

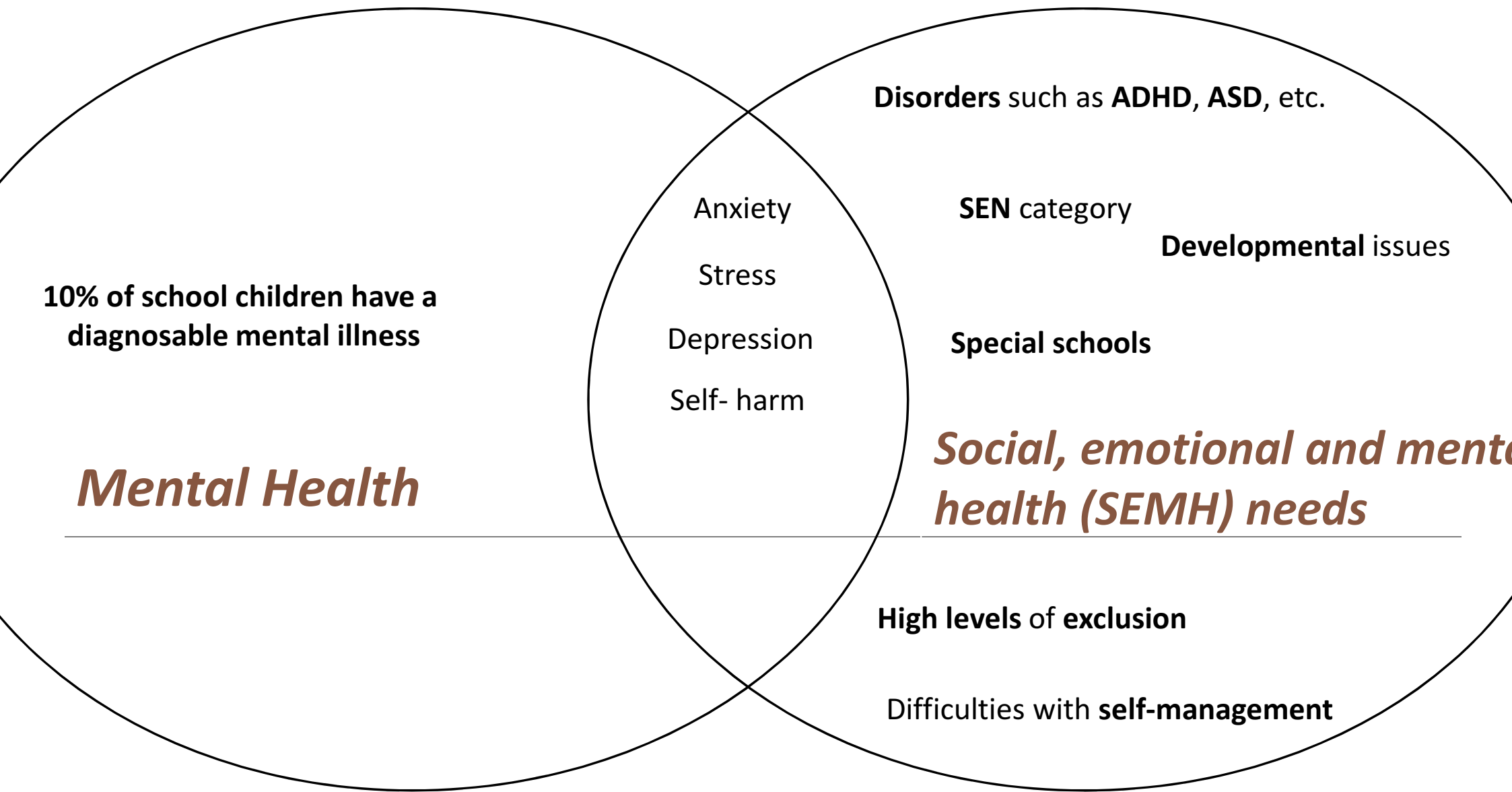
# **Children & Young People Select Committee – Mental Health in Schools**

**December 2017**

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- Teaching for over **20 years** in London (Tower Hamlets, Greenwich, Southwark)
  - 5 years at a school for pupils with **social, emotional and mental health** (SEMH) needs in Peckham (Interim Headteacher in 2015)
  - Education **Consultant** specialising in **SEMH, mental health** well-being, inclusion
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**Ammar Al-Ghab**



10% of school children have a diagnosable mental illness

## *Mental Health*

Disorders such as **ADHD, ASD**, etc.

**SEN** category

**Developmental issues**

**Special schools**

## *Social, emotional and mental health (SEMH) needs*

**High levels of exclusion**

Difficulties with **self-management**

Anxiety

Stress

Depression

Self-harm

Carried out a **social, emotional and mental health audit** of over **60** schools across the country to identify key actions arising

The audit was divided into two areas:

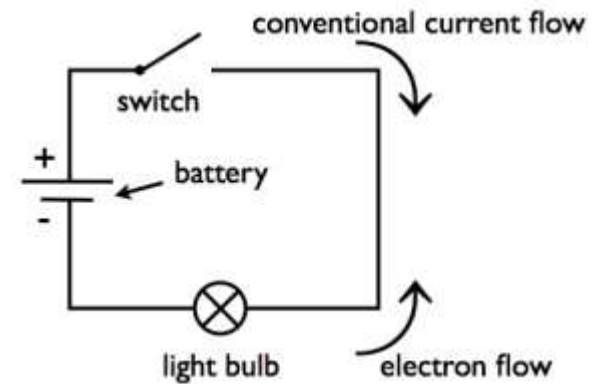
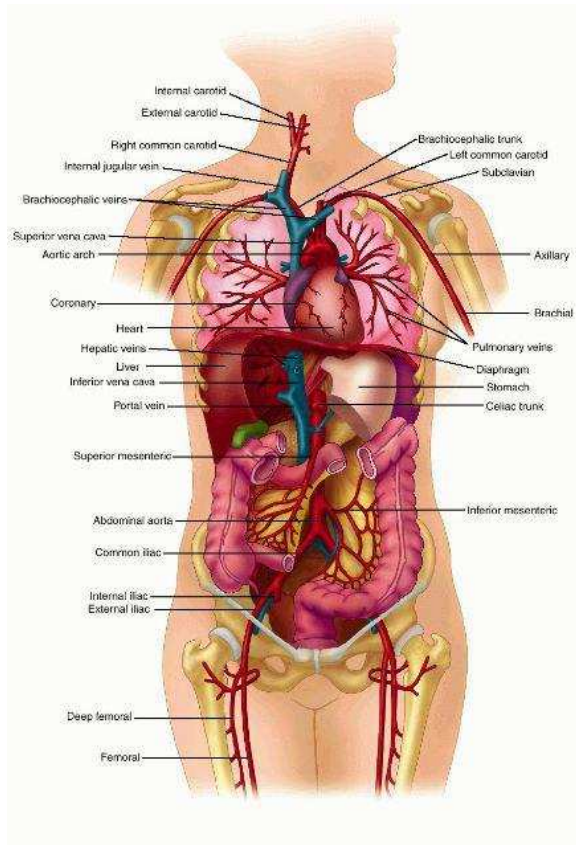
**Mental health across the school**

**Community cohesion and connectedness**

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# Schools are complex organisms

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Mental Health **does not exist** in a **discrete area**.

Mental Health **underpins all aspects** of school-life: **assessment, behaviour, relationships, teaching & learning, etc.**

# Key priorities identified

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## mental health across the academy:

**Opportunities for parents/carers to engage in** promoting pupils' well-being and mental health.

**Systems and processes** in place to **support staff well-being** and tackle work-related stress.

A programme of **ongoing whole-staff mental health training**.

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## **Community cohesion and connectedness:**

Teaching/programmes/initiatives to **promote diversity, tackle prejudice** and **remove stigma** around mental health.

**Pupil voice: Regular** and **impactful** pupil council meetings; pupil questionnaires/fora are used to gauge pupils' concerns/needs (e.g. exam stress).

**Parent/Carer engagement:** A range of opportunities for parents/carers to be **involved in the life of the school**; extensive **outreach to struggling families**.

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