Auditing Provision and Practice for Emotional Health and Wellbeing

(adapted from Pupils' Emotional Health and Wellbeing: A Review of Audit Tools and a Survey of Practice in Northern Ireland Post-Primary Schools; Paul Connolly, Caryl Sibbett, Jennifer Hanratty, Karen Kerr, Liam O'Hare and Karen Winter; May 2011)

School Policies and Procedures

Does your school have the following policies in place?	Yes	No	Notes/Evidence
Anti Bullying Policy			
Policy for supporting pupils dealing with major life events (bereavement, ill health, divorce/separation)			
Policy for when to refer to specialist support			
Critical incident management policy			
Staff welfare policy			
What other policies are in place in your school that might promote the mental health and emotional wellbeing of the whole-school community?			

School Practices

	Yes	No	Notes/Evidence
Is promoting pupils' mental health and emotional wellbeing an action within the school development plan?			
Does the school hold multi-agency meetings with those involved in pupils' emotional health and wellbeing?			
Are multi-agency meetings planned and held routinely (rather than only in response to a crisis)?			
Are parents always welcome in the school?			

Pupil Experience

	Yes	No	Notes/Evidence
Is there a clear set of rules and expectations for pupils' behaviour?			
Is there a clear point of contact for pupils who are worried or need support?			
Are pupils made aware of a number of people they can			

turn to if they need support (e.g. form teachers, school counsellor, year head)?			
Are pupils directly involved in developing school policy that affects them?			
Are pupils involved in decision-making processes that impact on their wellbeing?			
Is there a school council/forum in your school?			
Are there peer support programmes in place?			
Are parents contacted regularly on pupil progress and achievements?			
Are pupils' achievements (both academic and non-academic) formally recognised by the school?			
Does your school run programmes targeting drug and alcohol use?			
Does your school run programmes targeting safe sex, STIs and unplanned pregnancy?			
Does your school run activities for mental health awareness day/week?			
Does your school run any suicide prevention activities?			
Does your school typically use external facilitators to run mental health and emotional wellbeing related activities?			

What other activities (universal) does your school run to promote pupils' mental health and emotional wellbeing?

How does your school support pupils identified as being vulnerable to mental and emotional health issues?

How does your school support pupils identified as having mental and emotional health issues?

Education/Other Relevant Staff Experience

	Yes	No	Notes/Evidence
Is there a system of mentoring for new education/other relevant staff to provide support for dealing with stress, challenging behaviour etc.?			
Have education/other relevant staff received any specialist training from SEMH staff relevant to promoting mental health and emotional wellbeing?			
Have education/other relevant staff received training for positive behaviour management?			
Have education/other relevant staff been trained in listening skills?			
Are education/other relevant staff given opportunities to develop their own social and emotional skills?			
Have teachers received training on how and when to refer to specialist services?			
Do year heads (or equivalent) have an active role in pastoral care?			
Have any education/other relevant staff members attended Mental Health First Aid training (or similar) for teachers/staff?			
Are external agencies typically used to facilitate training for education/other relevant staff in areas relevant to mental health and emotional wellbeing?			
What other activities relevant to mental health and emotional wellbeing (of both pupils and staff) are in place for education/other relevant staff?			

Established Programmes for Promoting Mental Health and Emotional Wellbeing

Are the following programmes running in your school?	Yes	No	Notes/Evidence
Aware's Mood Matters: Depression Awareness programme			

Solihull Healthy Schools Status			
Independent Counselling in Schools Service (ICSS)			
MindMatters			
The Samaritans' Developing Emotional Awareness and Learning (DEAL) Programme			
Social and Emotional Aspects of Learning (SEAL) Programme			
What other Programmes/resources are you aware of to support mental health and emotional wellbeing in the school community? (For example PATHS, Bounce, 'Bright Future for All', Zippy's Friends resources.)			