

School and Home Mental Health Partnership

Working together to provide support around mental health



We take the mental health of our students and staff very seriously. We aim to work with parents and other health professionals to provide the support young people need to thrive. We want to be transparent with parents about the support we can and cannot put in place at school.

Frequently Asked Questions

- Can we offer 1 to 1 supervision? No, we do not have the resources for this provision.
- Can we offer monitoring throughout the whole day? We can offer safe spaces but we cannot have eyes on 100% of the time.
- Can we offer off-site education such as home tutoring? We do not have the resources to offer this we offer education in school only.
- Can my child's attendance be authorised? We cannot accept non-attendance but if medical evidence is provided we may be able to authorise some non-attendance. The school can use bespoke or reduced provision for significantly unwell students.
- Can allowance be made for poor behaviour? We have a [reasonable adjustment policy](#) that is applied at our discretion; this is applied when working with parents, not at the demand of parents. Research shows that clear boundaries help students' mental health. The school also has to consider the needs and safety of other students and staff.
- What happens if my child takes an overdose? - Following information from the hospital the school put in place a crisis plan, which will be agreed upon with parents.

How can parents work with the school?

- Understand that school staff are not medical professionals but do have an understanding of mental health in a school context.
- The school does not hold sole responsibility for a child's mental health, they can only contribute to it.
- Understand that parents need to work in partnership with the school.
- Understand the school will do what it can with its finite resources. We do understand the frustrations this can cause, we feel them too but we would like to encourage instead of looking for blame, or fault we work together with how to go forward, school, and parents as a team.
- The influence of social media is out of the school's hands, we can only signpost to support.
- Understand that we have limited resources and we have to decide on how these are distributed looking at the needs of the school and students.
- Understand that you may have to wait for mental health support due to high demand.
- Parents can and should seek medical advice at any time.
- Parents can seek advice and refer their children to services independently of the school such as [Alabare](#) (counselling) , [Simon Says](#) (bereavement), [Andover MIND](#) and [CAMHS](#).
- Support services in the Andover area for young people and adults.



Mental Health Level 1 (MH1)

Low level worries, some anxiety around lessons or friendships.

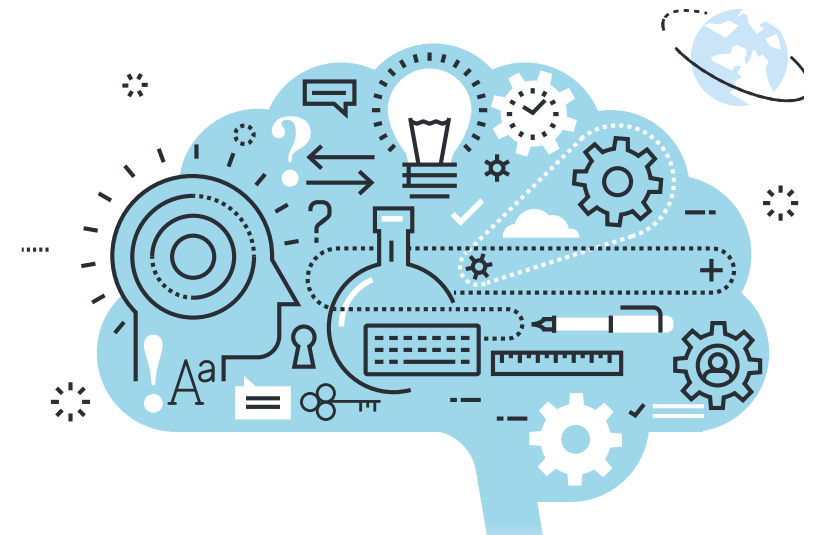
➔ To access the next level of support - there is evidence of continued concerns from either home or school.

School	Home	School to do	Home to do
<p>School ethos and values of care and support.</p> <ul style="list-style-type: none"> • Assemblies. • MH levels are shared termly with parents • Mental health focus weeks. • Mental health letter to tutor. • Build strong relationships with tutors/staff. • PD curriculum. • Enrichment activities. • Pastoral support staff on hand. • Staff raise concerns via cpoms. • Clear boundaries around behaviour and expectations. • Sign posting on website and posters in school. • eNews updates of support. • Back to basic leaflet provided. • CAMHS work books provided and completed at home. 	<p>Safe and positive home environment.</p> <ul style="list-style-type: none"> • Reinforce school behaviour and attendance expectations. • Monitor and limit social media/ internet time. • Healthy lifestyle - healthy diet and exercise. • Quality time with child. • Time to talk in place. • Regular check ins. • Communicate with school any difficulties. • Back to basics leaflet - strategies put in place at home. • CAMHS work booklet completed at home and strategies applied. 	<ul style="list-style-type: none"> • Me and my feelings student questionnaire completed and results shared with parents. • Request for in school intervention. The student will be placed on the waiting list for intervention if no space available. 	<p>Continue to provide all the supports from level 1.</p> <ul style="list-style-type: none"> • Must have completed CAMHS work booklets and continue to put in place back to basic strategies.

Mental Health Level 2 (MH2)

Low level emotional needs, low self esteem, superficial self harm, ➔ To access the next level of support- evidence of deterioration of sleep disturbance.

School	Home	School to do	Home to do
<p>All level 1 supports still in place. Access level 2 interventions in school.</p> <ul style="list-style-type: none"> Letter from school sent with regard to intervention. MH levels shared with staff termly. 	<p>All level 1 supports.</p> <ul style="list-style-type: none"> Regular checks if there are concerns around self harming. Frequent monitoring of social media and screen time. Take to the GP if mental health deteriorates. 	<ul style="list-style-type: none"> Post intervention scores looked at. Mental health review meeting. Time given for intervention strategies to be used. Look at feedback from staff and parents with regards to well-being. Me and my feelings student questionnaire completed and results shared with parents. 	<p>Report any further concerns</p> <ul style="list-style-type: none"> If students meet the threshold, they will be placed on the waiting list or an outside agency referral will be made, which may take a few weeks.





Mental Health Level 3 (MH3)

Recognised mental health difficulties including significant self harm, depression, OCD, severe anxiety, mood disturbance, risk taking behaviours

➔ To access the next level of support - evidence of significant deterioration in mental health from either home or school.

School	Home
<p>All level 2 supports although interventions may be time-limited.</p> <ul style="list-style-type: none"> Monitoring of provision through mental health review meetings. Referrals to external services made if met threshold. Possible LINK support. Counselling from Internal Councillor (if available). Possible minor adjustments to timetable. Possible assignment of a key person. Possible meet and greet or fond farewells. Medical attention for self-harm. Possible risk assessment in place and information shared with staff. Possible referral to CAMHS. 	<p>Supports from Level 1 & 2 are still in place.</p> <p>Seek medical advice.</p> <ul style="list-style-type: none"> If there is a risk assessment agreed with the school this needs to be followed at home. Share information from outside services with the school. Ensure the student has taken any medication required. Do not bring them to school if they have not taken medication.

School to do	Home to do
<ul style="list-style-type: none"> Review current provisions with parents. Referrals to external services. Possible medical referral to Smannell Field School. 	<ul style="list-style-type: none"> Support referrals. Attend all meetings and appointments. Chase health professionals if necessary. Attend meetings to review support and the possibility of accessing the next level of support.



Mental Health Level 4 (MH4)

Significantly unwell, psychotic symptoms, suicidal ideation, thoughts of violent behaviour towards other. Difficulties in supporting student in school setting.

➔ To access the next level of support - evidence of significant deterioration in mental health from either home or school.

School	Home
<ul style="list-style-type: none"> Added to the report if missing list. Risk assessment updated and shared with staff. Bespoke provision in place and reported to Hampshire if on a reduced provision. Referral to SFS to gain support and possible time at SFS. Referral or contact with CAMHS. 	<ul style="list-style-type: none"> Supports from level 1,2 & 3 are still in place. Ensure the student has taken any medication needed. Do not bring to school if they have not taken medication. Follow agreed risk assessment.

School to do	Home to do
<ul style="list-style-type: none"> Review of bespoke provision. Seek guidance from medical professionals. 	<ul style="list-style-type: none"> Evidence of medical sign off from doctors or other health professionals provided.

Mental Health Level 5 (MH5)

Significantly unwell, unable or unsafe to attend school. School unable to support with medical condition.

School	Home
<ul style="list-style-type: none"> Monitor attendance at alternative provision. Safeguarding visits if not in school. Virtual learning via the school website or other online learning provision. 	<ul style="list-style-type: none"> Continue to work with health professionals. Support home learning where possible.