

UTC Swindon Student Mental Health Procedure

Our Procedure

At UTC Swindon we are committed to supporting the mental health and wellbeing of our students. We endeavour to create an open and welcoming environment where every student has a voice and feels supported. At UTC Swindon positive mental health is everybody's responsibility, we all have a role to play. We endeavour to understand and adapt to each individual student needs.

The aim of the procedure is to demonstrate our ongoing commitment to the mental health of our students at UTC Swindon.

Our mental health aims at UTC Swindon are:

- Help students to understand their emotions and experiences better.
- Ensure our children feel comfortable sharing any concerns or worries and are aware of who to send them to.
- Help students to form and maintain healthy relationships with peers and staff.
- Build students confidence and to promote their self-esteem.
- Help students to develop resilience and ways of coping with setbacks.

At UTC Swindon we will promote a healthy environment by:

- Promoting positive mental health and emotional wellbeing in all students
- Promoting our school values and encouraging a sense of belonging to a community.
- Providing opportunities to develop a sense of worth and to reflect.
- Promoting our students' voices and giving them the opportunity to participate in decision making.
- To value individuals for who they are.
- Adopting a whole college approach to mental health and providing support to students' who need it.
- Ensuring students are aware of mental health issues and their signs and symptoms.
- Enabling staff to respond to early warning signs of mental health in students.
- Signposting students to appropriate services (internally and externally).

Key Staff Members

All members of staff at UTC Swindon have a responsibility to promote the mental health of students and each other. However certain staff members have a specific role in the process; these are:

- Mental Health Lead and ELSA: Kay Hunt
- Designated Safeguarding Lead and Head of KS4: Leonie Marvell
- Deputy Safeguarding Leads: Hollie Taylor and Steve Phillips
- Pastoral team: Kay Hunt, Louise Stratford, and Leonie Marvell.
- SENCO: Jayne Rafferty
- Head of KS5: Sarah Crookes

- School Nurse: Gemma Johnston
- First Aiders: Helen Curtis, Leonie Timperley, Steve Phillips, Sarah Crookes, and Byron Calderwood

Learning about Mental Health

Mental health is discussed and embedded into the curriculum students learn during GCL for key stage 4 and PPD for Key Stage 5, this is also discussed as part of the tutor programme. There is also opportunities throughout the academic year when external agencies come into school to discuss the support they offer.

At UTC Swindon we have various mental health orientated sessions that support our student's wellbeing, examples of this are:

- Boys Mental Health Group
- Girls Mental Health Sessions
- Wellbeing afternoons (off timetable)
- Physical activity sessions (football/table tennis/gym sessions)

External Support

UTC Swindon understands how vital it is to work with outside agencies to scaffold young people's mental health and wellbeing. We work closely with various agencies, including: BEU Swindon, School Nurse, IPSUM, and others, to meet all students' mental health needs.

Signposting

At UTC Swindon we ensure that all staff, students, and parents are aware of the support that is available to for mental health. At UTC Swindon we understand that mental health issues do not disperse out of school hours therefore we support parents, carers, and students to access mental health support out of college hours.

- Self-Referral Form for BEU Swindon

<https://gateway.mayden.co.uk/referral-v2/f26e3e77-08f8-4540-a671-967425025a35>

- Hopeline247 – Papyrus Prevention of Young Suicide

Call: 08000684141

Text: 88247

Email: pat@papyrus-uk.org

- Pupils can self-refer to the school nurse by emailing SNN@swindon.gov.uk. Just include your name and query and they will get back to you about a school nurse appointment at school.

Identifying Needs and Warning Signs

Below is a list of warning signs that could indicate mental health concerns, recognisable in yourself, peers, and adults.

We ensure when warning signs are identified, or we are informed of concerns within school we will always take them seriously and make relevant referrals as stated above.

Signs of poor mental health, include:

- Any form of self-harm
- Changes in eating and sleeping.
- Increased isolation from friends and family and becoming socially withdrawn.
- Changes in mood
- Talking and/or joking about self-harm and/or suicide.
- Vaping, smoking, drug, or alcohol abuse
- Feelings of failure, uselessness, and loss of hope.
- Secretive behaviour.
- Negative behaviour patterns, e.g., disruptions.
- Changes in appearance
- Attendance
- Punctuality and lateness.
- Changes in educational attainment and attitude toward education
- Relationship problems (personal, family or friends)

Managing Disclosures and Confidentiality

If a student discloses concerns about themselves or someone else, to any member of staff, staff will respond in a calm and non-judgemental way.

All disclosures will be recorded confidentially and only shared with the appropriate authorities if necessary to keep the child safe, in line with the safeguarding policy. Parents/carers will need to be informed of any mental health concerns if students are deemed at risk. We document all concerns using CPOMS and when appropriate we will feedback to students regarding their disclosures.

Working with Parents

At UTC Swindon we aim to work in partnership with parents/carers to keep our students safe. This means keeping them informed about our concerns and any support required.

- Share and highlight sources of support for young people mental health and wellbeing
- Ensure that parents and cares are aware of who to talk to if they have any concerns about their child.

Working with other Agencies and Parents

We believe it is vital to work with other agencies to support our students' mental health and wellbeing. These agencies might include:

- ELSA
- The school Nurse
- BEU Swindon (TAHMs, CAHMS and TEDs)

- Educational Psychologist
- U-turn
- Family support workers
- IPSUM
- PAPYRUS
- GPs

Supporting Peers

At UTC Swindon we understand that, when a student is suffering from mental health issues, it can be a difficult time for their peers. We will provide support in a one-to-one or group setting dependent on individual cases.

Training

At UTC Swindon all staff receives regular training on mental health so that they can recognise and respond to mental health issues. This will form part of their regular safeguarding training and is a requirement to keep children safe.

Policy Review

This policy will be reviewed every academic year. This is so that it remains up to date and relevant. We will also regularly review it in accordance with local and national policy change.

Last Updated: 7th November 2024