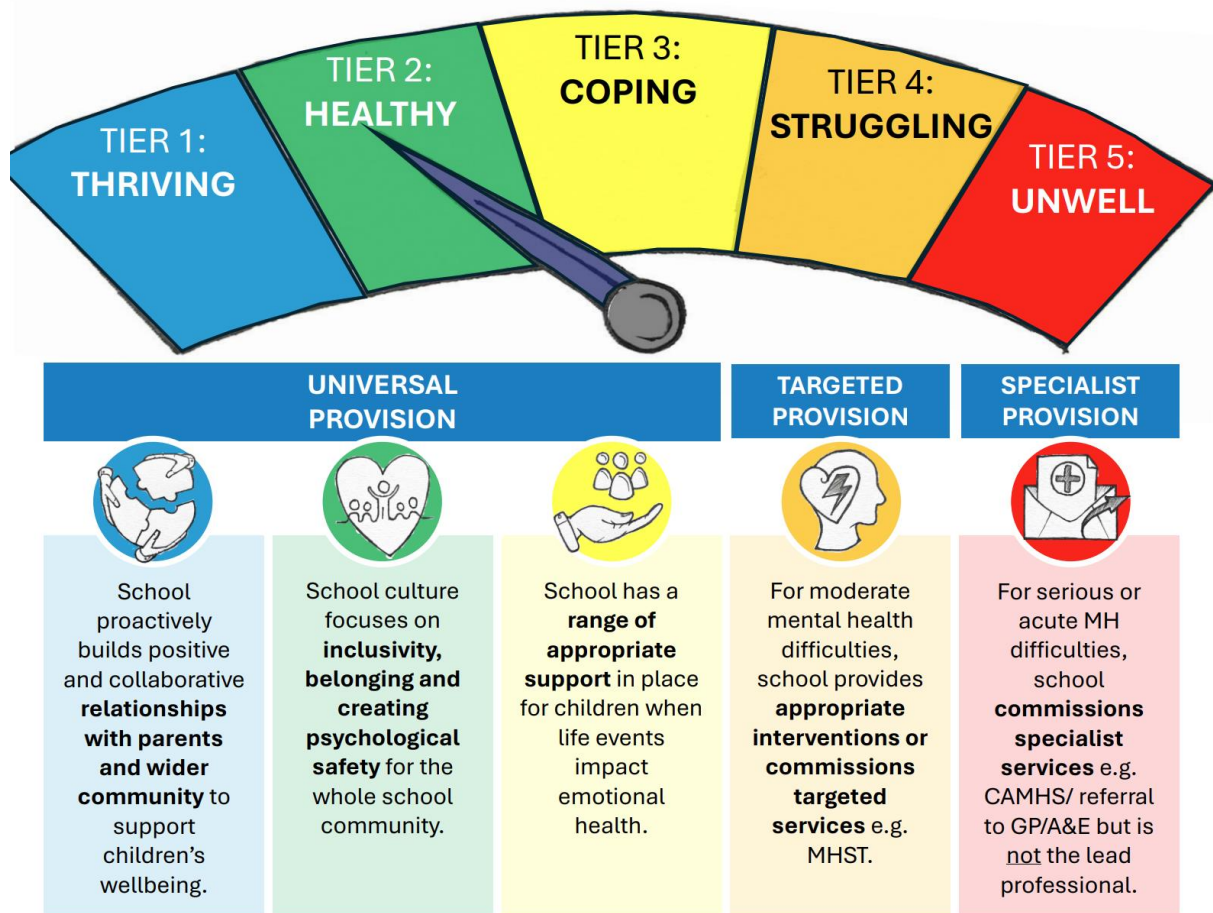


## United Learning's Tiered Model for a Mentally Healthy School

Central Academy follows United Learning's Tiered Model for Mental Health. This categorises students based on protective and risk factors for each student. This model helps identify the level of support a child may need.



## Senior Mental Health Leads



Miss I Kyle



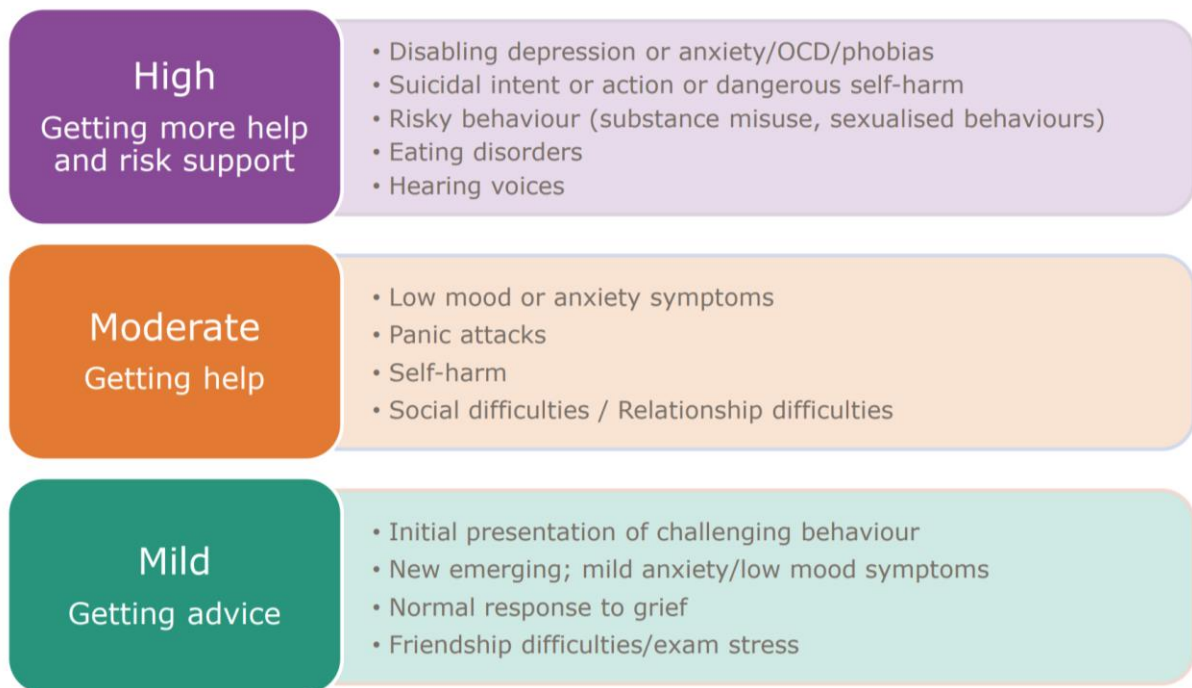
Mr J Sistrerson

## Internal Mental Health Support at Central Academy

There are many ways a student can be referred to mental health support within Richard Rose Central Academy. Firstly, students will complete two questionnaires each year, one from United Learning and the other from the Aspirations Programme. This will highlight any student who may need support as well as identifying trends within year groups and the academy around wellbeing. Secondly, any member of staff can refer a student for mental health support to the Senior Mental Health Lead, additionally, parents and carers are welcome to refer their child through the Year Team Manager.

Finally, students are able to refer themselves by speaking to a trusted member of staff within the academy and the referral process can begin.

The mental health need is then categorised through consultations with professionals. This may be mild, moderate or high. The diagram below shows some traits for each level. This will determine the support put in place for the student. For all levels, we recommend visiting the GP in the first instance. For mild risk students, the support would be signposting to websites, regular check ins with form tutor/HOY/YTM and potentially a referral for group work depending on the need. Secondly, moderate risk would receive either a group or 1-2-1 referral with either an internal provider such as The Manchester United Foundation or an external provider such as Barnardos. Finally, a high risk student would be directed to their GP, offered a consultation with Barnardos Clinical Lead for support strategies and advice on how to access external services which can support their child.



### **Barnardos**

Within Richard Rose Central Academy we have a Mental Health Support Team from Barnardos. They support the mental wellbeing of young people within an education setting. This could be via group or individual work. Your child would receive between 4 and 12 sessions which are held weekly, and usually last 40-60 minutes. To access this support, an internal referral to Miss Kyle must be completed via the referral process stated above. Please note there are sometimes wait lists for this service and putting a referral in does not mean your child will definitely be seen by the service, every case is assessed through a consultation with the Clinical Lead from within Barnardos to evaluate the best support we can offer.

### **The Manchester United Foundation**

### **United Minds**

In partnership with the Manchester United Foundation, 'United Minds' is a programme which has been developed alongside mental health specialists with a purpose of encouraging resilience and help develop mental and physical wellbeing in young people.

The aims are to support the development of healthy strategies:

- Self-exploration and reflection
- Recognising and understand mental wellbeing
- Develop character, ability, and skillset
- Build self-esteem, communication, and active listening
- Develop knowledge and confidence
- Behaviour changing, transitions & habit formation
- Teamwork, social skills, motor skills
- Emotional regulation, resistance of temptations and impulse control
- Learn about and develop self-help strategies
- Understand where support can be accessed (effective signposting) and develop alternative routes to seek support

Throughout the programme students will learn to create energy or calm in any given situation, and to help develop lifelong strategies and skills to help build resilience, self esteem, confidence and self-awareness.

Delivered over a 12 week period with our trained Foundation staff – students can access this support via an internal referral.

More information of the Foundations work in tackling mental health can be found on the website: [mufoundation.org/en/Wellbeing/Tackling-mental-health](https://mufoundation.org/en/Wellbeing/Tackling-mental-health)

### **Online Mental Health Support**

**Young Minds** offers different, online programmes for young people to reduce the wait time for someone with mental health worries to be seen. They also offer advice and support to parents.

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

**Kooth** offers a variety of online services such as journalling, forums and 1-2-1 counselling. Young people can sign up anonymously and interact with as much of the website as they wish.

[Home - Kooth](#)

**SHOUT** is a crisis text mental health service for individuals to access when they need. They are available 24/7 via text message, all messages are confidential and anonymous and it's free!

[Shout - UK's 24/7 Crisis Text Service for Mental Health Support | Shout 85258 \(giveusashout.org\)](#)

**The Mix** offers general support to under 25s, from mental health to money worries to relationship concerns. They offer 1-2-1 chat as well as a crisis line.

[The Mix - Essential support for under 25s](#)

**Mind** offers general advice and support for young people and their carers around mental health.

[Home - Mind](#)

### **Self-Harm**

**Alumina** offers a free, 7 week, online course for young people who are struggling with self-harm. Each course has up to 8 young people, all accessing the sessions from their own devices. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. Young people can sign themselves up, and no-one will see or hear them during the sessions.

[selfharm.co.uk/alumina-online-support-for-mental-health-and-wellbeing](https://selfharm.co.uk/alumina-online-support-for-mental-health-and-wellbeing)