



BRIDGE THE GAP SUPPORT IN SCHOOLS



FEEL SAFER

Imagine a school with a mental health professional on hand every week, for staff, for children, for parents.

FEEL HOPE

For staff to have a referral pathway when they need it and quickly and for parents to have chance to offload and seek advice on how to support at home.

WHO WE ARE

Bridge the Gap Child Mental Health C.I.C. are a Derby based emotional health hub for children aged between 7 and 25 years. We want ALL children to feel that they matter, that they are loved and that they are not alone.

WHAT WE DO?

We have a multi-disciplinary team who deliver high quality emotional education and long term mentoring to children to support their mental health. Sadly, statistics show that in Derby, the likelihood of a child taking their own life is significantly higher than national averages. We work closely with schools and other partners in the city to ultimately save children's lives.



**YOU MATTER, YOU ARE LOVED, YOU ARE NOT
ALONE...**



Bridge the Gap work with 112 children every week in a face to face capacity to support mental health and wellbeing.

WHOLE SCHOOL

"ONLINE MENTAL HEALTH PLATFORM"

A years access to the Bridge the Gap whole school online platform with access to the following:

- Emotional Education curriculum for children in primary and secondary including schemes of work around mental health, anxiety, growth mindset, anger, self-esteem, worry, values, problem solving and friendship.
- Four CPD sessions for school to access – to be led by a member of school staff or to be accessed independently:

Emotional Literacy

Mental Health Warning Signs

Supporting an anxious child

The Power of Positive Relationships

- Parent empowerment course on how to support their child's mental health and to support an anxious child.
- **TIME FOR YOU** - an empowering session to support adult wellbeing and mental health.
- Parent and child online pre-recorded course on Exploring Anger.
- Free downloadable resources.
- Exclusive and original video content from the multi-disciplinary team at Bridge the Gap.

“

Thank you for enlightening me. I enjoyed the training, it was passionate and acknowledged what a hard job teaching is, this was really helpful to hear.

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PROVIDING SCHOOLS WITH EVIDENCE BASED TOOLS AND LANGUAGE TO HAVE CONVERSATIONS WITH PUPIL'S ABOUT LEVELS OF STRESS, DISTRESS, PAIN AND OVERWHELM. TO IMPROVE ATTENDANCE AND MENTAL HEALTH.

Cost: £1000 per year.



1:1 EMOTIONAL SUPPORT

"MEETING A CHILD WHERE THEY ARE"

Our 1:1 Emotional Literacy based sessions are designed as an early intervention for children who are beginning to struggle with low self-esteem, anxiety or with managing big emotions. The 1:1 sessions do not follow a set programme, the practitioners plan sessions based on each individual child's interests and needs.

We complete a parent assessment call with each parent or carer to ensure we are supporting and liaising with the whole network around the child; you as a school also complete a school assessment form which is sent securely from our protected practice management system. Through this process we will ensure that we are the right people to support.

We work with children from the age of 5 upwards and we are committed to building safe relationships with each child to create the right emotional space for them to explore and learn with their practitioner.

Practitioners receive regular formal clinical supervision and daily informal supervision, this ensures that we are able to assess and manage risk and know when further support is needed. That might be a mental health assessment and liaising within the CAMHS team or it could be formulating a graded exposure plan to help support around fears and anxieties.

We give children hope and show kindness at a time when they need it most.

We measure the impact of these interventions and liaise with you to ensure that we truly are working together to ensure that each child gets the support and education that they deserve. You can commission an impact report (please contact us for costings) that captures the voice of the parent, child and school, this is presented with a combination of qualitative and quantitative data.

We work with children for a minimum of 12 weeks in a 1:1 capacity so the sessions are suitable for children who might have gone through some big changes, are struggling with anxiety or a fixed mindset. All resources included. We require a suitable private and quiet space to deliver our interventions.



Cost: £150 for 3 1:1's per week..



SMALL GROUP SESSIONS

"LEARNING TOGETHER"

Our small groups help children to learn more about emotions in a safe and fun environment. The practitioner will explore friendships, self-esteem, coping strategies, transitions and general emotional literacy and education.



Group sessions are best for students who need low level support and intervention, a chat with our team will help you to choose the most suitable children. Children love Bridge the Gap groups because they are small and a safe space is created to ensure that all children feel included and can participate.

All children should be from the same year group.

Group sessions are planned for the children attending. Practitioners are reflective and adaptable. You will be required to complete a brief form for each child and parents need to sign our user agreement.

GROUP SESSIONS USUALLY LAST BETWEEN 45 MINUTES TO AN HOUR AND RUN FOR 6-WEEKS. PLEASE LIAISE WITH US IF YOU FEEL THERE ARE CHILDREN WHO WOULD BENEFIT FROM LONGER.

We require a suitable private and quiet space to deliver our interventions.

All resources are included within the cost of the sessions.

Cost: £900 for 6-weeks



PARENT EMPOWERMENT

"WORKING TOGETHER"

3 x 1.5 hours, in person, parent empowerment sessions for up to 20 parents. These help parents know how to support a child who is struggling with school-based anxiety, big emotions, low self-esteem/fixed mindset, presenting as dysregulated (at home or school), generalised anxiety. These are delivered by our directors (specialist mental health nurse and ACT therapist and Emotional Literacy Specialist) who have created ACAMH award nominated mental health education for professionals. The three sessions cover:

- **Explaining Anxiety to Children**

Introducing the differences between worry and anxiety and practical tools and resources to help support an anxious child at home and teach valuable problem-solving skills. Each parent will take home a Bridge the Gap 'Understanding Anxiety' activity book for their child.

- **Responding to Anger**

Explaining to parents around how the emotional brain develops and what happens to a child's brain during an amygdala hijack (anger outburst or anxiety 'fight' responses). Phrases to soothe and connect with a dysregulated child and booklet to take home with valuable reminders.

- **Building your Child's Tool kit**

A session exploring coping strategies, the differences between proactive and reactive strategies and how and when to practice them. Introduction of a relaxation kit including a selection of resources for parents to choose from to begin their child's kit at home.



We also deliver add on sessions covering: social media; self-harm; building safety plans; emotional literacy; sleep support and more. Please reach out if you have a specific need you would like us to support you with.

We require a suitable space with the ability to display a presentation from our laptops. Each session lasts 1.5 hours to ensure that there is opportunity for parents to ask specific questions. School staff are asked not to attend this session, this is after consistent feedback from parents that they feel more open without.

Cost: £1125 for 3-weeks.



PARENT & CHILD

'EXPLORING EMOTIONS' COURSE

"Creative and educational emotional literacy sessions"

Four parent and child sessions in school delivered by a Bridge the Gap practitioner. Each session has been created to introduce concepts around emotions that help to:

- Increase a child's confidence in talking about difficult emotions.
- Help a child's understanding of emotions and feelings.
- Support emotional development.
- Increase a child's ability to use coping strategies at times of dysregulation.
- Boost their self-esteem and growth mindset.
- Increase parents' confidence in being able to talk to children about their difficult emotions and teach them strategies to use at home with their child.
- Strengthening bonds and connections between parent and child.
- Improve parent and school relationships.

Each session has an introduction followed by a creative activity for the parents and children to complete together. The practitioner facilitates this time to encourage conversations around emotions and to upskill parents with resources and tools to help the exploration around thoughts and feelings at home. The four initial sessions are:

WHERE WE FEEL OUR FEELINGS

What emotions are, body mapping together helping children learn when to recognise physical 'clues' to how they might be feeling. They create an emotion sharing game together.

STORM STARTERS

Exploring what worry is, how sharing the worry can help us to feel more regulated and safer. Creating a 'worry station' drawing to create at home and then making a worry keeper to take away.

WORRY KEEPERS

Exploring what worry is, how sharing the worry can help us to feel more regulated and safer. Creating a 'worry station' drawing to create at home and then making a worry keeper to take away.

AMAZING ME!

A session centred around self-esteem where children and parents explore strengths and affirmations. Ensuring children know that we are all meant to be unique. This accumulates in the children making their own 'affirmation mirror'.

Cost: £800 for 4-weeks.



BRIDGE THE GAP



TRAINING

"PRACTICAL, POWERFUL TRAINING THAT SUPPORTS AND INSPIRES"

We deliver ACAMH award nominated training in key areas of supporting child and family wellbeing. We are passionate and committed to helping schools find a space to learn about topics in a way that informs and empowers them with knowledge that truly makes a difference to both staff and the children

Emotional Literacy underpins all of our training and how that links to mental health and the prime areas of learning and development.

Your team will come away with a deeper understanding of mental health and be confident in knowing more about how to join all of the elements that effectively supporting mental health entails.

EXAMPLES OF TRAINING OFFERED

- **Emotional Literacy**

Understanding emotional development, and building authentic emotional resilience.

- **Supporting an Anxious Child**

Understanding anxiety, worry and panic and how to educate and support children in these areas.

- **Social Media and the Impact on Mental Health**

Understanding how social media is impacting our children and how we can guide and support them with its use.

- **Raising Self-esteem**

Exploring what self-esteem is and how we can help children to build it moving away from artificial rewards and boosting authentic self-esteem to improve and protect mental health and growth mindset.

- **Connection and Co-regulation**

Understanding behaviour, what it is, what it looks like and what it tells us about a child's needs alongside practical tools and knowledge around how to connect and co-regulate to reduce the need for de-escalation.

PLEASE GET IN TOUCH FOR DETAILS ON OUR
TWILIGHT TRAINING HOURS, INCLUDING STAFF
WELLBEING WORKSHOPS.

Cost: £250 per hour.



"BESPOKE PACKAGES AVAILABLE"

Please get in touch to discuss your requirements so we can create a bespoke package of support for your school.

DETAILS

There will be a small charge to cover travel this is charged at £4 per week within Derby City. All staff are qualified to work within the children and young persons workforce and have a variety of professional backgrounds. Our multi-disciplinary team are made up from:

- Mental Health Nurses
- Occupational Therapists
- Early Years Workforce
- Learning Mentors
- Teachers
- Sports Coaches
- Nurses

All of our team receives specialist training from Bridge the Gap around Emotional Literacy interventions alongside regular CPD sessions from external mental health professionals.

- Every practitioner is clinically supervised and has a level 3 safeguarding.
- Staff are qualified in accredited first aid.
- All practitioners and volunteers hold a valid enhanced DBS certificate.
- All practitioners have completed full right to work checks.
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Bridge the Gap welcome schools to come and visit our premises and complete their own safeguarding procedures. Please ensure any forms that need to be completed are sent to our school liaison officer richardwyman@jwbridgethegap.com
You can read our safeguarding declaration on our website.

Payment is required prior to sessions commence. All sessions are payable, even if a child is off school due to illness or school closures, including INSET days but NOT Derby city term closures. Full user agreement forms/assessment forms are sent from our practice management system 'Cliniko', which is secure and GDPR compliant. For further information on our secure practice system Cliniko Security.

"EVERY INTERACTION IS AN INTERVENTION"
Dr. Karen Treisman



CONTACT US

Please get in touch to discuss your requirements so we can create a bespoke package of support for your school.

CALL

01332 600827

EMAIL

School Liaison Officer: richardwyman@jwbridgethegap.com

General Enquiries: info@jwbridgethegap.com

WEBSITE

www.jwbridgethegap.com

Free resources available

YOUTUBE

Bridge the Gap Child Mental Health - YouTube

FREE CHILDREN'S GROUPS

Compassionate Crafts

Mindful Movement

Email for information

SMALL GROUP SESSIONS AT OUR HUB

Visit our website for dates, times and to book

PARENT AND CHILD SESSIONS

Visit our website for dates, times and to book

FREE PARENT DROP-IN SUPPORT - 'MINDFUL MONDAY'

Every Monday in term time at our hub, no need to book just pop in for a warm space a hot drink and a friendly and supportive chat.

10:30am - 12:30pm

PRIVATE 1:1 SUPPORT AT OUR HUB

Email sarah@jwbridgethegap.com to discuss

"Thank you BTG! I haven't the words to express how valuable your support has been to us as a school. you've improved our whole school approach and done that with such care and compassion for staff as well as pupils."