



East Dale Road
Melton, North Ferriby
East Yorkshire, HU14 3HS

Tel: 01482 631208
Fax: 01482 636703

enquiries@theeducationalalliance.org.uk
theeducationalalliance.org.uk

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Dear Parent/carer

I am delighted to write to you to tell you about the development of a significant resource aimed at impacting positively on students, families, staff and the wider community within all our trust schools from September 2019.

The mental health of young people has never been higher on the national agenda. There has been a great deal of discussion around the different pressures young people face and how we can best support them. According to Mind, one in ten young people nationally has a diagnosable mental health problem and whether they're dealing with a mental health problem or struggling with life's challenges, all young people should have the help they need, when they need it.

Since September 2016, we have been working with Humber Teaching NHS Foundation Trust and their Social Mediation and Self-Help (SMASH) Programme to deliver their programmes in South Hunsley and Driffield Schools. The programme had already been in place at Malet Lambert School since 2014, with fantastic results.

You may also be aware that Hull and East Yorkshire Mind has been piloting their Whole School Approach in South Hunsley School. The Whole School Approach is designed to build confidence and resilience in the school community and enable staff and students to be better equipped to identify and address, where appropriate, the emotional needs of young people. The Whole School Approach also conducts annual surveys with staff, parents and students to identify any trends in need, gaps in provision or areas for development.

As a trust we want to further develop innovative and adaptable interventions and support to ensure we are evolving to meet the needs of our students. I am excited now to be able to share with you that, with our partners Mind and Humber NHS, we have developed a comprehensive emotional and mental health programme for our trust schools. By building on the great work that has been delivered over the past few years, we aim to ensure no young person is left behind, unheard or their emotional needs unmet. We aim to ensure all young people have access to the correct support for them at the earliest opportunity and for parents/carers to be supported in relation to their young person's needs.

The **New "Be Well" Programme will be officially launched in September** across our trust schools. The programme will focus on supporting students to develop emotional intelligence, communication, social interactions, self-regulation, problem solving skills and resilience to "bounce back" from life's challenges. The programme is designed to ensure all families and young people have access to information and guidance and that if required, young people have access to support and interventions that are appropriate to them.



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Through our **Be Well Programme** all our schools will offer:

- **Training sessions for staff and information sessions for parents**
- **Peer support training for students**
- **Online information to give parents and students reliable information and sources of support for mental health**
- **One trained youth mental health first aider for every 50 students in each school**
- **A planned series of sessions for students to help them cope more easily with the challenges of everyday life, manage stress and build supportive relationships with their peers**
- **Access where necessary to a therapeutic group, 1:1 intensive talking sessions and family outreach for secondary-aged students delivered by SMASH Humber NHS Foundation Trust professionals for 5 days per week per school. The programme is delivered using elements of cognitive behavioural therapy, talking therapies, restorative practices and conflict resolution. The programme has enabled students to access early intervention CAMHS to meet their needs at the earliest opportunity to prevent needs from escalating into more serious mental health difficulties that would require a specialist intervention.**
- **Access to a specialist Child and Adolescent Mental Health practitioner working across trust schools for consultation and support**
- **Direct access into CAMHS via our early intervention process when a need is assessed as requiring a specialist intervention.**

By creating a programme that will be able to respond to different levels of need, we are able to ensure students who have increased levels of need will have direct access to early intervention and specialist CAMHS support when required.

As you can see this offer far exceeds a standard school offer and represents a very significant investment by The Education Alliance Multi-Academy Trust of around £600,000 over the next four years. This investment reflects our commitment to supporting students' emotional well-being and mental health. The funding for the programme sits outside our normal school funding routes meaning no money from the schools' existing budgets will be used. As a trust, we have established a partnership with Pagabo, a Hull-based company and this partnership has allowed us to host procurement frameworks for public sector organisations. A number of other schools in the region have established a similar partnership. These frameworks have generated income which has been ring-fenced by our trust board to be used for the benefit of our students on projects that "normal" school funding is insufficient to cover. Given the importance of young people's well-being and mental health, we are delighted that this is the first programme we have been able to set up with this funding and Pagabo are proud to have helped support this work as part of their commitment to social value.

I will write to you again in the autumn term with more information about the launch of our **Be Well Programme** and what that programme will look like in each of our schools. I hope that all parents and carers will feel we are supporting our students in the best possible way.

Yours faithfully



Jonny Uttley
CEO

