

## A WHOLE AREA APPROACH IN LEEDS

### Child Friendly Leeds

This is a local initiative that aims to bring everyone together to make Leeds a child friendly city and make it a place where children are valued, supported, enjoy growing up, and look forward to a bright future. Local children and young people came up with 12 wishes for a child friendly Leeds. These includes making healthy life choices, being fairly treated and having a say - [http://www.breezeleeds.org/pg/287/Child\\_Friendly\\_Leeds](http://www.breezeleeds.org/pg/287/Child_Friendly_Leeds) For more information about the initiative go to - <http://www.leeds.gov.uk/c/Pages/childFriendlyCity/default.aspx>

This commitment to making the city child friendly provides a good basis for promoting emotional wellbeing within schools.

### Leeds TAMHS (Targeted Mental Health Services in Schools)

TAMHS Leeds is a city wide project, developed and managed by the Health and Wellbeing Service, Children's Services. It builds on the success of the Targeted Mental Health in Schools (TAMHS) pilot, and develops schools' emotional wellbeing and mental health provision while providing young people with swifter and easier access to mental health professionals.

The Leeds TAMHS project has produced some excellent outcomes including measurable improvements in mental health and emotional literacy, high positive user feedback, improvements in school attendance, swifter access to support and advice, improved onward referrals and full re-commissioning of services by clusters.

Funds were made available by Leeds City Council, NHS Leeds and the School Forum to further develop the project after the national funding came to an end. The schools themselves have also match funded the project following an application process.

There are three layers to the work:

- Whole school work for all pupils,
- Targeted work in school for some children with extra needs and
- Individual, therapeutic support. The therapeutic support can be in the form of staff consultations, group work, individual support or family consultations.

Schools receive 2 years of support to look at and develop their whole school and targeted support to pupils as well as setting up their specialist service. This support makes it much easier for schools to commission evidence based interventions that can be provided within the school.

Clusters receive 2 years of funding to commission a specialist mental health service which is included in their **multi professional cluster team**. This gives schools quicker access to specialist advice and support than was previously available. The clusters commission specialist services like Leeds Counselling Services, the CAMHS in schools service, Place2Be, Relate, Barca and The Beck.

## **Leeds Healthy Schools**

The Leeds Healthy School Programme is also managed by the Health and Wellbeing Service. Unlike TaMHS there are some (small) costs to schools associated if they wish to access it.

The new Leeds Healthy Schools 'School Health Check' builds on the underlying principles of the English National Healthy Schools Programme and is available to any school or setting. It is a simplified and Ofsted-ready version of National Healthy Schools Status (previously Whole School Review/Annual Review). In addition, the Leeds 'Healthy Schools Plus' model allows schools to set targets and measure specific areas of health of pupils such as Emotional Wellbeing and Mental Health. The TaMHS project approach links and integrates with this through its review and action planning process.

Glossary:

Clusters: Geographically based groups of schools who come together to pool resources for supporting pupils. Each cluster has a manager of these services.

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<http://www.schoolwellbeing.co.uk/>

<http://www.schoolwellbeing.co.uk/pages/tamhs-leeds>

<http://www.healthyschools.org.uk/index.php>