

HeadStart Kent Phase 3

Ashford Health and Wellbeing Board Briefing



Hello!

I'm Vicky Seward and I'm the Project Manager for HeadStart Kent in Ashford.

I'm sorry that I can't be with you today but you're in safe hands with my participation worker, Hannah.

If you have questions about HeadStart in Ashford please do get in touch via email at Victoria.Seward@kent.gov.uk or call me on 07989 342281

I'd be happy to meet with you in person if you would prefer.



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We are responding to concerns about children and young people's emotional wellbeing and mental health

- ½ of all mental health problems start by the age of 14 (Kessler et al 2014)
- At least 3 in every classroom has an emotional and behavioural problem (Green et al 2005)
- In an average classroom, 10 young people will have seen their parents separate, 1 will have experienced the death of a parent, 7 will have been bullied (Faulkner et al 2005)



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HeadStart Kent Mission Statement and Goals

By 2020 Kent young people and their families will have improved resilience, by developing their knowledge and lifelong skills to maximise their own and their peers' emotional health and wellbeing; so to navigate their way to support when needed in ways which work for them.

My wellbeing is not impacted by pressure to achieve and 'be perfect'

There is always someone for me to talk to

People around me understand wellbeing and how to promote it



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Aims of the HeadStart Programme

With the young person and their needs at the core of all work we aim to:

- Improve the resilience and emotional wellbeing of at risk 10-16 year olds
- Promote and facilitate cross-disciplinary, whole school/system/family approaches
- Develop best practice across these areas
- Generate sustainability



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Cultivating Sustainability

- Evidence-based
- Collaborative practice
- Sense of ownership
- Community champions
- Culture change



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Lois' Headstart Journey

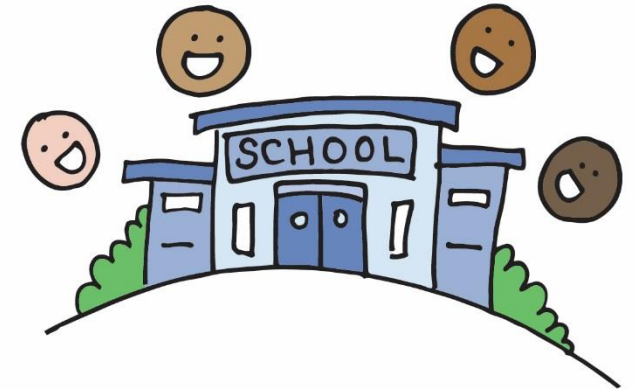


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So what does this mean for Ashford?



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HeadStart schools in Ashford

Secondary Schools

1. The North School
2. The John Wallis Academy
3. Homewood School
4. Highworth Grammar School
5. Goldwyn School

Primary Schools

- 1) St. Michael's CE Primary School
- 2) Tenterden CE Junior School
- 3) East Stour Primary School
- 4) Ashford Oaks Community Primary School
- 5) The John Wallis CE Academy
- 6) Willesborough Junior School
- 7) Kennington CE Junior School
- 8) Beaver Green Community Primary School
- 9) Phoenix Community Primary School
- 10) St. Mary's CE Primary School



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HeadStart schools will..

- ✓ Complete the **Resilience Toolkit**
- ✓ Implement the **HeadStart pathway**
- ✓ Enable key staff to undertake **training**
- ✓ Ask 2 year groups to complete an **annual wellbeing survey**
- ✓ Develop a **safe space**
- ✓ Develop **peer mentoring** programmes
- ✓ Act on a **whole school approach** including **student voice**, **senior leadership** involvement, **staff wellbeing** and participation from **parents**

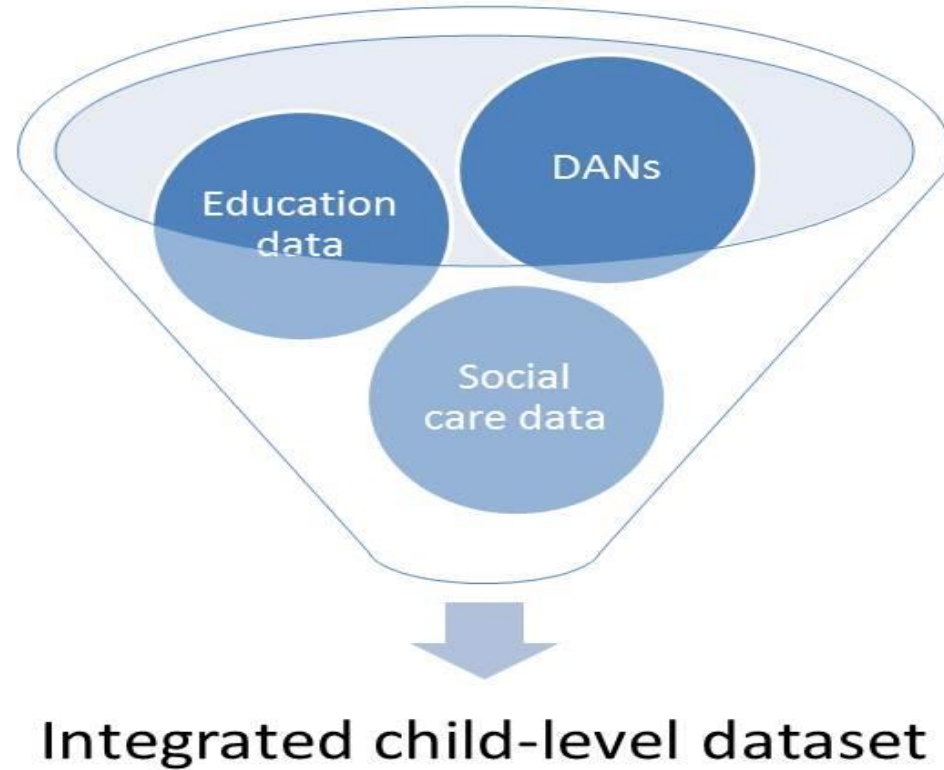


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How were the schools identified?



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Domestic Incident Emails

By working closely with **Kent Police**, HeadStart is informing schools via secure **email** if a domestic **incident** has occurred at the registered address of one of their students. This intelligence will allow school staff to keep this young person in mind and have a domains based conversation with them if necessary.

Before domestic abuse incidents are shared with HeadStart schools the following needs to be in place:

- A secure email address that the Designated Safeguarding Lead (DSL) accesses
- DSL has completed the [*KCSB Domestic Abuse Awareness training*](#)
- Completed the Introduction to HeadStart and Resilience Domains training

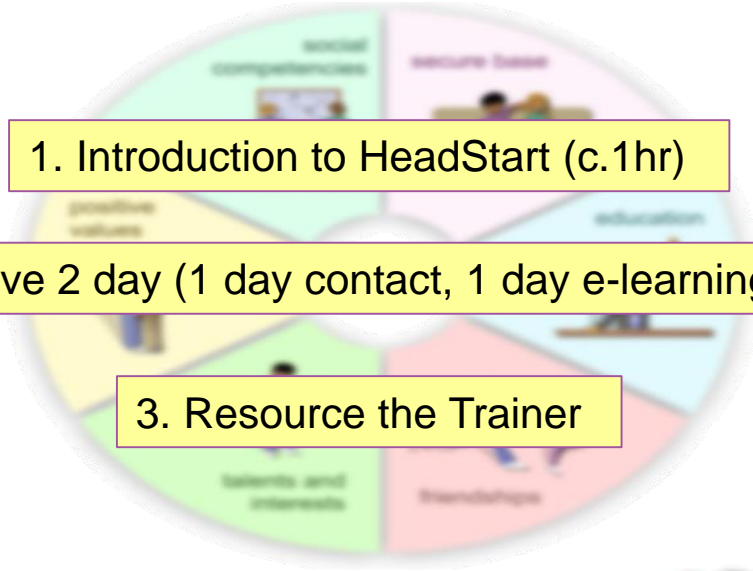


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Training Opportunities

Resilience Domains

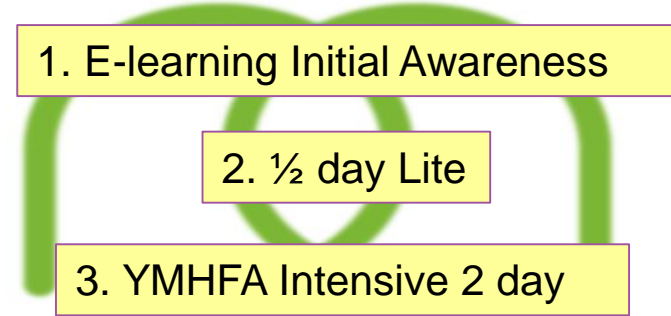


1. Introduction to HeadStart (c.1hr)

2. Intensive 2 day (1 day contact, 1 day e-learning)

3. Resource the Trainer

Youth Mental Health First Aid



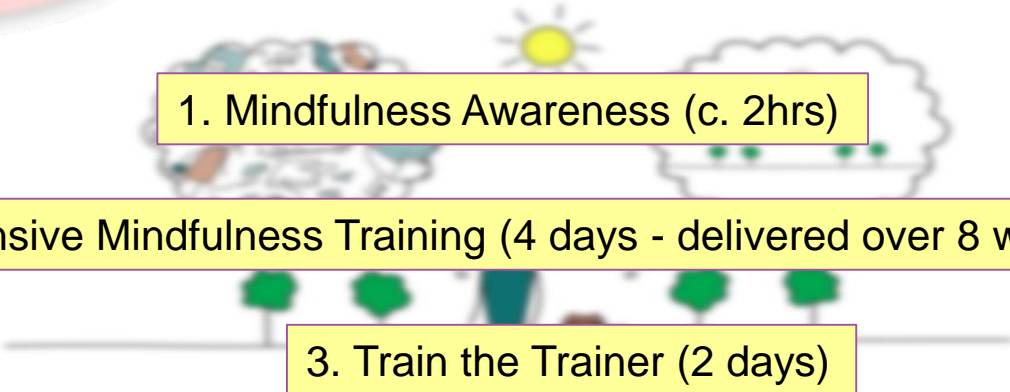
1. E-learning Initial Awareness

2. ½ day Lite

3. YMHFA Intensive 2 day

MHFA England

Mindfulness



1. Mindfulness Awareness (c. 2hrs)

2. Intensive Mindfulness Training (4 days - delivered over 8 weeks)

3. Train the Trainer (2 days)

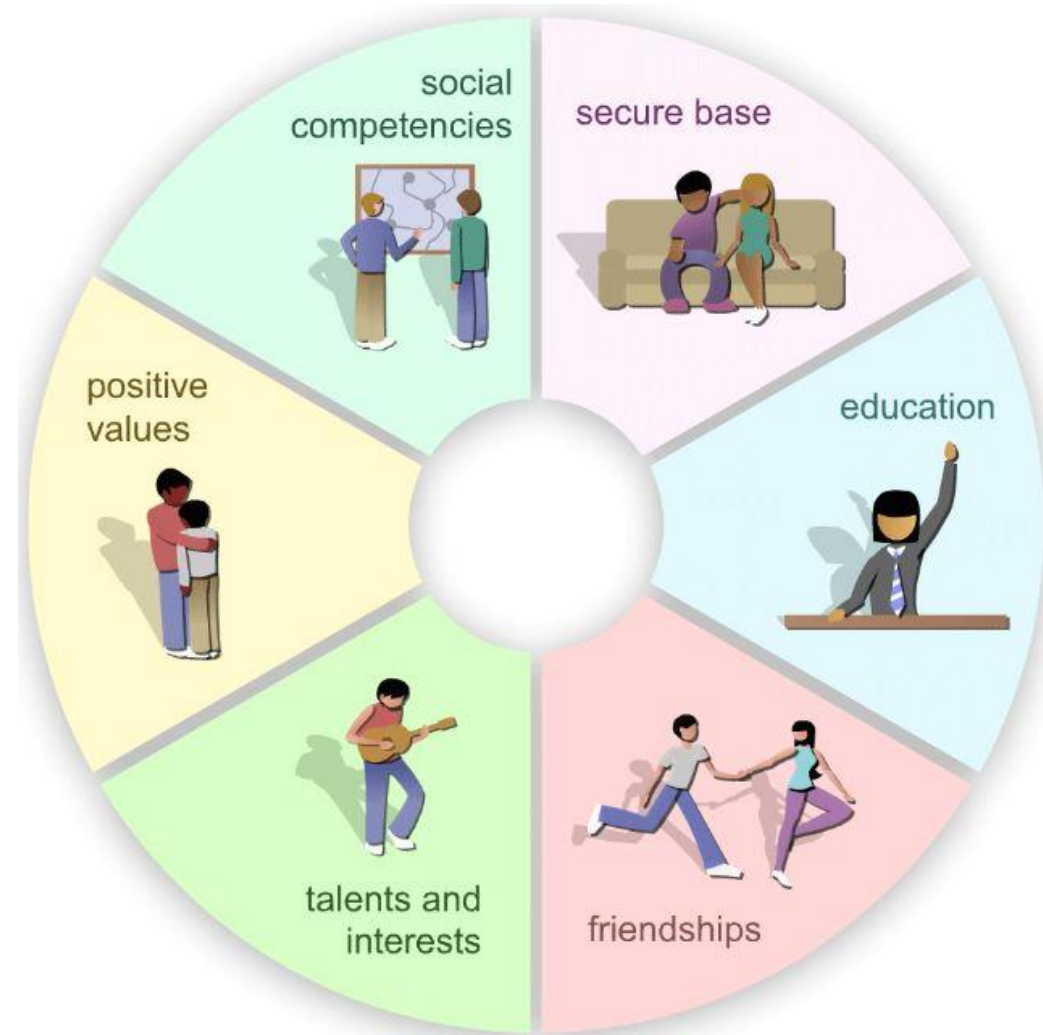


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Resilience Domains



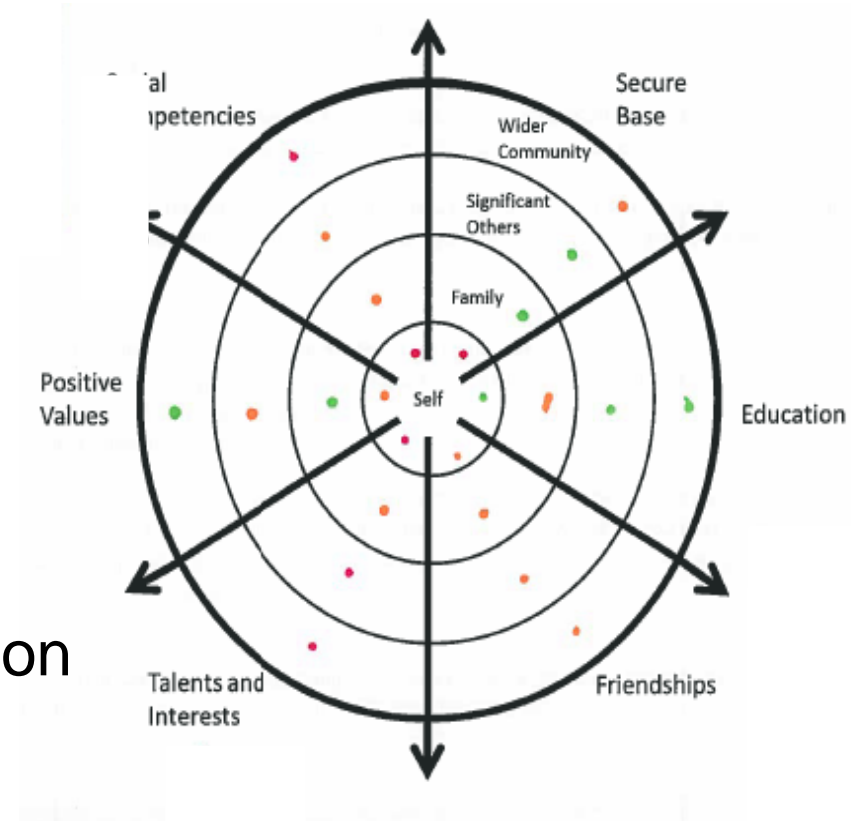
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Benefits of having DBCs

- ✓ An accessible, visual representation of their lives through the domains
- ✓ Extra information given
- ✓ Not designed to create more work!
- ✓ More honesty.
- ✓ Supports a natural review process.
- ✓ Often improved morale for both worker and young person
- ✓ Reds and ambers provide natural next steps



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Summary of HeadStart services for 10–16 year olds

- Online counselling (Kooth)
- Mentoring → Intensive mentors (Salus) & volunteer mentors (Porchlight)
- Year 6 → 7 transition family work (Salus)
- Bespoke domestic abuse service (Currently being explored)
- Talents and interests
- Pay it forward

Grant application



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HeadStart Kent Resilience Hub

www.HeadStartKent.org.uk



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HeadStart Kent

Search...



Young people

Parents & carers

Schools & Communities

How to get involved



Lois' Story - watch a HeadStart journey from start to finish



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Young people

Are you resilient?

Finding out what resilience is and how you could improve yours.

Self-help activities

Things you can do or make to improve your mental health and reduce stress

Watch our videos

See what young people like you in Kent have said about HeadStart

What resilience looks like

We asked young people in Kent what they thought resilience meant.

More places to get help

If you need more help than the Hub offers, these services may be able to support you.



Recommended articles for you

Read now



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Parents & carers

Why are you here?

We want to help you understand what helps your child to bounce back from difficult times.

What resilience looks like

We asked young people in Kent what they thought resilience meant for them.

Help your child become more resilient

By helping your child become more resilient, you're equipping them better for life.

More places to get help

If you need more help than the Hub offers, these services may be able to support you.



Film: *What is resilience?*

[Watch now](#)



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Schools & Communities

Why are you here?

Understand resilience, assess how resilient you are as a school, and make your setting a positive emotional environment

List of HeadStart schools

See all HeadStart schools in your district

HeadStart newsletter

Countywide newsletters and individual district programmes

Case studies and best practice

Examples of good practice from resilient schools.

In your district

What Headstart resources are available for you now, and what's coming in the future

Resilience toolkit

Helping your school build a culture based on promoting resilience

HeadStart training

See all courses available and find out how to book

Templates, documents and resources

All the documents and guidance you need as you work through the Resilience Toolkit



How to have a domains conversation

[Watch the film](#)

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Resilient Individuals

Resilient individuals can say:

- *'I HAVE.....people I trust and love'*
- *'I AM.....a loveable person'*
- *'I CAN.....find ways to solve problems'*

(Grotberg, 1997)

Resilient children are better equipped to resist stress and adversity, cope with change and uncertainty, and to recover faster and more completely from traumatic events or episodes. (Newman and Blackburn, 2002)



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Questions?





Contact Info



www.HeadStartKent.org.uk



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Victoria.Saward@kent.gov.uk
(Project Manager, Ashford)

Hannah.Patton@kent.gov.uk
(Participation Worker, Ashford)

