



The Children and Young People's Mental Health Coalition

Behaviour and mental health inquiry: Information pack for Parent-Carer Advisory Group

The Children and Young People's Mental Health Coalition are looking for **8 parents-carers** and to join an advisory group to support our new inquiry into mental health and behaviour in schools. This short information pack outlines everything you need to know about the inquiry, including:

- Information about the behaviour and mental health inquiry (page 2)
- What being part of the Parent-Carer Advisory Group will involve and the support you will receive to take part (page 3)
- Timelines for the inquiry (page 4)
- Important information and how to apply (page 5)

About the Children and Young People's Mental Health Coalition

[The Children and Young People's Mental Health Coalition](#) brings together over 250 organisations to speak as one on children and young people's mental health. We carry out campaign and influencing work to ensure that the mental health needs of babies, children and young people and their families are represented and responded to.

We also campaign and lobby for change on behalf of our members, this includes bringing together and sharing the latest evidence with decision-makers



About the inquiry

What is the behaviour and mental health inquiry?

We know that many young people often get punished for behaviour that is linked to their mental health.

We have become increasingly concerned that current approaches to behaviour management in schools, such 'punitive' approaches like isolation rooms, and exclusion, do not recognise the important link between behaviour and mental health. Instead, we believe they can actually do more harm to young people's mental health and have can have a massive on families.

That's why we are launching our inquiry into behaviour and mental health in schools. Through the inquiry, we want to find out more about:

- The links between mental health and behaviour
- How current school policies on behaviour are impacting young people and their families
- What should be done to create a positive school environment that promotes both behaviour and mental health

We want to use this inquiry to help build a more inclusive education system in the long-term.

What will the inquiry involve?

The inquiry will have two main parts:

1. Call for evidence: We want to gather insights to ensure we're gathering the latest and most relevant information. This will include a survey for professionals and school staff, a survey for parents and carers, and a survey for young people.
2. Evidence sessions: This will involve inviting key stakeholders to come and provide evidence in front of a panel.

We will then use the findings gathered from the call for evidence and evidence session to develop a final report.



The Parent-Carer Advisory Group

We are looking for 8 parents and carers to join our Parent-Carer Advisory Group for the inquiry to support us. The purpose of the Advisory Group is to make sure that the voices of families are placed at the centre of the inquiry and its recommendations.

Being a part of the Advisory Group will involve sharing your views and your experiences. We want to hear your honest thoughts about how to shape the inquiry and the recommendations we put forward.

What will being part of the Parent-Carer Group Involve?

This will involve taking part **in 3 Advisory Group meetings through-out the inquiry**. Each meeting will last a maximum of 2 hours and will take place online. There may also be some work involved in between meetings.

The meetings will focus on the following:

- **Planning and design** – this will be the first session and will provide the opportunity to help shape what the inquiry will look like, including helping us to develop our terms of reference.
- **Evidence gathering** – this second session will help us to design our survey and our evidence sessions with professionals.
- **Conclusions and recommendations** – in the final session, we will look at the findings from the inquiry and together will develop recommendations to go into the final report.

There will also be further opportunities to take part in the inquiry outside of the advisory group meetings. These include:

- As a panel member at the evidence sessions. To note that we will have one or two parent or carers sitting on each panel for the evidence sessions, and we will hold preparatory sessions to support you as a panel member.
- Creating content for social media and for our website when the report launches.

This is a paid opportunity. Each member of the advisory group will be paid **£25** per hour.

By taking part, you will receive:

- Support and supervision throughout the project
- Training and experience in mental health policy work
- The opportunity to have your voice heard in all stages of the project
- Opportunity to engage with other young people, parents-carers and professional experts.

We will support you to make sure you have the information you need to fully take part in the Parent-Carer Advisory Group. You will be supported by our Coalition Lead, Charlotte Rainer who is leading the project.



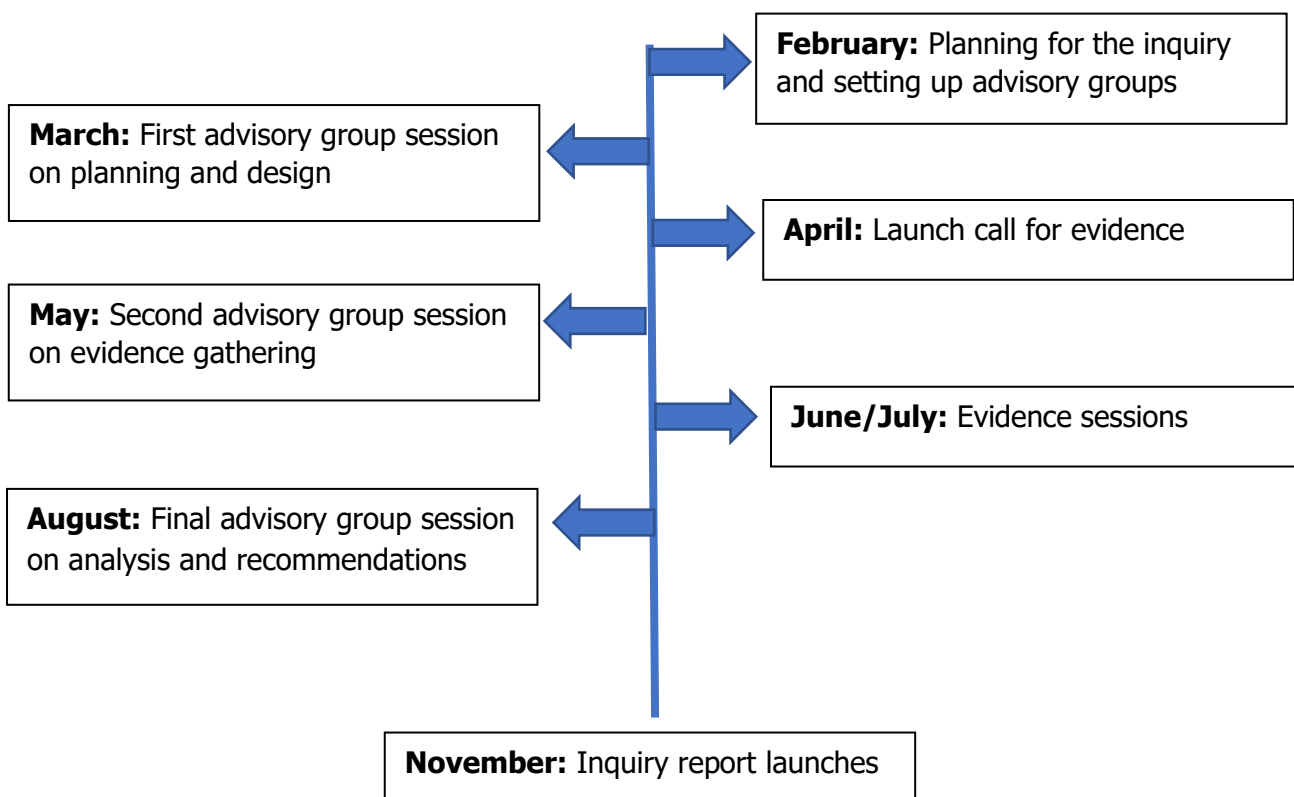
Who can be involved?

We are looking for parents-carers who are passionate about creating a more inclusive education system for children and young people. If your family has experienced punitive school behaviour approaches, such as exclusion, then that would be welcome.

We are also looking for a diverse group in terms of age, race, gender, sexuality and geographical location.

Timeline

To note that this is an indicative timeline and might change as the inquiry develops, but hopefully it should give you an idea of the timescales we are working to.





Important information

- We may use some of what you tell us in our final report. We will not use your input in any way other than on our report and will not do so without your permission.
- The group will be hosted by the Coalition, with the Coalition Lead being the main point of contact. This means we will hold your contact details until the inquiry finishes (November 2022).

How to apply

If you would like to apply to become part of the Parent-Carer Advisory Group, then please complete an application form by **Friday 11th March**. We will operate on a 'first come first served' basis.

A link to the application form can be found here:

https://docs.google.com/forms/d/e/1FAIpQLSezEgG7DYH6m8zM3sBRQM-zCVLkolvP9fiVHctfDkwe8y7Wzg/viewform?usp=sf_link

If you would like to answer the questions in the application form over the phone, then please do let us know. Please also do get in touch with Charlotte Rainer, Coalition Lead, via email, phone, or message if you want to find out more information about the inquiry.

Email: charlotte.rainer@cypmhc.org.uk

Phone: 07561 584726

We look forward to hearing from you!