



Emotional Wellbeing in Schools and Colleges

AcSEED Introduction Training

Agenda

- ▶ Introduction to The AcSEED Initiative
- ▶ The AcSEED Wellbeing Framework
- ▶ Current Status
- ▶ AcSEED Organisation & Staff

Motivation for AcSEED

1 in 6

young people aged 6 to 16 in England have a probable mental health disorder.
(NHS Digital, 2021)



Significant issue for many young people

50%

Of mental health problems are established by the age of 14, and 75% by the age of 24.
(Kessler RC et al, 2005)



Need to start building resilience from an early age

70%

Of young people who experience a mental health problem have not had appropriate interventions at a sufficiently early age.
(Children's Society, 2008)



Early intervention has an important role to play

From Motivation to Vision

The vision for AcSEED was defined by young people with lived experience of mental health and wellbeing challenges ...

- ▶ Talking to each other
 - Participation projects such as YoungMinds VIK programme
 - Many had similar experiences of coping in school/college
- ▶ Talking to schools
 - Wide variation in the type and quality of mental health and wellbeing provisions
 - Limited visibility and low recognition for the wellbeing activities
- ▶ Talking to health professionals, organisations, and charities
 - What are the challenges to improving wellbeing support in schools and colleges?

Young People's Vision

High quality Mental Health and Wellbeing support ...

... is available consistently ...

... to all young people ...

... in all UK schools and colleges.



The AcSEED framework for Mental Health and Wellbeing Support

The AcSEED Initiative

Created by young people ... for young people

A common framework and recognition award for Mental Health and Wellbeing Support in UK schools and colleges

Based on young people's lived experiences of emotional wellbeing and mental health challenges whilst at school

The AcSEED Initiative was founded in 2012 by Charlotte Gatherer



2015: AcSEED founder Charlotte Gatherer receives a Mental Health Hero award from deputy Prime Minister Nick Clegg

Key Aspects

▶ AcSEED provides ...

- An accreditation scheme



- A framework for mental health & wellbeing support

Key Area: Working with Outside Agencies		
The school has positive working relationships with external agencies and utilises this to effectively support and educate students.		
AcSEED Best Practice Criteria	School Assessment (description of current provision)	Evidence (include attachments)
All teachers are aware of which members of staff can refer students to external agencies, including CAMHS. Evidence: Examples of teacher communications.		
Individualised staff communication with external agencies to understand how they can support a student's care plan. Evidence: As appropriate.		

[Advanced] Where appropriate nominated staff meet with external agencies to review working relationships and procedures.
[Advanced] The school seeks opportunities to enhance student's understanding of emotional wellbeing through work with external individuals, groups and agencies.

- An opportunity to share experiences & best practice

Wellbeing Support at Trinity School and College, Rochester, Kent

By: Mrs Elizabeth Baines, Executive Head Teacher

Trinity School and College has enjoyed a period of change and development in its provision of Emotional Wellbeing support for young learners. Most learners who attend Trinity have suffered significant difficulties with social and emotional challenges. This was recently recognised by the AcSEED award achieved in November 2015 to the delight of parents, students and staff.

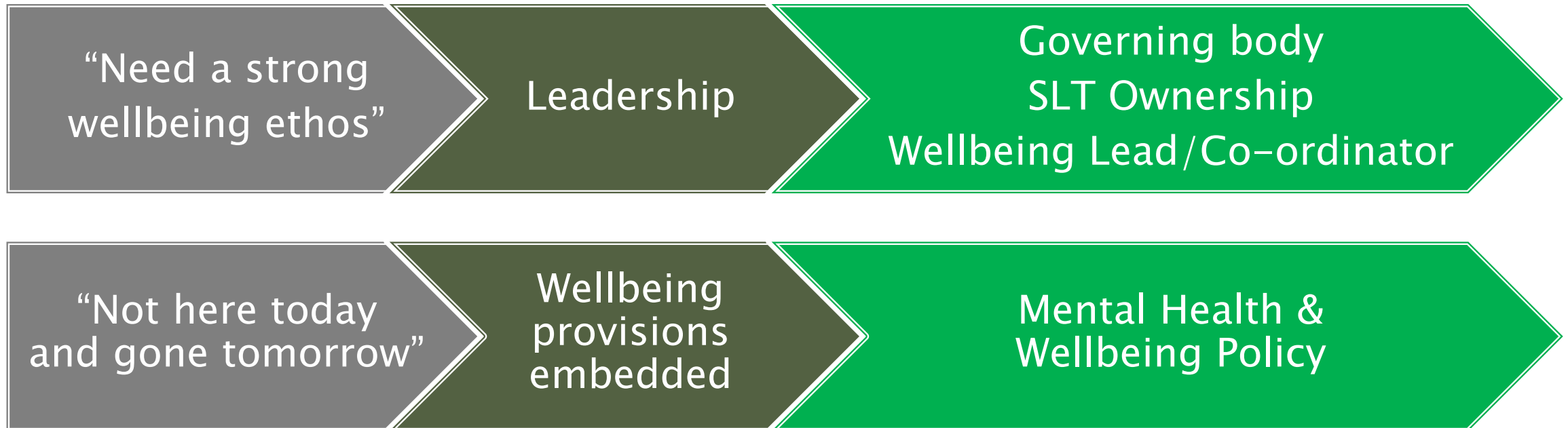
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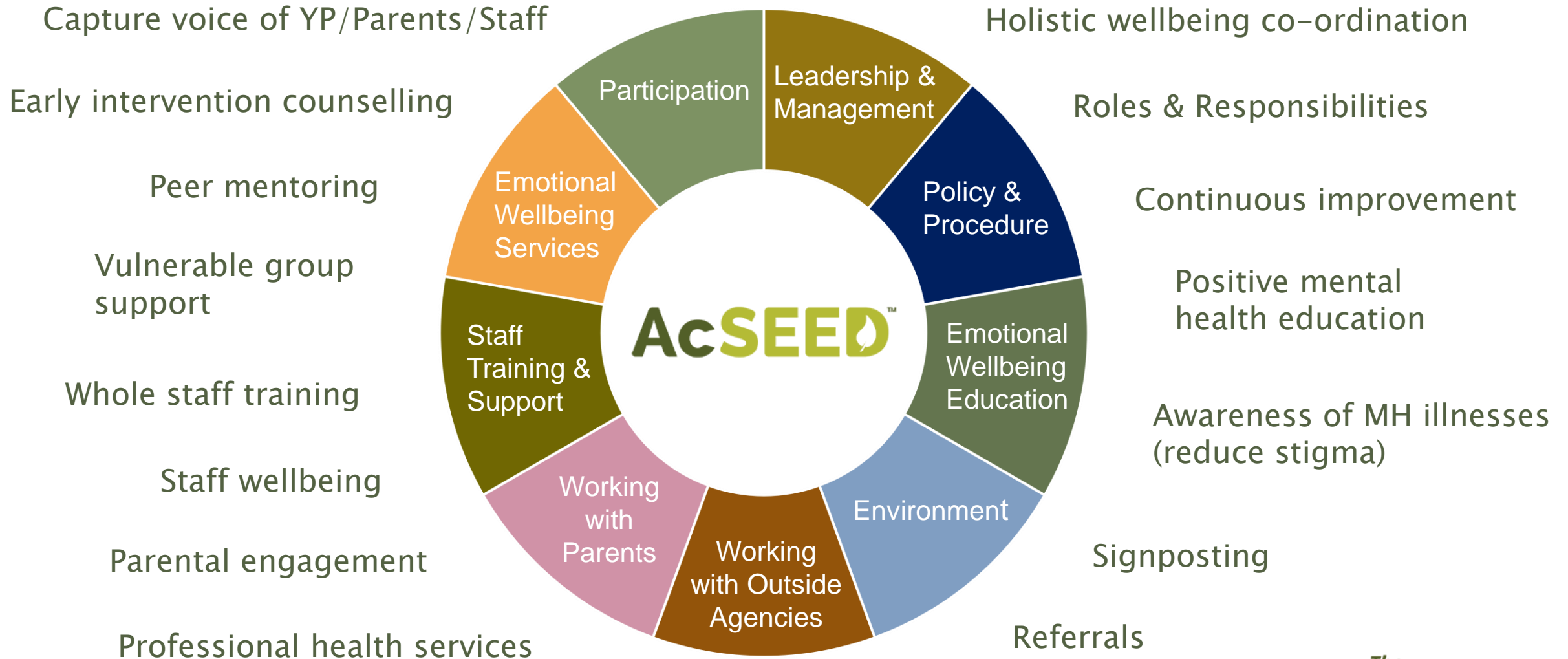
Framework based on Lived Experience

What would have helped young people at school ?

Examples of deriving the AcSEED wellbeing criteria ...

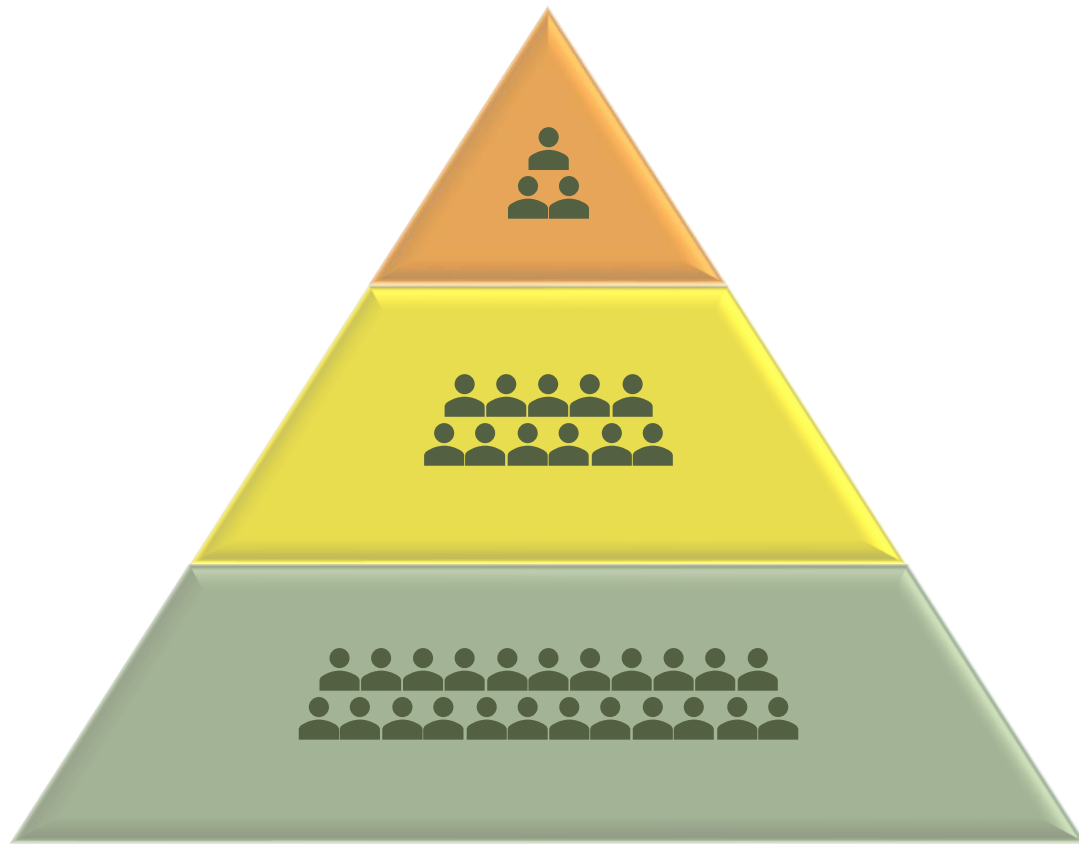


Framework for a Whole School Approach



A Framework for ALL Young People

AcSEED puts a strong focus on PREVENTION and EARLY INTERVENTION



Efficient access to specialised / professional health services

Additional support or early intervention services when needed

Wellbeing education and emotional resilience for ALL young people

AcSEED Benefits (1)

► Students:

- Consistently high level of wellbeing support across all schools.
- Improved wellbeing awareness for all. Helps to reduce mental health stigma in the longer term.
- Support for those with specific wellbeing needs.
- More consistent identification of the need for early intervention.

► Schools:

- Framework for wellbeing provisions and improvement plans.
- Recognition for wellbeing staff.
- Public acknowledgement of their commitment to emotional wellbeing and mental health support.



AcSEED Benefits (2)

▶ Parents:

- Clear and simple indicator that a school is committed to, and has appropriate provisions to support, the wellbeing of their students.
- Regularly informed about the school's wellbeing provisions and improvements.
- Opportunity to engage with the school on wellbeing topics.

▶ Health organisations & charities:

- Framework for wellbeing provisions against which health services can be structured and positioned.
- Signposting to guide schools towards relevant services.
- Guidance towards schools with a commitment to improving emotional wellbeing and mental health support.



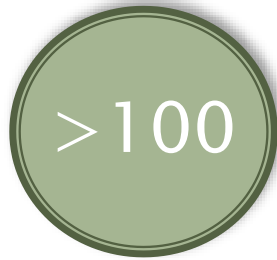
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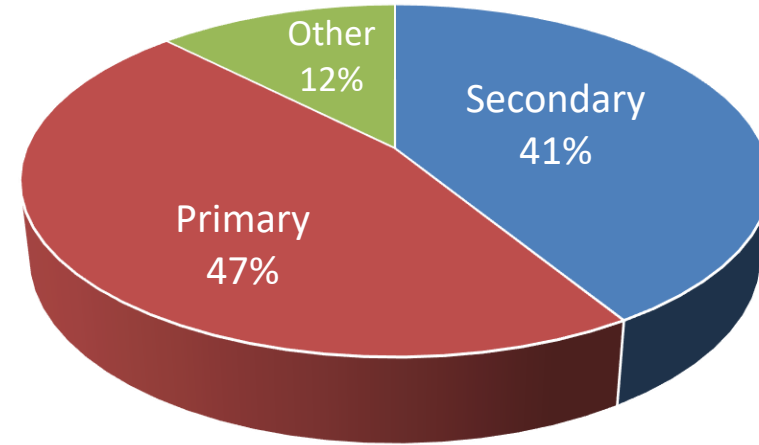
AcSEED in Numbers



First AcSEED accreditation



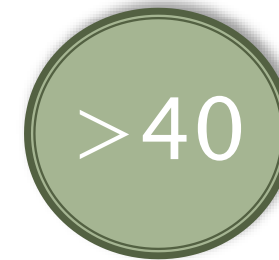
Accredited schools



Distribution of accredited schools



Young people at AcSEED accredited schools & colleges



UK counties with schools working towards AcSEED accreditation

AcSEED in Pictures



For More Information ...

www.acseed.org

Information leaflets

Facebook

Twitter

Contact us:
contact@acseed.org

Registered charity number 1180412



Volunteer Information ...

Member area

The screenshot shows the website for The AcSEED Initiative. At the top left is the logo "The AcSEED Initiative" with the tagline "Supporting Emotional Wellbeing in Schools". To the right of the logo is a navigation menu with links for "Home", "About Us", "The AcSEED Initiative", "The AcSEED Award", "Schools", "Teachers", "Students", and "Parents". Further right are links for "News", "Newsletters", "Blogs", "Volunteering", and "Contact Us". On the far right, there are social media icons for Facebook, Twitter, and YouTube, with the text "Find Us:". Below the navigation menu, there is a main content area. On the left, there is a box for "The AcSEED Newsletter May 2018" with a "Subscribe to the AcSEED mailing list" link. Below this, there is a section titled "New AcSEED accreditations" with the text "Congratulations to the following organisations that have recently been accredited with The AcSEED Award:". On the right side of the main content area, there is a date "Thursday 2nd August 2018" and a "What's New" section.

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