



What is the Healthy Minds Project?

From the Healthy Minds Website: “Healthy Minds is a school-based project which aims to support the emotional health and wellbeing of children and young people. It puts emotional resilience at the heart of children’s health and wellbeing and recognises its impact on their learning, attainment, behaviour and future employability.

We know that schools offer so much more than academic education. They also attend to children’s social, emotional, developmental and health needs. Healthy Minds provides staff with the latest neurodevelopmental and mental health research to help them develop a whole-school approach to supporting and developing these needs.”

The project is led by Sheffield Children’s NHS Foundation Trust’s CAMHS team working in collaboration with schools across the city.

Aims

The aims of the project are:

- An integrative approach to children’s emotional health and well-being, involving collaboration between CAMHS and schools.
- To ensure that emotional resilience is the core of children’s lifelong health and well-being but also recognises its key impact on children’s learning, attainment, behaviour and future employability.

The first cohort of schools began the project in 2017. SIS joined the project in February 2019.

What does the project involve?

- Three days of comprehensive ‘Secure Attachment Focussed Environment’ (‘SAFE’) training for two members of staff (‘Key Staff’) (who will train the rest of the school staff and work across the project to embed project principles across school). This training comprised an introduction to CAHMS, detailed training on theories of attachment and attunement. It also included training on various Theraplay-based activities and games to help children relax, connect and develop bonds within the school community.
- Whole staff training on the basics of attunement from CAHMS link clinician.
- A Healthy Minds Survey for parents and children.
- The development and carrying out of a Healthy Minds Action Plan for our school, based on the findings of the survey results.



Nurturing Emotional Wellbeing in Sheffield Schools

- Healthy Minds pupil 'Champions', who will help achieve the aims of the Action Plan. Meetings between Healthy Minds link clinician, Champions and Key Staff, to include the views and ideas of the Champions and to ensure their continued participation in the project.
- Reflective Practice meetings involving the link clinician, Key Staff, one teacher and one teaching assistant. The purpose of the meetings to allow staff to raise issues of concern on school practise as part of a supportive and discussion (facilitated by the link clinician) to find solutions and ways forward.