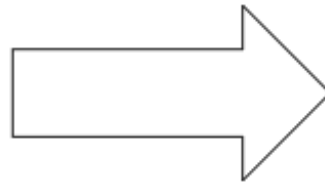




## Crooksbar's Mental Health Offer

<b>CREATED/REVIEWS</b>	<b>March 2024</b>
<b>REVIEW DETAILS</b>	<b>To be reviewed by the Mental Health Lead, Head Teacher, and Governing Body annually. Updates and changes are made in line with pupil/staff need and services available.</b>
<b>REVIEW DATE</b>	<b>March 2025</b>

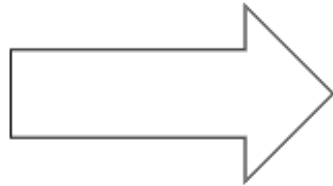
Whole School  
Programme  
EYFS-KS2  
Parents/ Carers  
Staff  
(Level 1)



### Prevention

Alliance Partnership (Assemblies, Staff CPD, Attending school events)  
CAHMS Parent Workshops communicated to parents  
Follow MHST Prevention, Identification, Early Support, Specialist Support  
SEMH concern referral forms to SMHL  
Zones of Regulation  
PSCHE Curriculum tailored to school and cohorts needs  
Weekly Wellbeing Time (WELBY)  
Awareness events (Hello Yellow, Childrens Mental Health Week, Anti-Bullying Week)  
Signposting pupils, parents and staff to Kooth and Impact on Teesside  
Pupil voice teams – School Council, RRS  
Staffroom decorated as a calm environment with a wellbeing display (including stress prevention strategies)  
PPA from home  
Pupil, Staff and Parent voice – Surveys  
Mental health support flyers in the foyer  
Mental health book stand  
Mental health Toolkit  
Mental health signposting display UKS2  
Welcoming, calming environment  
Staff Mental Wellbeing promise  
Frequent mental health related inserts on weekly newsletter  
CPOM – SEMH tag that alters SMHL, MHTA and SENCO

Tier 1 Provision  
Level 2



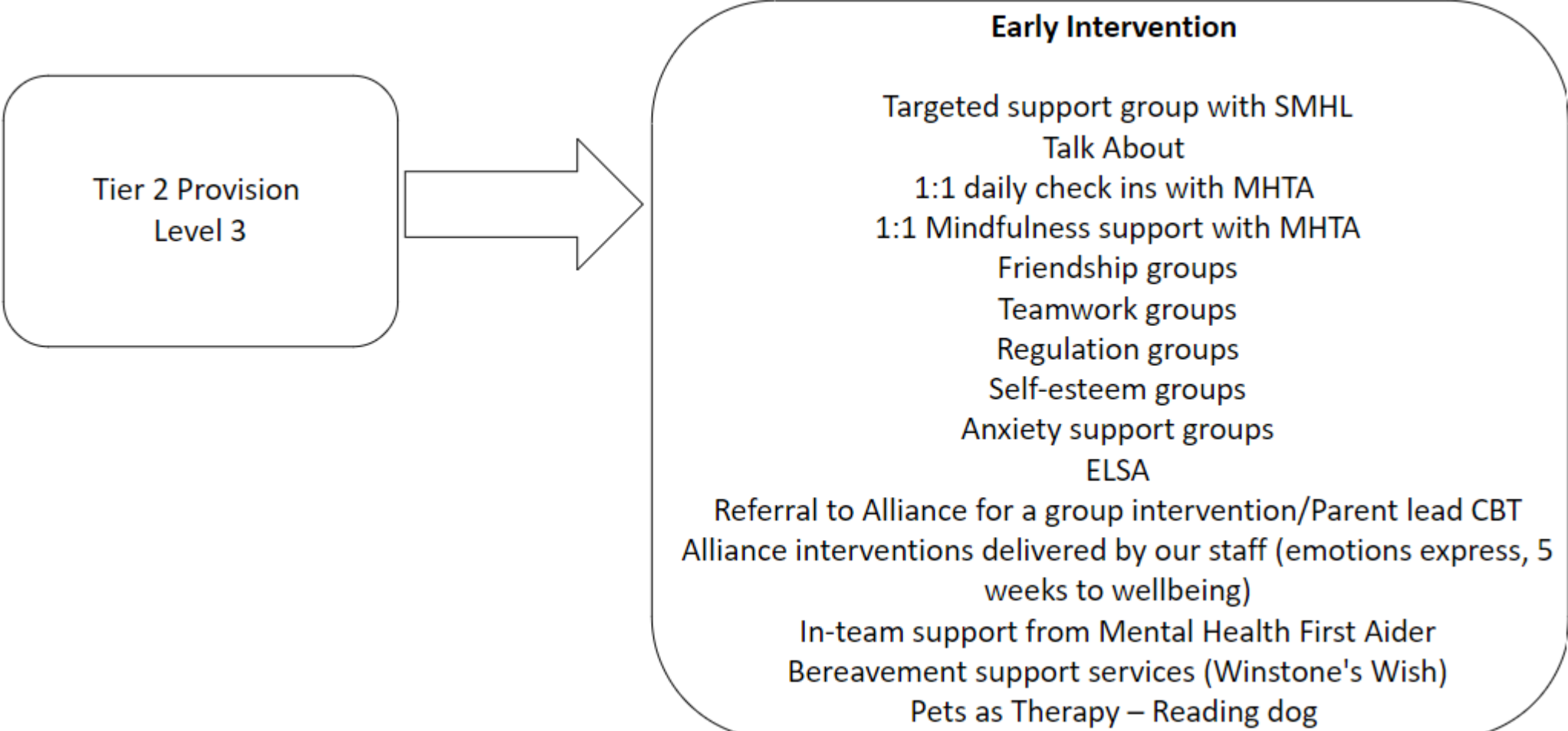
**Identification can lead to...**

- Signposting for pupil or parent to MH Toolkit
- Mindful Yoga group
- Increased monitoring
- Referral to SMHL or escalation to Tier 2 based on assessment

**Additional Tier 1 Support**

- Mindfulness sessions for Y2 and Y6 during SATS
- Alliance stress awareness workshop for Y6 during SATs

Tier 2 Provision  
Level 3



### Early Intervention

Targeted support group with SMHL

Talk About

1:1 daily check ins with MHTA

1:1 Mindfulness support with MHTA

Friendship groups

Teamwork groups

Regulation groups

Self-esteem groups

Anxiety support groups

ELSA

Referral to Alliance for a group intervention/Parent lead CBT  
Alliance interventions delivered by our staff (emotions express, 5  
weeks to wellbeing)

In-team support from Mental Health First Aider

Bereavement support services (Winstone's Wish)

Pets as Therapy – Reading dog

Tier 3 Provision  
Level 4

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graph LR; A[Tier 3 Provision Level 4] --> B[Specialist Support]; B --- B1[Educational Psychologist Referral]; B --- B2[Alliance Referral (1:1 counselling or CBT work)]; B --- B3[Butterfly 1:1 counselling]; B --- B4[Children's Social Services referral]; B --- B5[CAHMS Referral – Support for High Intensity CBT]; B --- B6[Early Help Referral]; B --- B7[School Support Officer (Service support advice)]; B --- B8[0-19 Team Referral (0-19 - School Nurse)]; B --- B9[Access to Bungalow Counselling (Staff)];
```

### **Specialist Support**

Educational Psychologist Referral  
Alliance Referral (1:1 counselling or CBT work)  
Butterfly 1:1 counselling  
Children's Social Services referral  
CAHMS Referral – Support for High Intensity CBT  
Early Help Referral  
School Support Officer (Service support advice)  
0-19 Team Referral (0-19 - School Nurse)  
Access to Bungalow Counselling (Staff)