



Sefton
Emotional
Achievement
Service

REPORT
2022/23





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SEAS

What is SEAS?

Sefton Emotional Achievement Service (SEAS) is a group of local charities who have come together with the aim of helping children, young people and families to aspire and achieve through providing bespoke emotional wellbeing support, delivered at the right time and right place through voluntary sector consortium working.

Collectively, the SEAS Consortium has more than 100 years of experience in delivering services and supporting local people. The service offers a range of emotional well-being support services at a reasonable cost. SEAS partners use a range of outcome measurement tools to demonstrate the effectiveness of interventions.

SEAS are committed to innovating and finding new ways to support young people and families in Sefton.

Who are the SEAS partners?

Members of the SEAS Consortium came together in 2013 as a positive outcome of their participation in a national Department for Education Programme, BOND (Better Outcomes, New Delivery). BOND focused on building the capacity of voluntary sector organisations to design, deliver and evaluate the impact of emotional and social wellbeing focused interventions for children, young people and families.

Members include the following Sefton-based organisations and Sefton CVS, the lead agency, all of which are registered charities with credible reputations.

Parenting 2000

parenting2000.org.uk

Venus

venuscharity.org

MYA SPACE

mya.org.uk/SPACE

PSS

psspeople.com

For further information please email seas@seftoncvcs.org.uk

INTRODUCTION

This year we started with some consultation with our colleagues and partners. Workshops were held at the Thrive Network Sefton and The Education and Mental Health Network.

We wanted to find out what the main issues were and how our work could best support our children and young people. Three pilot projects were developed by the SEAS Partners:

**Getting Back
Bridging the Conversation
E.R.**

Partnership work continues with the Education and Mental Health Network, MHST, Sefton Emotional Health Partnership, Thrive Network, Education Collaborative and The Children and Young People's Emotional Health and Wellbeing Board.



MESSAGE FROM OUR PARTNERS

THRIVE continued to be a priority this year, working with The Thrive Network Sefton. SEAS has continued to deliver Thrive Model Training Workshops to partners across Sefton.

The workshops were a great opportunity for agencies to share good practice and confirm that they are supporting young people in Sefton to Thrive.

SEAS (Sefton Emotional Achievement Service) listened to our partners to ensure we developed programmes that target the identified need for Sefton.



Sharon Cotterall
Sefton CVS
Co-ordinator of SEAS

SEAS Partners

Working together to improve the understanding of the Thrive Model and improve emotional wellbeing for children and young people across Sefton



Janine Hyland
Parenting 2000



Jean Hodgkinson
Venus



Bryan McCann
MYA SPACE



Rachel McCluskey
PSS

PRIORITIES THIS YEAR



Thrive Training Workshops

Delivery of a free, interactive, 1 hour 30 minute workshop on Zoom to help practitioners and volunteers to understand the Thrive Model and how it fits within their setting and those of partner agencies in Sefton. This has been delivered to individual agencies and there has also been a multi agency offer.



Thrive Network Sefton

Continued development of The Thrive Network Sefton, now with 89 members. Meetings take place bi-monthly and focus on the emotional health and wellbeing of children and young people in Sefton.



SEAS Delivery with Children and Young People

SEAS Partners developed three pilot projects in response to feedback from partners.

4 | Young People took part

Getting Back Bridging the Conversation E.R.

More information later in this report.

PRIORITIES THIS YEAR

Education & Mental Health Network



Growing Together
Sefton Emotional Health Partnership
Working Together For Young Peoples Emotional Health

Education & Mental Health Network

We invite headteachers, teachers and support staff who have an interest in mental health and wellbeing of children & young people to join us. Meetings will take place once each half term on Zoom

Mon 26 Sep 22 Mon 13 Mar 23 3.30pm to 5pm
Mon 21 Nov 22 Mon 8 May 23 on Zoom
Mon 23 Jan 23 Mon 26 Jun 23

Each meeting will include:

- Presentation from a School Sharing Good Practice**
- A Training & Service Offer Discussion**
- A Discussion about Overcoming Challenges for Schools**

Meetings are chaired by
Sharon Cotterall, Children & Families Development Officer Sefton CVS

If you would like to join the network please e-mail
sharon.cotterall@seftoncvcs.org.uk

 **Sefton CVS**
Supporting Local Communities

 **Sefton**
Emotional Health Partnership

Sharon Cotterall chairs the Education and Mental Health Network. Meetings take place each half term on a Zoom video call. The content includes a school sharing good practice, a partner agency sharing information about their offer, and an update from Mental Health Support Teams in Schools. There is also an opportunity to share information and network.

Guests speakers for 22/23 have included:

Savio High School, Crosby High School, Meols Cop High School, Springwell School, Christ the King School, SEAS, Roberts Music, KOOTH, Samaritans, Thrive Network, ADDvanced Solutions, MYA SPACE, and Sefton Carer's Centre.

Children and Young People Information Sharing



LOCAL OFFER LIVE

SEFTON LOCAL OFFER LIVE EVENT WILL BE HELD MARCH 1ST 2023

AINTREE RACECOURSE
9:30AM - 6:00PM

IT IS A CHANCE TO MEET OVER 100 STALL HOLDERS WHO OFFER SERVICES IN SEFTON INCLUDING:

- SEND
- ADULT LEARNING
- NHS SERVICES
- CHILDREN'S SOCIAL CARE

FOR MORE DETAILS EMAIL
INFO@SEFTONPCF.ORG

 **Sefton Council**

 **SEFTON**
Emotional Health Partnership

SEFTONPCF

#LOCALOFFERLIVE #LOCALOFFERLIVE

We were in a much better position this year post Covid to attend face to face events.

We had a stall at the 'Local Offer Live' Event which took place at Aintree Race Course on 1 March 2023. This was an excellent opportunity to talk about SEAS and The Thrive Network with parents and carers.

We also had a stall at the Social Care Week Market Place Event at Bootle Town Hall on 21 March 23. This event gave us the opportunity to talk to social workers about Mental Health and Wellbeing and our work. We put together an information brochure for social workers.

PILOT PROJECTS WITH SCHOOLS

Getting Back Project – MYA SPACE and PSS

The Getting Back Project was delivered by staff from both MYA SPACE and PSS. It used Creative Arts as a binding point in the learning process. Tailored to meet individuals' needs, offering advice & guidance to build confidence within a safe environment, helping each cohort make a successful return to school settings or get back to being themselves.

Students experienced theatre, music and structured group work and were given the opportunity to focus on individual likes and needs.

The approach was to create an environment where individual students felt safe and comfortable, using techniques to develop self-respect and respect for others around them. They learned to understand their educational requirements and needs and develop an understanding of the importance of their own particular skills.

Students were encouraged to push and pursue their basic skills, not just within the broader Arts subjects, but individually in communication, interaction and working with others, their compliance with attendance, their understanding of their own achievements and their ability to take control off their own decision making and education.

The two schools that took part in the Getting Back Project were Savio High School and Chesterfield High School.

The programme ran for 6 sessions at MYA SPACE for each school. The Young People that took part were seen as being on the cusp of failing or falling out of school.

This programme concentrated on giving young people the opportunity to explore subjects, take part in discussions and build up confidence in themselves and within groups. Young people had time to share thoughts, develop ideas and work closely with others to regain self-confidence and esteem. Young people set goals and built a pathway to either re-engage back fully into education or regain confidence to be themselves again.

One School reported that attendance had improved for 50% of the group. One school reported 98% improvement in attendance within the first week and by the second week young people were already feeling more confident.

As a result of this work some young people have had to have less wellbeing interventions within school. School reported that it had been a very positive experience for students.

PILOT PROJECTS WITH SCHOOLS

Getting Back Project – MYA SPACE and PSS

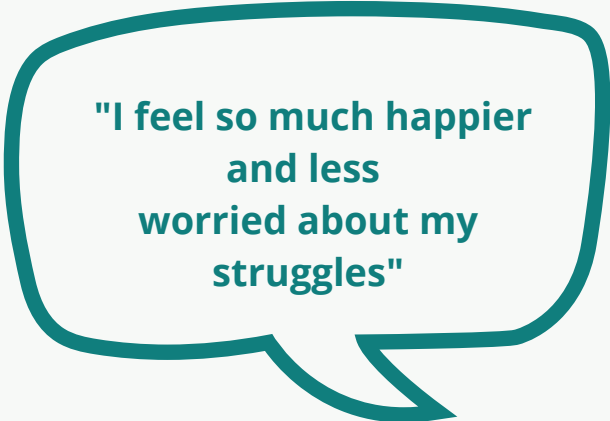
Outcomes

- Improved attendance and attitudes towards learning and education
- Improved confidence and self esteem
- Improved communication and relationships with peers and teachers
- Improved skills and interests
- Improved physical and emotional wellbeing
- Reduction in the need for regular 1:1 support or further interventions
- Reduction in negative behaviours and viewpoints




100%

**of Young
People said
they had fun**



**"I feel so much happier
and less
worried about my
struggles"**



**"This is better than any other
NHS intervention I
have had"**

PILOT PROJECTS WITH SCHOOLS

E.R. – Venus

Not being able to understand and find the words to communicate how we feel to others can be the biggest barrier for a child or young person, especially at such a crucial time in their lives. These difficulties can often result in frustrations, anger and ultimately impact on a young person's ability to form and maintain relationships at home, in school and within friendship circles.

E.R. (Emotional Regulation) Project was developed with a recognition of this through discussions around gaps in existing support services. Feedback from education staff and parents/carers indicated that there was an increase and escalation in children and young people presenting with emotional dysregulation problems, which impacted on their daily emotional wellbeing, progress at school and relationships with family and friends.

Our approach was to create an environment where individual students can feel safe and comfortable where they will not feel judged. During the programme young people were supported to understand difficult feelings, identify triggers and learn strategies for emotional regulation, handling conflict and building tolerance for those uncomfortable feelings. They learnt about themselves and how they have the power to positively change things for the better.

Students were encouraged to pursue and further develop their basic skills in communication, interaction and working with others, their understanding of, and therefore willing adherence, to school and home rules. We helped them to realise their already existing personal qualities and to recognise their own achievements, along with their ability to take control of their own decision making and education.



Photo: Young People who took part in E.R. Project

PILOT PROJECTS WITH SCHOOLS

E.R. – Venus

Outcomes

Venus collect feedback and track client progress throughout their engagement with the service using questionnaires and goal setting. We aim to collect two or more of the same questionnaires in order to have a paired outcome with comparative scores.

All young people attending the E.R. course were asked at the assessment and final session to complete a Strengths and Difficulties Questionnaire (SDQ) , a brief emotional and behavioural screening questionnaire for children and young people.

Scores from the questionnaires completed suggested:

- 5 of the 6 young people who attended all session on the course showed measureable improvements for the overall total difficulties score.
- Within the total difficulties score we could see that 83% of the young people saw improvements in relation to emotional difficulties and hyperactivity
- All the young people noticed the same or improved pro-social skills.

**able to use
tools from
the course**

**Course leaders were
brilliant with the pupils
and had a really good
understanding of their
individual needs**

**Some of them have carried
on the friendships and still
refer to each other as
"our group"**

**you pupils who were
struggling to be
heard or understood
are finding a voice**

PILOT PROJECTS WITH SCHOOLS

Bridging the Conversation – Parenting 2000

‘Bridging the Conversation’ delivered intensive therapeutic interventions to work with young people to help them to tackle and reverse their emotionally based school avoidance/low attendance. Young people were referred from Stanley High School in Southport to each receive four one-hour therapy sessions and one four-hour group session.

The young people were matched to one of the three therapists for themed one-to-one sessions to establish the root causes of their low school attendance, working with them, their parent(s)/carer(s) and school to find a solution to reverse this.

To achieve the strongest therapeutic alliance, vital for this cohort, their allocated therapist co-delivered the group sessions. This provided security, consistency and trust, essential to foster engagement in the process. This pilot project tested the effectiveness of this hypothesis.

Delivery Model

1. Therapy session : ‘Establishing the difficulties/obstacles’
With the young person and their parent/carers. Held at Parenting 2000’s premises.
2. Therapy session: ‘What I would like school to know’
With the young person. Held at Parenting 2000’s premises.
3. Workshop: ‘Anxiety/triggers/threat system/dysregulation’
A Psychoeducational group intervention in person at Parenting 2000 or on zoom.
4. Therapy session: ‘How can obstacles be overcome?’
With the young person and a school representative held in the young person’s school.
5. Therapy Session: ‘Review and reflect – moving forward’
With the young person choosing the venue between Parenting 2000 or School.



PILOT PROJECTS WITH SCHOOLS

Bridging the Conversation – Parenting 2000


Outcomes

- 100% can better understand their anxiety
- 25% can better manage their feelings of anxiety
- 25% feel that they can now make progress attending school
- 75% reported improved school attendance




100%

**can better
understand
their anxiety**



**'It was useful to have the
perspective and support
from and external agency'
(Parent)**



**Projects like this
are so needed
(Parent)**

THRIVE NETWORK SEFTON

Thrive Network Meetings

Meetings continue to take place bi-monthly on Zoom chaired by Sharon Cotterall. Partners that have attended this year are:

Sefton Early Help, Acting Angels, SWAN, Sefton SEN & Inclusion, Samaritans, Parenting 2000, Sefton Young Advisors, Place 2 Be, RASA Merseyside, Forefield Infants School, Sefton Carers Centre, We are with you, Merseycare, Larkfield Primary School, Sefton Local Offer, Mental Health Support Teams in Schools (MHST), Deyes High School, Sefton Children's Social Care, Roy Evans Foundation, Sefton Parent Carer Forum, Linaker Primary School, Active Sefton, KOOTH.

Key Discussions included:

Riding the Rapids Training, Research into Active Schools to support mental health, waiting lists and sharing good practice and service updates.

Research and Admin Assistant

Funding a part time role to support the work of SEAS and Thrive. Managing bookings on events and training and producing promotional materials.

Photo: Cormac O'Carroll is our Research and Admin Assistant.

Getting back out there

We attended face to face events with our new banner.

Local Offer Live – 1st March 2023

Sefton Stronger Together
Social Work Marketplace – 21st March 2023

Photo: Georgia Ribbens – Young Advisors Project Officer at the Social Care Market Place Event



THRIVE TRAINING WORKSHOPS

Delivery 2022/23

We delivered 3 workshops direct to Sefton Carers Centre, Parent Carer Forum and Active Sefton.

We delivered 3 multi-agency workshops where people from the partnership could book onto a particular date.

We delivered information through strategic meetings about the model and offer.

We worked with Sefton Emotional Health Partnership to support the roll-out of the Mental Health Snapshot and its link to The Thrive Model.

There is an offer to deliver workshops to Early Help and Children's Social Care Academy.

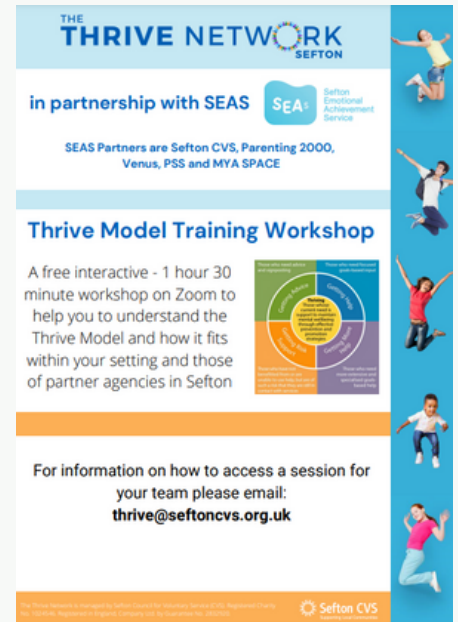


Photo: Sefton Parent Carer Forum

Training Zoom Session

- Easy to access one-and-a-half hour session
- Workshop Slides shared after training to share with colleagues
- Jamboard from workshop shared as PDF with attendees
- The multi agency sessions were good for networking



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For more information about the work of SEAS or to discuss commissioning, contact Sharon Cotterall.

sharon.cotterall@seftoncvss.org.uk