



## About Head-First



- Commissioned by CYPHP in November 2016
- Delivered by The Training Effect (TTE) a UK wide provider of school based programmes
- Available to all primary and secondary schools in Lambeth and Southwark
- Service officially launched in January 2017
- Independently evaluated
- Potential 4 year programme

## About TTE



- UK wide provider of school based programmes
- Also deliver Risk-Avert to 7 local authorities across the UK
- Provide a PSHE support service to all schools in Oxfordshire
- Provide emotional health and well-being surveys to multiple local authorities

## Head-First Provides



- Audit tools to ascertain emotional health and well-being
- Audit tools to ascertain staff confidence and skills
- A range of universal resources and support
- Targeted support programmes
- Training for staff to deliver the programme resources
- Topic based training for staff
- A online portal hosting programme materials and support

## Head-First Team



Mark Bowles



Ben Lovatt



Claire Russell



Millie Stockwell



## Activity – What is emotional health?



## **Activity - Outcomes, Outputs, Measures**



## **What does national data tell us?**



How many children and young people suffer from a diagnosable mental health disorder in the UK?



1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder - that is around three children in every class.

Green, H., McGinnity, A., Meltzer, H., et al. (2005). Mental health of children and young people in Great Britain 2004.



How many adolescents may experience a mental health problem in any given year?



20% of adolescents may experience a mental health problem in any given year.

WHO (2003). Caring for children and adolescents with mental disorders: Setting WHO directions.



How many children and adolescents who experience mental health problems do not receive appropriate interventions at a sufficiently early age?



70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.

Children's Society (2008) The Good Childhood Inquiry: health research evidence.



## Why Audit?

- Better understanding of target population at the borough level
- Can support commissioning of services
- Improves ability to tailor delivery to each school site
- Improves understanding of the needs of pupils collectively
- Allows comparison to other sites and areas



## How we audit?

- Using existing valid and reliable measures
- Overseen by independent academics from the University of Bath
- Using online forms
- Tailored to every key stage





## What our data tells us?



## Head-First Audit Tools



## WEMWEBS

The Warwick-Edinburgh Mental Well-being scale was developed to enable the monitoring of mental wellbeing in the general population and the evaluation of projects, programmes and policies which aim to improve mental wellbeing.

WEMWBS is a 14 item scale with 5 response categories, summed to provide a single score ranging from 14-70. The items are all worded positively and cover both feeling and functioning aspects of mental wellbeing.

SWEMWBS is a shortened version of WEMWBS which is RASCH compatible. This is a seven item scale for which item scores need transforming.



## Head-First Next Steps

- You can sign up to the programme today
- We will send you a survey pack including audit links
- You will be able to access the programme website at the end of January



## Contacts

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