



Hammersmith,  
Fulham, Ealing  
and Hounslow

# HFEH Mind

**Open, Together, Responsive, Independent, Unstoppable**



## Mind (National)

Mind is a leading mental health charity in England and Wales that provides advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

## Mind (Hammersmith, Fulham, Ealing, and Hounslow)

Local Minds provide help and support **directly to those who need it most**. There is a network of around 125 local Minds across England and Wales that offer specialised support.

Each local Mind is unique. We understand the needs of our community and tailor our services to match. Services include **talking therapies, peer support, advocacy, crisis care, employment and housing support**.

## Our Vision

We won't give up until everyone experiencing a mental health problem gets both support and respect



*Open:* We reach out to anyone who needs us



*Together:* We're stronger in partnerships



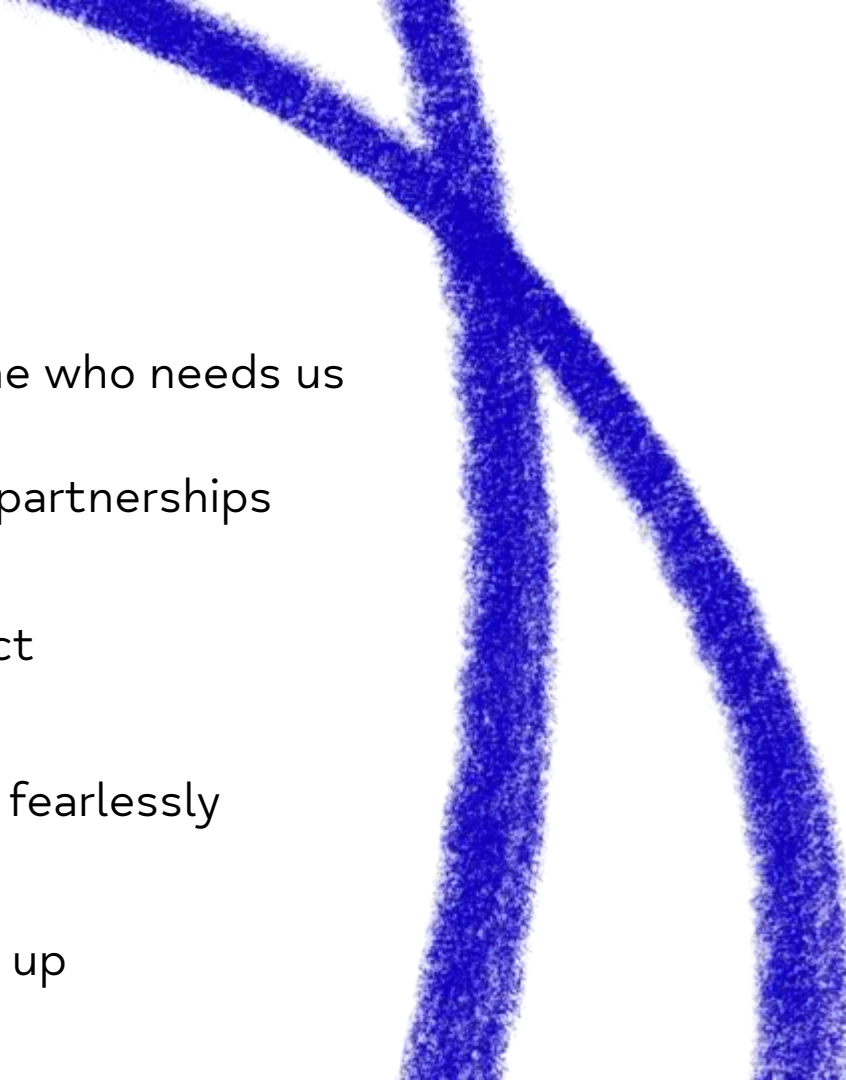
*Responsive:* We listen, we act



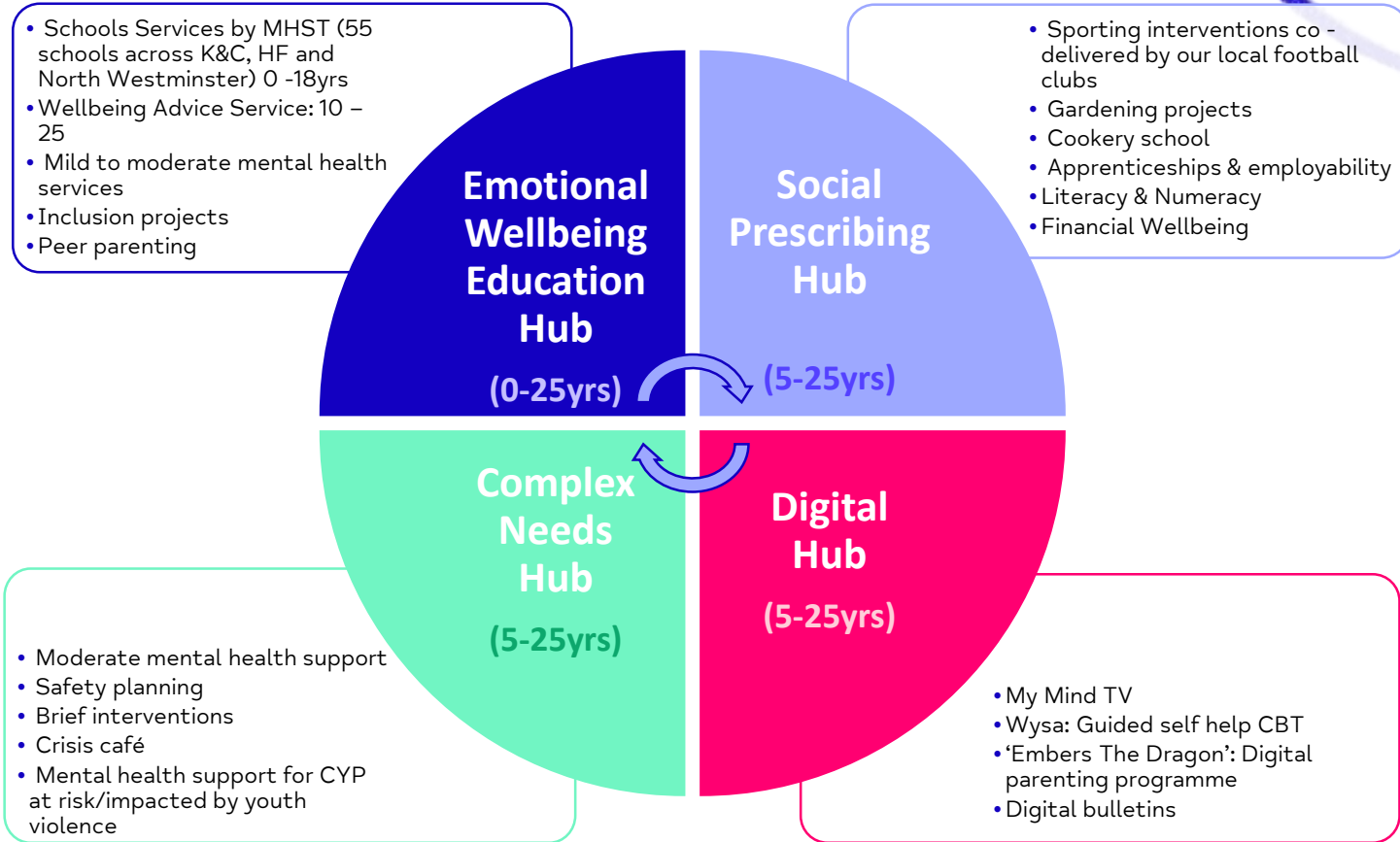
*Independent:* We speak out fearlessly



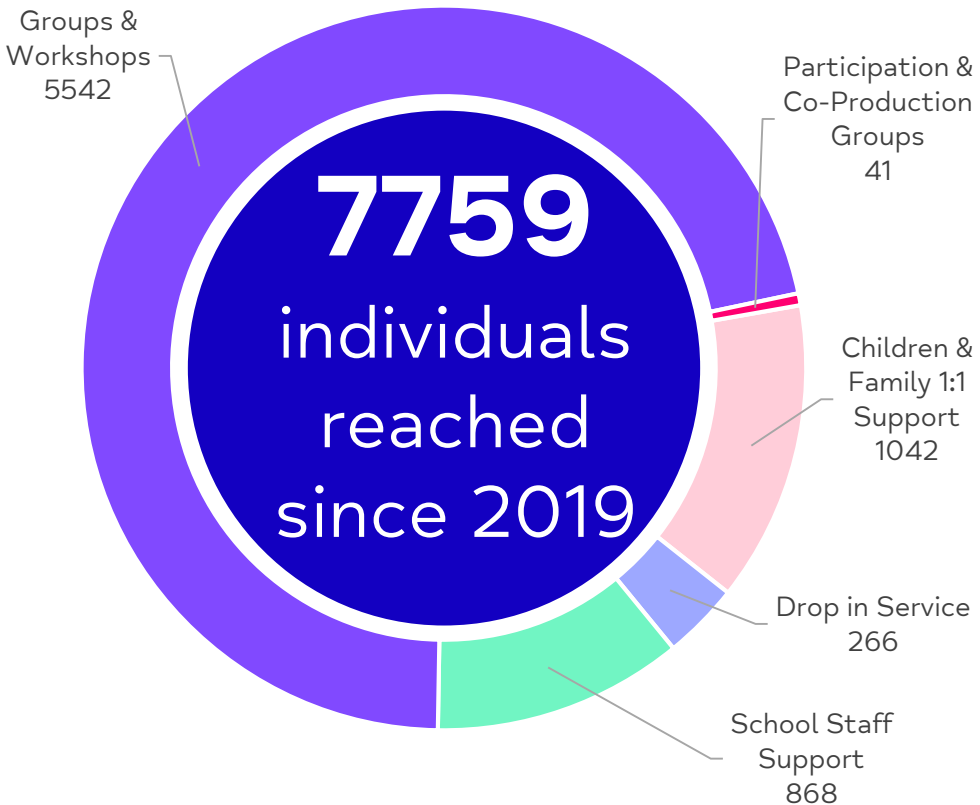
*Unstoppable:* We never give up



# Our Hub & Spoke Model



# MHST Activity, Reach & Feedback



*I was able to express my emotions and have a weekly time to focus on me. It was really nice and I think I've improved a lot. **(CYP 1:1 work)***

*Just wanted to say how much my child is enjoying Brain Buddies and is using all the techniques that they are getting taught. It has helped him understand some of the emotions he is feeling and then take control of them. Thank you for organising these sessions! **(CYP Psychoeducation Workshop)***

*It was helpful to hear about other parents difficulties as I also found myself in many of them. It was helpful to learn new strategies how to tackle challenging behaviour. **(Parent Workshop)***

# The Education Inclusion Programme

27 students at risk of school exclusion participated in the Education Inclusion Programme between April and July 2021.

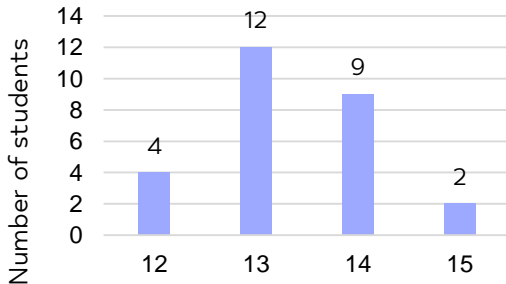
96% overall impact using a trauma informed approach intervention for CYP's

Supporting education provisions to engage students who are exhibiting persistent disruptive/challenging behaviour, which is impacting their academic attainment and/or at risk of school exclusion.

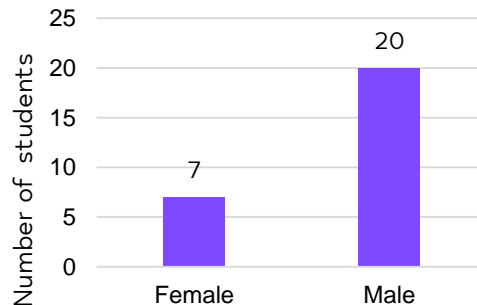
## Interventions Include:

- Psychoeducation workshops
- Behaviour management strategies
  
- Consultations with the senior leadership team to assess the underlying causes of challenging behaviour and apply reasonable adjustments to school policies
  
- Staff CPD on managing challenging/persistent disruptive behaviour
- Staff reflective groups
  
- Supporting schools to identify barriers to academic attainment due to challenging and disruptive student behaviour caused by underlying mental health needs

Age



Gender





# Support For School Staff

## Systemic

- The unconscious impact of secondary trauma on teachers
- Stress, compassion fatigue & burnout
- Understanding how to self-regulate to use the ARC framework with CYP
- Self-care for secondary trauma
- Supporting staff to identify barriers to academic attainment due to challenging and disruptive student behaviour caused by underlying mental health needs

## Whole School Approach

- The telephone drop-in service for staff provides a confidential, non-therapeutic space for staff to access support for their own wellbeing
- **Universal workshop topics include:**
- Youth Mental Health Awareness
- Stress and Resilience
- How to Have a Conversation about Mental Health
- Healthy Habits & Sleep Hygiene
- Work/life Balance & Self-Care

“We need more workshops like this; where we have practical steps to respond to trauma. Linking brain function to behaviour is a good reminder for staff development/practice. Staff really enjoyed the session. Thank you.” **(AP Headteacher)**

“This workshop has made me reassess how I might be affected by the trauma I see in others. I've understood that by not recognising my own needs and response – I cannot be effective.”  
**(Pastoral Lead - Secondary School)**

“Your input and guidance has been invaluable to us and I hope we can continue to look to you for support as we move forward.”  
**(Headteacher- Primary School)**





Hammersmith,  
Fulham, Ealing  
and Hounslow

**School  
Support**



**Open**



**Together**



**Responsive**



**Independent**



**Unstoppable**