



Teacher Wellbeing

21 September 2024

Integrated approach and specialist expertise



Intro

- Rebecca Wilkinson-Quinn
- 18 years Place2Be varying roles
- Art Psychotherapist
- Clinical Lead for Scotland
- Roz Hutchison
- 24 years CAMHS + 4 years Place2Be
- RMN and CBT Therapist
- Trainer (Place2Be) and CBT therapist (NHS/independent)

Integrated approach and specialist expertise



Our approach

UK wide charity

Working with 11 local authorities in Scotland to provide our in-school mental health support services.

In 63 primary and high schools and outreach services to further 128 schools

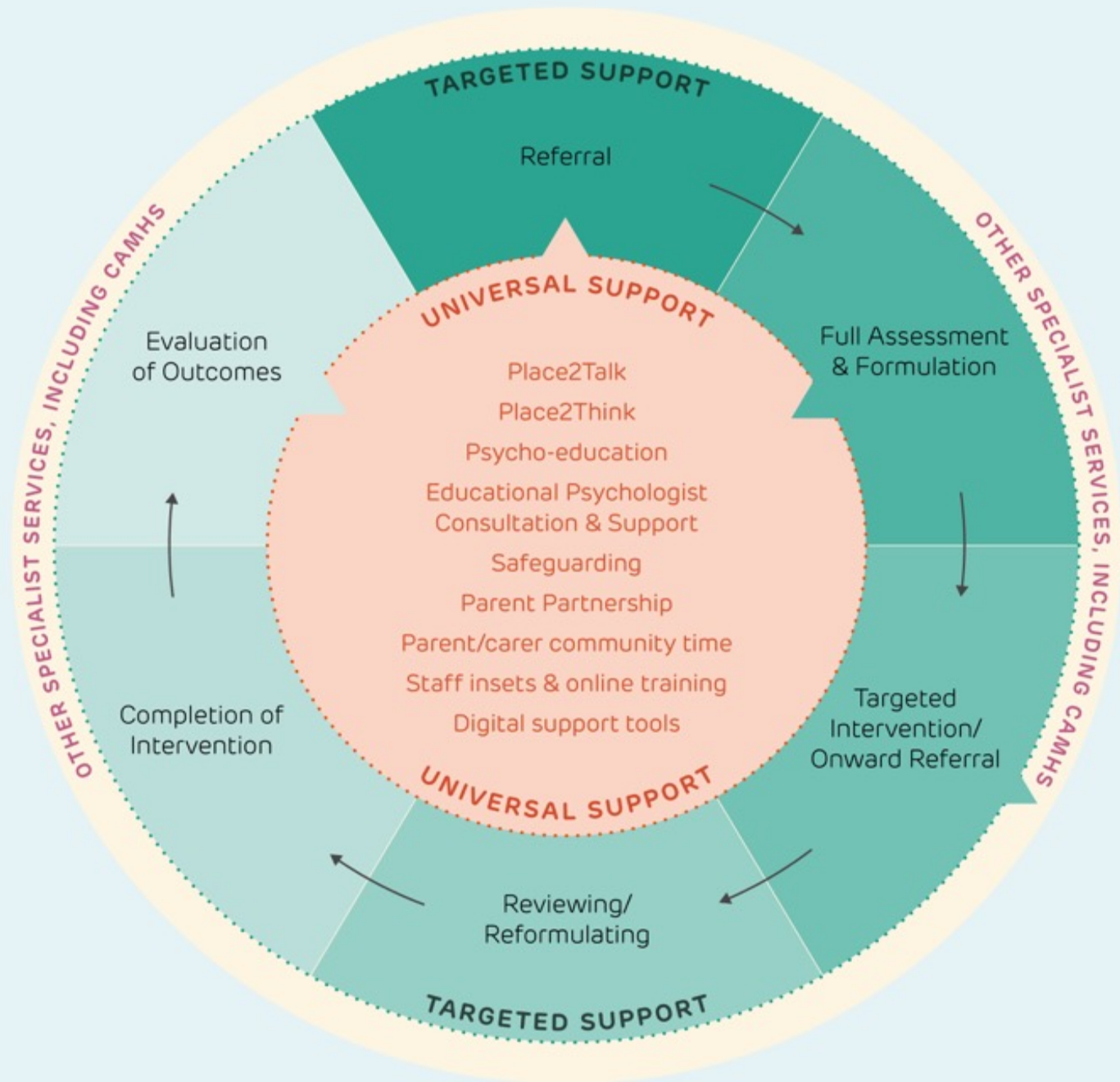
Supporting a school community of almost 56,000 children and young people in Scotland.

Over 500

schools www.place2be.org.uk/about-us/where-we-work/

Our whole school approach to mental health support

At Place2Be, children and families are always held within our whole-school mental health support framework. Here, a series of **universal support** services forms the core of our offer, with **targeted support** provided by our team of specialist clinicians, or **external services** when necessary.



Session Overview

- Why Teacher Wellbeing Matters
- Self-Assessment-sharing with peers/group
- Moving forwards and maintenance
- Resources
- Q&A

Why Wellbeing Matters

- At Place2Be we are concerned about the wellbeing of all school staff who face ever increasing workload pressures resulting in recruitment and retention difficulties across the sector....
- We like the metaphor of 'putting your own oxygen mask on first'. If we are distracted by anxiety, stress and panic we won't be able to support others, or indeed survive ourselves.
- We need to be in a good place, mentally, before we can attend to the needs of others.**
- Valuing our wellbeing can mean being happier in our role, less stressed, more effective and very importantly, modelling this behaviour to staff, parents and children.

Maintaining teacher emotional health

- Emotionally healthy teachers are the most effective teachers
- The ability to nurture and facilitate the growth of children is supported by a teacher's ability to look after their own emotional health.
- Teachers who are fully and wholly present are available emotionally, cognitively and physically. This helps children to engage with them and education.
- Emotional togetherness and a passion for working with children helps the teacher to “be there.”

Self Care

- One way of attending to this is Self-Care and we're often not very good at it
- **Self-Care is Self-Preservation not a Luxury**
- Self-care is not a list of things to do but a mindset that says I'm of worth
- **Interestingly though we can have our own internal opposition to looking after our own wellbeing, think about this today**
- We are all people in this room hardwired to help others but there is a spectrum between altruism/making a difference and self-preservation- it's about finding your sweet spot!



Self Care



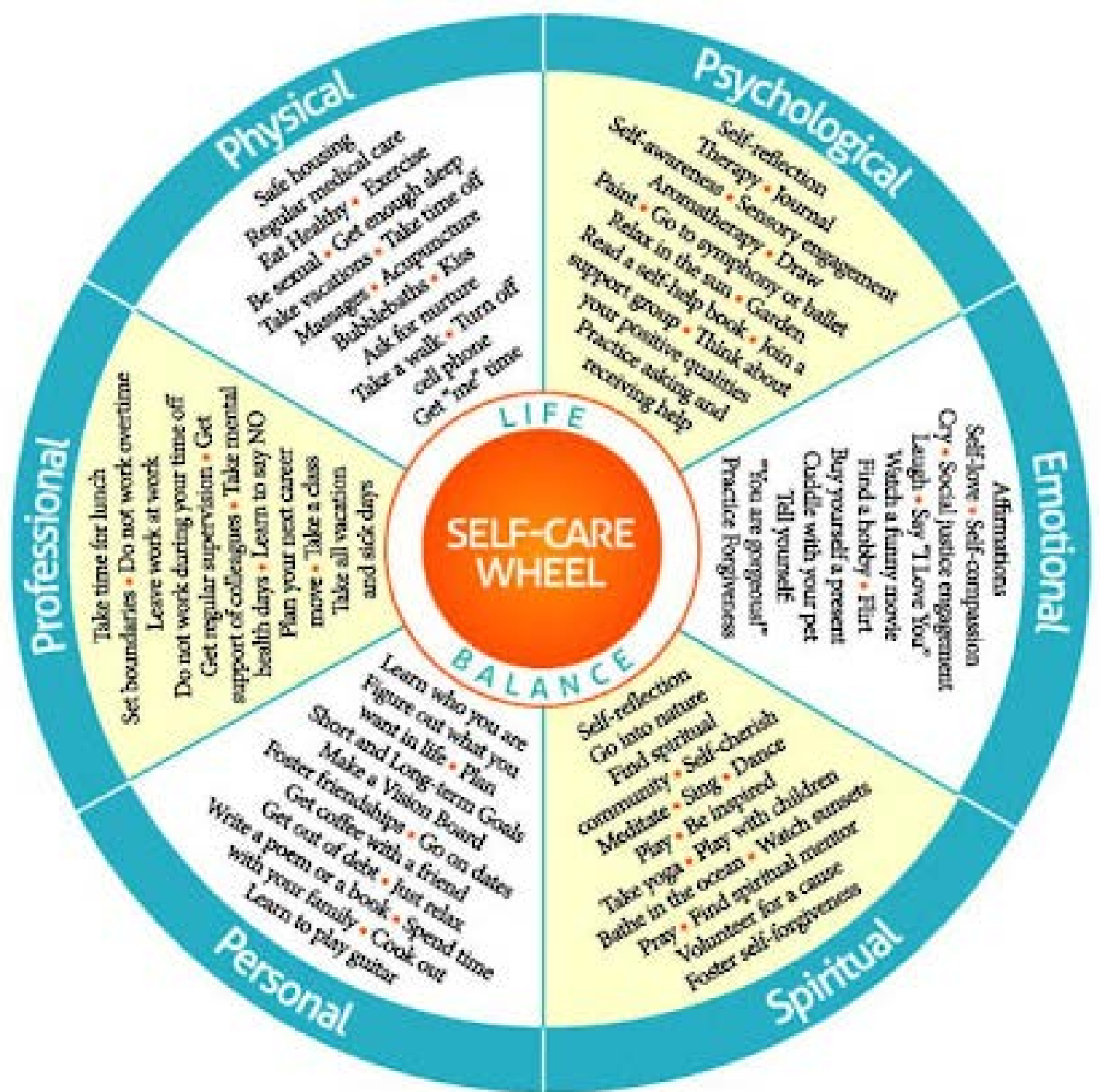
- **Self-care:** daily process of being aware of and attending to one's basic physiological and emotional needs including the shaping of one's daily routine, relationships, and environment as needed to promote self-care

- Use the Self-care assessment and Wellbeing Wheel to assess your own well being

Self-Care

Assessment(therapistaid.com)
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- Discuss what you feel safe to discuss in pairs
- Share some of your discoveries on the large image



Let's Discuss!

- What did you discover?
- What are your takeaway actions/goals?
- Who can help you maintain these intentions?
- How will you hold yourself accountable?
- How can you foster a culture of Wellbeing?



Resources

- Cook Cottone C P Guyker W M 2018 Mindfulness, 9 (1) 161-175.
 - The development and validation of the Mindful Self Care Scale (MSCS) An assessment of practices that support positive embodiment
 - [Health and wellbeing as a teacher \(gtcs.org.uk\)](https://www.gtcs.org.uk)
 - [Wellbeing for early career teachers | Early career teachers | Self-directed professional learning | Professional Learning | Education Scotland](#)
 - [***15-creating-a-wheel-of-life.pdf \(educationsupport.org.uk\)***](#) - another version via the teacher wellbeing index but a bit more comprehensive
 - [***twix_2023.pdf \(educationsupport.org.uk\)***](#) - teacher wellbeing index 2023
 - [***Supporting teachers' mental health and wellbeing: Evidence review \(healthscotland.scot\)***](#) - page 20-21 - good list of resources to support teachers' mental health and wellbeing
 - [Health and wellbeing as a teacher \(gtcs.org.uk\)](https://www.gtcs.org.uk)
 - [Wellbeing for early career teachers | Early career teachers | Self-directed professional learning | Professional Learning | Education Scotland](#)
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How we can support your school

Free resources to support children's mental health:

- Parenting Smart website: <https://parentingsmart.place2be.org.uk/>
- Resources to support you to make children's voices heard: <https://www.childrensmentalhealthweek.org.uk/schools/secondary-age-activities/>
- Resources using art to explore wellbeing: <https://www.place2be.org.uk/our-services/parents-and-carers/wellbeing-resources-for-families/activities-from-the-art-room/>

Watch this space: We will be relaunching our CPD-certified online Mental Health Champions – Foundation course in the new year!

Talk to us about how our embedded school service could support your school:

Contact Shauna Caskie at shauna.caskie@place2be.org.uk



Q&A

