

# **Emotional Support & Mental Health**

## **North Herts Schools Audit Overview**

February 2016

# Summary

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*In Q4 2015, the North Herts Emotional Support Service (“Nessie”) surveyed the emotional needs and mental health support services of 46 state primary and secondary schools (with a total headcount of 12,790 pupils) across North Hertfordshire via written questionnaire.*

## QUESTION ONE

How would you rate the level of social, emotional and mental health needs within your setting? (1-10, 1 = very low & 10 = very high)

- The average score amongst the 46 survey schools was 6.04, suggesting “medium” to “high” needs across the group
- Only 2 schools reported “low” needs (scores <5)
- 16 schools (34.8%) reported “high” or “very high” needs (scores 7-10)

# Summary

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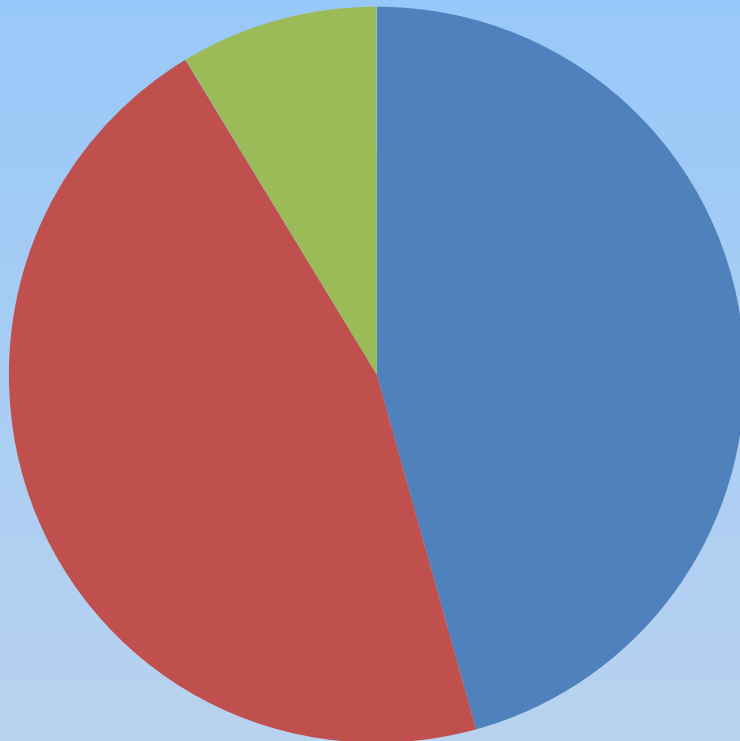
## QUESTION TWO

How would you assess your level of need across the following criteria ? (1-10, 1 = very low & 10 = very high)

- Family Trauma: Average Score: 4.9 (“medium” need)
  - 9 schools (19.6%) with “high” or “very high” need (score 8+)
- Disruptive Behaviour: Average Score: 4.8 (“medium” need)
  - 9 schools (19.6%) with “high” or “very high” need (score 8+)
- Emotional & Mental Health Need: Average Score: 6.3 (“medium” to “high” need)
  - 21 schools (45.7%) with “high” or “very high” need (score 7+)
- Self-Harm: Average Score: 2.4 (“low” need)
  - 5 schools (10.9%) with “high” or “very high” need (score 7+)
- Bereavement: Average Score: 3.3 (“low” need)
  - Only 2 schools (4.3%) with “high” or “very high” need (score 8+)

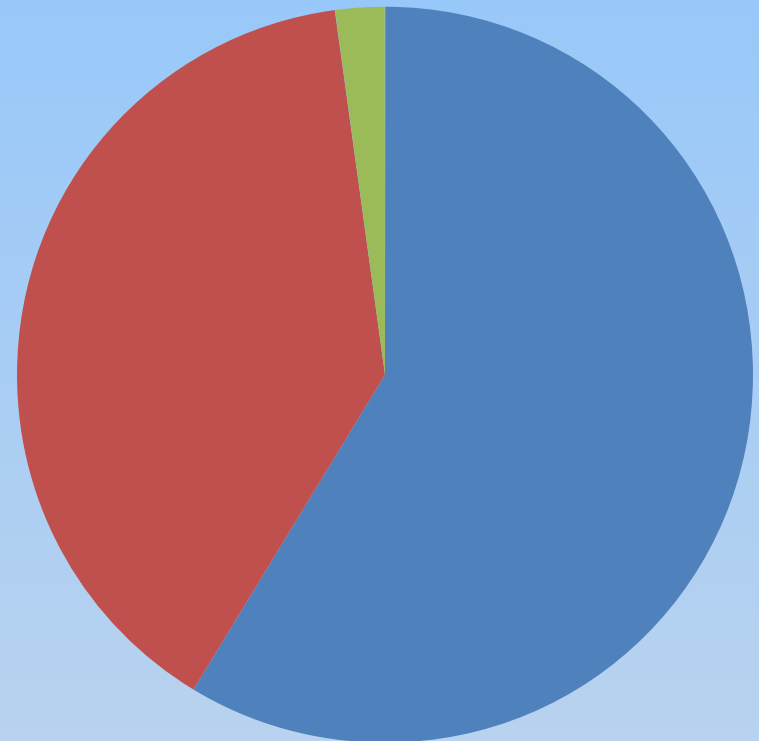
# Summary

**3. Has the school developed a strategy to support students with emotional and mental health needs ?**



■ Yes (46%) ■ Partial (46%) ■ No (8%)

**4. Does the school use external agencies to support students with emotional and mental health needs ?**

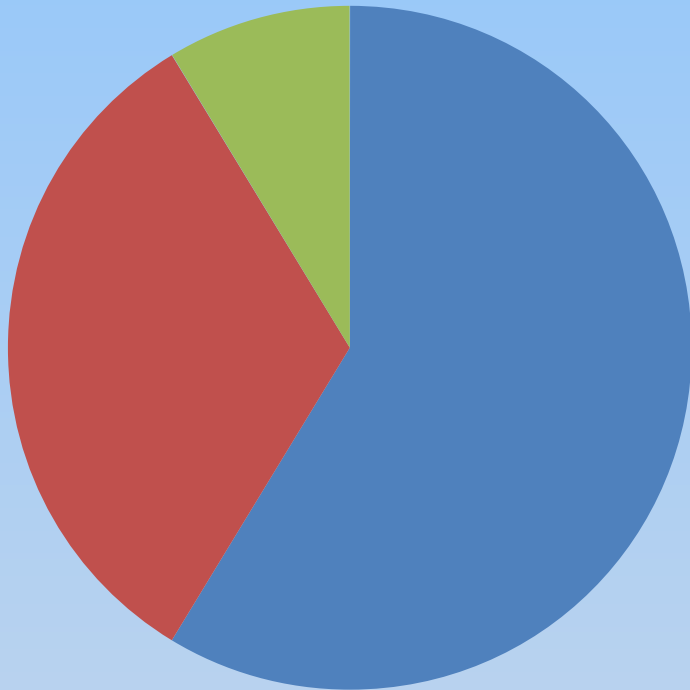


■ Yes (59%) ■ Partial (40%) ■ No (2%)

***Many schools have developed a least a partial strategy for mental health and virtually all utilise external agencies***

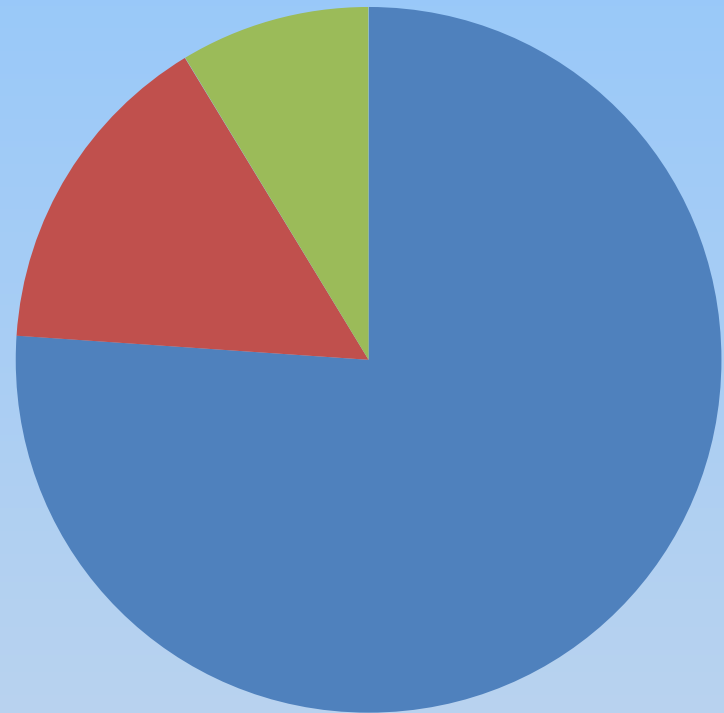
# Summary

5. Does the school have good working relationships with external agencies in support of students' emotional and mental health needs ?



■ Yes (59%) ■ Partial (33%) ■ No (8%)

6. Does the school have a member of staff whose responsibilities include support for students ?

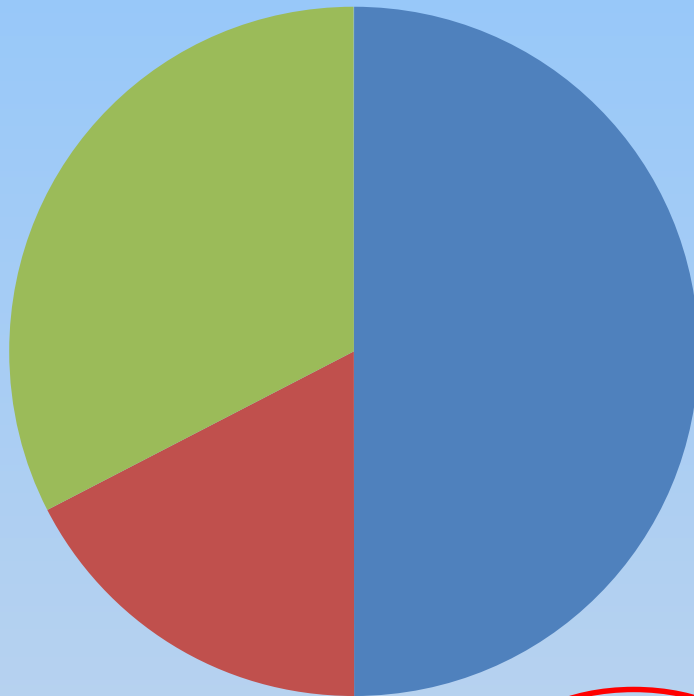


■ Yes (76%) ■ Partial (15%) ■ No (9%)

*Schools generally have good external relationships and also staff with responsibility for emotional wellbeing*

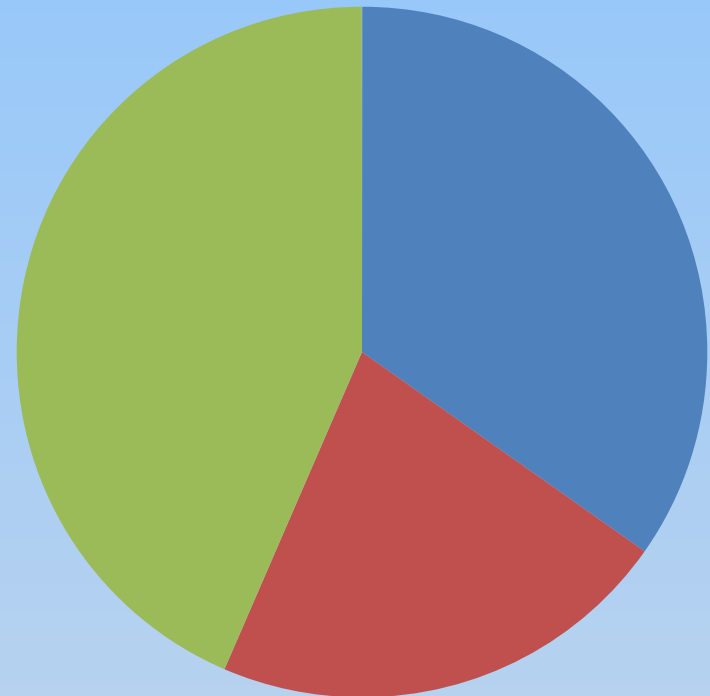
# Summary

7. Does the school have staff whose responsibilities include support for families ?



■ Yes (50%) ■ Partial (17%) ■ No (33%)

8. Does the school have staff who are trained to offer positive mental health support ?

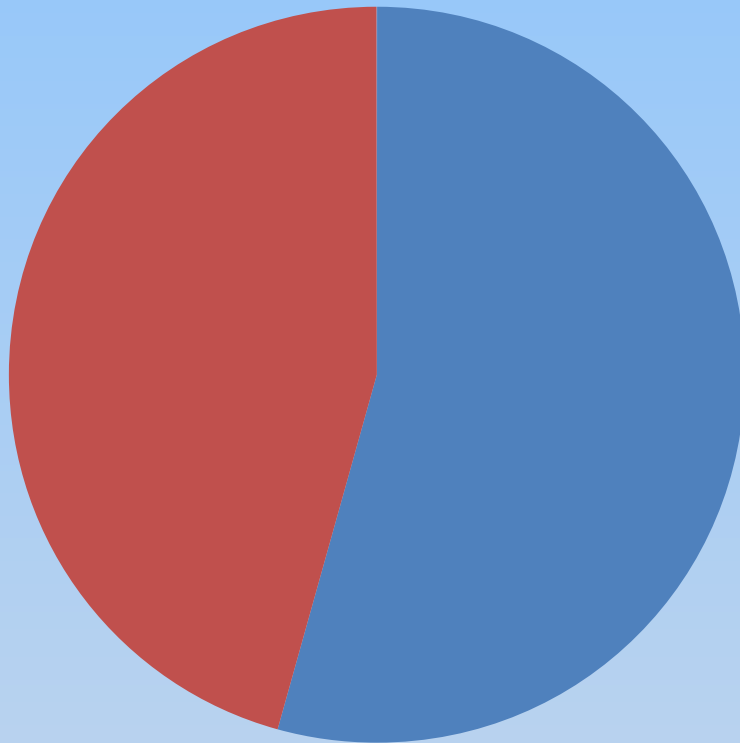


■ Yes (35%) ■ Partial (22%) ■ No (43%)

*Many schools are ill-equipped to support families and provide positive mental health support*

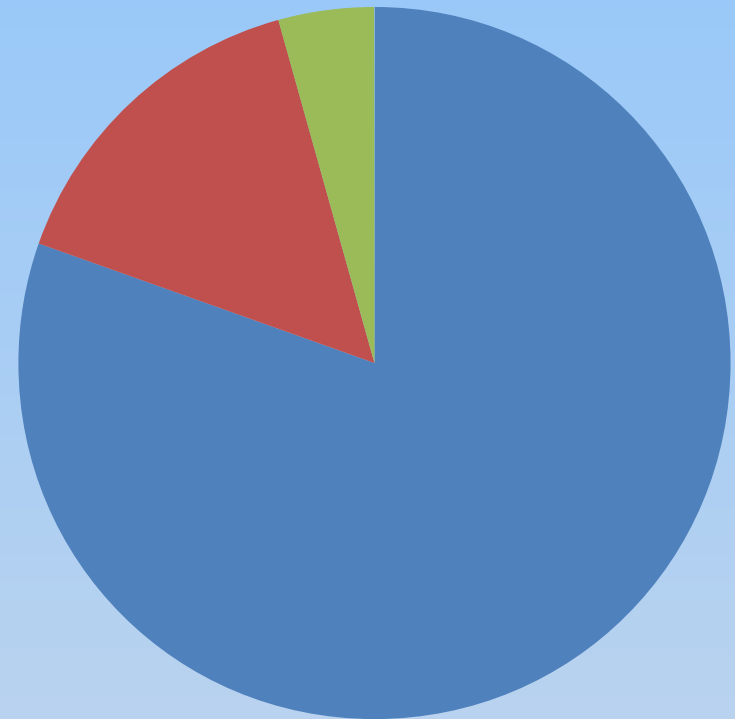
# Summary

9. We would welcome support in the strategic development of an emotional and mental health programme ?



■ Agree (54%) ■ Strongly Agree (46%)

10. We would welcome training in specific needs such as anxiety, self-harm and mental trauma ?

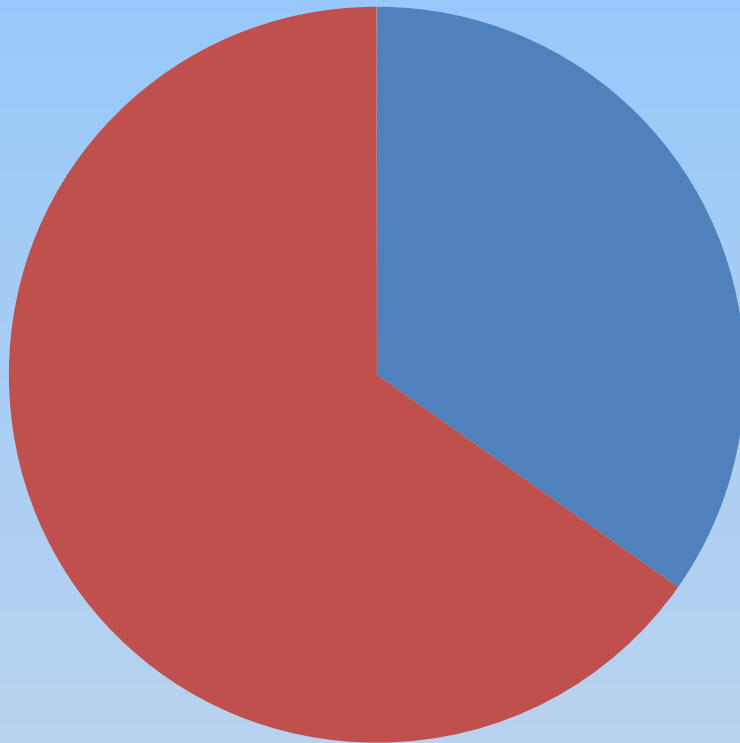


■ Agree (81%) ■ Strongly Agree (15%) ■ Disagree (4%)

***Virtually every school requires assistance with strategic planning and problem-specific training***

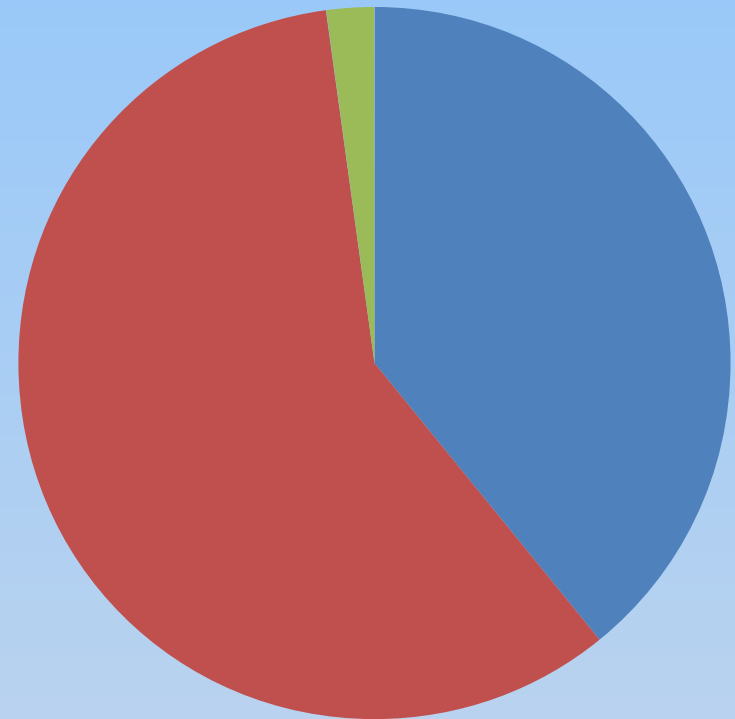
# Summary

11. We would welcome support with specific emotional and mental health needs ?



■ Agree (35%) ■ Strongly Agree (65%)

12. We would welcome support in assessment and strengthening pathways to external agencies ?



■ Agree (39%) ■ Strongly Agree (59%) ■ Disagree (2%)

***The need for assistance with mental health and pathways to external care is overwhelming***