



## NESSie

### Northherts Emotionalhealth in Schools ServicE

*Coordinating and supporting emotional and mental health support in schools*

#### Background

NESSie was funded in October 2015 by North Herts DSPL (Developing Special Provision Locally) for four years to support schools in the development of strategies for mental and emotional health. To this end NESSie aims to provide coordination, quality assurance of provision, training and supervision to schools within North Hertfordshire whilst strengthening pathways to specialist services and quality assured outside agencies.

A steering group was formed comprising of head teachers and senior staff from North Herts primary and secondary schools: representatives of Hertfordshire children's services and local schools partnerships; North Herts DSPL and a parent representative Steve Mallen, chair of MindEd Trust.

They appointed arts psychotherapist Rachel Lambie MA, HPCP, BADth as lead coordinator of NESSie for its first year.

NESSie began by generating an 'audit of emotional need' across all schools which examined the level of need around mental health difficulties, behavioural difficulties, self-harm and bereavement. The audit also asked schools which outside agencies they access for support and what provision they have built within their own school staff to address training needs. The data has been included in the presentation that Steve Mallen presented at the Cambridge Mind Ed Trust Conference March 2016.

In addition to the core funding from North Herts DSPL, NESSie was awarded a small grant from the Hertfordshire Public Health District Offer which has afforded the employment of Viv Ofstedahl as a part-time Self Harm Coordinator for one year. She has been training alongside Harmless UK one of our leading charities to develop Risk Assessments, Safety Plans and Policies for schools. She will also develop PSHE (personal, social and health

education) lessons and assembly plans for schools in line with the NICE guidelines as well as delivering training whilst in post.

## Update

NESSie is currently recruiting two part-time Area Coordinators who are qualified, registered Counsellors or Psychotherapists. The Area Coordinators will offer training, consultancy and supervision to schools within specific areas within North Hertfordshire.

NESSie's lead co-ordinator Rachel Lambie has been busy meeting and building relationships with specialist services and outside agencies such as CAMHS, Step 2, GPs, and local counselling agencies.

Finally through North Herts DSPL NESSie has been offering free mentor training for school staff which has proved very popular. Once trained, these NESSie- Mentors will be offered on-going support and supervision in order that the government's vision of Mental Health Champions within schools can be realised.

For further information contact Rachel Lambie, Lead Coordinator:  
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## NESSIE Timeline 2016

