

Opening hours: Monday-Thursday 9am-5pm, Friday 9am-4.30pm

Call us: 01609 777662 or Freephone 0800 0087452

Email: schoolmentalhealthproject@compass-uk.org

Web: www.compass-uk.org



PROJECT INFORMATION

Compass BUZZ is an innovative project which works with the whole school workforce and other key partners in schools across North Yorkshire to increase the skills, confidence and competence of staff dealing with emotional and mental health concerns.

Background

The Future in Mind report, published in 2015, sets out the national ambition for children and young people's mental health services for 2020.



Funding

Compass BUZZ is jointly commissioned by the five Clinical Commissioning Groups (CCGs) that cover North Yorkshire:

-  Hambleton, Richmondshire & Whitby CCG
-  Harrogate & Rural District CCG
-  Scarborough & Ryedale CCG
-  Vale of York CCG
-  Airedale, Wharfedale & Craven CCG

The aim of the project is to develop a 'whole school approach' with the priority placed on improving the resilience and emotional wellbeing of children and young people. As a result of the project's wraparound support, school staff will feel empowered to tackle stigma and effectively respond to children and young people's emotional and mental health needs. This will prevent problems escalating through to specialist services and enable them to be happy and healthy young people with brighter futures.



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Tiered Training

Highly skilled and committed Wellbeing Workers will deliver a free rolling programme of tiered training to local schools and other key professionals, promoting a range of early help and prevention strategies as part of a wider integrated multi-agency approach.

Training will be delivered at host venues across districts.

Level 1 – Prevention and promotion:

Compass BUZZ offers level 1 –prevention and promotion training which aims to impact the whole school workforce with information, advice and tools on the following:

- 🐝 Mental Health and Stigma
- 🐝 Risk and Resilience
- 🐝 Promoting Wellbeing
- 🐝 Promoting a Whole School Approach to Mental Health

As a result of our Level 1 training we hope to provide educational establishments with:

- 🐝 A greater understanding of how mental health and wellbeing affects children and young people
- 🐝 Confidence to recognise and reduce stigma
- 🐝 The ability to promote wellbeing
- 🐝 Awareness of risk and protective factors and how the resilience framework can be used with children and young people
- 🐝 The opportunity to develop a whole school approach to promote mental health and wellbeing

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Level 2 – Early identification of need:

This training is for staff who have received our level 1-Prevention and Promotion training. We ask schools to select specific members of staff who will be able to assess need and deliver interventions for children and young people with mild to moderate mental health concerns.

Our level 2 training will offer the following:

- 🐝 A deeper understanding of emotions
- 🐝 Knowledge of common mental health disorders
- 🐝 Tips for dealing with mental health concerns
- 🐝 Information on our BUZZ US service

As a result of our Level 2 training we hope to provide professionals with:

- 🐝 Awareness of how all emotions are healthy and needed
- 🐝 An understanding of common Mental Health Disorders
- 🐝 Knowledge of behaviours that may present as a result of a mental health problem
- 🐝 Practical advice on what you can do to support someone feel more comfortable to speak about a mental health problem
- 🐝 Awareness of how to signpost the BUZZ US service

Level 3 – Early help and intervention:

For staff who have received our Level 2 training and will be delivering intervention within their educational establishment.

Our level 3 training will offer the following:

- 🐝 Information on how to make a basic assessment
- 🐝 Knowledge of therapeutic skills
- 🐝 Awareness of three evidence based approaches
- 🐝 Advice on how schools/college's can help support their pupils
- 🐝 Information on how Compass BUZZ can help
- 🐝 Knowledge of other North Yorkshire services

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Through our Level 3 training we will provide professionals with:

- An understanding of how to make a basic assessment
- The ability to plan interventions
- The confidence and skills to deliver evidence based interventions
- The understanding of north Yorkshire service that can help support and how to refer into these

One-To-One and Group Work Interventions

Wellbeing workers will co-deliver one-to-one and group work interventions to children and young people using a mix of evidenced based interventions. Wellbeing workers will work alongside school staff to ensure a solution focused approach to develop 'here and now' practical skills and tools, alongside cognitive behavioural therapy (CBT) and guided self-help; tailoring interventions to the age/developmental needs/emotional health literacy of CYP.

One-to-one interventions: Co-facilitate a limited number of brief interventions for children and young people presenting with mild to moderate emotional health issues.

Group interventions: will be structured and time limited dependent upon the needs of the individuals/group (up to 6 CYP).

Examples of group interventions to support mild to moderate emotional health difficulties include:

- Managing low mood
- Emotional regulation
- Anxiety and stress

A more creative approach will be used for primary aged children focusing on character building/self esteem and a focus on motivational skills/self awareness/managing relationships for secondary aged YP.

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BUZZ US

BUZZ US is our new confidential text messaging service for young people aged 11-18. The service allows young people the opportunity to message a wellbeing worker for support, signposting, information or advice around mental health and wellbeing. Some of the main reasons young people text BUZZ US are around: anxiety, bullying, self harm, eating problems, self esteem and stress.

If you think that this service would benefit a young person you know, you can recommend they text **07520 631168**. A wellbeing worker is on duty Monday-Thursday 9am-5pm and Friday 9-4.30pm (excluding bank holidays). Outside of these hours, a bounce back text will be sent, signposting young people to emergency services and CAMHS crisis if they need immediate support in the meantime. We aim to reply to all messages within one working day and it must be reminded that this service is not for young people in crisis.

If something is **buzzing** around your head,
don't keep it to yourself. **BUZZ US** on
07520 631168

Compass
BUZZ

Facebook: [Compass BUZZ](#)
Twitter: [@Compass BUZZ](#)

BUZZ US is a text messaging service run by
Compass **BUZZ** for young people aged
11-18 who live in North Yorkshire
Text a wellbeing worker on
07520 631168
if you are experiencing any of
the following:

- Bullying
- Low Mood
- Anxiety
- Stress
- Self Esteem
- Self Harm
- Eating Problems
- Emotions

We do not usually inform parents, teachers or anyone else if you contact Compass BUZZ. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other Compass BUZZ staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we've received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact your doctor, visit a NHS walk-in centre or call NHS 111. You can also look up your local child and adolescent mental health services (CAMHS) crisis number. If it is an emergency, dial 999 or visit A&E. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent Compass BUZZ sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rates.

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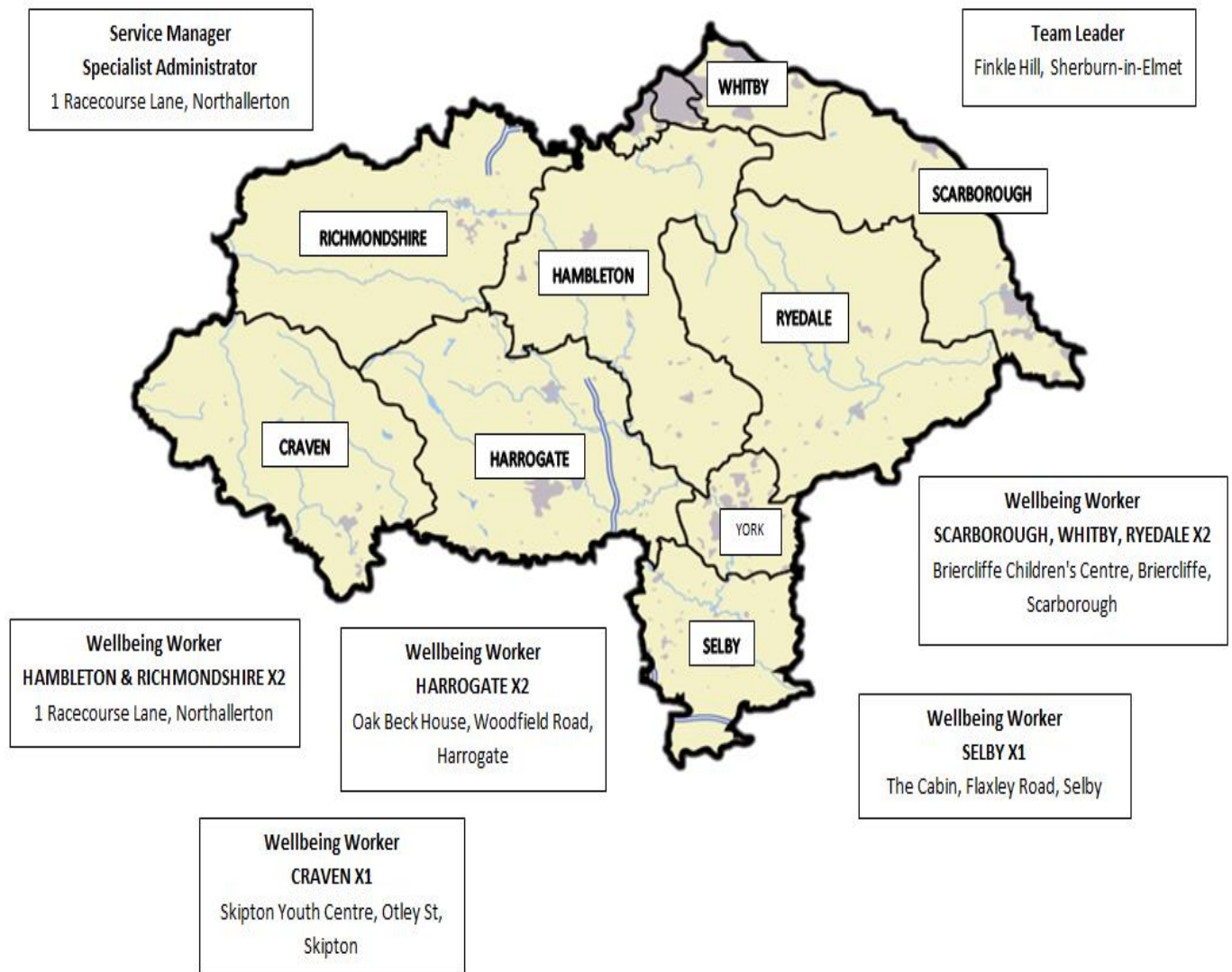
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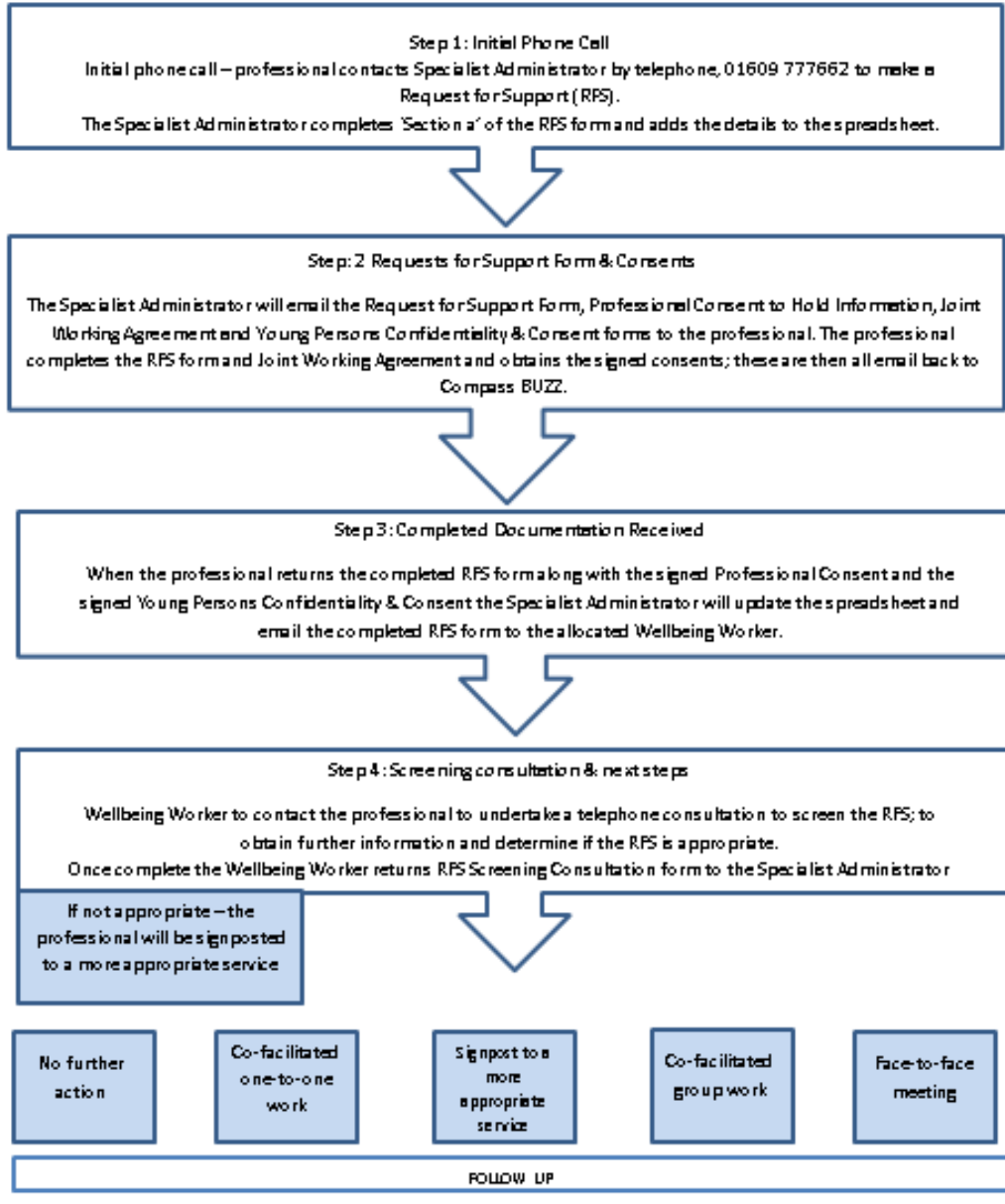


Compass BUZZ are based in prevention hubs across North Yorkshire





Request for Support Pathway



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Project Opening Hours

The project is available 37 hours per week, operating mainly during the working week, Monday-Thursday 9am-5pm, Friday 9am-4.30pm, with evening and weekend working based on identified need.

Contact Details

Compass BUZZ Main Office:

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