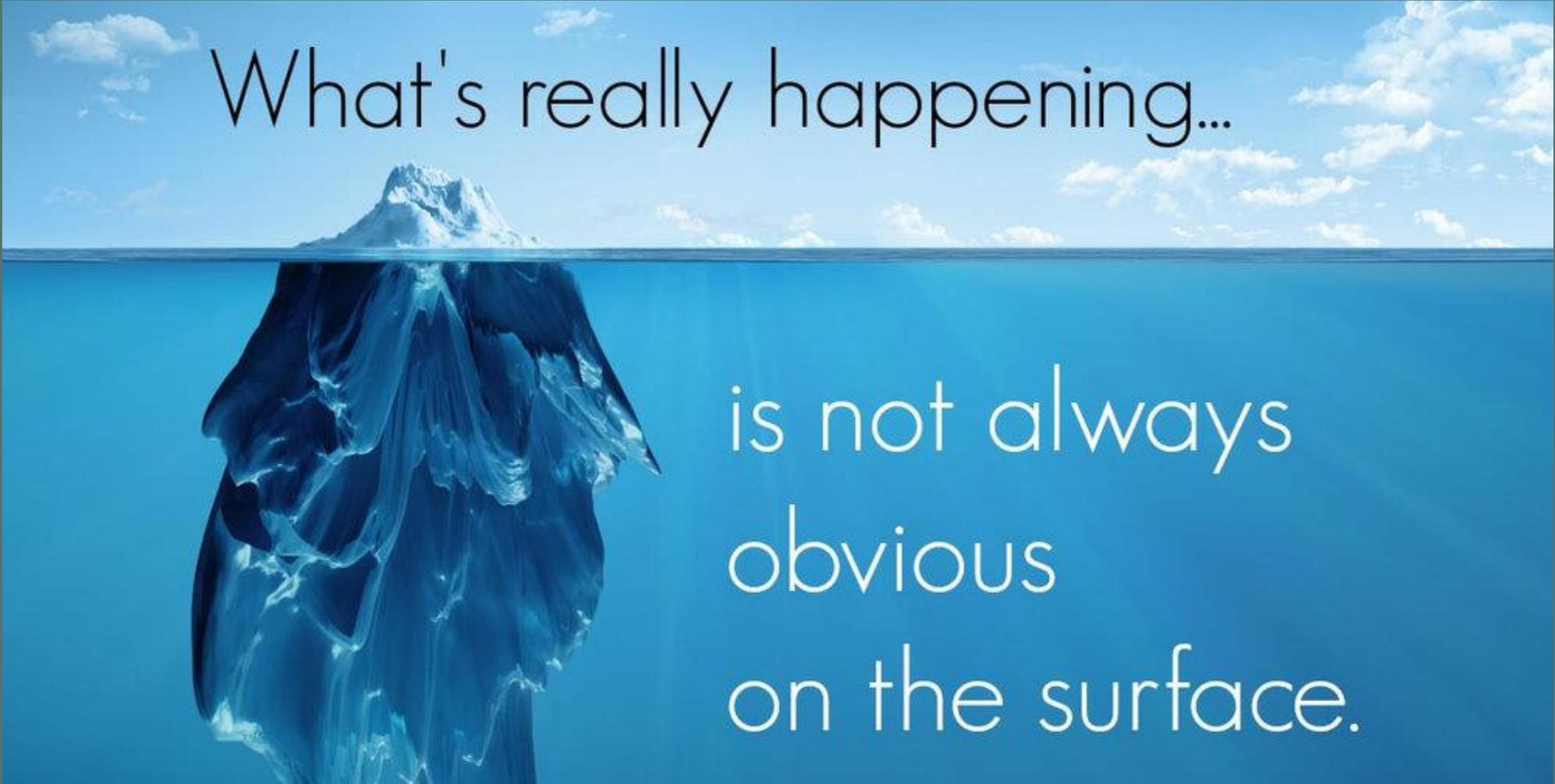
SENIOR
DEVELOPMENT
OFFICER ROLE



GOING BACK TO BASICS

- We all have mental health and it shifts on a continuum
- Our mental health and wellbeing is comparable to the foundations of a house
- If we don't invest in it properly, the cracks will start to show as soon as we hit stormy weather
- If our mental health isn't in a good place, we can't learn properly because we don't have the resources, inner strength, self esteem, resilience or mindset to really focus and process information
- It therefore can significantly impact on our ability to perform at our best or reach our potential, when all is not well
- If we do invest properly, our young people (and we) have a much better chance of attainment & achievement, working through challenges, building relationships and functioning well



An iceberg is shown floating in a clear blue ocean under a bright blue sky with scattered white clouds. The iceberg's tip is above the water line, while its much larger, jagged, and translucent body is submerged below. The water is a deep, clear blue, and the sky is a lighter blue with soft, white clouds.

What's really happening...

is not always
obvious
on the surface.

Behaviour Iceberg

Behavioural reactions of children who have or are experiencing trauma and/or crisis with self regulation and/or sensory issues.

What we may see in the classroom or at home - above the surface.



Anger
Raging
Running/fleeing **Screaming**
Low frustration tolerance **Violence/aggression** **Avoidance/refusal**
Verbal abuse **Loss of self control** **Threatening/challenging** **Crying**
Hiding **Self isolation**

Sadness **Anxiety** **Unwanted** **Low confidence**
Fear **Frustration** **Distress**
Unworthy **Unloved** **Hopelessness** **Nervous** **Self loathing**
Overwhelmed **Distrusted** **Untrusting** **Attacked**
Tricked **Grief** **Failure** **Stressed**
Embarrassed **Unsure**
Exhausted **Disappointed** **Rejected**
Offended **Hurt** **Different**
Worried **Alone**
Curricular fear

What the child is really feeling.
What we cannot see. Below the surface.

WHY DO WE NEED TO INVEST IN THIS ?

NUMBERS BELOW WERE TAKEN IN CONSULTATION WITH PUPIL SUPPORT LEADERS AND DATA FROM OUR RAINBOW DOCUMENTS

School Year	School Roll	Numbers of young people struggling	%
2019	1,318	272	20.6% 1 in 5
2022	1,519	547	36% 1 in 3

OUR YOUNG PEOPLE ARE STRUGGLING AND NEED MORE SUPPORT

Mental health and wellbeing is being mentioned everywhere, yet:

Our numbers of young people presenting with issues relating to mental health, anxiety, panic, stress, low mood, depression, self harm is increasing

So are our numbers of students with additional learning support needs

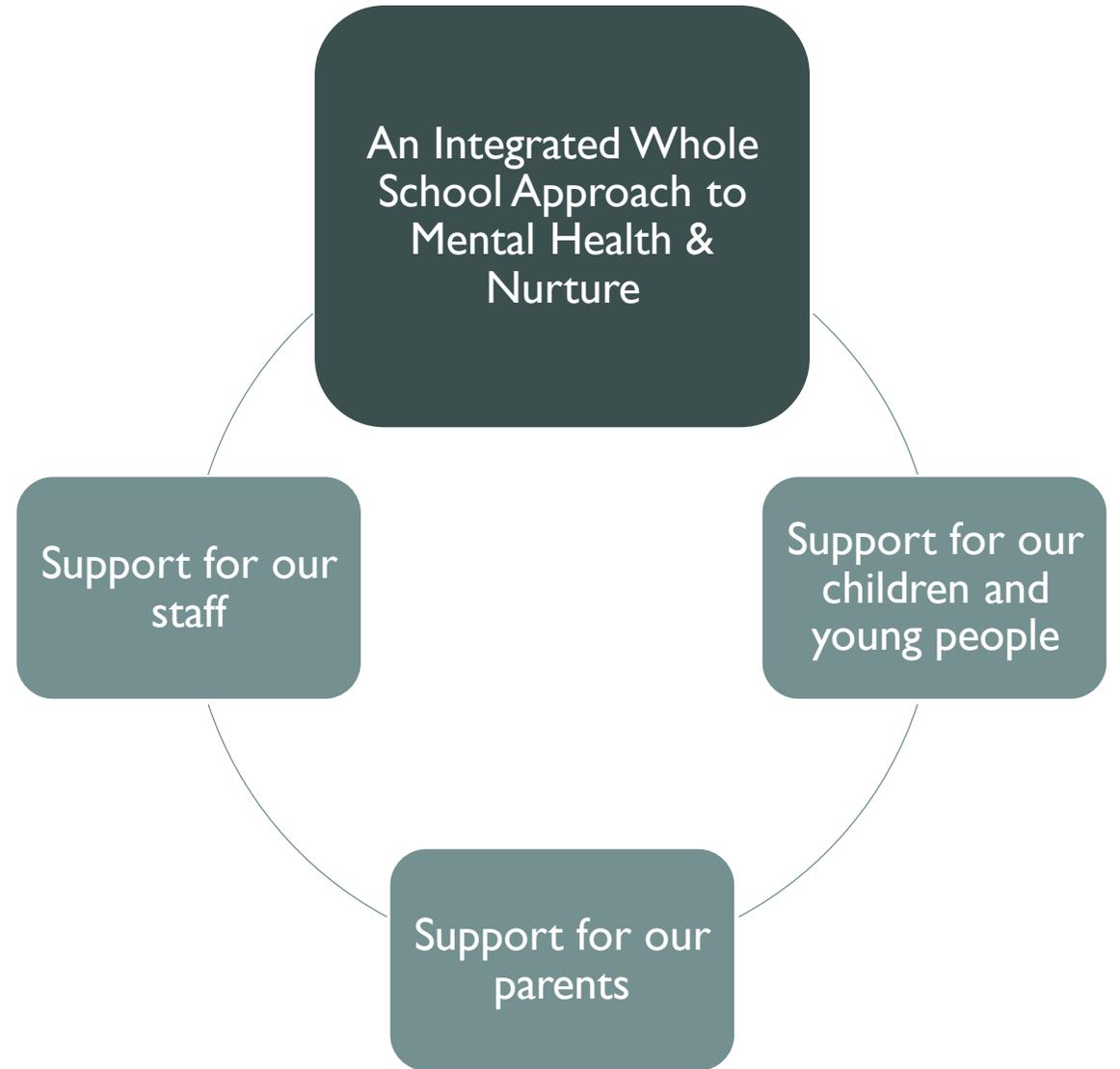
Funding and services continue to be cut

Our school roll continues to rise

Professional services are overwhelmed and are referring back to schools to manage

Time and money and staffing continues to be challenging

WHERE DO WE START?



VISION

- Development of a "SNUG" space in JGHS which aims to support all aspects of mental health development at whole school level:
- Support
- Nurture
- Understanding
- Growth

This would be a developing space to support our young people, staff & parents

STUDENTS

- Students could be referred to the SNUG for support with anxiety/ low mood/ emotional/ mental health difficulties
- All mental health development work to be carried out through the SNUG including possible provisions such as:
 - Trained staff supporting our vulnerable young people (requires protected time)
 - Counselling (trained counsellor provision now in school but potential to increase provisions through partner agencies according to need)
 - Therapist sessions
 - Music Therapy
 - Art Therapy
 - Mindfulness/meditation to support Anxiety
 - LIAM (Let's Introduce Anxiety Management) support There are currently a number of in school practitioners
 - Seasons for Growth groupwork support sessions for young people who have experienced loss/bereavement or have been significantly impacted by major life changes -Delivered by trained staff
- Leadership/Training opportunities for S5/6 students to support Mental Health work with younger students - potential to work towards a recognised award

STAFF

- Drop ins and a space to come and talk when needed
- Staff training in mental health
- Scottish Mental Health First Aid (20 staff trained in 2019)
- Mental Health Champions Training (26 staff signed up – online training from Place2Be charity)
- Mental Health Matters training
- Professional development opportunities through School Improvement Team (28 staff signed up)
- Career Long Professional Learning through delivery of Observation and Reflection in classroom practice
- Development of a whole school nurture approach over time

PARENTS

- Raising Teens with Confidence Course for parents (delivered by trained staff)
- Parents invited to join me and form a Mental health working group
- Help us with Fundraising as a whole school community to support our mental health & wellbeing hub initiatives
- Possibility for parents to donate unwanted items to furnish the SNUG Eg furniture/ lights/ books/games/sensory equipment - currently receiving some interesting suggestions from our young people!
- Potential to work together and benefit from skilled parental support with mental health development?
- We really want you to get involved!

MY PRIORITIES FOR THIS ROLE

Line

- Line management of Wellbeing Hub CL, school counsellors and staff delivering the SQA Mental Health Award at levels 4&5

Work

- Work more closely with our parents to raise the profile of mental health development at JGHS

Lead

- Lead a School Improvement Team focusing on expanding our positive mental health supports for all

Gather

- Gather all current mental health provisions under one umbrella

Create

- Create a safe space in school where relevant, quality supports can be accessed

Provide

- Deliver quality and focussed training for staff and our senior students to improve practice

WHAT IS NEEDED TO SUPPORT THIS?

STAFF/PARENTS

TIME

MONEY

WHAT DO WE HAVE NOW?



STAFF – New SDO role & new Wellbeing Hub provision, staff, in-school counsellor, partner agencies & parents



TIME – 1 YEAR – (With hope this will increase)



MONEY – Zero/ Zilch/ Nada/ Zip/ Didley Squat

WHAT YOU CAN DO

Help with raising the profile of this post and its aim to promote whole school mental health development at JGHS

Join a parent working group to work alongside me to access and increase much needed quality supports & provisions

Help us to create a SNUG space in school for all.
Donate items.

Support us with fundraising initiatives to maximise effectiveness and develop a sustainable model

MY TRAINING BACKGROUND

- ● 18 yrs experience as a Pupil Support Leader
- ● Extensive training and a passionate, genuine interest and commitment to developments in Mental Health & Wellbeing for all
- ● Counselling & Therapeutic skills with Children & Young People
- ● Understanding and Working with Adolescents training
- ● Extensive training in supporting Loss and Bereavement
- ● 3 year Post Graduate Diploma with Scottish Institute of Human Relations (now Human Development Scotland) in “Psychoanalytic Observation and Reflective Practice” through Strathclyde University
- Baby Observation 2 years
- Young Child Observation 1 year
- Personality Development 1 year
- A History of Psychoanalysis 1 year
- Psychoanalysis Theory 1 year
- Work Discussion 2 years
- Institutional Processes 2 years
- ● Expansion and Management of a free in school counselling service through liaison with Edinburgh University for over 10 years
- ● Remit of overseeing Targeted Support Students
- ● Initiation and ongoing management and development of whole school Information sharing documents Rainbow Annual Bulletins/ Rainbow Bulletin Updates (Seasonal) & Transition Rainbow Bulletins
- ● Career Long Professional Learning course in Mental Health & Wellbeing In Schools Conference with Guest speakers Paul Dix & Mike Armiger.
- ● Trained to deliver *Raising Teens with Confidence* (including delivery of training to parents)
- ● Trained to deliver *Seasons for Growth* (provision of support for bereaved young people and those struggling with loss/change)
- ● Responsibility for driving forward SMHFA training for staff and delivering mental health support to vulnerable young people during lockdown
- ● Trained to deliver LIAM support
- ● Trained in CEC *Wellbeing Academy* mental health training
- ● Trained to deliver *Mental Health Matters* course to staff

LET'S MAKE A DIFFERENCE TOGETHER

WE NEED TO INVEST MUCH MORE IN THE MENTAL HEALTH OF OUR YOUNG PEOPLE

ALL/ANY AMOUNT OF HELP & SUPPORT WILL BE WARMLY WELCOMED

PLEASE CONTACT ME IF YOU'D LIKE TO JOIN A MENTAL HEALTH WORKING GROUP:
Nikki.Graham@jamesgillespies.edin.sch.uk

THANKS FOR LISTENING

