



Mount Primary School Mental Health and Wellbeing Thrive Model



Here is the 'thrive model' used on Wirral by Children's and Adults Mental Health Services (CAMHAS) and adapted for use at Mount Primary School for escalating concerns. The Thrive Model is split into 4 quadrants. The 4 sections of the model are:

getting advice and support (coping) > getting help > getting more help and > getting risk support



At Mount Primary School, we want all young children to be in or working towards being in the 'thriving' section.

Step 1: Initially problems would fall into the first two sections (*getting advice and support > getting help*).

Step 2: If the problem continues to have a significant impact on daily functioning then a referral to a specialist service would be considered (*getting more help and > getting risk support*).

Identifying Signs

Initially, it is important to **identify** signs of mental health problems.

Indicators include: risk factors such as childhood traumas, SEND and vulnerable groups of pupils. You may also notice signs of mental health problems such as: physical signs of harm, changes to eating/sleeping habits, increased isolation from friends or family (becoming socially withdrawn), changes in activity and mood, lowering of academic achievement, talking about or joking about self-harm or suicide, abusing drugs or alcohol expressing feelings of failure, uselessness or loss of hope, changes in clothing (e.g. long sleeves in warm weather), lateness to or absence from school, repeated physical pain or nausea with no evidence of cause, an increase in lateness of absenteeism.

Resources to support: Getting Advice (Coping) and Getting Support

We all have a role to play in supporting the mental health and well-being of children and the wider community.

Escalating concerns: Getting More Help, Getting Risk Support

Next, it is important to understand how to **escalate** concerns appropriately.

Resources to support. This falls under the *getting advice (coping)* and *getting help* sections of the Thrive Model.

Are you concerned about the mental health of your child?

Resources to support:

- Zumos
- Wellbeing section of website, which is split into different areas of concern
- CAMHS early help resource pack for children (attached)

Have you spoken to one of our Mental Health First Aid Trained Staff:

- Mrs Sexton-Perinkadakatt
 - Miss Eyres
 - Mrs Dewar
- Mrs Burdett
- Mrs Senior

Have you spoken to one of Mental Health and Well-being team:

- Mrs Sexton-Perinkadakatt (Well-being Lead)
 - Mrs Stones (SENDCo)
 - Mr Swatman (PE Lead)
- Mrs Hughes (Pupil Welfare and Family Support Worker)
 - Mrs Burdett (HLTA)
 - Mrs Senior (HLTA)

Are you concerned about your own mental health or the mental health of a member of your community?

Resources to support:

- Zumos
- Wellbeing section of website
- Early help resource pack for adults (attached)