School-based support for young people affected by parental mental illness

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#BeingSeenAndHeard

OurTime
Helping young people affected by parental mental illness
Context

Stoke Damerel Community College

- 11 – 18 mixed comprehensive in inner city Plymouth
- Serves top 4 neighbourhoods for multiple deprivation
- Life Expectancy is lower than average, and Devonport is 17 years less than outer city areas
- Significantly higher than average rates of poor mental health, self harm and suicide incidents
- 11,000 residents affected by mental health issues (40% young people), 47% of these cases are from the area the school serves.

Impacts considerably on young people’s physical and mental health
Addressing Mental Health in School

Mental Health Awareness
- Assembly
- Tutorial programme
- Year 9 Alternative Day

Staff Training
- SAMHS / ELSA
- STORM / ACE
- CPD sessions (MIND, Mental health, parental mental health)

Dementia Pioneer School
- Whole curriculum awareness raising

Identifying Need
- Young Carers
- Mental Health Issues in families
- BAE Audit
- Health survey

Curriculum
- Drama – talking about mental health

Individual Support
- Learning mentors
- Counsellors / MAST
- Youth workers
- Relate
- SSA

Support Programmes
- Exam Stress & Anxiety
- Mindfulness
- Self-esteem
- Self awareness
Needs lead cycle

- Ways of identifying ‘need’:
  - Behaviour, Attendance and Emotional Wellbeing Audit (BAE)
  - Health Behaviour Survey
  - Transition Meetings (Primary to Secondary)
  - Welfare Team Intelligence
  - Parental / self referrals
  - Following Who Cares Project
Addressing COPMI

- Awareness raising:
  - Universal support – *Who Cares? Project*

CPD for all staff - mindfulness
  - attachment
  - Mind Ed - self harm
  - ACE Training
  - Drama project
  - Assemblies for all year groups

- Formation of a YC Club .TRUST
- YC peer mentoring – buddy support
- Mentoring & Counselling
- Young Carers Champion
‘Who Cares?’ Programme

6 week programme in Year 8:

- What is a mental health?
- Stigma
- Living with someone with a mental illness
- Mental health and young people
- Mental health and the media
- Reflections
Student comments on ‘Who Cares?’ Programme

• I feel I can talk to my friends I worry about
• My parents were really interested in the project. We spoke about it a lot.
• I now spend time with the Shining Stars group. It gives me time out just once a week. My mum understands that I need it.
• I have learnt that I’m quite happy in my life right now and I know who I could talk to if something was worrying me.