

Traded Services for Schools Information

Summary

The Emotional Health Academy (EHA) is West Berkshire's innovative early intervention emotional and mental health service. The EHA is funded by the local Clinical Commissioning Group and the Local Authority to provide targeted and evidenced based support to children and young people with emerging mental health difficulties.

With one in eight 5 to 19 year olds having a diagnosable mental health condition in 2017 our vision is to prevent the onset of mental illness through effective and time early intervention, and to increase access to support. We have been successful in our goal to increase access over the last 3 years, providing support to over 2500 children and young people through individual, group and classroom interventions.

Increasing access to support has only been possible with the contribution of schools via our traded Emotional Health Service. We continue to ask that schools contribute and be a part of our innovative and exciting vision that has changed the way we work with children and young people in West Berkshire.

We offer a range of flexible buy-in options that allow schools to receive a greater resource than their contribution alone could buy. This information sheet outlines the services on offer and the purchasing options available to schools.

What can the EHA help with?

Emotional Health Workers will accept referrals for a wide range of emotional health issues. This includes difficulties associated with worries, low mood, self-harm, self-image or identity, social problems, stress, and low motivation. We can support students with building confidence, assertiveness, friendship skills and resilience through restorative, strength and solution focused interventions. Support is also available for children and young people diagnosed with, or on the assessment waiting list for ASD or ADHD, and who present with complex needs in school.

If you would like information about the impact of our work in schools visit our Testimonial page at www.westberks.gov.uk/eha

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What interventions do we do?

Intervention	Examples
1 to 1	Graded exposure for anxiety, behavioural activation for low mood, self-harm safety plans, problem solving and coping skills, transition support
Groups	Friendships and social skills, anxiety, coping and problem solving, resilience building, active zones
Restorative	Restorative conferences, peer mentor training
Classroom	PHSE - 5 Ways to Wellbeing, mental health psychoeducation, friendships and relationships
Parents	Drop-in surgeries, Building Resilient Parents workshops, Overcoming my Child Fears and Worries Programme, Cool Kids ASD and Anxiety Program, Choices Chances Changes for challenging behaviour
Staff	Wellbeing groups, mental health advice and consultation, PPEPCare Training for common mental health problems, classroom based approaches

What does the EHA cost?

A 6 week intervention for a child or group is charged at **£50 per session** (or £300.00 in total) and includes preparation, administration an assessment and Emotional Health Care Plan. Any need for further support will be reviewed in the final session, and in consultation with your school.

If multiple sessions for multiple children are required please contact us to discuss our larger packages which are offered at a discounted hourly rate of £23.71. Examples of packages are provided below:

Annual Package (Hr per Wk)	Multiple Hour Package	Cost £*
1	38	901
2	76	1802
3	114	2703
4	152	3604
6	228	5406
8	304	7208

For every hour that the school purchases, 1 student or a small group of 4-8 pupils, or a classroom session may be completed. The session itself will last 50 minutes to allow the practitioner 10 minutes for administration and preparation time. 6 sessions will initially be offered for group or individual work, after which the support will be reviewed. This would mean that based on a one hour a week contract, approximately 6 students could be supported individually over the course of an academic year, subject to the number of sessions provided. This number would increase if small group or class work was undertaken.

Contact 01635 503643 or or 01635 503200 for more information

**Non West Berkshire maintained schools will need to add 20% VAT to this cost.*



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