

# THE EDUCATION ALLIANCE

## BE WELL PROGRAMME



The Be Well Programme was introduced in September 2019 and provides a comprehensive package of well-being and mental health support for all our students, parents/caregivers and staff. Support and interventions are provided by Humber and East Yorkshire (HEY) Mind, a local mental health charity and SMASH Humber Teaching NHS Foundation Trust.

### **Mind's Whole School Approach (WSA)**

**School staff are working closely with practitioners from HEY Mind** to provide a range of supportive strategies to care for the wellbeing and mental health of everyone involved in school life, this includes, students, parents/caregivers and staff.

The Whole School Approach supports the whole school community to:

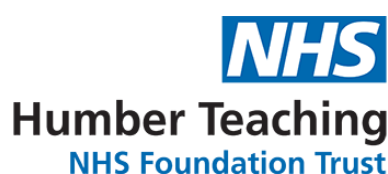
- Cope well with life's challenges
- Manage Stress
- Build Supportive relationships
- Identify when an individual needs extra support

For key information and important updates about Whole School Approach interventions on offer to the school community please sign up the HEY Mind parent and caregiver mailing list at <http://eepurl/g9vc1L>

If you would like to know more about the mailing list or have any questions, please contact [wholeschoolapproach@heymind.org.uk](mailto:wholeschoolapproach@heymind.org.uk)

### **Humber Teaching NHS Foundation Trust – SMASH Programme**

SMASH is a social mediation and self-help group-based programme for young people aged 10 to 16 years old, who may be at risk of developing poor mental health. SMASH aims to build self-esteem and resilience and provide young people with the strategies to cope with everyday stresses, negative feelings, and issues that young people may be faced with at school, at home or online.



# THE EDUCATION ALLIANCE

## BE WELL PROGRAMME



Driffield School has been allocated two SMASH practitioners, who provide a mixture of group work or one to one support for students for approximately 12 weeks. Sessions have therapeutic element combined with:

- Educational sessions around specific topics, such as use of social media
- Independent self-care skills
- Active and hands on learning

The sessions are fully interactive, engaging and fun.

For more information about SMASH, please speak to your child's Head of Year or Head of House.

### **Integrated Specialist Public Health Nursing Service (ISPHNS)**

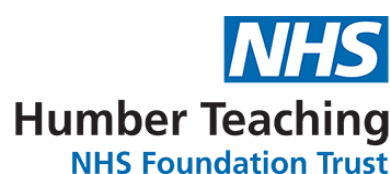
Each school has an allocated ISPHNS School Nurse, and ours is Holly Chapman. Holly provides a weekly confidential drop-in service for all students. Students can seek support with a range of issues including:

- General Health
- Fitness and exercise
- Advice on stopping smoking
- Weight issues and nutrition
- Relationships
- Bullying
- Emergency contraception
- Anxiety and stress
- Sexuality
- Relaxation
- Anger

School nurses can also provide support for Young Carers.

Students can text the school nurse directly for an appointment on 07507 332891.

For more information about this service, please see the school nurse section on our website at [http://www.driffieldschool.net/images/Documents/school-nurse/ISPHNS\\_Secondary\\_School\\_Leaflet.pdf](http://www.driffieldschool.net/images/Documents/school-nurse/ISPHNS_Secondary_School_Leaflet.pdf)



# THE EDUCATION ALLIANCE BE WELL PROGRAMME



## Child Psychological Wellbeing Practitioner (CPWP)

The CPWPs are specially trained children's clinicians who have been trained to work with children and young people aged between 8 and 18 who are struggling with feelings of anxiety and low mood.

The aim is to intervene early, helping improve resilience as early as possible with a longer-term goal of preventing more ingrained problems occurring.

CPWPs are trained to deliver Behavioural Activation for low mood and Exposure Therapy for all anxiety disorders which are mostly CBT focused.

CPWPs provide short term focused interventions. Sessions last between 30-40 minutes over 6/10 sessions.

Low level CBT Parenting Groups are also available for parents/carers wanting to support an anxious child or young person.

Driffield School have been allocated a CPWP for one day per week and her support can be accessed via the school pastoral team.