

# Schools as mental health hubs: observations of a school trustee

---

Paulo Karat

Nottingham Law School

Vice-Chair Greater Nottingham Education Trust ('GNET')

“Worst I’ve seen in  
10 years”

Exams Officer Carlton-le-  
Willows Academy



# Emotional Disorders up 3.9% to 5.8%

2004 to 2017 ages 5 to 15

(Mental Health of Children & Young People in England 2017, NHS Digital)

+49%

500 pupils = 20 > 29

1,500 pupils = 59 > 87

2004 to 2017 ages 5 to 15

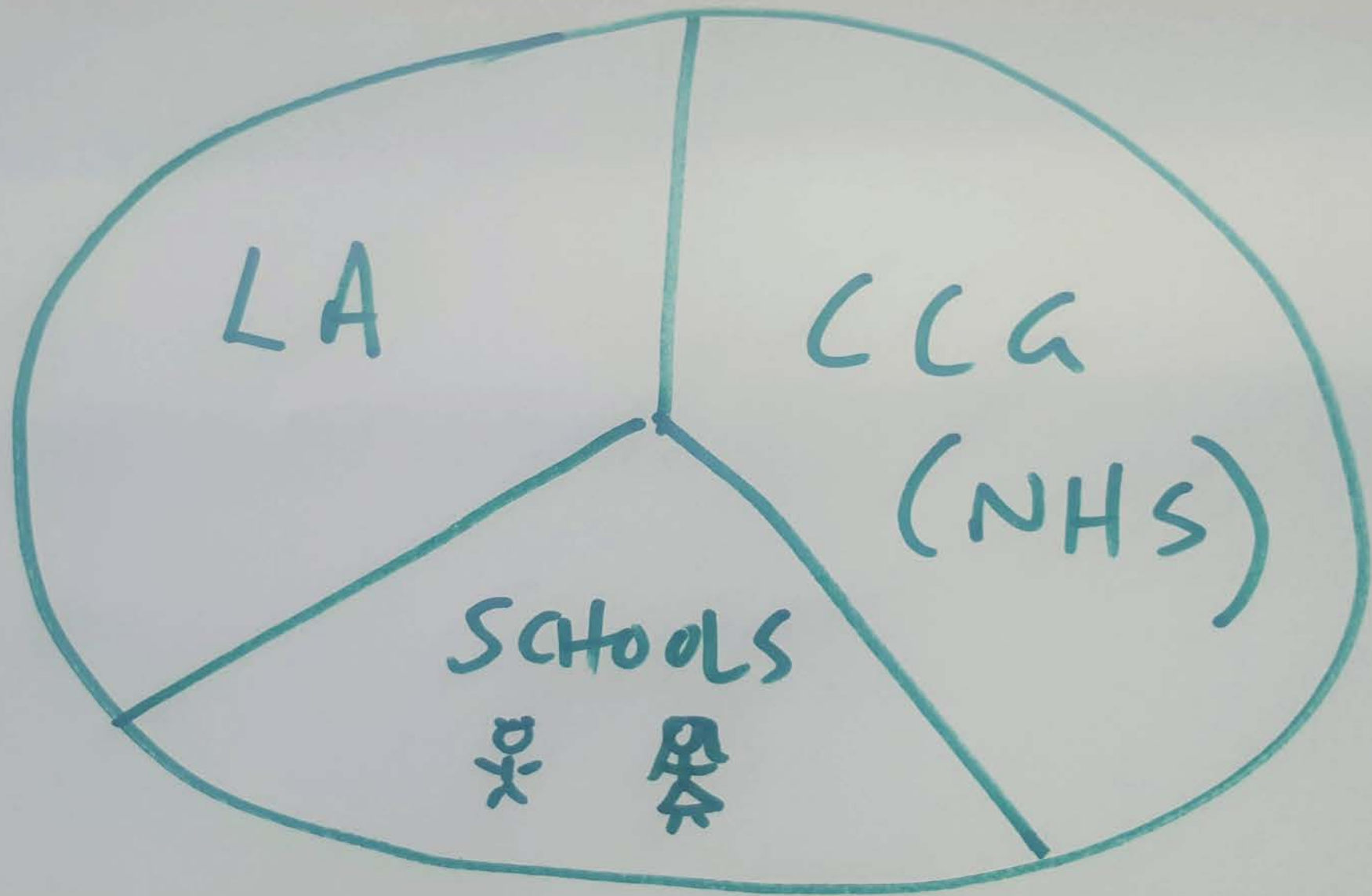
(‘Emotional Disorders’ incl. depression and anxiety; Mental Health of Children & Young People in England 2017, NHS Digital)

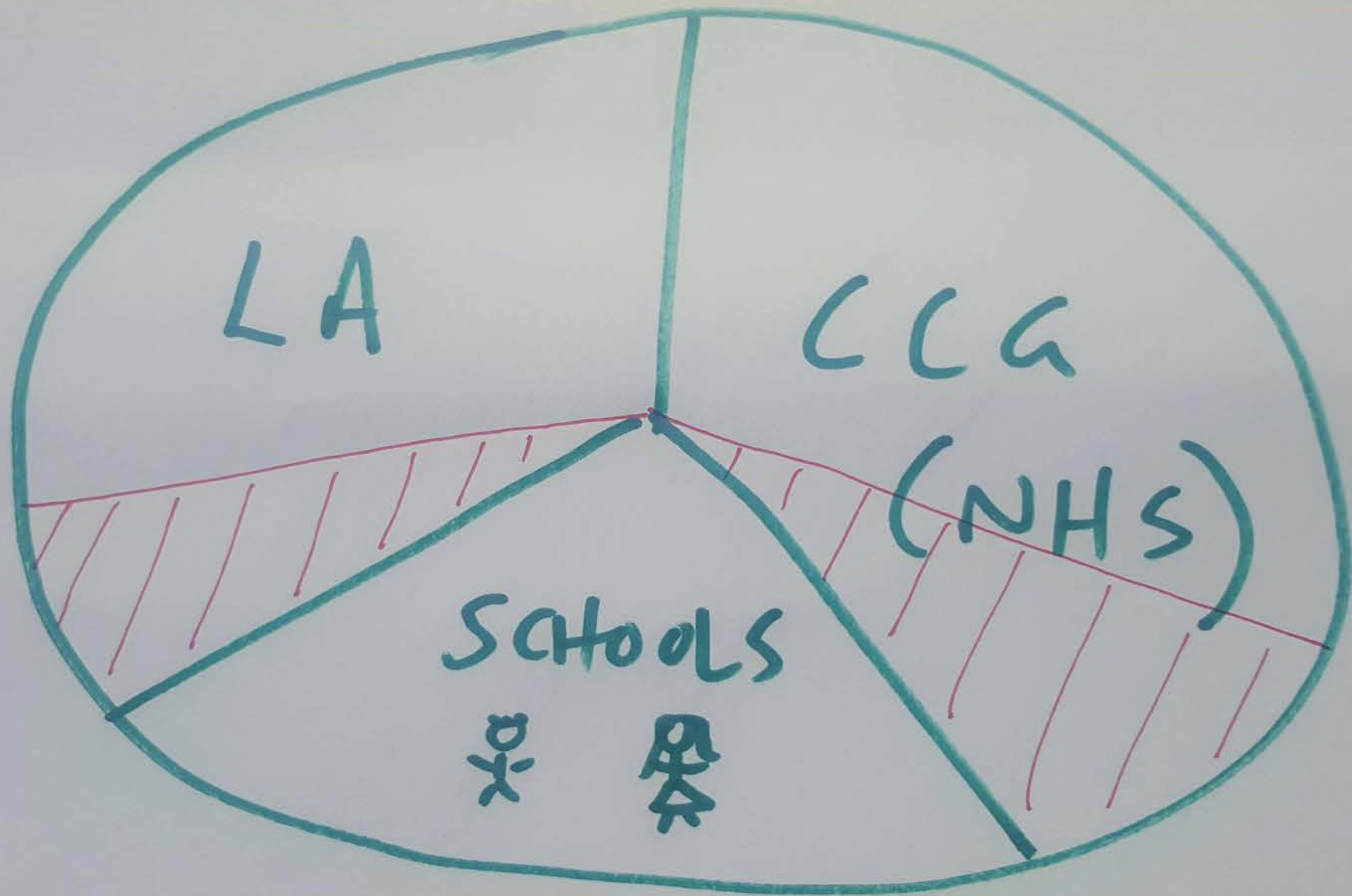




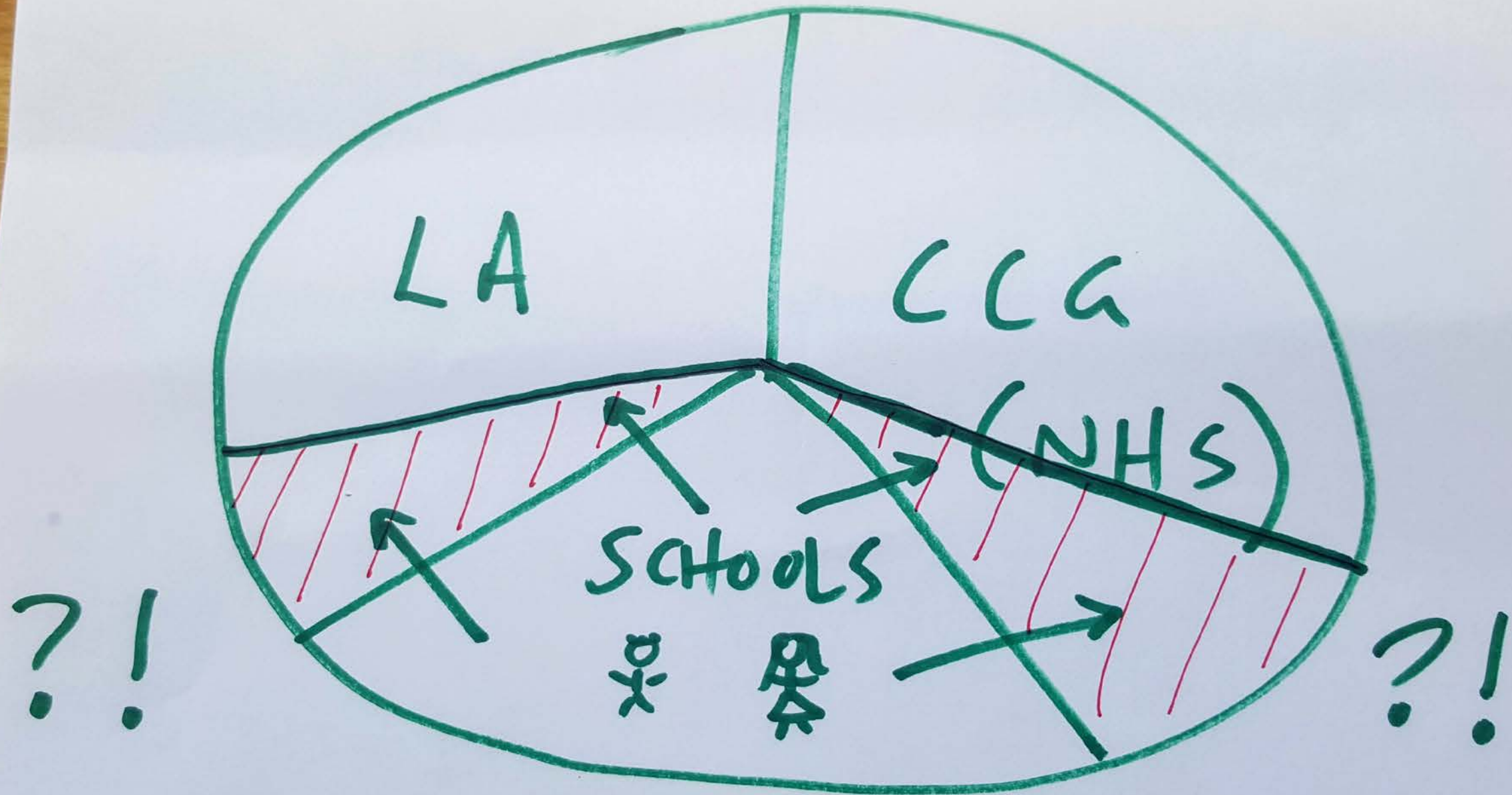
20 referrals to CAMHS:  
1 was accepted

Carlton-le-Willows Academy, 12 months to Spring 2019











‘Intervention Packs’  
Anxiety + Depression  
(Cognitive Behavioural Therapy)

Offered to Carlton-le-Willows Academy 2018 / 19



Strategic  
Structural  
Existential

Do we step  
into this  
space?

'educational',  
'pastoral' or  
'health'  
provision?

Kids don't get the help they need

(But still in school 08.30 to 15.00  
Monday to Friday!)





What if we step in  
and it goes wrong?

Statutory duties on LA and CCG  
(not us)



Common law duty of care

Liability by default?

Professional Indemnity  
insurance?

Legal expenses insurance?



What if we don't  
step in?





Service Level Agreements?





# Green Paper

'Transforming children and young people's mental health provision'

Mental health lead in every school by 2025...

Trained

Oversee

Help spot

Refer

# Green Paper

'Transforming children and young people's mental health provision'

'Mental Health Support Teams' ...

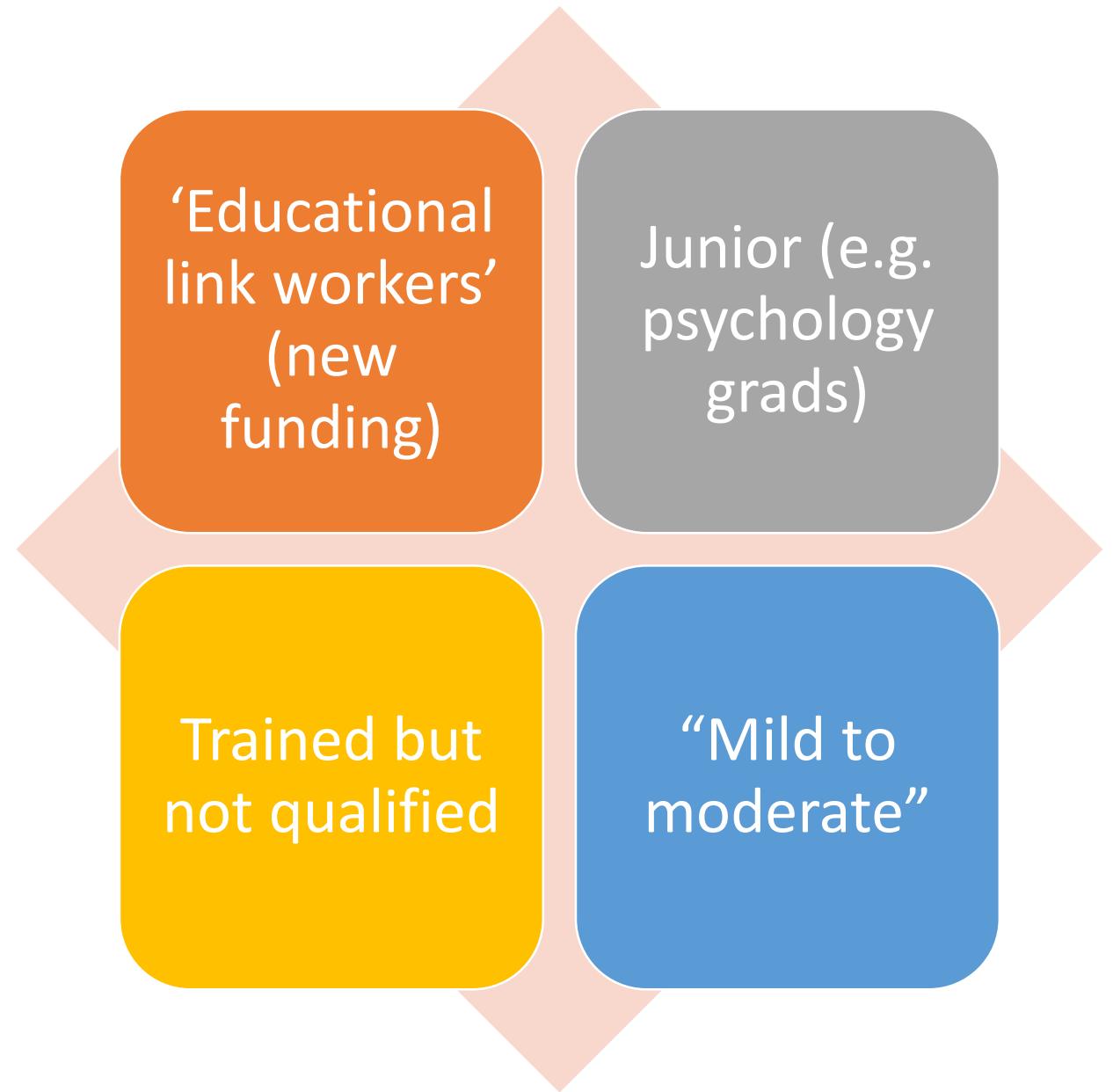
Individual & group help

Mild to moderate

Link between NHS & the school

Work with nurses, psychologists, counsellors, voluntary bodies, social workers

# 'Mental Health Support Teams'?



# The CAMHS citadel...

- New funding beyond 'moderate'?
- Shortage of qualified specialists...



# Working collaboratively with other schools?

“Where schools are organised in clusters or run by Multi-Academy Trusts, they should consider collectively commissioning specialist support for identifying and supporting pupils with mental health needs. Such support could take the form of mental health workers, social workers or educational psychologists. They may also consider providing opportunities for groups of staff to be trained jointly on identifying and meeting mental health needs; thereby providing opportunities to share good practice and learn from one another.”

*Para 4.13 ‘Mental Health & Behaviour in Schools’ (DfE advice)*



Before  
academisation...



But after...??



Any  
Questions?

