

## Outcomes Report on Emotional Health & Wellbeing Virtual Support Webinars for Education Settings and Wider Partners – Autumn Winter 2022

### Introduction

The MHST/Getting Help Team, Berkshire Healthcare and partners have developed an emotional health and wellbeing virtual support offer for education settings and wider partners across East Berkshire.

The main aim of this offer is to:

- Educate professionals to develop their skills in mental health and wellbeing issues.
- Encourage professionals to consider their own wellbeing.
- Introduce members of the MHST/Getting Help (CAMHS) teams to professionals, albeit virtually.
- Strengthen partnership working across the East Berkshire services that support education settings and wider partners around mental health and wellbeing.

In response to education staff and professionals requesting further mental health and wellbeing webinars, the Autumn/Winter Term Programme focussed on the following themes:

- Building better Brains for Lifelong Health: The Oxford Brain Story
- Helping Your Child With Fears & Worries
- Teen Brain
- Zones of Emotional Regulation
- Autism & Mental Health Pt1
- Attachment-Focused Working with Teenagers
- Understanding and Supporting Adolescents with Anxiety

All were very well received with a total of **225 sign ups** and **152 attendees**. The most popular was the 'Adolescent Anxiety' webinar delivered by CAMHS Anxiety and Depression Team which attracted 34 attendees.

See imbedded document for full programme details:



Emotional Health and  
Wellbeing Webinars I

## Uptake

### Breakdown of Autumn/Winter 2022 actual attendees over 7 webinars

Bracknell	RBWM	Slough	Berkshire Healthcare	Others*	Total
19	7	55	9	62	<b>152</b>

\*other includes local authorities & partners

## Evaluation Feedback Summary

- This evaluation analysis is based on an email survey sent to attendees with only **14** online survey (9%) responses. When asked to rate their experience between 1-10, of signing up for the webinar through to attending the webinar the average score was **8.9**
- When asked to rate between 1-10 their knowledge of the webinar subject before attending the average score was **4.6**. When asked after attending the webinar the score was **8.2**. This reflects a learning increase growth score of **3.6**

### Evaluation Comments

How can we improve our webinars? – selected responses	
Helping Your Child with Fears & Worries	<ul style="list-style-type: none"> <li>• Maybe shorter as the length was quite long to concentrate</li> </ul>
Zones of Emotional Regulation	<ul style="list-style-type: none"> <li>• Examples of how it has worked with CYP in the past</li> <li>• People speaking about things that have worked in their schools etc</li> </ul>
Attachment-Focused Working with Teenagers	<ul style="list-style-type: none"> <li>• Signing up process was confusing where multiple links appeared to be sent</li> </ul>
Understanding and Supporting Adolescents with Anxiety	<ul style="list-style-type: none"> <li>• Packed with information - perhaps examples of tools used and how they worked &amp; case studies</li> </ul>

What was good about the webinar? – selected responses	
Helping Your Child with Fears & Worries	<ul style="list-style-type: none"> <li>• Lots of real-life examples</li> <li>• The PowerPoint, video clips and presenter</li> <li>• It was great that you have sent the presentation also</li> </ul>
Teen Brain	<ul style="list-style-type: none"> <li>• Very relevant and helpful for my practice; very interesting research shared</li> <li>• Lisa was engaging, very knowledgeable and delivered the information really well and at a good pace.</li> <li>• The session was also interactive, and the presentation was a good mix. There were good examples given and also information provided about research and resources. Thank you.</li> </ul>

Zones of Emotional Regulation	<ul style="list-style-type: none"> <li>• Good resources and strategies shared</li> <li>• Interesting, easy to follow - interactive, well-paced</li> <li>• Some ideas to take back to use with the whole class</li> <li>• Tools that could be used with certain children when in the green zone to help support them in the yellow or red zones</li> </ul>
Attachment-Focused Working with Teenagers	<ul style="list-style-type: none"> <li>• Conversation, slides information and explanations</li> </ul>
Understanding and Supporting Adolescents with Anxiety	<ul style="list-style-type: none"> <li>• A lot of useful information and tools to help support anxiety for adolescents</li> <li>• Very well presented</li> <li>• Some useful strategies, thoughts and tools shared</li> </ul>

Are there any webinar themes on CYP Mental Health you would like us to deliver in the future?
<ul style="list-style-type: none"> <li>• Supporting students who self-harm</li> </ul>
<ul style="list-style-type: none"> <li>• Supporting OCD</li> </ul>
<ul style="list-style-type: none"> <li>• Perhaps specific webinar for children with special needs</li> </ul>
<ul style="list-style-type: none"> <li>• Information about services available and the challenges and possible solutions - any new proposals being considered?</li> </ul>
<ul style="list-style-type: none"> <li>• Trauma and attachment</li> </ul>
<ul style="list-style-type: none"> <li>• Therapeutic approach - focusing on scripts</li> </ul>
<ul style="list-style-type: none"> <li>• How we can support schools to deliver support needs for CYP who are waiting for a diagnosis with CAMHS</li> </ul>
<ul style="list-style-type: none"> <li>• ADHD and how to get the best from a child with this diagnosis - tips and tools for working with and to share with parents</li> </ul>
<ul style="list-style-type: none"> <li>• Depression, self-harm, pathways to support and expectations following referral</li> </ul>

## Conclusion

Once again, we have been pleased with the popular uptake of the webinars and that attendees reported they were informative and a great learning experience. The aim of the service delivery has been met in that:

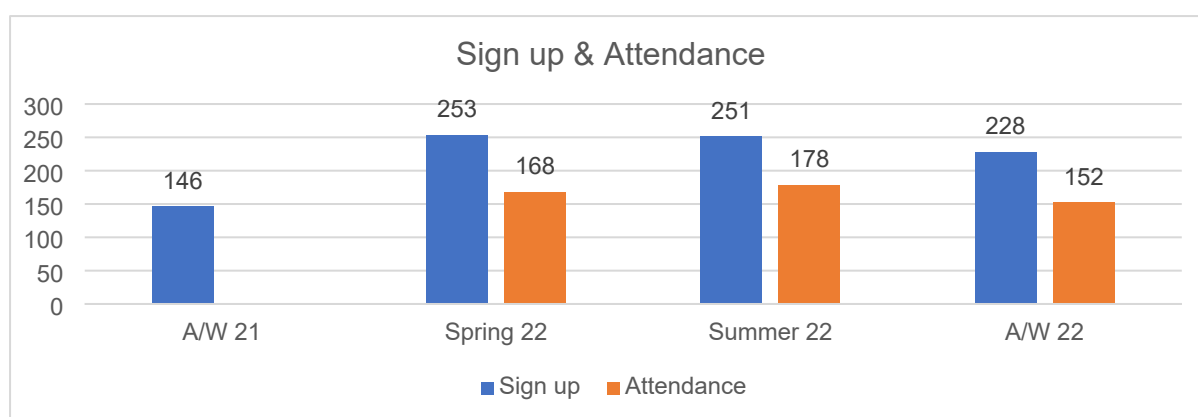
- Professionals have reported the webinars have upskilled their knowledge of emotional health and wellbeing
- The team felt delivering the webinars contributed to strengthening the partnership working across the East Berkshire services and with schools (especially non-MHST schools)
- As part of our ongoing offer, we will be working with our partners to deliver further webinars across East Berkshire

The Spring 2023 programme is in progress and will be shared to the network January 2023.

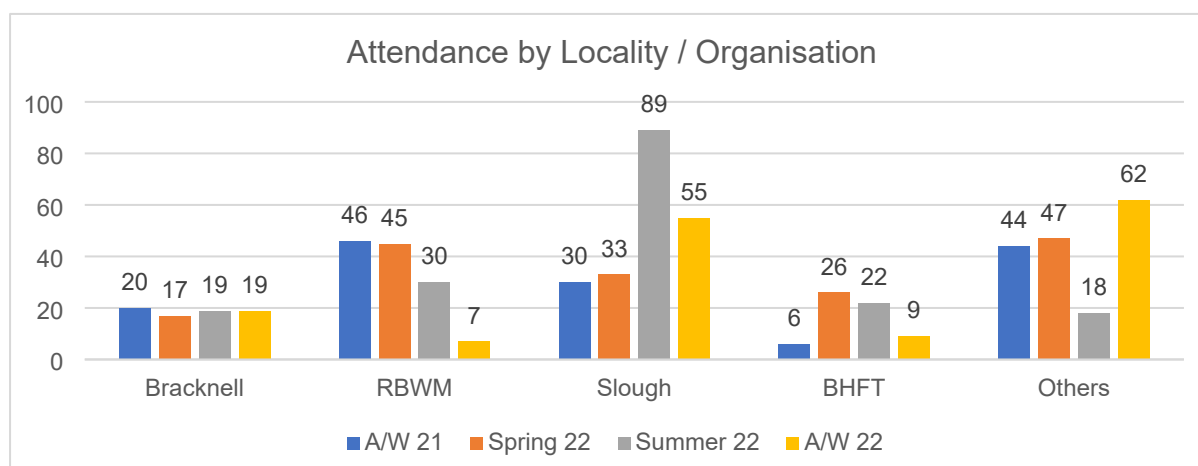
## Next Steps

Action	Completion Date	By Whom
Develop a Spring 23 webinar and resources programme taking into consideration requests for the above webinar themes, focussing on Early Years.	13/01/23	CAMHS Partnership
Look to see whether sign up process can be improved.	27/01/23	CAMHS GHT/MHST
Focus on the promotion of the programme in Bracknell and RBWM as uptake has significantly decreased.	10/02/23	CAMHS GHT/MHST and LA Leads

## Uptake of previous webinars:



\*Number of webinars: Autumn/Winter 21 - 8, Spring 22 - 5, Summer 22 - 6, Autumn/Winter 22 - 7



The webinar programme is currently sent to:

- All education and early years leads in East Berkshire for circulation, MHST/GHT school contacts
- Key contacts within the Local Authorities
- All members of the locality Emotional Wellbeing & Mental Health Networks

The focus for next webinar series is to encourage further sign up across Bracknell and RBWM schools.

Written by Lucy Jacobs, MHST/GHT Admin Team Lead  
12 December 2022

## Appendix 1

### Uptake of Emotional Health and Wellbeing Virtual Support Webinars

#### Bracknell

Cranbourne Primary School	4	Owlsmoor Primary School	2
Crown Wood Primary School	1	St Josephs School	1
Garth Hill College	6	Warfield Primary	1
Harmans Water School	2	Wildridings Primary	1
Meadow Vale Primary School	1	<b>TOTAL</b>	<b>19</b>

#### RBWM

Charters School	2	Wessex Primary School	1
Furze Platt Senior School	3		
St Peters Old Windsor	1	<b>TOTAL</b>	<b>7</b>

#### Slough

Beechwood	2	Littledown School	12
Claycotts	1	Lynch Hill Primary Academy	1
Godolphin Junior Academy	2	Slough and Eaton	28
Herschel Grammar School	4		
Langley Primary	5	<b>TOTAL</b>	<b>55</b>

#### Wider Partners

Achieving For Children	7	Solutions4Health	1
Bracknell Forest Council	7	Slough Children's First	34
Oxford AC	2	Worcestershire Children First	1
Place2Be	2	<b>TOTAL</b>	<b>54</b>

#### Anonymous

Personal email addresses*	8	<b>TOTAL</b>	<b>8</b>
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\* Some school staff did not have a professional email address and some did not have access to MS Teams so they used their personal IT devices.