Mobilise Emotional Health and Wellbeing Project
The Research

PLC focus

- What works in promoting social and emotional well-being and responding to mental health problems in schools?
- Relationships and Sex Education (RSE) and Health Education and PHSE
- A whole school initiative – wellbeing
- Developing emotional understanding and self awareness – to include effective support for CYP with ADHD and children on the autism spectrum
- Trauma-informed Practice
- Stress and resilience
Key reading

Transforming Children and Young People’s Mental Health Provision: a Green Paper

School-based interventions: health promotion and mental well-being
NICE quality standard
Draft for consultation

11 September 2018

Mental health and behaviour in schools

Government Response to the Consultation on Transforming Children and Young People’s Mental Health Provision: a Green Paper and Next Steps

What works in promoting social and emotional well-being and responding to mental health problems in schools?

Advice for Schools and Framework Document Professor Katherine Weare

Measuring and monitoring children and young people's mental wellbeing:
A toolkit for schools and colleges

November 2018

A whole school framework for emotional well being and mental health
A self-assessment and improvement tool for school leaders

Sue Stirling and Dr Hilary Emery
Wellbeing – why measure?

### The Stirling Children’s Well-Being Scale

Tick the box against each question that best describes your thoughts and feelings over the last two weeks. There are no right or wrong answers.

<table>
<thead>
<tr>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I think good things will happen in my life</td>
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<tr>
<td>2. I have always told the truth</td>
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<tr>
<td>3. I’ve been able to make choices easily</td>
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<tr>
<td>4. I can find lots of fun things to do</td>
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<tr>
<td>5. I feel that I am good at some things</td>
</tr>
<tr>
<td>6. I think lots of people care about me</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Question</th>
<th>Never</th>
<th>Not much of the time</th>
<th>Some Of The Time</th>
<th>Quite a lot of the time</th>
<th>All Of The Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
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<td>2.</td>
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<td>5.</td>
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<td>6.</td>
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</table>

### The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks.

<table>
<thead>
<tr>
<th>STATEMENTS</th>
<th>None of the time</th>
<th>Rarely</th>
<th>Some of the time</th>
<th>Often</th>
<th>All of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’ve been feeling optimistic about the future</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been feeling useful</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been feeling relaxed</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been feeling interested in other people</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve had energy to spare</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been dealing with problems well</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
Start with a positive and universal focus on well-being

FIVE WAYS TO WELLBEING

**Give**
Your time, your words, your presence

**Be Active**
Do what you can, enjoy what you do, move your mood

**Keep Learning**
Embrace new experiences, see opportunities, surprise yourself

**Connect**
Talk & listen, be there, feel connected

**Take Notice**
Remember the simple things that give you joy

Introduce these simple strategies into your life and you will feel the benefits.

Mental Health Foundation
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LTT Lincolnshire Teaching Schools Together
LLP LINCOLNSHIRE LEARNING PARTNERSHIP
KYRA RESEARCH SCHOOL
What does this look like in schools?

• Prioritise wellbeing and make it visible
Training/CPD

Youth Mental Health First Aid Training – at Kyra!

Healthy Minds training offers:

• core training emotional wellbeing (staff)
• Pupil workshops

lhnt.trainingrequest.hml@nhs.net

• Healthy Minds Lincolnshire – Toolkit for Education Staff

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