

## **Emotional and mental health provision for school aged children.**

We are working to embed the Solihull Approach across our services to inform practice and support the emotional wellbeing of parents, young people and children. The Solihull approach was developed by Solihull CAMHS to promote consistent and helpful support by the workforce who are not specialist mental health practitioners.

**Start Well teams and health visitors** aim to work with families to set the foundation for good emotional health and wellbeing by promoting the infant parent relationship that benefits children long term, when they experience secure attachment with their care givers. Support to families of pre school children and their parents/ carers is based around the framework of the Healthy Child Programme and Greater Manchester Early Years Delivery Model.

### **Start Well Coordinators**

Work closely with health visitors and specialists to support children with identified developmental needs in the early years and particularly work to support transitions to school and early years settings. They would work with all children within a family both preschool and school age to support mental health and wellbeing. This is underpinned by the Team around the Early Years (TAEY) approach.

**School age plus workers-** as part of an early help response will work with families to understand their needs and support children and young people who are experiencing a range of emotional or mental health difficulties. They can also support families with utilising online emotional health resources and signpost to services such as Kooth. The early help response is underpinned by the Team Around the School approach.

### **Family Nurse Partnership (FNP)**

Work with young parents (up to age 21years) from pregnancy to adapt to being a parent and offer support with their emotional adjustment and response to being a parent. It is often difficult for young parents to access specialist HYMS services in the early days after having a baby. FNP works closely with Moat house school.

**Parenting team** (provision for 0- primary school age group) offer group based and one to one parenting support to help parents respond to their children's emotional and mental health needs. This may be as needs are emerging and prior to diagnoses such as ADSD or ADHD or anxiety.

### **School Nurses-** ( provision for 5-16 year age group)

Pre covid- Provide a confidential drop in service in the maintained high schools in Stockport usually this would be twice a week, for children and young people to seek out a trusted health professional to talk to about their concerns and worries. The school nurse may undertake a specific assessment of emotional wellbeing or support a child with tools such as 5 ways to wellbeing.

During covid- school nurse have continued to take referrals to offer emotional and mental health support and work with a caseload of children who have specific identified needs. School nurses access consultation sessions with a HYMS practitioner.

School nurses are launching CHATHealth in April 2021 and text message service for children and young people to access health advice and support which can be followed up by face-to-face appointment.

Looked After Children- all children have a full health assessment once a year which involves and an assessment of emotional health and wellbeing and a clear plan to support with this

Aspire- a specialist school nurse works with the Aspire team to offer care and support to young people who have more complex safeguarding needs.

All school nurses are trained in the Solihull Approach which also helps them to support parents to understand their child's emotional and mental health needs.