

St Mary's Catholic Primary School

Mental Health and Wellbeing Provision Map

Tier 0: Universal Level Support – pastoral and response to general concerns		
These concerns are categorised as short periods of feeling like they are not able to cope. These will be incidents which cause a child distress but do not seem to have a long term or lasting impact on wellbeing		
What are the concerns? Examples include: Minor behaviour concerns Minor illness Pet Death Friendship issues/conflict Arguments with parents/peers Low level worry which needs reassurance such as before changes/transitions/test Short term academic stress Past history	Who should deal with this? Class teacher or Teaching Assistant in the first instance alerting pastoral or SENDCO where necessary if needs to be escalated to Tier 1.	What is our response? <ul style="list-style-type: none"> Listen to the child and reassure Class teacher or TA to log all concerns on CPOMS (where appropriate) and continue to support and monitor If the concern is serious then escalate to next tier If the concern does not resolve itself then escalate to next tier In case of minor illness, TA to speak to class teacher and use judgement about trying to get through next lesson, morning etc. Advice to be sought from SLT before sending a child home.

Tier 1: Universal Level Support – response to low level incidences and concerns		
These concerns are categorised as those which are longer term and are beginning to impact of the welfare, wellbeing and academic progress of a child		
What are the concerns? Examples include: Sustained periods (or a series of short periods) of not feeling able to cope/low mood Long term and repetitive friendship problems (over a term or more without resolution) More significant anxiety surrounding a specific element of school/home life despite support from class team. Divorce/separation of parents Bereavement of an extended family member (not parent/guardian/sibling)	Who should deal with this? Pastoral team to support directly or advise class teacher/TA	What is our response? <ul style="list-style-type: none"> Listen to the child and reassure All concerns to be recorded on CPOMS and discussed with the pastoral team. All actions and updates to be logged on CPOMS. These must be logged as soon as possible after concern has been raised/noted. Parents to be called to discuss concerns (class teacher or PSA to complete) Book a consultation with the EMHP to discuss concerns – child's name at this stage must be anonymous

<p>Emotional response to an upsetting event which causes a period of distress but DOES NOT cause a specific safeguarding concern.</p>		<ul style="list-style-type: none"> • Direct pastoral support from pastoral team – to include TIS sessions, Lego therapy, talk and draw. Parents to be informed of this. • If appropriate consult with the SENDCO • If the concern continues or increases in severity then escalate to next tier • If the concern is managed or reduces consider stepping down to Tier 0.
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Tier 2: Targeted Support – planned interventions in school to address mental health concerns A sustained concern which is affecting the wellbeing and possibly academic progress of the child or young person. These could be long term concerns over anxiety, mental health or depression or a reponse to an incident graded at Tier 2.		
What are the concerns?	Who should deal with this?	What is our response?
<p>Examples include: Persistent low mood/ongoing emotional regulation difficulties/anxiety Attachment difficulties and triggered responses Bereavement of a close family member Emotional Based School Avoidance Historic abuse which causes legacy mental health difficulties Self-harm Suspected eating disorders Risky behaviours Questioning gender identity or sexual orientation leading to any of the above.</p>	<p>Pastoral team/DSL/SENDCO</p>	<ul style="list-style-type: none"> • All concerns to be recorded on CPOMS and discussed with the pastoral team. All actions and updates to be logged on CPOMS. These must be logged as soon as possible after being raised. • Parents to be called to discuss concerns (SLT or PSA to complete) • Direct pastoral support/intervention from pastoral team whilst considering or awaiting external agency support. • Referrals to be considered to external agencies by SLT/Pastoral Team/SENDCO – Early Help Hub, School Nursing Team, Young People Cornwall, CAMHS, Education Mental Health Team, Young Carers, Play Therapy, TAC, Safer Lives, HUGS, The Wave Project • Escalate to Tier 3 if any safeguarding disclosures are made or concerns become serious and possibly life-threatening.

Tier 3: Personalised Support – professional referral to high level mental health concerns

Serious and possibly life-threatening incidents which require professional intervention outside of school.

What are the concerns?	Who should deal with this?	What is our response?
<p>Examples include: Disclosure of incident of domestic abuse (Physical, emotional, sexual, neglect) Disclosure of direct abuse (physical, sexual, emotional, neglect) Sustained Self harm School refusal as a result of persistent low mood/ongoing emotional regulation difficulties/anxiety Diagnosed anxiety disorders or depression Suicide ideation or attempt</p>	<p>Report to DSL or DDSL face to face and then immediately log on CPOMS</p>	<ul style="list-style-type: none">• If a disclosure is made staff to follow safeguarding policy and procedures.• Direct immediate support from Pastoral or SLT if a concern becomes apparent in school, removing child to a safe place in the school to be supported by an emotionally available adult. DSL to consider the appropriacy of contacting parent/carers immediately and not waiting to the end of the school day.• DSL/DDSL to consider if advice and guidance is needed from MARU (0300 123 1116). All staff are able to contact the MARU for advice and guidance if they need too.• DSL/DDSL to make appropriate referrals to external agency's such as MARU, CAMHS and Early Help Hub.• Following any incident DSL to consider if a risk assessment and safety plan is needed.• SLT to consider reduced time table, if appropriate and in agreement with parent/carers. Local Authority must be informed.• Work in tandem with external agencies and professionals to support child through school based support outlined in tier 2

In school support

In class intervention	Class Teacher or TA's Each class has interventions – quiet areas in class room, lego therapy, talk time
TIS Sessions	Anna Cox – Mental Health Lead and TIS practitioner Helen Toy – TIS practitioner
SENDCO Intervention	Lauren Langton SENDCO
Education Mental Health Practitioner	Referral via SENDCO to CAMHS Teachers can book an appointment with EMHP to discuss strategies to support a child/small group or whole class

External agency and professionals that can support wellbeing and mental health:

This list is not exhaustive and will be updated regularly

MARU	0300 1231116
Early Help Hub – includes family support, school nursing, parenting programmes, mental health support	https://www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/ 01872 322277
CAMHS (New referrals)	01872 322277 cft.camhsreferrals@nhs.net (email)
CAMHS Existing referrals and enquires	01566 765660
Cornwall MIND (Bodmin) 18-25 years	01208 892855
Young People Cornwall 8-18 years	01872 222447 www.youngpeoplecornwall.org
Mind Your Way	01872 222447 www.mindyourway.co.uk
Kernow Young Carers Service	0800 587 8191
The Wave Project	01637 820839

Safer Futures (domestic violence)	0300 777 4777 www.saferfutures.org.uk
Healthy Cornwall – lots of resources and tips to support emotional wellbeing and mental health	www.healthycornwall.org.uk
Reconnect Programme (Barnardo's)	Support for children who have witnessed DV – referrals made via Safer Futures 0300 7774777
Childline	0800 1111 www.childline.org.uk
Samaritans	116 123 www.samaritans.org
Place 2 Be	www.place2be.org.uk
Young Minds	www.youngminds.org.uk
Action for Children	www.actionforchildren.org.uk
Barnardos	www.barnardos.org.uk