

Outreach Menu of Services

Blue Smile is a Cambridgeshire-based children's charity that promotes a whole school approach to improving mental health and wellbeing for pupils age 3-13.

Our Outreach Menu of Services offers flexible, in-school support, from 1:1 arts-based therapy through to group work, staff mentoring and bespoke training packages, all delivered by highly-skilled practitioners to fit each school's individual needs.



Blue Smile offers

- ★ Cost-effective mental health expertise to support children, parents/carers and school staff.
- ★ Highly-qualified and experienced practitioners who are accredited/registered with a recognised professional body.
- ★ Monitoring, evaluation and feedback of evidence-based outcomes that have been shown to significantly outperform those of CAMHS* according to a benchmarking study.
- ★ Exceptionally high ethical, organisational and safeguarding standards: our safeguarding audit (by Safe Network) highlighted our work as "exemplary... focused, appropriate and meticulous".
- ★ Benefits to the whole school community: school staff report calmer classes, better learning and increased attainment.

We meet the new expectations of schools

Nearly four children in every class now have a diagnosable mental health problem and half of these issues are known to start before the age of 14.

The government's expectation, therefore, is that all schools will give more priority to supporting pupils' wellbeing and mental health by appointing mental health leads in school as well as accessing specialist, external services.

Blue Smile's Menu of Services takes into account these government directives, as well as OFSTED's increased focus on mental health and wellbeing.

Many of our clinical practitioners come from the teaching profession, so have a good understanding of the demands and pressures on teachers and schools.

Our overall aim is to improve the emotional wellbeing that underpins learning for individual children and assist schools in implementing a whole school approach to promoting good mental health.



We have rigorous practice standards

Therapy and counselling is an unregulated profession, so it can be hard for schools to know if they are commissioning correctly and getting value for money.

As an organisational member of The British Association for Counselling and Psychotherapy (BACP), Blue Smile works to its ethical framework and prides itself on setting and working to the highest clinical standards, which is why we have such strict selection criteria. All our practitioners sign up to, and abide by, a comprehensive set of Blue Smile Practice Standards, stringent policies and procedures and adhere to schools' child protection and safeguarding procedures.

Effective practice is ensured by a Clinical Director and supported by our experienced Child Protection Consultant and our Clinical & Ethics Advisory Group.

I cannot speak too highly of the Blue Smile team. I have every confidence in their professionalism and they have had an impact right across the school

A Cambridgeshire Headteacher

We provide effective support to the whole school

Blue Smile recognises that Cambridgeshire schools have some of the lowest budgets in the country. We therefore raise funds to subsidise the following in-school services:

- ★ 1:1 pupil therapy and mentoring
- ★ Therapeutic group-work for pupils
- ★ Teacher training and workshops
- ★ Professional mentoring support for staff
- ★ Parenting support groups
- ★ Expressive arts workshops for children

(Further details overleaf)

We work very closely with schools to ensure that we are achieving the best possible results for pupils and teachers: whether this is, for example, by building a child's confidence, concentration and resilience, or by helping a teacher to manage a pupil's challenging needs.

School programmes that improve pupils' emotional learning are linked to an 11% boost in achievement test results

Report – Public Health England, 2014

We have proven success in helping troubled youngsters

95%

of parents say their child improved

83%

of children with very worrying mental health issues improved

88%

of teachers say their pupil improved

Menu of Services

Pupil 1:1 Therapy	Specialist therapeutic support for pupils experiencing issues such as anxiety, low mood, phobias, family breakdown, bereavement, etc.	£50.00 per 50-minute session
Pupil Groupwork	Therapeutic groups for 6-8 pupils for 8 weeks on particular themes; eg. emotional regulation, school transition	£180 per weekly 1½ hour session, which includes a variety of art and craft materials
Staff Training and Workshops	INSET days, half days or twilight sessions on topics such as 'Understanding and Managing Mental Health in the Classroom', and 'Staff Self-Care: Managing Stress and Workload'	£350.00 for a 2 hour session for up to 30 delegates Additional places charged at £20 per head Whole and half day trainings can be arranged. Price by agreement.
Professional Mentoring Support	1:1 or paired support to senior managers and teachers to consider personal and professional issues affecting work	£50.00 per 50 minute session. Small groupwork considered.
Parenting Support Groups	Groups of 6-8 parents for 6-8 weeks to help parents support their children's emotional wellbeing	£180 per weekly 1½ hour session, which includes a variety of resources
Pupil Workshops	Groups of 12-15 pupils or whole classes exploring emotions, regulation, mindfulness, etc, through the expressive arts	£350 for a 2 hour session

Bespoke programmes can be tailored to meet the needs of individual schools. Please ring us to see if you are eligible for special rates if booking as a group or cluster of schools.

For a no-commitment meeting to discuss any of these options or your school's particular needs, please contact:

Jess Manley, Clinical Director, on **01223 314725**
or jess.manley@bluesmile.org.uk

or **Rebecca Wood**, Chief Executive,
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Blue Smile
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*Note from front cover: A volunteer researcher benchmarked Blue Smile against Wolpert et al. (2014), "Comparison of indices of clinically meaningful change in child and adolescent mental health services: difference scores, reliable change, crossing clinical thresholds and 'added value' – an exploration using parent rated scores on the SDQ." Child and Adolescent Mental Health