



Head**Strong**



HELLO!

Personal Best 2019

YEAH!



IDEAS

Supporting schools to engage, empower
and educate young people on all areas of
Mental Health and Wellbeing

Helping Young People Find Their Personal Best



Every teacher knows that educating our young people about Mental Health is a critical part of the modern school system. Mental health challenges are the norm for our young people and accessing adequate support and care is vital.

However, the system is stretched as far as it can go. NHS Scotland spent £936.6million on mental health in 2016/17 and still there are major issues preventing young people getting the support they desperately need.

The challenge for our schools is clear. When a young person or family finds the GP system unable to help they will immediately turn to their school and, more specifically, the teachers and support staff to help. However, few staff are provided the much needed time or training to gain experience in dealing with today's significant mental health challenges, leaving the majority of schools drastically short of skills to help those that need it most.

It is clear our schools, and most importantly our young people,

need effective, professional and accessible support.

HeadStrong have worked with 8 Local Authorities, over 40 High Schools and 30 Primary Schools across Scotland, developing a range of resources and interventions that are tailor made to deal with the modern mental health challenges of today's young people and to support the staff that care for them.

Our team deliver a variety of interventions from 1-2-1 therapeutic sessions and targeted classroom sessions to full year group assemblies. We provide a range of CLPL courses training your staff how to deal with modern mental health issues and parent targeted courses to help the families of your pupils understand the pressures our young people are experiencing.

As experienced, front-line mental health professionals, our team fully understand the challenges your pupils are facing and we are experts in engaging, educating and empowering schools, staff and young people. We are trusted partners

who are helping and assisting schools with their mental health and wellbeing needs, delivering practical, workable strategies to support a range of challenges and embedding a powerful message of change, hope and positive mental health.

Our Personal Best Programme detailed in this brochure helps schools like yours make significant and positive impacts across all areas of Wellbeing as well as Skills for Life, Learning and Work.

If you believe we can help you, please get in touch. The team and I would love to talk to you about how we can get our young people the help and information they need.

We look forward to helping your young people achieve their Personal Best.

Brian
Director
HeadStrong (Scotland) Ltd.



"I found the breathing techniques helpful and calming. The tips were good and logical. Everything was explained in a great and funny way. I do feel calmer and less stressed after all these workshops."

PERSONAL BEST PUPIL



“I **learned more** about my **Mental Health** in this assembly than I did in a whole year of CAMHS. Thank You. I actually feel **hopeful** about the future now”

HOLLY, GRYFFE HIGH SCHOOL



Full Year Group Assemblies



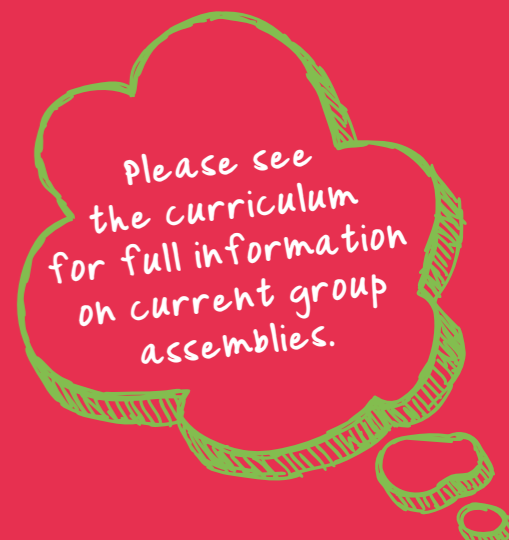
Mental health issues affect 1 in 10 of our young people, and early interventions have been shown to help to develop resilient and confident individuals.

HeadStrong understand the pressures on young people and have designed **13 different full year group mental health assemblies** to help pupils develop the skills and strategies they will need as they progress through their education, and support readiness to enter either further/higher education or the workforce.

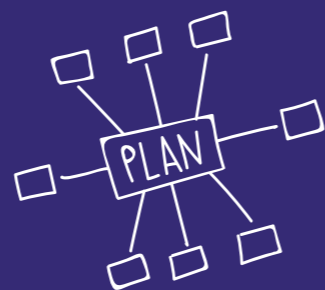
These assemblies support achieving equity in education and help improve the health and wellbeing of pupils over **every age range**, allowing young people to fulfil their potential.

Assemblies primarily focus on mental health but also cover skills such as, but not limited to:

- Mental Health coping strategies
- Growth mindset
- Team working and problem solving
- Personal Responsibility
- The Anxiety Mindset: and how to break out of it
- Aspiration and Achievement
- Resilience



Targeted Group Sessions



Smaller groups of pupils with specific challenges can greatly benefit from targeted group sessions. These allow a safe space to explore key topics and areas to help pupils with needs including:

- Low confidence and self-esteem
- Developing emotional and psychological skills
- Increasing engagement in disengaged but able pupils
- Developing aspiration and motivation
- Resisting the pull of peer pressure
- Increasing resilience, creativity and responsibility
- Support for aspirational pupils who are struggling with pressure, stress and anxiety

Please see the curriculum for full information on current targeted group sessions.

“Your programme has now become an integral part of our GIRFEC provision. HeadStrong offers a **modern** and **easily accessible** approach which suits our young people. I am pleased that our work with you brings such **direct rewards** for our young people. After 2 sessions with one of our S5 pupils he reported that he felt better than he had at any other time in the previous 3 years”

PAULINE MOONEY
DHT, WOODFARM HIGH SCHOOL



“After having this class I feel much more **confident** that I can pass my exams. I also now know different ways that I can make myself **relaxed** when I am stressed out about something.”

PERSONAL BEST PUPIL



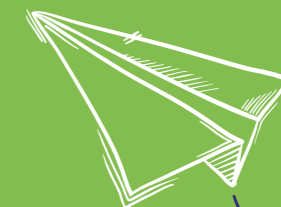
Bespoke Sessions



HeadStrong's current curriculum of assemblies, group workshops and sessions cover a wide range of topics focusing on nurture and the wellbeing of young people, but in the event there are more specific needs for a group of pupils or a year group, bespoke sessions are available on consultation and can be discussed with HeadStrong.



Contact us and we will be happy to discuss in more detail and come up with a solution to meet your needs



One To One Pupil Interventions

Many pupils will benefit from one to one support, and while there are excellent services available through local authorities and the NHS, we appreciate these are in high demand. HeadStrong provide individual support for young people being affected by emotional issues hindering them from being able to fully meet expectations.

These sessions work in compliment to additional support for the pupil such as CAHMS, Home Link and your current provision for targeted in-school support.

As fully practicing mental health coaches, HeadStrong are one of the most experienced teams in one to one client sessions and have a wide variety of skills to help individuals overcome

limiting beliefs, negative emotions and develop positive, resourceful strategies.

Often, it takes only two to four sessions to fully eradicate anxiety. HeadStrong specialise in powerful techniques that quickly and easily allow young people to fully release their negative emotions, not simply manage the symptoms of the negative emotions, not just manage the symptoms, and we provide every pupil with personalised strategies that ensure the pupil is extensively resourced for the future.

To discuss or arrange a block of one to one interventions, please discuss your pupil needs with HeadStrong directly to ensure suitability.

SUCCESS!



“I am absolutely amazed at the change that has been made in just 2 one-to-one sessions with HeadStrong in the school. I honestly can’t believe it. I have my son back and I will be forever grateful. Thank You”

SS PARENT, DUNOON GRAMMAR

Career Long Professional Learning

Career Long Professional Learning sessions are available to the staff population to support pupils. There are a number of CLPL appropriate workshops covering areas such as:

- Front-line strategies, skills and toolkits to cope with the increasing demands on all school staff to deal with Mental Health issues
- Motivational strategies, for the individual and also to understand pupil motivation
- Develop deeper insight into disengaged pupils, those with additional support needs or pupils who have Social, Behavioural and Emotional needs.
- Enhance skills to support the most vulnerable pupils as a whole school approach
- Build mental health capacity by training the team in “mental health first aid”

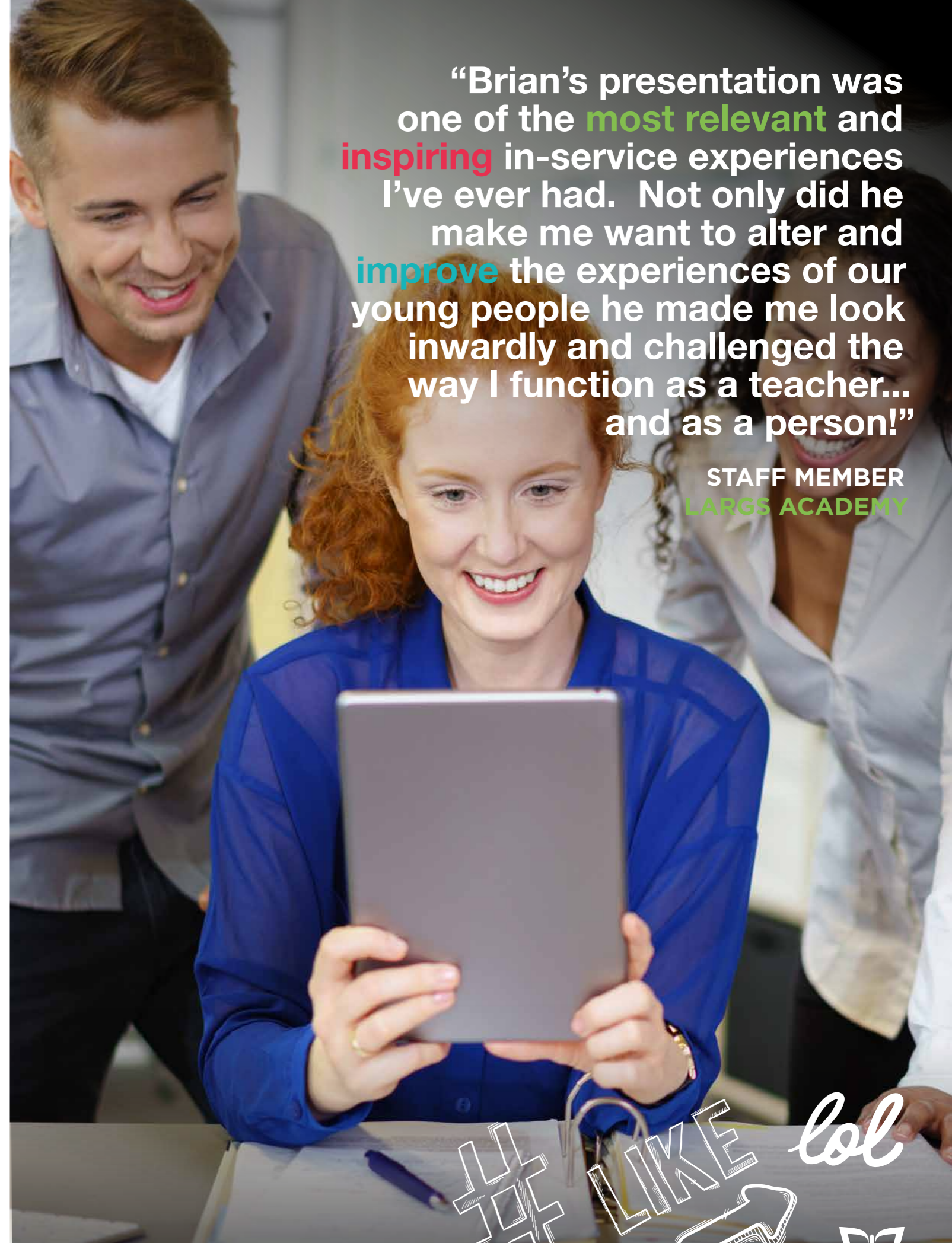
If there is a specific CLPL area of interest, please contact HeadStrong directly to discuss and we will be happy to find a solution to suit the needs for your school.

YES!



“Brian’s presentation was one of the **most relevant** and **inspiring** in-service experiences I’ve ever had. Not only did he make me want to alter and **improve** the experiences of our young people he made me look inwardly and challenged the way I function as a teacher... and as a person!”

STAFF MEMBER
LARGS ACADEMY



“A fantastic seminar, so **informative**, **relevant** and I felt as though you were speaking about our situation. Brian made it **fun**, **interesting** and so well delivered”

**ANDY, PARENT,
ST ANDREWS & ST BRIDES HIGH SCHOOL**

Parental Workshops

HeadStrong recognises the importance of parent partnerships and supporting parents to help pupils get the best chance throughout their school career. Therefore, parent workshops are available to help them continue support in the home and compliment the pupil sessions in school.

These workshops cover topics such as:

- The key factors in young people's Mental Health and how to help understand, manage and, where you can, change it.
- The importance of recognising Behavioural patterns and how to enhance the positive and interrupt the negative
- Strategies to spot and support their child if they are struggling with mental health issues
- The psychology of study and how to support their child with studying
- Recognising and removing negative parenting strategies i.e. sibling pressure, reward/ punishment strategies

Message



Follow

Get in Touch



Please get in touch whatever your timescale, budget or need. We can cater for any school and any plan, whether a large, full school programme, just a one off assembly to a particular year group or to address a specific need. We would love to hear from you.

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