

Thought-Full

Information about the Thought-full programme is held on the [Thriving in Education website](#), including links to upcoming training events. Online training events can be accessed by any West Sussex School, not just those currently included in the Thought-Full programme.

Thought-Full are commissioned to work with approximately 55% of West Sussex Schools. Thought-Full provides support in 3 ways:

1. We support the senior mental health lead (SMHL) in each education setting to introduce or develop their whole school approaches to mental health and emotional wellbeing.
2. We provide one to one evidence-based interventions in schools for mild to moderate mental health issues such as anxiety and depression.
3. We give advice to school staff and liaise with external specialist services, to help children and young people to get the right support and stay in education.

As Thought-full continues to grow, a Hub and Spoke model is being developed to support schools who can't yet be fully supported by the programme. This involves linking up schools to share good practice, problem solve and share training.

This recent feedback sums up what we're working to achieve in schools, increasing capacity and taking a whole school approach, as well as providing one to one support when needed.

"Support and advice sessions are provided by Shirley and Emily from Thought-Full on a fortnightly basis at Millais for all Student Support Leaders. These sessions are accessible, practical and tailored specifically to what we need in our school. Student Support Leaders now feel more confident in what makes a 'good' referral to Thought-Full, understanding the principles of CBT and using them to support students' emotional wellbeing. Shirley and Emily have also provided us with real tools that we can integrate into daily practice. We regularly use the Thought Record Sheet 'taking your thoughts to court, the unhelpful thinking sheet and thought challenging questions, during regular wellbeing checks with our students. These sessions enhance our communication with the Thought-Full team and enable us to explore ideas around group work, ways to engage parents, and plan thorough support moving forward to the benefit of our students."