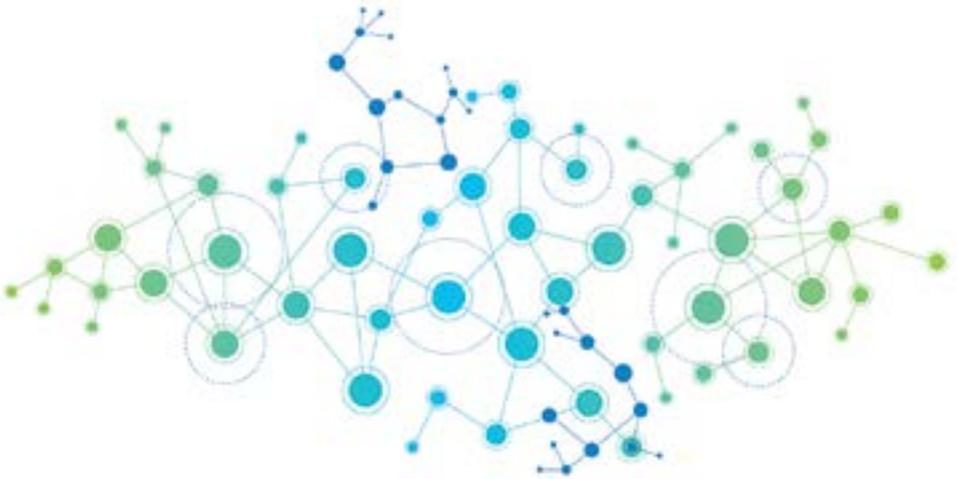


Innovative interventions and support for mental health and wellbeing in schools



"Children with higher levels of emotional, behavioural, social and school wellbeing on average have higher levels of academic achievement and are more engaged in school, both concurrently and in later years."

Introduction to our schools programme



The Anna Freud Centre's vision is a world in which children, young people and their families are effectively supported to build on their own strengths to achieve their goals in life. We believe schools are central to achieving this vision.

The Anna Freud Centre

The Anna Freud Centre is a children's mental health charity with over 60 years' experience of caring for young minds. We work with over 300 schools across the UK. We also have innovative projects across Scandinavia and Europe. We provide advice, support, training and help you demonstrate your impact.

Contact us

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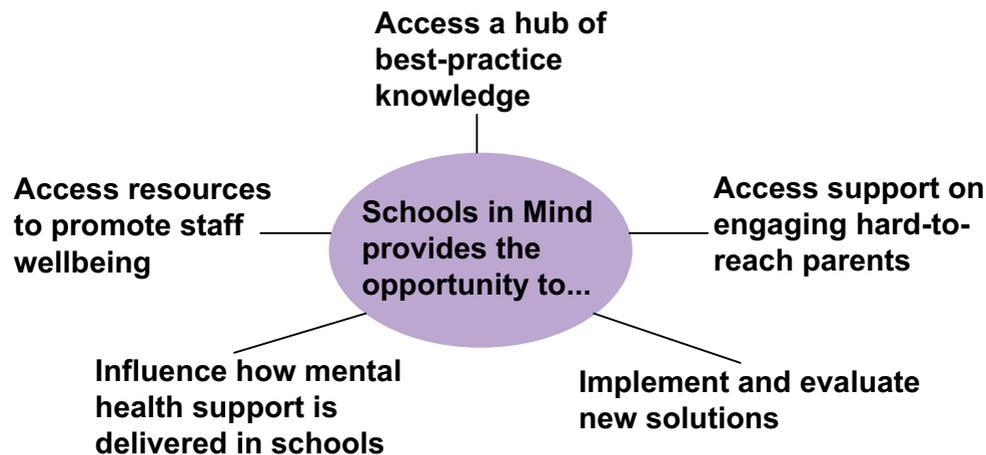
We provide a range of help and advice to schools across England and beyond in the following ways:

- Facilitating a national network of schools
- Providing mental health teaching materials and resources
- Offering direct therapeutic interventions in schools
- Supporting staff to know how to help students find support outside school
- Undertaking ground-breaking research with schools
- Helping schools evaluate and demonstrate impact
- Helping schools know how best to choose and commission specialist help.

Schools in Mind

The Government has recently released statements urging and supporting schools to tackle mental health issues. It has also issued guidance to help teachers spot underlying mental health problems to stop negative labelling and to ensure vulnerable pupils get the right support.

The Schools in Mind network aims to help school professionals find, evaluate and implement solutions that promote the mental health and wellbeing of entire school communities.



Schools in Mind Programme:

- Regular meetings including Q&A sessions with Anna Freud Centre experts
- One-off meetings, seminars, webinars and conferences on topics of interest
- Practice and policy papers and newsletters
- Access to useful online resources.



"Pupils with better health and wellbeing are likely to achieve better academically."

Public Health England, 2014

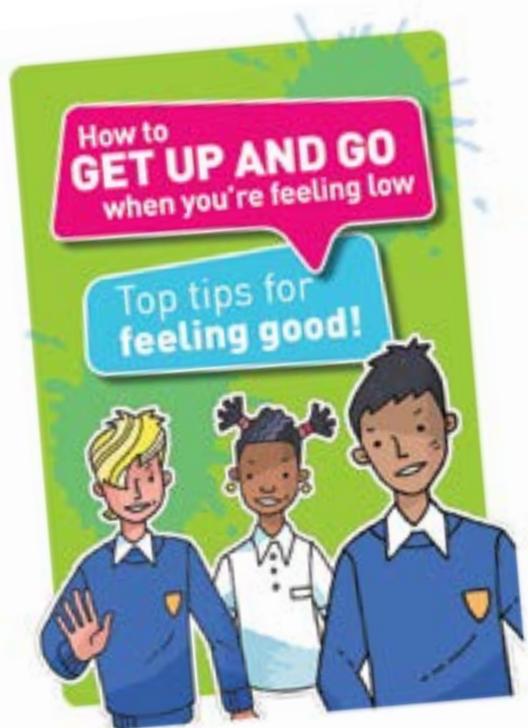
Find out more:

Joining the Schools in Mind network is free. Please email schoolsinmind@annafreud.org stating your name, role and the name of your organisation, or visit the Schools in Mind section of our website, www.annafreud.org

PSHE/pastoral and self-support materials

We have developed a range of quality assured materials and trainings to help support emotional wellbeing and positive behaviour in key stages 2, 3 and 4. These include online materials and paper-based booklets developed with Department for Education and Department of Health funding.

We also have a range of evidence-based support materials developed by leading experts, covering topics including dealing with stress, self-harm, and peer mentoring.



What's Up is a set of lesson plans and a secure website offering tools, games, videos and techniques for managing stress, behaviour and emotions for 11-16 year olds. The materials are flexible such that self-management skills can be taught in lessons, used in one-to-one sessions within school or be accessed independently by young people.



"[It] made me think about how everyone gets [stressed] at some point and it's helped me know how to handle it."

Young person

Find out more:

Please email schoolsinmind@annafreud.org or visit the Schools in Mind section of our website, www.annafreud.org

Learning from a family-based approach



We offer multi-family groups in schools for children with behavioural, wellbeing or mental health issues. The groups are based on an innovative model that brings together families facing similar issues in a non-stigmatising context, the school. The groups are run jointly by mental health and school professionals.

"Evidence shows that if parents can be supported to better manage their children's behaviour, alongside work being carried out with the child at school, there is a much greater likelihood of success in reducing the child's problems and in supporting their academic and emotional development."

Department for Education, 2014

Multi-family groups:

- Improve behaviour and raise achievement
- Improve child and family wellbeing and mental health
- Engage families reluctant to access mental health care
- We have trained hundreds of professionals across Europe and the UK in the model.



The Family School is a unique alternative provision school for key stage 1, 2 and 3 pupils with serious emotional and behavioural issues, and their families. It combines high-quality teaching, learning and a mental health curriculum in a non-stigmatising environment. Many of the techniques used at the school are transferable to other contexts.

The school opened in September 2014 with 16 students and their families; this will increase to 48 over next four years. The school is sponsored by the Anna Freud Centre and endorsed by the Department for Education.

Find out more:

Please email schoolsinmind@annafreud.org or visit the Schools in Mind section of our website, www.annafreud.org

Working with families in schools

We have an outreach team of therapists operating exclusively in schools for the benefit of children in key stages 1, 2, 3 and 4 displaying complex mental health and wellbeing issues. They offer a range of services, from interventions to consultations and trainings.

The AFC schools outreach team responds to:

- The need to offer schools more creative ways to reduce exclusions and support full attendance
- The need for evidence-based mental health interventions to be available in schools
- The focus on promoting the social and emotional development of young people.

Our schools outreach service provides:

- Accessible specialist therapeutic programmes of help for children and families in over 30 primary, secondary and special schools.
- Consultations with teachers and individual child, family and multi-family group work
- Bespoke training on mental health topics relevant for school staff.

SmartGym is a new family-based model that combines technology and sports psychology. It aims to build resilience, develop emotional skills and improve performance and academic outcomes in children with emotional and behavioural problems.

Young people work through a carefully designed set of performance drills in a form of circuit training. The tasks aim to develop core skills that underpin effective social cognition, academic performance and resilience.

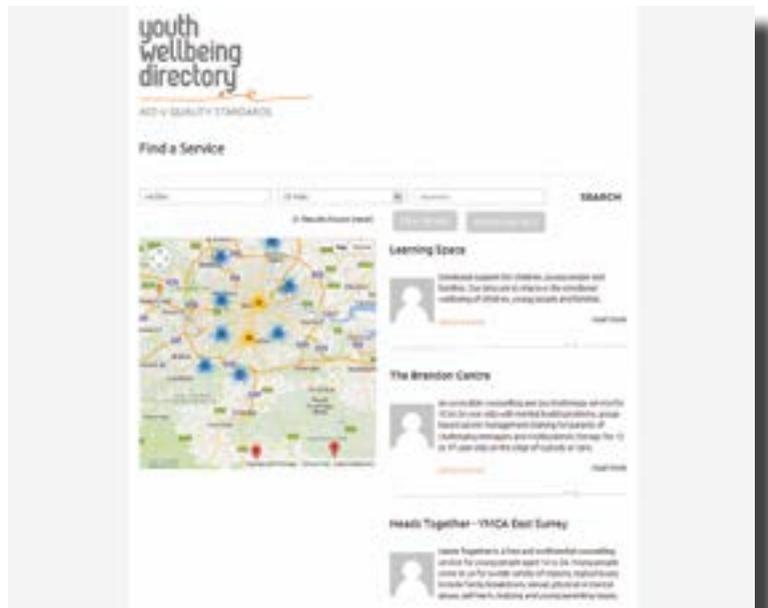


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Helping pupils know where to get mental health support

For those looking for a range of advice and help, **The Youth Wellbeing Directory** is a free online directory of youth wellbeing and mental health support services across England. It is aimed at key stages 3 and 4, and post-16s.



- Over 200 services supporting the mental health of young people aged up to 24 years across England
- You can use the directory to consider services against nationally recognised quality standards
- You can find services in your local area, search, compare and connect with local services.

The **My CAMHS Choices** website has been created in collaboration with young people to explain the CAMHS process. It is aimed at anyone referred for specialist help from child and adolescent mental health services.

Using video footage of both young people and professionals, together with FAQs, contact details and links to other resources, the website is designed to reduce the anxiety and worry that can be associated with having involvement with mental health services.



Find out more:

If you want to know more, email: schoolsinmind@annafreud.org
www.youthwellbeingdirectory.co.uk
www.mycamhschoices.org

Working collaboratively with schools on research



We have a world-leading team of researchers in mental health in schools work based at the Evidence Based Practice Unit, an academic unit based at the Anna Freud Centre (in collaboration with UCL).

We led the national evaluation of the Targeted Mental Health in Schools initiative and found that mental health support could reduce behavioural difficulties in primary school pupils, and that better relationships between secondary schools and specialist mental health providers were associated with reduced behavioural problems. Full details can be found at www.ucl.ac.uk/ebpu

The aims of our research are to:

- Develop, disseminate and evaluate support aimed at improving mental health and wellbeing of young people in schools in order to make a 'real world' impact
- Understand the complex interplay between mental health, physical health and academic achievement, to help your students reach their maximum potential
- Explore potential risk factors for poor emotional and academic outcomes for young people to help you reduce risk and build resilience.



We are currently working with 100s of schools in 12 different areas across England as part of our evaluation of the Headstart programme: a two-year programme, funded by the Big Lottery Fund, trialling a broad range of initiatives for improving resilience in key stages 2, 3 and 4.

We are always looking for schools who want to collaborate on a range of ground-breaking national research initiatives.

Find out more:

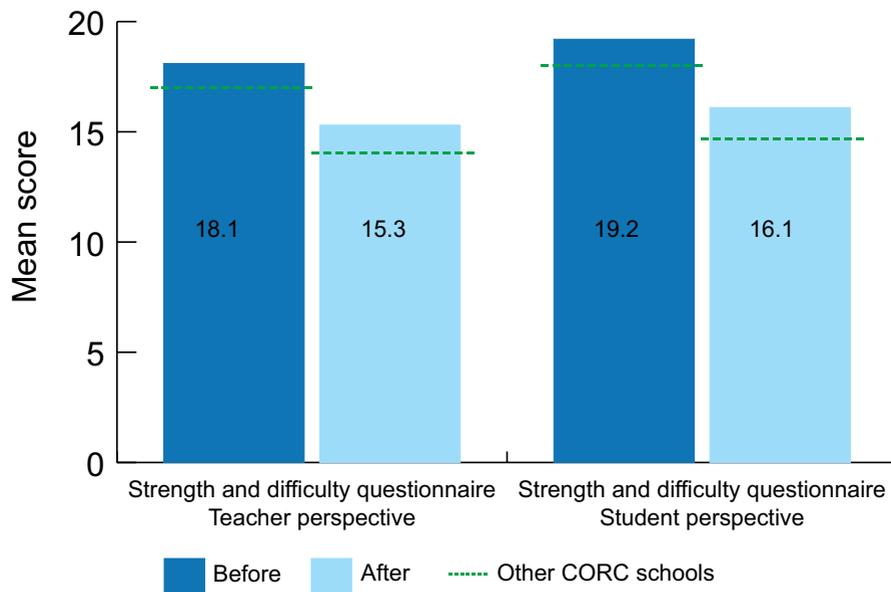
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Helping schools evaluate and evidence impact

The Child Outcomes Research Consortium (CORC) is an international collaboration dedicated to improving services for children and families. We work with organisations to strengthen their effectiveness through the use of data and information. The CORC central team is situated as part of the Anna Freud Centre.

CORC members are supported by a central team of researchers and data analysts, as well as a regional support team covering the UK and beyond. We appreciate that schools and academies are at different stages of embedding support for pupils' health and wellbeing, and we work with you without the jargon.

Strengths and Difficulties Questionnaire scores before and after intervention



We can work with your existing data, help you collect specialist data, and display and interpret this in formats you can present to your

students, governors and Ofsted. This will demonstrate the impact you have for your pupils and students.

CORC offers:

- Ongoing specialist support tailored to schools' needs
- Signposting for support
- Support in linking and interpreting school and mental health data
- Help managing and implementing data collection
- On-site training around using outcome measures
- Analysis and benchmarking of your school data related to targeted groups or whole school progress
- Help with interpretation of data and action plans for health and wellbeing
- Demonstration of the effectiveness of your support including the use of targeted funds
- National and regional learning events.

“Schools should ensure that routine outcome data is collected, not only to assess the impact of the counselling on the child or young person but also to assess the effectiveness of the service as a whole.”

Department for Education, 2015

Find out more:

Please email schoolsinmind@annafreud.org
www.corc.uk.net

The Anna Freud Centre



We are a children's mental health charity with over 60 years' experience of caring for young minds. Our vision is a world in which children, young people and their families are effectively supported to build on their own strengths to achieve their goals in life.

We care for young minds in five main ways:

- Researching the underlying causes of childhood emotional distress
- Developing, piloting and evaluating new, cost-effective mental health treatments for children and families
- Supporting mental health services to improve their practice through the collection and evaluation of outcomes data and shared decision-making
- Offering teaching and training courses and building a global network of researchers, clinicians and mental health professionals
- Providing advice and leadership to national policy initiatives.

Our principles



All of our work is guided by the following principles:

- **Children, young people and families are at the heart of everything we do**
- **We are committed to discovering and sharing the best way to help children, young people, parents/carers and professionals**
- **Our impact comes from partnership and collaboration**

We work closely with a wide range of service providers, voluntary sector organisations and academic bodies including the Tavistock Clinic, UCL and Yale. We have a learning partnership with the Child Outcomes Research Consortium (CORC), a collaboration of child mental health providers committed to using outcome data to inform service improvement. The Evidence Based Practice Unit is also based at the Centre and is a service development and evaluation unit committed to developing and using evidence to inform best practice.

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