

Thriving in education

Information for Early Years

Thriving in Education is WSCC's offer to schools and colleges around whole school approaches to mental health and emotional wellbeing.

Key people:

Tanya Procter: tanya.procter@westsussex.gov.uk

Commissioner for mental health and wellbeing in schools and colleges

Vik Machin: vik.machin@westsussex.gov.uk

Schools and Colleges Mental Health and Emotional Wellbeing Advisor

What is our offer:

Our offer is based on two models:

1. The iThrive Framework for System Change developed by the [Anna Freud National Centre for Children and Families](#).



Thriving in education

2. Guidance on the 8 principles of a whole school or college approach to promoting mental health and wellbeing.



These two frameworks form the basis of our offer, including our digital offer via our [Thriving in Education website.](#)

Children's mental health and emotional wellbeing home > Information for school and college staff

West Sussex Thriving in Education

Schools and colleges play a key role in helping children and young people to thrive in terms of their mental health and emotional wellbeing.



Thriving in education

Thriving	Getting Advice	Getting Help	Getting More Help	Getting risk support
<ul style="list-style-type: none"> • School or college Senior Mental Health Lead (SMHL) DfE approved training. • Termly SMHL networks, DSL training. • Half termly newsletters for SMHLs and parents and carers. • Access information and resources listed on Thriving in Education online. • Apply for Thriving in Education Small Grant to develop whole-school work on mental health. • Audit, plan and monitor impact of WSA work using the WSCC reflective tool or the Implementation and Outcomes Self-Assessment Tools. 	<ul style="list-style-type: none"> • Dedicated Schools Team link worker for every school (DST). • EBSA process, EBSA guidance, training and consultations • Partnerships for Inclusion of Neurodiversity in Schools (PINS). 13 primary schools, one year pilot. • Training for staff and governors via Thriving in Education online. • L-Incs (DBV pilot) – mental health and EBSA offer. 32 schools. • Support for Whole School Approach planning and delivery from Thought-Full (for eligible schools). • Mental Health Ambassador programme. 	<ul style="list-style-type: none"> • 1:1 support from Thought-Full – Mental Health Support Teams (MHST). • Parent groups led by Thought-Full (for eligible schools). • Working on Worries Support and Intervention (WOWSI) - Parent-Led Online Intervention for Child Anxiety. 80 primary schools. • Specialist Advisory Teams (SATs) CARMS where MHEW difficulties are co-occurring with other issues. 	<ul style="list-style-type: none"> • Single Point of Access (SPOA) referral for MHEW support (SPFT, YMCA and YES) and signposting (range of support services). • Virtual school offer for children we care for. • Integrated Front Door referral for access to Early Help and Social Care. • Keyworker programme for CYP on neuro developmental pathway. 	<ul style="list-style-type: none"> • For secondary schools and eligible year 6 CYP, access to Multi-Agency Mental Health and Education Triage MAMHET. • My Wellbeing and Safety Plan developed with the CYP and their family. • Support from Fair Access team where EBSA is an issue. • Consultation with and support from Intensive Planning Team where eligible.

What can Early Years settings access?

Our remit is to work with schools and colleges, however, we recognise that Early Years settings are working with ever-growing complexity around mental health and emotional wellbeing and therefore we try to open our offer to early Years settings where we can. (With the caveat that the content is generally not specifically aimed at this audience).

Early Years settings can access:

- Our digital offer via the [Thriving in Education website](#)
- Our Senior Mental Health Lead Network (SMHL) meetings. (They would need to be added to our database – please contact vik.machin@westsussex.gov.uk)
- Our SMHL newsletter. (as above please contact Vik to be added to the mailing list).

Thriving in education

- [Our DfE-approved SMHL training](#). (This is offered by the Educational Psychology Service – please contact Fran Parker – frances.parker@westsussex.gov.uk)
- Our programme of [online training](#) delivered by our Thought-Full Mental Health Support Teams in Schools service.
- Our West Sussex Whole School Approach to Mental Health [Reflective Tool](#) – an audit tool to help identify areas of strengths and areas for improvement. In the autumn we would like to work with a group of EY settings to create an adapted version of this tool. If you would like to be a part of this process, please contact vik.machin@westsussex.gov.uk
- [Our Targeted Support A-Z](#): a signposting directory for mental health and emotional wellbeing.

Please visit our Thriving in Education [website](#) or scan the QR code.

All rights reserved. No part of this document may be reproduced, stored in a retrieval system, or transmitted in any form without permission from the West Sussex County Council. The Education Dept. and Education Business and Communications Team makes every effort to ensure that all details are correct, but we cannot be held responsible for inaccuracies. Please refer to www.westsussex.gov.uk/tools-for-schools to confirm details.
Copyright © West Sussex County Council 2025

