



### Schools' Mental Wellbeing Project

Seven Psychological Wellbeing Practitioners (PWP) were employed by Burnley FC in the Community on 7<sup>th</sup> January 2019 and placed into 7 High Schools in the area. The project process, which will be replicated in Pendle, is outlined below:

- **Referrals**- Students are referred into the project by teachers, pastoral leads, DSLs, parents and carers. Self-referrals are also welcomed.
- **Initial assessment** – A brief meeting is held between the student and PWP and risk is assessed. During this stage, the most suitable support is determined. Students may be referred to other forms of school support (councillor, school nurse etc) or to external support services such as CAMHS/ELCAS.
- **Full assessment** – Students that agree to receive support and whose needs meet the project model will then take part in an in-depth assessment which includes the completion of GAD-7 and PHQ9 outcome measures. At the end of the session an intervention plan is agreed.
- **Intervention** – Students are offered various support options based on their needs. This could include 1-2-1s, group delivery and workshops.
- **End of support** – Cases are closed once the student and PWP agree that the student has improved their mental wellbeing. The average length of support is 6 weeks. The GAD and PHQ tests are repeated at the final session.

We carried out a review of the project in July 2019 and found that since January 31<sup>st</sup> 2019 the project had engaged with 330 students, with an even split from years 7 to 11.

Of the 330 students engaged in the project:

- 187 had completed their support in full
- 18 were referred 'up' to external services

Outcomes achieved included:

- Decrease in self harm
- Improved self esteem
- Decrease in anxiety
- Improved attendance
- Improved sleep patterns
- Increase in confidence
- Decrease in social media use

School feedback:

"I cannot believe the difference this project has made in such a short time. The students, staff, parents and carers have all welcomed this project with open arms, and it leaves me to wonder how we managed as a school before we had the PWP at the school delivering the project. There is no doubt in my mind that this project has already made a difference, specifically I know that there are a group of 12 year 10 girls that without the support from this project would not have returned to school after the summer holidays, due to the anxiety they were experiencing. These students are now all back on full timetables, have anxiety management plans in place and a community staff member on hand if they ever need any additional help at school. It has been amazing!"

Student feedback:

"I now know how to recognise OCD behaviours and how to stop them before it becomes a problem thanks to the work the PWP and I have done together. Before working with the PWP, I didn't even know they were rituals. I also really enjoyed the fact that me and Hayley get along, and I knew that I always had someone I could speak to in school."