

## Our Vision

HeadStart will increase happiness and mental wellbeing for children in Southampton. Communities, families and schools will work together to help children to cope with difficulty, and to thrive in life.

## Our ambition is that children and young people

- Feel happy and supported and thrive
- Are empowered to make good life choices
- Have a sense of belonging
- Are confident and ambitious and can pursue their aspirations

## And....

- Everyone in Southampton can talk supportively about mental health
- Communities, schools, parents & CYP work seamlessly to give CYP the support they need



LOTTERY FUNDED



# What is HeadStart Southampton going to do?

## UNIVERSAL

Ref	What?	How?	Outcomes
1	Emotional wellbeing workforce development for schools & community	Cascade training for staff in schools and members of the community.	Adults working with CYP are confident to identify early stages of problems and offer practical help /make a connection for the child within HeadStart. A Community of Practice is developed.
2	Emotional wellbeing development for all CYP	To be delivered via the PSHE curriculum & existing Emotional Literacy Support Assistants	Children will feel aware of mental health issues and know where to go for help
3	Destigmatising mental health and promotion of HeadStart	Campaign to increase awareness in CYP, adults working with CYP and parents surrounding mental wellbeing. Also promoting 'getting involved'	CYP feel able to talk without stigma and judgement. Adults feel confident to talk to CYP and offer help/make a connection to named worker where needed.
4	3 x HeadStart locality teams work with children & their parents/carers needing extra support	The following staff members shared between 3 locality teams: X3 Apprentices (& Young Inspectors), X3.5 Emotional Well-being Assistants, X1 Mental Health Support Worker, X1 Parent/Carer Navigator and X1 Community Engagement Worker	An appointed person responsible for each child's journey through HeadStart. Staff members in Ref 1 have a person to contact regarding concerns about a child's mental wellbeing. Evaluation is easy to achieve as children are tracked through the programme here.

## UNIVERSAL PLUS

Mechanism: teachers & staff - named Inclusion leads – HeadStart locality team

Ref	What?	How?	Outcomes
5	Safe spaces to talk	1:1 counselling in school, online and in the community.	CYP can talk about worries to qualified counsellor within a convenient, confidential environment
6	Safe places to be involved	Positive activities around school and in the community delivered by staff trained in emotional wellbeing as per 1. above.	CYP have the opportunity they wouldn't have had otherwise to participate, have fun, make friends, relax, find talents. Children can talk to staff about any concerns and staff know how to offer help or make a connection within HeadStart.
7	Peer to peer support	Young people trained as peer mentors notice and support other CYP in need	Caring, supportive network and informal 'community of practice' amongst young people (including digital support)
8	Transition support	Transition programmes to support vulnerable CYP with Peer Mentors having a key role	Children identified as vulnerable feel settled, familiar and with friendships before the starting secondary school. Support continues into first year at secondary school.

## UNIVERSAL PARTNERSHIP PLUS

Mechanism: SPA locality early help panel

Ref	What?	How?	Outcomes
9	Group work to support parents	Group support peer to peer and parenting-specific courses	Parents feel confident in looking after their own emotional wellbeing and understanding their child's needs.
10	Group work to support children with behavioural problems and ASB	Targeted group work addressing disruptive behaviour	Disruptive behaviour at school and/or the community is halted. Positive behaviours are nurtured (see Ref 6 above)
11	Group work to support children experiencing or witnessing domestic abuse	Tailored group work	Specific support is provided for children who are living with domestic violence which can bring about a variety of problems.

Specialist  
i.e. CAMHS  
(out of scope)

Overarching outcome: Children feel happy, supported and thrive

### For who?

Children & young people in Southampton aged 10-16 years, with a focus on:

- Children in years 8 and 9 at secondary school
- Children in transition from year 6 (Primary School) to Year 7 (Secondary school)
- All x12 secondary schools and x 4 special schools (Compass - PRU & Polygon – EBD, and children of secondary age at Great Oaks & Cedar Special Schools)

The following geographic areas:

HeadStart will operate on a locality basis with joined up multi-agency provision in 3 areas / 6 clusters. Some provision or elements of the programme will be targeted to identified levels and type of need. This could reach some (but not all) primary schools with particularly high levels of need.

Children identified themselves, professionals, or by friends/family as needing help and support 'to cope' and thus displaying behaviours and feelings associated with reduced emotional well-being or potential risk of emerging mental health problems. The Academic Resilience toolkit will be used to focus on reaching children who:

- Have decreasing educational engagement
- Are potential First time entrants into the Youth Offending Service
- Are living with current or historic domestic abuse

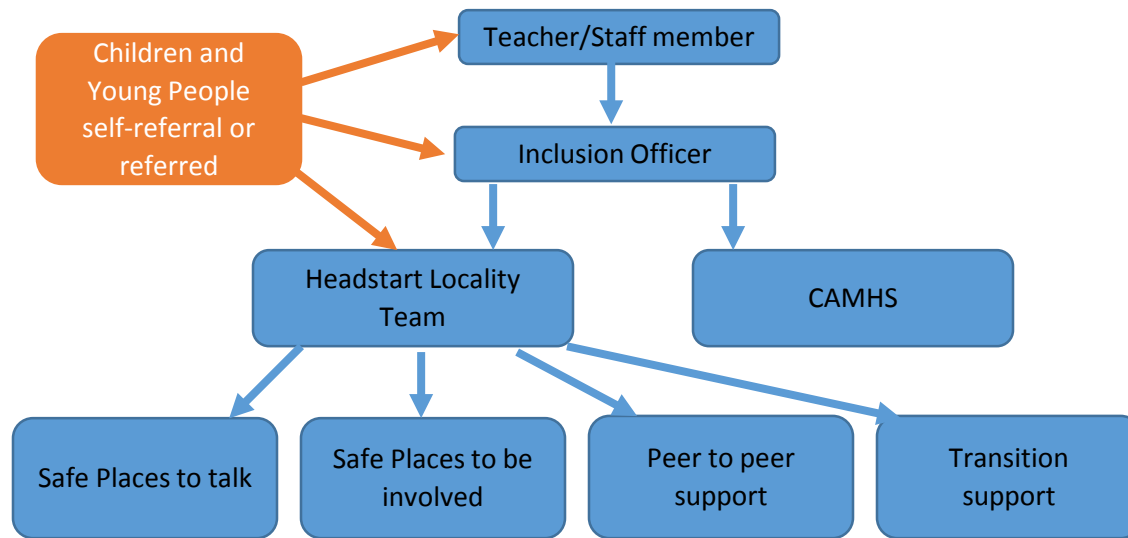
The following geographic areas:

As above

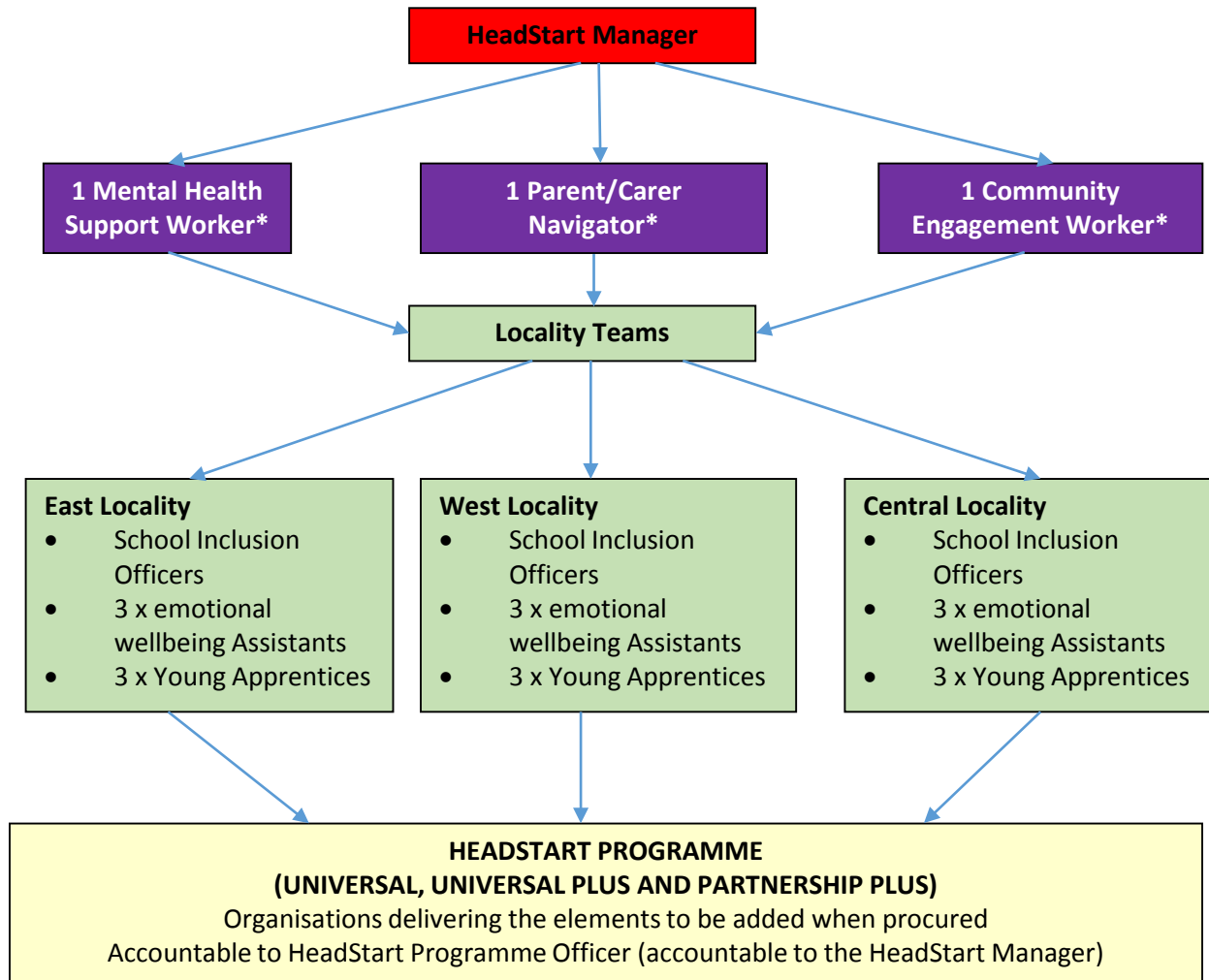
Priority focus will be on reaching children who:

- Are persistently absent, missing or disengaged from school.
- Children living with or have lived with domestic violence and abuse.
- Children demonstrating offending or anti-social behaviour and/or whose behaviour puts them at risk of exclusion and/or family crisis.

## Mechanism: 'soft front door' to UNIVERSAL PLUS



# How the locality teams would work



\*each of the three roles will work within each locality team, however they will also be assigned overall lead to one locality and will be responsible for ensuring that locality meetings are in place, procedures and protocols are adhered to.