

## Our Vision

HeadStart will increase happiness and mental wellbeing for children in Southampton. Communities, families and schools will work together to help children to cope with difficulty, and to thrive in life.

## Our ambition is that children and young people

- Feel happy and supported and thrive
- Are empowered to make good life choices
- Have a sense of belonging
- Are confident and ambitious and can pursue their aspirations

## And....

- Everyone in Southampton can talk supportively about mental health
- Communities, schools, parents & CYP work seamlessly to give CYP the support they need



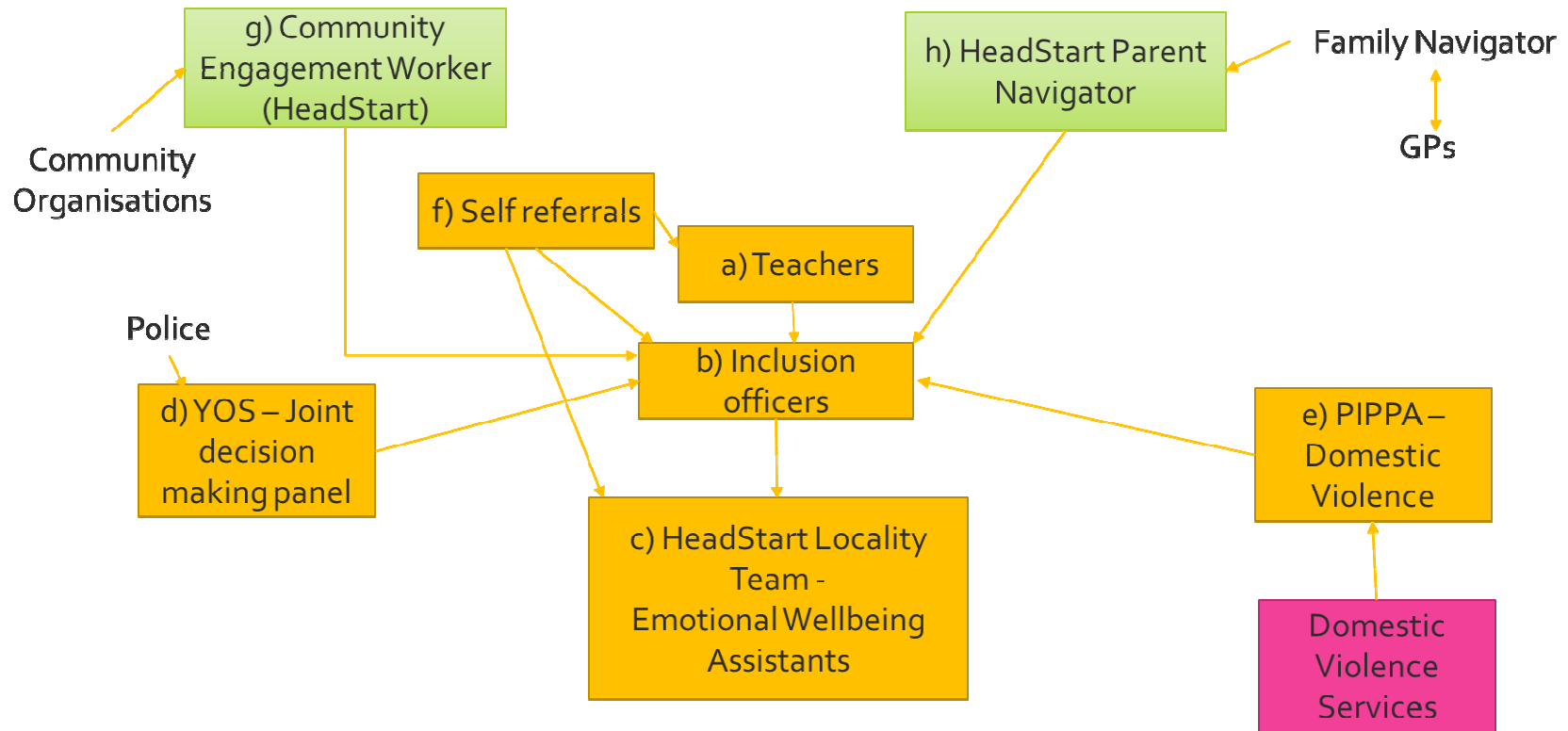
## What is HeadStart Southampton going to do?

Overarching outcome: Children feel happy, supported and thrive

What is HeadStart Southampton going to do?	
<b>Universal</b>	
<p><b>1. Whole School Approach to Mental Wellbeing &amp; Resilience</b></p> <p><b>a) Academic Resilience Framework      b) Restorative Practice</b></p> <ul style="list-style-type: none"> <li>• Workforce development for adults in school and community – Community of Practice</li> <li>• All secondary schools use Academic Resilience Framework to identify strengths &amp; gaps for children</li> <li>• Restorative Practice principals &amp; language are used to engage in positive conversations and give children continuity from Primary to Secondary school</li> </ul>	
<p><b>2. Anti-stigma campaign and raising awareness</b></p> <ul style="list-style-type: none"> <li>• Co-produced awareness campaign on mental health and anti-stigma, plus promotion of the HeadStart programme</li> <li>• Children feel able to talk without stigma and judgement whilst adults feel confident to talk to CYP about mental health</li> <li>• Everyone and especially young people know how they can get involved in HeadStart</li> </ul>	<p><b>3. Emotional Wellbeing Development</b></p> <ul style="list-style-type: none"> <li>• Children are empowered with knowledge about mental health via the PSHE curriculum and know where to go for help</li> <li>• Adults (parents, school staff and community) are empowered with knowledge and skills about their own and children's emotional wellbeing and resilience</li> </ul>
<p><b>HeadStart Southampton referral tool Universal Plus criteria met</b></p>	
<b>Universal Plus</b>	
<p><b>4. Safe Places to Talk</b></p> <p>1:1 counselling in school, online and in the community enabling CYP can talk about worries to qualified counsellor within a confidential, convenient environment</p>	<p><b>5. Safe places to be involved</b></p> <p>a) Safe places in school to participate, have fun, make friends, relax and find talents</p> <p>b) Safe places in the community (positive, diversionary activities) delivered by trusted adults, trained in emotional wellbeing</p>
<p><b>6. Peer to peer support</b></p> <p>Older students support younger students. A caring, supportive network &amp; informal 'community of practice' amongst young people is developed</p>	
<p><b>7. Transition support</b></p> <p>Transition programmes to support vulnerable CYP with Peer Mentors having a key role, enable vulnerable children to feel settled, familiar &amp; have friends before starting secondary school with support continuing into Year 7</p>	
<p><b>8. Group work to support Parents</b></p> <p>Parent's courses to help parents; develop confidence and self-esteem, increase parenting skills, building own resilience and self-management, topic specific groups e.g. DV and youth offending.</p>	<p><b>9. Group work to support Children and young people</b></p> <p>Specialist group work to help children; develop confidence and self-esteem, build their own resilience and self-management and topic specific groups e.g. exhibiting disruptive behaviour and/or those living with domestic abuse</p>

For who?
<ul style="list-style-type: none"> <li>• Children &amp; young people aged 10-16 years</li> <li>• In all Southampton Secondary Schools</li> <li>• With a focus on aged 11-14 years (school years 8 and 9)</li> </ul> <p>Children identified by professionals, themselves or by friends/family as needing help and support 'to cope' and thus displaying behaviours and feelings associated with reduced emotional well-being or potential risk of emerging mental health problems.</p> <p>The HeadStart toolkit will be used to focus on reaching children at risk who:</p> <ul style="list-style-type: none"> <li>• Have decreasing educational engagement or attainment</li> <li>• Are potential first time entrants into the Youth Offending Service</li> <li>• Are living with current or historic domestic abuse</li> </ul>

# Referral Routes



## Model Key

Yellow Boxes – Core referral routes in to HeadStart

Green Boxes – Secondary referral routes from HeadStart core team

Pink box – Service outside of HeadStart

## Key Elements

Screening is undertaken by the Inclusion Officers in each school, using the screening tool

Criteria – must fulfil one of the following 1) persistently absent or disengaged from school, 2) Living with or have lived with domestic violence and abuse, 3) demonstrating offending or anti-social behaviour

# How the locality teams will work

