

# ***Conducting a MH audit on your setting***

*Presented by Samantha Garner*

*Date: 17<sup>th</sup> January 2022*

## **Connect with us**

**Twitter:** @VeemaEdu

**Facebook:** Veema Education

**Website:** [Veema.co.uk](https://www.veema.co.uk)



**Subscribe ...**  
to our newsletter  
[Click here](#)

# Welcome

# Why?

- gives an accurate picture of current situation
- a measure of where you are now
- will highlight gaps in training, information and support
- should involve all stakeholders

# Where to start

- decide who will manage the audit
- what is the purpose of the audit
- timescale and schedule for the audit

# What do you want to know?

Strategic & Environmental

Student Mental Health and Wellbeing

Staff Mental Health and Wellbeing

Parent Relationships

# Strategic & Environmental

- school leadership prioritise mental health and wellbeing
- school leadership work on their own emotional literacy
- there is a well written and published mental health policy
- all policies are regularly reviewed with regard to mental health
- data is regularly reviewed to ensure equity of access is prioritised

# Strategic & Environmental

- the school is a safe place for all students
- positive wellbeing is embedded into the curriculum
- the school promotes inclusivity
- regular mental health CPD for staff
- interventions are regularly evaluated

# Student Health & Wellbeing

- a clear tiered approach for students mental health
- how is mental health embedded into the curriculum
- staff are respectful of students
- students are involved in school decision and policy reviews
- support is provided for vulnerable students
- students are involved in managing bullying
- staff model positive behaviours



# Tiered Approach Examples (Provision Map)

- <https://charltonmackrellschool.org.uk/wp-content/uploads/2020/12/Social-Emotional-and-Mental-Health-Provision-Map-1.pdf>
- [http://www.guston.kent.sch.uk/serve\\_file/236995](http://www.guston.kent.sch.uk/serve_file/236995)
- <https://www.discovery.kent.sch.uk/assets/Documents/Attachments/Social-Emotional-and-Mental-Health-Whole-School-Provision-Map.pdf>

# Staff Mental Health & Wellbeing

- a clear tiered approach for supporting staff mental health
- staff receive training on how to support their own mental health
- staff are consulted and feel valued and supported
- regular workload reviews take place
- there are a wide range of wellbeing activities and tools accessible for all staff
- school leadership teams receive training how to support mental health of staff

# Parent Relationships

- parents are respected and valued
- parents regularly receive information on how to support their child's wellbeing
- barriers for parental engagement are identified and reduced

# How to find out

Review of existing policies:

- do you have a mental health policy
- who was/is involved in writing/reviewing
- how is it more than just an administrative exercise
- how do other policies consider mental health and wellbeing
- how are you measuring effectiveness

# How to find out

Conduct surveys:

- staff and students
- accessible and clear
- anonymous
- use positive language

# Why anonymous

## Pros

- honest answers are required to be most useful
- less 'social desirability bias'

## Cons

- unable to highlight specific areas
- trolling

# How to find out

Review data:

- staff sickness
- equity of access
- bullying
- mental health measurement
- parental engagement

# Measuring Mental Health

Student:

<https://www.annafreud.org/media/4612/mwb-toolkit-final-draft-4.pdf>

Staff:

<https://www.annafreud.org/schools-and-colleges/5-steps-to-mental-health-and-wellbeing/supporting-staff/conduct-a-confidential-annual-staff-wellbeing-survey/>



# Free Auditing Resources Available

- <https://czone.eastsussex.gov.uk/media/3934/mhew-audit-framework-final.docx>
- <https://www.blueprintforschools.co.uk/>
- [https://www.cypsomersethealth.org/resources/The\\_Wellbeing\\_Audit.pdf](https://www.cypsomersethealth.org/resources/The_Wellbeing_Audit.pdf)
- <https://www.staffordshire.gov.uk/Education/Access-to-learning/Graduated-response-toolkit/School-toolkit/Social-emotional-and-mental-health/Whole-school-responsibilities/SEMH-Whole-School-Audit.pdf>
- <https://emotionallyhealthyschools.org/review-and-celebrate/auditing-tools/>

# Developing an Action Plan

- a well-defined description of the goal to be achieved
- tasks/ steps that need to be carried out to reach the goal
- people who will be in charge of carrying out each task
- when will these tasks be completed (deadlines and milestones)
- resources needed to complete the tasks
- measures to evaluate progress

# Prioritising

- which will have the most impact
- what budget is available
- time constraints

# Ensuring Success

- the more detailed the plan, the more likely it is to happen
- scheduling regular reviews
- allocating time/resources
- team approach

Incremental change leads to transformational change.

# Recommended Further Reading

The Mental Health and Wellbeing Handbook for Schools: Transforming Mental Health Support on a Budget Paperback by Clare Erasmus

Mental Health in Education: Building Good Foundations Paperback 2019 by Samantha Garner

The Mentally Healthy Schools Workbook: Practical Tips, Ideas, Action Plans and Worksheets for Making Meaningful Change: Practical Tips, Ideas and Whole-School Strategies for Making Meaningful Change Paperback by Pooky Knightsmith

## PREMIUM WEBINAR

**£220** (School Pass)

Webinar box set &  
accompanying resources



Delivered by:

**Sam Garner**

Mental Health & SEND trainer,  
Keynote speaker, Author



Delivered by:

**Nina Jackson**

Mental Health & SEND trainer,  
Keynote speaker, Author



# Mental Health in our Schools! More than just a buzzword....

**30-minute webinars**

Starts 10/01/22 - Ends 24/01/22



**Session 1:** Neuroscience & Mental Health  
by Sam Garner

**Session 2:** Staff Wellbeing  
by Nina Jackson

**Session 3:** Conducting an MH on your setting  
by Sam Garner

**Session 4:** Student Wellbeing  
by Nina Jackson

**Session 5:** Working with parents to support Student MH  
by Sam Garner



**ACCREDITED  
PROVIDER**  
#777050



VeemaEdu



@VeemaEdu



Veema