



Mental Health and Social Intervention

Intent

At Brookfield, all pupils have an EHC Plan for Social, Emotional and Mental Health needs. For this reason, our approach to mental wellbeing and social intervention is an integral part of our offer. On entry, all pupils are screened using Snap B which flags up issues such as anxiety, depression, low self-esteem and other potential issues. In addition, information from parents, previous schools and EHC paperwork is used to give pupils an ACE (Adverse Childhood Experience) score which highlights past traumatic events. All these tools allow us to ‘triage’ pupils and provided tailored support using the tiered approach below.

Context (19/20 cohort- information from Snap B analysis and ACE scores)

- 40% of pupils at Brookfield have an ACE score of 4 or more.
- 23% of pupils present with indicators of depression
- 32% of pupils present with school-based anxiety
- 34% of pupils present with academic low self-esteem

Implementation -Tiered approach-

UNIVERSAL	TARGETED	INTENSIVE
<ul style="list-style-type: none"> • Access to Pastoral Support (both sites) • Access to Mental Health First Aiders on site (both sites) • Trauma informed approach (both sites) • Safe space room- self regulated (both sites) 	<ul style="list-style-type: none"> • Social skills group intervention overseen by SALT and delivered by ELSA (KS3 site) • ELSA support (KS3 site) • Support from PDSI team (both sites) • Additional resilience work with ELSA (KS3 site) 	<ul style="list-style-type: none"> • Individual and group social skills work delivered by ELSA, overseen by SALT (KS3 site) • Input from person centred counsellor (both sites) • Input from external counselling (CCATS) (both sites) including EMDR, CBT

<ul style="list-style-type: none"> • ELSA room- First contact (KS3 site) • Resilience work through the PSD curriculum- moving towards self-regulation (both sites) • Staff trained in play therapy, CBT. • Dedicated staff member assigned to supporting transition. 	<ul style="list-style-type: none"> • Moving towards independence package delivered by ELSA. (both sites) 	<ul style="list-style-type: none"> • Family therapy sessions and individual counselling for parents/carers. (both sites)
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Impact of approach

- Reduction in emotional health related incidents (cause for concern data 18/19)
- 64% of pupils improve their attendance from entry
- 53% of pupils had a reduction in anxiety
- 56% had a reduction in explosive anger
- 51% had a reduction in symptoms of depression
- 58% had a reduction in friendship deficit

Roles



