



Spotlight on ... Wellbeing @KLB

We are putting together a Social, Emotional and Mental Health policy, including details of our graduated approach to targeted support, and welcome your comments via the [Feedback Form](#) link below.

Context

- A record 1.4 million children and young people sought NHS help for mental health problems in 2022
- The number of school-age children being referred to child and adolescent mental health services (CAMHS) has increased by 76% in the last three years
- Urgent referrals of under 18s to mental health crisis teams is three times higher than in 2019
- Increased referrals have led to wait times of up to two years in Gloucestershire
- School priority 22/23 – DFE Senior Mental Health Lead Training; workshops for students and families about self-harm (Satveer Nijjar) and drugs (Simon Leigh); timetable of events
- Ongoing school priority for 23/24

Our approach



Graduated Pathway: examples of intervention

Level 1 (Additional Support)

- HOY 6 1:1 solution focused mentoring sessions
- TIC Buddy

Level 2 (Additional Support)

- ELSA group support
- Zones of regulation
- KLB Enrichment programmes

Level 3 (Additional Support)

- My Plan
- Student workshops with the school counsellor

Level 4 (Intensive Support)

- My Plan+
- 6 1:1 sessions with the school counsellor
- Referral to Gloucestershire Inclusion Team

Level 5 (Specialist)

- Referral to CAMHS
- Referral to TALC

* See the draft SEMH policy below, for a full version of the graduated pathway

Priorities for this year

- Piloting student self-reporting questionnaires and evaluating their effectiveness in identifying needs and measuring impact
- Trial a new model of mental health/wellbeing intervention
- Empower students by developing a student mental health advisory board to influence policy and decisions
- Lead a consultation with all stakeholders to develop our mental health and wellbeing policy

Click on this [Feedback Form](#) link to share any feedback with us.

Useful website links:

<https://klbschool.org.uk/school-life/wellbeing/>

<https://klbschool.org.uk/school-life/tic/>

<https://klbschool.org.uk/school-life/klb-pd-journey/>

<https://klbschool.org.uk/school-life/extra-curricular-clubs/>