

Emotional Health and Wellbeing Resources – Re-opening of Schools September 2020

With the return to school of all students in September 2020, support for those students who have struggled during lockdown, and may be suffering from increased levels of anxiety and separation disorders, will be key in returning to something like normal. There are lots of resources out there to support schools and young people at this time, the aim of this paper is to try to gather some of these into one place.

1. Urgent Mental Health Access Service

There is a 24/7 Urgent Mental Health Access Service phone line managed by the BeeU service, this is a Freephone Number: **0808 196 4501**

2. Assessing the Emotional Health of Young People

Following the Anna Freud Interim Approaches to Joint Working programme, the following recommendations were made for resources to assess the emotional health of young people.

	Description	Resource
Level 1 – Whole School Surveys – Primary	The Outcome Rating Scale would seem to be an appropriate simple tool to use across Primary. There is a need to register for a licence, however there doesn't appear to be a cost for this. The YCORS is appropriate for ages 5 and below. The CORS for ages 6 to 12 The ORS for ages 12+	https://www.corc.uk.net/outcome-experience-measures/outcome-rating-scale/
Level 1 – Whole School Surveys – Secondary (and upper Primary):	The Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS) phrases the questions in a positive way, 7 questions scaled from 1 to 5, so easy to administer and gives a good indicator of wellbeing. Also lots of detail to support evaluation of the scores.	https://www.corc.uk.net/outcome-experience-measures/short-warwick-edinburgh-mental-wellbeing-scale/
Primary Level 2 – Follow up survey for children of concern	Mood and Feeling Questionnaire is a screening tool for depression in children aged 6 to 19, there are also Parent and Adult versions that could potentially be used either alongside the child versions or as an alternative for younger children. The short version has 13 questions and the long version 33, so it is possible to choose the right survey depending on age a cognitive ability.	https://www.corc.uk.net/outcome-experience-measures/mood-and-feelings-questionnaire/
Secondary Level 2 – Follow up survey	The RCADS (Revised Children's Anxiety and Depression Scale) is currently used in the referral forms for the Emotional Health and Wellbeing Panel and therefore seems a sensible choice as this will feed into health referrals. The main self-reported version is aimed at children aged 8 to	https://www.corc.uk.net/outcome-experience-measures/revised-childrens-






for children of concern	18 and there is also a parental version as well that can be used to triangulate parent views. The main scale is supported by sub-scales that cover a range of difficulties including separation anxiety, school phobia, panic disorder and low mood.	anxiety-and-depression-scale-and-subcales/
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3. Resources for Young People to Access

	Description	Resource
Young Minds	Advice for young people for example, 'I'm feeling anxious about coming out of lockdown'.	https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/
Kooth	Online support for young people, including a crisis service.	https://www.kooth.com/


4. Beam

As well as the drop in service, Beam (Children's Society) have published some great resources

Description	Resource
Beam Drop In Service	https://www.childrensociety.org.uk/beam/shropshire
Introduction to Beam Services across Shropshire and Telford and Wrekin.	 CONNECT WITH BEAM FLYER.pdf
Advice for parents and carers about talking to their child about Coronavirus.	 BEAM GUIDE TALKING TO YOUR CI
Advice for parents and carers in particular about supporting young people with worries about returning to school.	 BEAM GUIDE LOCKDOWN & TRAN
Advice for parents and carers on supporting young with reassurance and guidance if they feel scared or anxious.	 BEAM GUIDE reassurance seeking
Advice for young people suffering from social anxiety.	 BEAM GUIDE - Social Anxiety.pdf

A guide for young people moving from primary school to secondary school.	 BEAM GUIDE Y6 TO Y7 MOVING UP.pdf
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5. Curriculum Resources


	Description	Resource
The Recovery Curriculum	A 'Think Piece' by Professor Barry Carpenter on building support for return to school into the curriculum.	 recovery-curriculum-loss-and-life-for-ou
The Recovery Curriculum	A follow up from Sian Deane to the above, with ideas for teaching and links to loads more resources.	(This has been sent to all schools signed up to Future in Mind)
The Lily Jo Project	Online resources, linked to music and dance, to support wellbeing. The 'Bronze' package is free, but you'll need to pay for access to 'Silver' or 'Gold' resources.	https://www.thelilyjoproject.com/
CalmBrain	The CalmBrain approach, by Dr Sarah Taylor, adopted by many schools already, whilst successful in the curriculum already could well be particular pertinent for young people returning to school.	http://calmbrainapproach.com/
DfE Teaching About Wellbeing	Practical materials for primary and secondary schools to use to train staff about teaching mental wellbeing.	https://www.gov.uk/guidance/teaching-about-mental-wellbeing

6. Support for Staff

	Description	Resource
MindEd Staff Resilience Hub	Developed for all frontline staff to help them cope with the stresses of Coronavirus, as pertinent to school staff as to NHS staff.	https://covid.minded.org.uk/

7. General Guidance

Description	Resource
Supporting Children's Mental Health as Schools Re-open – a webinar by Professor Tamsin Ford.	https://www.acamh.org/freeview/professor-tamsin-ford-cbe-supporting-childrens-mental-health-as-schools-re-open/?utm_source=Subscriber&utm_campaign=882029ddd5-EMAIL_CAMPAIGN_2020_07_17_11_06&utm_medium=email&utm_term=0_f59ca1eb20-882029ddd5-119275881

	Description	Resource
T&W Parent Advice	Information and Support for parents' own mental health.	https://www.telford.gov.uk/info/20710/mental_health_and_well-being
T&W Bereavement	Support for families following a bereavement.	https://www.telford.gov.uk/info/20710/mental_health_and_well-being/4005/bereavement_support
T&W Local Offer	Moving Beyond Lockdown – Resources for Parents, Carers, Young People, Schools, Settings & Professionals.	https://www.telfordsend.org.uk/info/1/home/99/coronavirus_advice
T&W Mental Health Services Directory	Not specific for return to schools, but a great resource for services available.	https://www.telfordsend.org.uk/info/1/home/101/mental_health_service_directory
Loss and Grief Support for Children	An online (or telephone) support service for parents/carers to support their children deal with loss, worry and grief that may have arisen as a result of any aspect of Covid 19.	 Free Loss & Grief Support Flyer.pdf