

# RESILIENT SCHOOLS PROGRAMME END OF YEAR REPORT

## JULY 2024



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# RESILIENT SCHOOLS



## Introduction

Mental ill health amongst the United Kingdoms' children and young people is rising exponentially with 1 in 10 being diagnosed with a mental health issue before 14 years and many of those problems arising in childhood (Kessler et al, 2005). Positive mental health and wellbeing of children and young people is vital due to a strong association with academic success, relationship development and the ability to overcome challenges individuals may face (Mental Health Foundation, 2018). With the levels of anxiety and depression among young people increasing by 70% in the last 25 years ([Royal Society for Public Health, 2017](#)), Barnet invested in prevention and early intervention for mild to moderate needs as part of its CAMHS transformation programme. The Barnet Resilient Schools (RS) Programme was developed as part of this priority focus and exists at the 'getting advice' and 'getting help' level of the Thrive model. The Programme has been in operation (pilot to universal) for 7 years.

Schools are well placed to provide preventative and intervention-based work and thus play a key function in the growth of social and emotional development of children. To support mental health & wellness in schools, NICE (the National Institute of Clinical Excellence) recommends a whole-school approach is taken ([NICE 2022](#)).

Resilience is seen when people (pupils, parents/carers and staff) have a greater ability to "bounce back" when faced with difficulties and stresses. The Barnet RS Programme takes a whole-school approach to promote and build resilience in schools and address mental health concerns early on.

The programme does this by:

- Supporting learning by commissioning and promoting mental-health focused training and networking opportunities
- Creating and recommending resources with a mental-health focus for e.g. the [self harm & suicide policy template](#)
- Developing and promoting mental-health related initiatives and campaigns
- Tailored (including 1:1) setting support

After a 3-year pilot, the programme is now a universal offer and underpinned by six core components (and their actions) which are evidence-based and champion best practice for building mental health and emotional resilience amongst children & young people (see page 7 for more details). Schools are encouraged to adopt the

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Check out our website:

[www.barnet.gov.uk/www/working-children-barnet/information-schools/resilient-schools-programme](http://www.barnet.gov.uk/www/working-children-barnet/information-schools/resilient-schools-programme)

# RESILIENT SCHOOLS



## Aims & Objectives

### Aim:

This report aims to evaluate the Barnet RS programme offer for the academic year 2023-24.

### Objectives:

1. Outline the RS programme offer.
2. Present school uptake and engagement with the Resilient Schools programme.
3. Showcase feedback and activities as measures of programme impact.
4. Reflect on the performance and delivery of the Resilient Schools programme over the 2023-24 academic year and acknowledge areas for further development.

# RS PROGRAMME UNIVERSAL OFFER

The universal offer includes:

## Networking Opportunities

### TEAM AROUND THE SCHOOL (TAS) COMMUNITY OF PRACTICE MEETING

At Barnet we are striving to support schools by building a “Team Around the School.” It is our vision that services will work together to support schools and raise awareness of the services you can access.

We are delighted to have had two successful TAS ‘Community of Practice’ meetings that provided an opportunity to network with others, hear from different services and receive guidance and case consultation from our teams in Barnet. The ‘Team Around the School Community of Practice Meeting’ is a collaborative offer between Resilient Schools, BICS and Early Help.

### RESILIENCE IN SCHOOLS FORUM

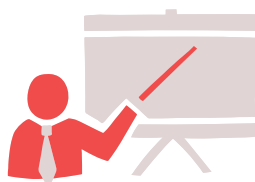
The forum, led by the Inclusion Advisory Team supports learning around the key principles of the ‘Whole School Approach’. The Resilience in schools (RIS) forum offers bespoke 1-1 drop in sessions and is open to a variety of people – senior leaders, SENCO's, learning mentors, mental health leads, pastoral support, teachers and Resilient School leads.



## Training Opportunities

### WISE BEFORE THE EVENT TRAINING (SECONDARY SCHOOLS)

This is a preparedness training for all Secondary Schools which aims to help SLT to feel ‘prepared’ to respond in the event of a suspected suicide death within their school community. In addition, affirm current good practice and build on existing knowledge and skills. Also, be able to create a suicide prevention plan bespoke to the setting. The pilot phase was completed in the academic year of 22-23 and showed promising results, leading to a roll-out of the training to all secondary state schools.



### YOUTH MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. The training is delivered face to face over 2 days.

### SUICIDE PREVENTION TRAINING

Schools have an opportunity to attend free online Papyrus SP-EAK (Suicide Prevention – Explore, Ask, Keep-Safe) online training. Schools are asked to send two representatives to this training.

# RS PROGRAMME UNIVERSAL OFFER

## The universal offer includes:

### The RS Kitemark

In addition to the universal offer, in the 2022-23 academic year, the RS kitemark was introduced to allow schools to gain recognition for work to raise awareness about mental health in the school community. To achieve the RS kitemark, schools must complete the RS core components (see below). There are currently two pathways schools can use to achieve the RS kitemark 1) The completion of the RS mapping tool and 2) A school with an in-date bronze award can apply for their HSL silver/gold award and the RS kitemark simultaneously by committing to and completing the RS core components in the HSL silver action plan. A total of **28 schools** (19 primary, 8 secondary and 1 special school) have successfully completed their RS mapping tool or HSL silver/gold application & achieved the RS kitemark. 10 schools utilised the mapping tool and 18 schools used the HSL pathway to achieve the RS kitemark. Having the opportunity to obtain the RS kitemark by fulfilling the RS core components has been anecdotally well received by schools.

### The RS core components:

|                                  |                                                                                                                                                                                                                                                                                                                                                                                     |
|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mapping Tool                     | <ul style="list-style-type: none"> <li>• Complete all sections of the mapping tool and submit to Resilient Schools team</li> </ul>                                                                                                                                                                                                                                                  |
| Mental Health Awareness          | <ul style="list-style-type: none"> <li>• Have at least one staff trained as a mental health first aider</li> <li>• Deliver mental health awareness to staff, pupils and parents</li> </ul>                                                                                                                                                                                          |
| Kooth & Qwell                    | <ul style="list-style-type: none"> <li>• Promote the online counselling service Kooth (11+) to young people</li> <li>• Promote the online counselling service Qwell to staff</li> </ul>                                                                                                                                                                                             |
| Self Harm and Suicide prevention | <ul style="list-style-type: none"> <li>• Use the RS self harm and Suicide document to ensure a dedicated section on self-harm &amp; suicide exists within your safeguarding or wellbeing policy</li> <li>• Annually promote suicide training that is available to staff and parents</li> <li>• Have at least one staff member attend suicide awareness half day training</li> </ul> |
| Digital Resilience               | <ul style="list-style-type: none"> <li>• Raise awareness of the impact that the digital world has on mental health and support digital resilience</li> </ul>                                                                                                                                                                                                                        |
| Physical Activity                | <ul style="list-style-type: none"> <li>• Promote physical activity, highlighting the positive impact exercise has on mental health</li> </ul>                                                                                                                                                                                                                                       |

### Schools with the RS kitemark:

- Child's Hill primary
- Brookland Junior
- Claremont primary
- Colindale primary
- Chalgrove primary
- St Catherine's primary
- Osidge primary
- Holly Park primary
- Akiva
- Barnfield primary
- Monkfrith primary
- St Agnes Catholic
- Deansbrook junior
- Dollis Primary
- Beis Yaakov
- The Annunciation RC Junior School
- Blessed Dominic
- Etz Chaim
- St Vincent primary
- Friern Barnet
- Finchley Catholic
- East Barnet
- Mill Hill County
- Henrietta Barnet
- Mill Hill County International School
- Hendon Secondary School
- Ashmole Academy
- Northgate Special School

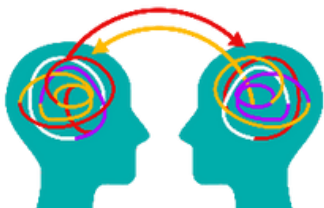
# RS PROGRAMME UNIVERSAL OFFER

## The universal offer includes:

### Kooth & Qwell

Promotion of Kooth (for 11–25-year-olds who live in Barnet) and commissioning of Qwell (for Barnet educational staff) are free, safe, anonymous online emotional wellbeing communities that are accessible daily and provide access to chat sessions with BACP-accredited counsellors. Kooth also offers free resources and workshops to schools. The Barnet RS programme re-commissioned the Qwell service and there has seen an increase in registrations. The services continues to reach users of ethnically diverse backgrounds, who face more difficulties accessing mental health support, with **48%** of service users coming from a non-white background.

### Peer Champion Scheme



The Peer Champion Scheme was introduced this academic year to the Resilient Schools Programme local offer and is available to all Barnet State Secondary Schools. The peer champion service will provide young people in Barnet secondary schools with an additional support network in school to help build good mental health and promote awareness and reduce stigma. The offer includes accredited mental health first aid training and a half day co-production workshop. The implementation of the Peer Champion Scheme will be unique for each school as trained young people will decide on the delivery of the service for their school.

The offer is being delivered by the provider BDLD who are experienced in providing mental health training and support services.

Since the commissioning of the service, a total of **8** secondary schools have signed up to the scheme and **120** young people have received mental health awareness training.

### Key evaluation findings:

It was an amazing experience. I've learned a lot on this course, and I'm honoured that I can now help people when they need it.

This course has been incredibly educational and informative regarding the topic of mental health.

I really enjoyed this course and found that I was very comfortable with Jo as my instructor.

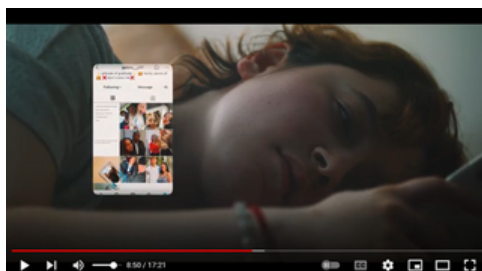
87% of peer champions stated they would recommend the training.

# RS PROGRAMME UNIVERSAL OFFER

The universal offer includes:

## Digital Resilience Campaign

The RS Digital Resilience Campaign aims to support schools to build digital resilience in children & young people. The RS Programme team commissioned local research with young people to understand how the digital world impacted on their lives. Also, a co-produced film to support the campaign objectives was commissioned. From identity to pressure for perfection, popularity, and the desire for likes, *Generation Verified* is a short film that explores young people's experiences of the online world and how they cope with the unique generational challenges that they must navigate in their day-to-day lives. The film benefits from being used as a 'standalone talking tool' between peers, families, and communities and as a resource with the additional support of lesson plans and additional resources and signposting. The film and campaign resources are accessible via the [Resilient Schools Website](#). The film currently has **995** views (**29%** increase since July 2023) and **32 likes** so far.



## Signposting & Tailored Support

The Barnet Resilient Schools Programme includes signposting schools to mental-health supporting non-RS programme local and national networking opportunities, training, services/programmes/initiatives and resources. Termly newsletters, focus sheets, meetings and the [RS programme website](#) are used for promotion. Examples include:

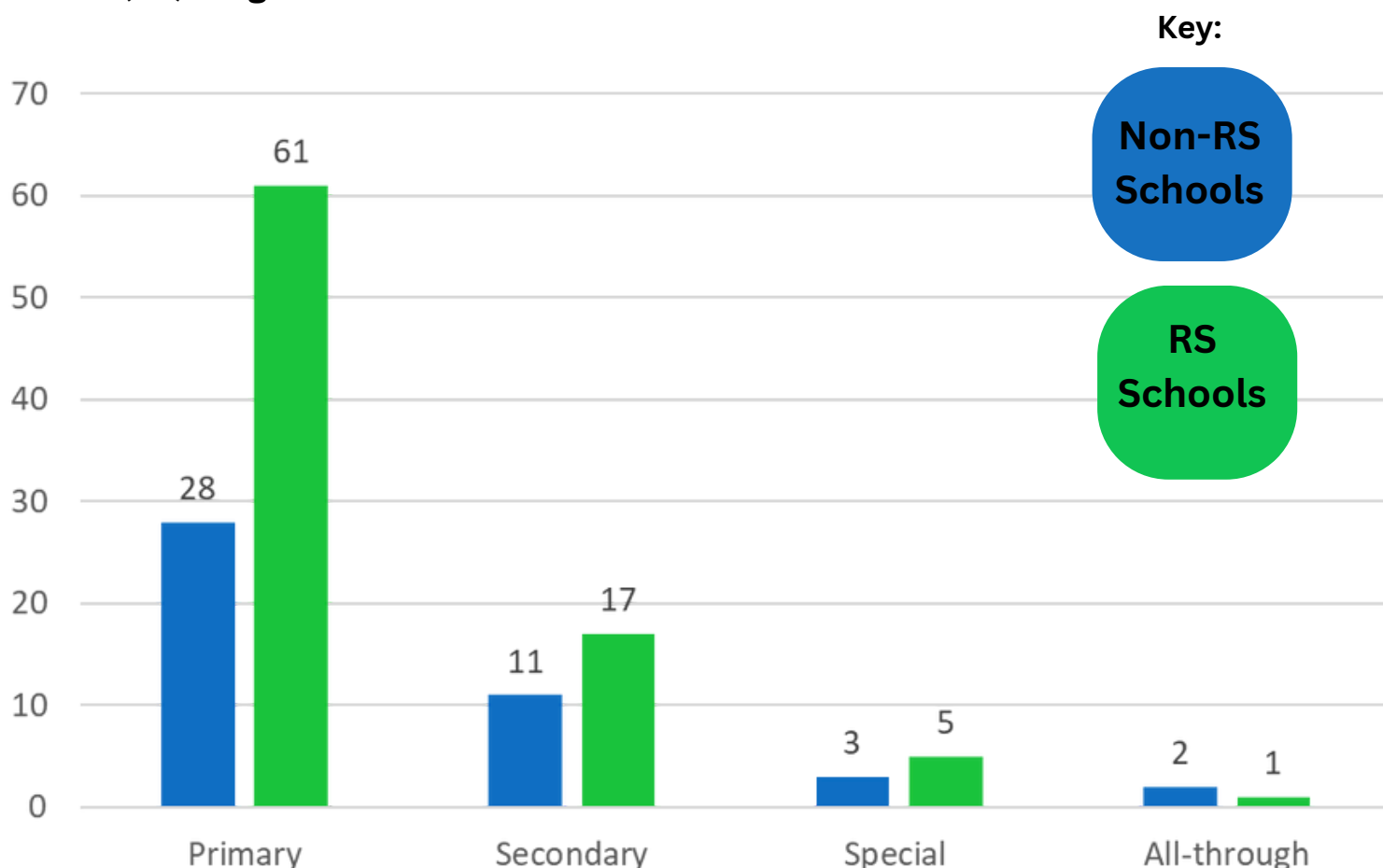
- Barnet Integrated Care Services (BICS)
- Healthy Schools London
- Barnet Golden Kilometre
- Daily Mile
- Anna Freud
- Mentally Healthy Schools
- Barnet Early Help 0-19 Service

Throughout the academic year, schools are also able to access 1:1 tailored support to help with building emotional resilience amongst the school community.

# School Uptake

There are currently **84** schools signed up to the Resilient Schools Programme Network. This is a 2% increase from the last academic year 2022-2023. In total, **66%** of all Barnet State Schools have signed up to the RS programme. Therefore the majority of Barnet state schools are signed up to the RS programme and two independent schools have also signed up. The figure below shows a breakdown of schools by school type that have signed up to the RS programme. 58% of RS schools engaged with at least one of the RS programme offers. This a decline of 1 % from the last academic year 2022-23.

**Number of eligible Barnet schools who have signed up to the Resilient Schools (RS) Programme Network**





# Training Opportunities

## Papyrus Suicide Prevention Training

**40** schools have at least one staff member who has attended Papyrus suicide prevention training provided through the RS programme.

**90** attendees from both school and non-school settings, completed the Papyrus suicide prevention training.

Of those:

- 52 attendees were from schools.
- 38 were from non-school settings such as the local authority and voluntary sector organisations.

## Training Feedback

- 100% of respondents stated the training met their expectations and would recommend to others.
- 100% people stated the content was delivered sensitively and safely.
- 100% people feel better informed about suicide prevention.
- 100% people agree many young suicides can be prevented.
- 98% people feel confident asking a young person if they are having thoughts about suicide.
- 100% people agree the skills learnt are applicable to their personal and professional life.

"Thank you for delivering great informative and compassionate training. Excellent knowledgeable trainers."

"Super thought provoking, engaging and well presented"

"A really enjoyable, informative and thought-provoking session about a topic that can be very sensitive and emotionally heavy."

**Forward plan: Uptake was lower then expected. Continue to offer training as three times a year and maintain engagement.**

# Training Opportunities

## WISE Training

Research highlights that preparation is key. The latest evidence shows that one of the key factors in suicide prevention is ensuring schools have a coordinated, informed and evidence-based plan of how they would respond if there was a suicide of a student.

One of the most important aspects of helping schools with preparation is 'Suicide contagion' - a student's knowledge/exposure to a suicide increases the likelihood of them viewing suicide as an option. Young people are particularly susceptible to this and the suicide of a student may start, or contribute to, a suicide cluster within the wider school community (Gould et al, 1990). Young people who have lost a peer to suicide describe feeling guilty at not having recognised the signs of suicide, or having missed the opportunity to intervene (Shilubane et al, 2014). 135 people on average are impacted by each suicide (Cerel et al, 2019).

This academic year (23-24), the training entered into phase 2, which involved the implementation of the training offer (across 2 years) to all secondary state schools. So far, **21** secondary schools have received the WISE training. **100%** of all attendees either agreed (60%) or strongly agreed (40%) that the session helped them to feel prepared in the event of a critical incident involving suicide. **100%** agreed (80%) or strongly agreed (20%) that the training will improve their practice/skills.

## Quotes from attendees

The session was easy to follow.

I feel more confident and prepared if a critical incident was to happen.

The session was interactive and practical.

**Forward plan: Implement Phase 2 for academic year 2024-25. Continue to complete phase 2 and offer the training to all secondary schools. Extension to a third year and to more settings will be decided during the next academic year.**

# Training Opportunities

## Mental Health First Aid

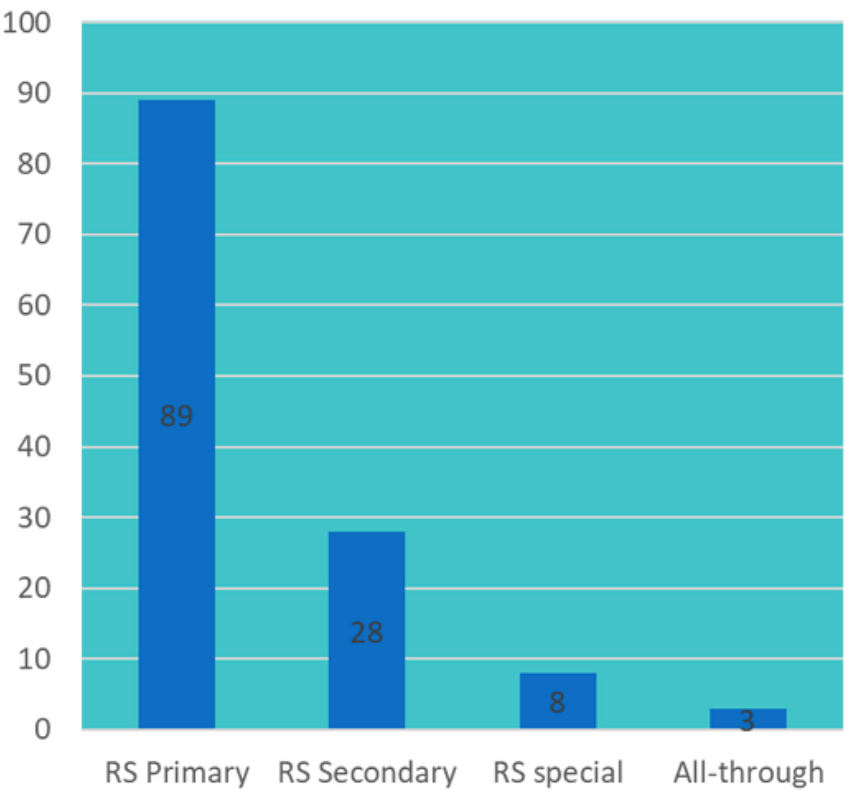
There are currently:

- **381** Front line staff trained as Mental Health First-Aiders in Barnet
- **168** Young people trained in MHFA as part of the Peer Champions Scheme

## School Uptake

- In 2022/23, **40** Barnet schools obtained a YMHFA
- **109** Barnet schools in total have a trained YMHFA. That is approx. **86%** of all schools in Barnet (3% increase from last academic year).

## Number of Barnet Schools with a Mental Health First Aider



**Forward plan: Continue to promote the MHFA training to schools and other relevant agencies. Develop a supportive network for continual professional development Mental Health First Aiders.**

# Impact Indicator One

The following medium has been taken as an indicator of the potential impact that the RS programme has had on school reflection and practices in relation to improving mental health and emotional resilience within the school community. It is based on 10 schools.

## RS Mapping tool completion

The RS Mapping tool was completed by **10** schools. The completed tools were reviewed for themes and best practice examples. The figure below summarises the themes identified from the analysis.



The themes highlighted in **bold** were consistently strong themes across primary & secondary school mapping tool submissions. Examples of best practice (strengths) include PSHE delivery on wellbeing, leadership on board with supporting emotional resilience. Examples of challenges (requires further improvement), that were strong themes include parental resistance, time constraints e.g. when trying to capture pupil voice and stress management. A new theme emerging from 23-24 was that schools reported having difficulties with helping children to receive timely support due to long waiting times and too many agencies involved.

**Forward plan: The RS Mapping Tool will be replaced with the roll-out of the Anna Freud Audit Tool, which is a streamlined planning and reflection tool that is easy to complete and provides a benchmark for implementation of the whole school approach.**

## Impact Indicator Two

The following medium has been taken as an indicator of the potential impact that the RS programme has had on school reflection and practices in relation to improving mental health and emotional resilience within the school community. It is based on 18 schools.

### Healthy School London Silver/Gold award applications

**18** schools used the Resilient Schools programme to help achieve their silver/gold award. They utilized the RS programme support offer and a number of actions based on the RS components to address mental health & emotional resilience in their school. Examples of best practice are summarised below:



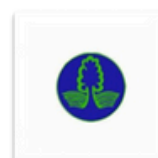
#### Childs Hill Primary

- Increase pupils' engagement in physical activity by introducing sports coaching sessions for 2 and a half hours a week.
- A weekly 'Wellbeing Wednesday' afternoon whereby pupils can undertake an activity of their choice to support their wellbeing.



#### Barnfield Primary

- Attended MHFA training.
- Ensure that Barnet's Self-Harm and Suicide Document sits within the wellbeing and or safeguarding policy.
- Planned a Mental Health Awareness Workshop.
- Planned a Digital Awareness workshop for parents.



#### Brookland Junior

- Reviewed and revised the PSHE Curriculum to strengthen the social, emotional and mental health focus.
- Ran a Mental Health Awareness workshop for pupils ( using materials from Anna Freud Toolkit/Mental Health Awareness Week/World Mental Health Day).

# RESILIENT SCHOOLS



## Reflection and Next Steps

Most Barnet state schools are signed up to the Resilient Schools Programme network. The findings & themes identified from successfully completed Kitemark applications (either through the RS Audit tool or HSL pathway) infer that the RS programme is useful in supporting schools to build whole-school emotional resilience. The Resilient Schools Programme continues to observe high engagement with the MHFA training and promising increasing engagement with the WISE training and the Peer Champion Scheme. However, low engagement have been observed for other offers such as the Resilience in Schools Forum (RIS) and the Papyrus Suicide Prevention training. Therefore, evaluations are taking place to review delivery methods and ways to increase school engagement.

### Next Steps



Increase Kitemark Awards



Offer CPD opportunities to individuals trained in Youth MHFA.



Re-design the RIS forum to increase uptake



Strengthen partnership working e.g. Team Around the School



Invite West Locality Private Schools onto the RS Network



Delivery of the Peer Champion Scheme