

# Practical Mindset Transforming Mental Wellbeing

20 August 2019

Please find enclosed examples of support for mental health and wellbeing in schools.

So far, we've identified that schools require guidance to:

- \* Integrate a sound and sustainable mental wellbeing solution within the school and the educational curriculum.
- \* Improve mental wellbeing habits in pupils through applied learning.
- \* Develop teachers with the skill set to feel more confident when faced with mental wellbeing related challenges.
- \* Enable teachers and staff to protect and sustain personal mental wellbeing.

The effective implementation of our material and support will also help to:

- \*Reduce pupil and staff absence due to mental health related symptoms.
- \*Reduce harmful behaviours in young people, as more effective strategies are available.
- \*Increase staff wellbeing, attendance and engagement levels.
- \*Support attainment by improving classroom performance and attention levels.

There are a variety of packages available, and we are happy to develop a bespoke programme for your school. All of the options can be up or downscaled, so please do not hesitate to ask.

We can arrange to discuss this further in order to establish your requirements and the options that may suit your school and budget.

Some of the services we offer are documented below:

## **Group sessions**

We are able to offer six week blocks of sessions for a specified group of pupils at a time. This can be ongoing during the school year, and a pupil can return for follow up sessions as felt appropriate. As other pupils progress through the school, and perhaps issues are raised, they will also be able to access the programme.

Group numbers would be around 6-8 children at a time. Groups will be coordinated and run by Jill Trevena, consultant occupational therapist, and/or her psychotherapeutic counsellor. The activity session will last around 45 minutes, with the therapist present for the full hour, and will offer targeted mental wellbeing practical strategies for pupils to address areas such as self esteem/confidence, self talk, feelings, mood and anxiety triggers and management, self calming and regulation, and so on. Groups will provide a safe and confidential space for children to talk and support each other. Therapists are experienced in mental health and other learning needs including ASD, ADHD and dyslexia.

School staff are welcome to engage with the sessions, but to support therapeutic trust and boundaries, it would be best if the same staff member could attend a block at a time instead of different people.

## **Individual counselling support for pupils, pupil/parent/carer and staff**

A professional counselling service can be provided to support pupils, their parent/carer and staff in your school. Sessions will be confidential, and will benefit those experiencing mental wellbeing challenges or trauma. The service will include a brief assessment and summary report for each participant, and there is scope for the therapist to attend liaison meetings as required.

Our therapy staff are experienced in helping people with addictions and substance misuse, eating disorders and self harm, and educational sessions can be offered around such areas.

We are also skilled in assisting those with additional needs including ADHD, ASD and sensory processing issues.

### **Teacher CPD, inservice days and training sessions**

Sessions will be targeted at staff mental health and wellbeing, as well as how to work with pupils around the subject. If the Practical Mindset Toolkit is purchased, training will cover the use and application of the resource.

### **Whole class sessions and assemblies**

Sessions cover mental wellbeing topics such as mental health and wellbeing, mind function and management, self esteem/confidence, positive communication and behaviour, self talk, feelings, mood and anxiety triggers and management, managing exam stress, bullying, self calming and regulation, and so on.

Blocks of sessions can be arranged to cover each year group.

### **Parent and child workshops**

Sessions are provided to educate and support parents. Joint parent/child sessions can also be offered.

### **The Practical Mindset Toolkit**

This is a curriculum-based mental health and wellbeing resource that your school can purchase and receive training in.

I am an registered supplier for both North and South Lanarkshire.

All of our therapists are registered with their professional body. Certificates, insurance documents and PVG paperwork is available for inspection.

Thank you for your consideration.

*Jill*

Jill Trevena, Founder and Direct of Practical Mindset Ltd

Bsc(Hons) OT, SROT

jillhappinessrevolution@gmail.com

Tel: 07886671794





# Practical Mindset Transforming Mental Wellbeing

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Our vision is for Scotland to lead the way in offering proactive mental wellbeing in education. We believe that if we focus on keeping a person mentally well, be this pupil, staff or parent, we are less likely to reach crisis point in mental illness.

This has been greatly received by schools, pupils, parents, and staff across the area, with much positive feedback. Teachers and staff have been hugely supportive and we have already offered many classroom sessions and training sessions in the region and indeed across Scotland.

The approach is tried, tested and amended to ensure it is the most effective for all involved.

So far we have worked with:

Carstairs  
Carluke  
Highmill  
Crawforddyke  
Underbank  
Burnside  
Netherburn  
Dunrobin

Lockerbie Primary  
Millar Primary  
St Brides  
Robert Owen  
St Athenathius  
Murray  
Quarter  
Our Lady and St. Joseph

Kirkriggs  
St Benedict's  
Milton Bank  
Rigside  
Blacklaw  
Auchinraith  
Braidwood

Glasgow Academy  
Morrison's Academy  
Trinity High  
Jordanhill School  
Falkirk High  
Braidhurst High

Rothesay Joint Campus  
Williamwood High  
Braidhurst High  
Grove Academy  
Lanark Grammar  
Chryston High

We have trained the Clydesdale, Hamilton, Rutherglen and East Kilbride extended learning teams in the programme and resource. Alongside the community teams, we believe that we can positively impact on CAMHS waiting lists. We have also had discussion with The Princes Trust and the New College Lanarkshire around providing an input within the organisations.

We have successfully run a variety of online programmes around mental wellbeing for children, teens and parents. Practical Mindset also speak at public events and presentations around the subject.

Finally, we provide 1:1 sessions out with school for parents and kids who need help but are not able to access CAMHS soon enough. We regularly provide therapy for young people showing signs of anxiety, low mood and self esteem, anger, ocd etc.



What people have said....

"Jill has worked wonderfully with my daughter, providing coping strategies for her anxiety and encouraging positive mindset. She has a very approachable, warm manner and I would highly recommend her to anyone seeking such support. Thank you Jill!"

"Asking for help with my anxiety was a big step but Jill was instantly so lovely and easy to talk to. She explained lots of ways to improve my anxious thinking and calm myself from a panic attack. I left a lot more confident about putting them into practice and they work really well. Jill has shown me through her experience and expertise that it is possible to take control of my anxiety rather than letting it control my life. The impact of Jill's session has been massive for me and I'm very grateful for her continued support and encouragement".

"Jill has done amazing work in my school as we seek to develop confidence and resilience in our pupils! I would thoroughly recommend her Practical Mindset training session and materials too! My teachers really appreciate the support this has given them to deliver lessons in mental well-being. I've loved and followed what Jill does from the first moment I saw one of her motivating videos. How excited was I then to get her booked to lead sessions for our staff and p4-7 children in school!?! The sessions Jill did, cascaded such important messages and everyone highly valued her sessions. Can't thank you enough, Jill!"

"Jill is truly inspirational and her advice/ideas are so thought provoking. Many things she says are so obvious but yet we all ignore them. However, speaking to her and hearing what she has to say really highlights the importance of looking after ourselves if we are expected to look after others. She guides you and shows you ways to maintain a positive mindset. Her methods can be used on children and adults. This can be at home, within class, work etc there is nothing complicated. I have learnt in order to support others, we need to be strong, healthy and be in a position to help them if we are to be successful".

"Jill has been working in our school for the last few months and is a welcome member of our team. Pupils and staff look forward to her visits every week and discuss the positive impact after every session. Parents have mentioned that their children have shared their positive experiences too and we look forward to the younger classes engaging in the new year. Believing strongly that positive health and wellbeing has to be at the core of all that we do and the foundation of our general ethos in our school and community, Jill has brought focus and depth to the development of mental and emotional wellbeing in adults and pupils. We are at the beginning of our journey and feel empowered through the strong partnership we have now established with Jill. She has taken the time to really get to know us and our community and always leaves us feeling positive about ourselves and the work we are doing and optimistic about our plans moving forward. I highly recommend Jill to anyone looking to develop mental and emotional wellbeing, balance in life and just a general positive outlook to the world around us".