

The HeadStart Kent (HSK) Programme has built young people’s emotional health, wellbeing, and resilience by equipping them to deal with difficult circumstances and challenges in their lives.

The programme will close on the 31st July 2022. Below is a summary of the future sustainability arrangements.

| Subject | Description |
|--|---|
| Kent Resilience Hub website | <p>Resources to help young people, parents and carers, staff and practitioners to understand emotional wellbeing and resilience – www.kentresiliencehub.org.uk</p> <p>We need partners support to make sure these are kept up to date. You can continue to send updates using the update form to kchft.CYPupdates@nhs.net from this date. urgent. Join our mailing list if you would like regular updates.</p> <p><u>Many of the Resources include;</u></p> <p>Safe Space Guidance to help all settings co-produce and implement a safe space</p> <p>Resources to help your organisation implement the Kent Youth Charter</p> <p>Peer mentoring toolkit - training plans to implement an accredited peer mentoring programme to empower young people to support others in their school or community.</p> <p>Community Resilience Toolkit and the Kent Community Award for Resilience and Emotional Wellbeing in recognition of an organisation’s commitment to promoting and supporting emotional wellbeing.</p> |
| MoodSpark Contact: kchft.CYPupdates@nhs.net | <p>A place where young people aged 10-16 can learn how to look after their emotional and mental health and find ways to help them bounce back when life gets tough – www.moodspark.org.uk</p> <p>Apply for Resilience Awards</p> |
| Participation opportunities for Young People KYCC@kent.gov.uk | <p>Local SpeakOut groups and KYCC and Kent Youth Voice will continue</p> <p>https://kentresiliencehub.org.uk/schools/participation-opportunities-for-young-people/youth-voice/</p> |

| | |
|---|---|
| Training | |
| Youth Mental Health First Aid | Two-day multi-agency training course to qualify as a Youth Mental Health First Aider - https://www.kscmp.org.uk/training/multi-agency/youth-mental-health-first-aid |
| Coproduction Training (e-learning) and contact for face to face | Coproduction e-learning sits alongside the Kent Youth Charter and helps organisations understand the importance of coproduction and how to implement it. If young people would like training to deliver the coproduction team please contact the participation team - (HSK renamed) |
| Training for Schools | Delivered by KCHFT - https://www.kentcht.nhs.uk/shs-schools-resource-hub/ <ul style="list-style-type: none"> • Resilience and Trauma Training KCHFT: training for school staff on and introduction to being trauma informed and building resilience • Whole School Approach: Using Resilience Toolkit training for schools • School Award for Resilience and Emotional Wellbeing support to apply for the award |
| KCC Training | Resilience Conversation tool training page and a bitesize video is available on Delta along with guidance and copies of the tool to download https://www.delta-learning.com/course/view.php?id=1898 |
| Community and Voluntary Sector Staff Training | An Introduction to Resilience and Trauma training https://kentresiliencehub.org.uk/practitioners/staff-training/an-introduction-to-resilience-and-trauma-for-community-organisations/ Information and guidance on using the Resilience Conversation tool with young people is available on the Hub: https://kentresiliencehub.org.uk/community/resilience-conversations-c/ Whole Community Approach: Using Resilience Toolkit Guidance, examples and videos are available on https://kentresiliencehub.org.uk/community/community-resilience-toolkit/ |
| Try Angle Awards TryAngle@kent.gov.uk | The Try Angle Awards recognise the outstanding efforts and achievements of young people and groups who really try their best whether at school, work, college, in business or in their wider community across Kent. |
| Kent Emotional Wellbeing Teams in schools Kentmhst@kent.gov.uk | Emotional Wellbeing Teams deliver emotional wellbeing support to young people in schools in Kent https://www.nelft.nhs.uk/kent-emotional-wellbeing-team |

| | |
|---|---|
| <p>Emotional Wellbeing Participation Workers TalkaboutMH@kent.gov.uk</p> | <p>Offer and deliver Emotional Wellbeing Sessions for youth groups</p> |
| <p>HeadStart Kent systems and partnership working</p> | <p>The CCG and KCC are funding the existing HSK programme manager to continue so to continue build upon existing partnership and further the delivery of Thrive for Kent through developing a joint programme approach which will involve:</p> <ol style="list-style-type: none"> 1. Embedding Thrive through establishing strategic and partner support and developing then implementing an agreed system wide delivery plan 2. Lead on workstreams on system wide issues through a Thrive framework approach, ensuring there is appropriate support early addressing identified need. 3. Further the work of HSK and continue the relationship between schools, social care, education and health regarding opportunities to enhance young people's mental health. This will include leading on workforce development and establishing a Kent wide community of practice for schools and education settings. 4. Continue to oversee the MHST programme management and lead the Kent and Medway partnership 5. Support the broader approach to prevention and early intervention through community capacity building initiatives such as care navigators and social prescribers. 6. Continue to lead the participation and coproduction of CYP and families/carers so they continue to contribute to service transformation and improvement, 7. Lead on partnership funding opportunities on behalf of the Thrive approach which will enhance children and young people and families emotional or social opportunities. |