

Specification Public Health- EHCAP 2020

Element 1 – Continuing Professional Development and Training

EHCAP will deliver 8 pairs of MACE webinars training a minimum of 100 staff from across services for children and young people with a particular emphasis on staff with responsibility for SEND, SEMH and behaviour policy development. Online feedback will be collected at the end of each workshop and learning from this feedback will be discussed at review meetings and learning embedded within the project. This feedback will inform an evaluation of emotion coaching techniques, the ACE informed approach and provide opportunity for reflection.

All Somerset staff and parents will have free access to EHCAP online resources through the project webpage www.emotioncoachingsomerset.co.uk and www.mindfulemotioncoaching.co.uk. The Somerset Wellbeing Framework will be promoted and discussed as the local model for developing a whole school approach to mental health. Information will be readily available about emotional support for staff who struggle with the course content and there will be a limited number of one to one coaching sessions available.

EHCAP will host two CPD best practice networking events where learners will further consolidate their learning.

At the end of the year EHCAP will provide an overview report.

Questions added to the booking form: <https://form.jotform.com/201771250149349>

- Is your school actively engaged in the Somerset Wellbeing Framework? (i.e. The Wellbeing Audit Tool is being completed or evidence has been submitted into any of the 3 Pillars of Wellbeing scrapbooks)
- Are you aware of the Public Health website www.cypsomersethealth.org ?
- Has anyone in school been trained in Tuning into Kids or Tuning into Teens?
- Does your school have Senior Mental Health Lead? Can you share their details?
- Are you a member of the senior leadership team?

Questions added to the feedback form: <https://form.jotform.com/201771168665360>

- Has this training helped to identify how this work supports a whole school approach to mental health and the Somerset Wellbeing Framework?
- How will you plan to share your learning with school staff, including the Senior Mental Health Lead, if that's not you? (text box)
- Would you be happy to be notified about any future mental health training? i.e. Mental Health First Aid, LIFEbeat RSHE, Somerset Wellbeing Framework sessions, Tuning into Teens/Kids etc.

Element 2 – Targeted intervention – Early Years Parent and staff support and training

EHCAP will identify key lead staff from 4 Early Years settings in Yeovil:

Birchfield

Little Discoveries

Milford

Reckleford

and to form a working group which will include representation from Ryalls Park Surgery as well as from the local health visiting teams and paediatricians.

EHCAP will host two organisational half day webinars developing the '6 Steps to Family Wellness Programme' - a practical tool to enable conversations about the science of stress and Emotion Coaching skills and techniques. Permissions and agreements will be created with a focus on working with adult care givers of children identified at 2/2.5 review and/or Global Level of Development score for Personal Social and Emotional Development.

Virtual screenings of 'Resilience' will be offered with opportunity for discussion.

All parents, carers and staff will have access to EHCAP online resources and will be encouraged to access resources on the Public Health website including The Parent and Carer Toolkit.

- 24 online coaching sessions will be provided. The first 20 sessions will be made up of 45 minute appointments with identified adult care givers. It is anticipated that some adult caregivers will need more than one coaching session but that the majority will quickly feel able to join group sessions. Depending on feedback, the final four sessions will run as 2 hour group sessions of online Tuning in to Kids hosted by Liz Peacock +/- one of the health visiting team.

For the EY training Public Health pre & post:

Are you aware of the Parent Carer Toolkit?

Are you aware of the Maternity Toolkit?

- Number of staff sessions delivered
- Number of staff trained in MACE
- Number of parent sessions delivered

- Number of parents involved
- Number of parents form a two parent household where both attended

Plus 4 case studies that will be part of final report: To collect evidence of impact from attendees through four in depth case studies demonstrating emotion coaching strategies that have

- promoted mental health and wellbeing
- strengthened relationships and understanding of behaviour in settings

Somerset Public Health Funded

Early Years 'Why are we waiting?' Project 2020

Resources:

You are able to access EHCAP's online resources for parents and colleagues at www.mindfulemotioncoaching.co.uk

You will also be provided with a box of resources:

My First Emotions – Sky Lark Publishing plus an additional copy of each of the 5 books for 0-3s

Mind Hug – donated by Dr Sarah Temple

Five to Thrive by Kate Cairns Associates

Finding Ray's Key – donated by Sam Goddard

My Brain by Ali Hart

A selection of John Timpson's booklets – most of these are available for free at Timpson's Key Cutters