



The Head-First programme helps Southwark schools identify and support emotional health and well-being

A number of Southwark schools have been participating since January 2017 in an emotional health and resilience project commissioned by the Children and Young People's Health Partnership (CYPHP) and developed by The Training Effect (TTE).

The Head-First programme was introduced to the boroughs of Lambeth and Southwark as a key part of the larger work of the CYPHP project. The programme consists of three stages:

- Pupil surveys, these help establish baseline data related to emotional health and provide information on presenting need to participating schools
- Staff training, this includes specific training related to the programme and Youth Mental Health First Aid
- Provision of programme resources, these include PSHE resources and a targeted programme tailored to each key stage

Since the programme began, Head-First has received over 2000 survey responses from primary and secondary school children within Southwark.

Similar engagement has also been achieved with regards to training. 92% of Southwark schools who have signed up to implementing Head-First resources have attended a training course delivered by TTE.

In addition we have recently begun the rollout of our Youth Mental Health First Aid programme for schools across the borough, this is fully funded for participating schools with more dates due to be released throughout the current academic year.

A number of schools in the borough are about to start delivery of the Head-First targeted programme for this academic year. This is a 6 (KS1), 8 (KS2) or 10-week(KS3/4) intervention,, and is designed to support children and young people who require a higher level of support but do not require a referral to specialist services.

This element of the programme is an important part of the Head-First project and allows TTE to measure improvements in pupils emotional health and well-being before and after delivery of the project through our independent academic partnership with the University of Bath.

Information gathered from all aspects of the project will be used to plan support and services for children and young people within the borough. The training aims to improve the knowledge, skills and confidence of school staff with regards to children and young peoples mental health and well-being, whilst the programme itself benefits the emotional health and resilience of pupils across Southwark.

If your school would like to take part in the programme, find out more by visiting www.head-first.org.uk or email the project co-ordinator Millie Stockwell on millie@thetrainingeffect.co.uk