

# Bloom Schools Charter



For young people's mental health

## BLOOM CHARTER MENTAL HEALTH UK YOUNG PEOPLES PROGRAMME

### Introduction

Bloom is a UK-wide programme which supports young people's mental health resilience. Delivered in schools/colleges, it works with young people aged 14-18 to develop in them the tools and knowledge to manage their own mental health through life's transitions, both now and in the future. Bloom is brought to you by Mental Health UK.

For a host of FAQs about Bloom – please refer to Appendix 1.

### Bloom at a glance

At Mental Health UK, we gathered insight from young people and teachers across the UK to build a programme which young people have told us they want and need. Bloom equips young people with the tools and knowledge to maintain their mental health through life's transitions - such as moving through school, changing friendship groups, moving to University or starting employment. We created Bloom because we passionately believe in supporting young people, by giving them the necessary tools to cope with life's challenges.

Delivered through scenario-based discussion and relatable topics, such as 'work/life balance' or 'managing exam stress', we will leave young people with a better understanding of mental health in themselves and others. They will also possess a suite of tools they can deploy in ways which are right for their own mental health both now and in the future.

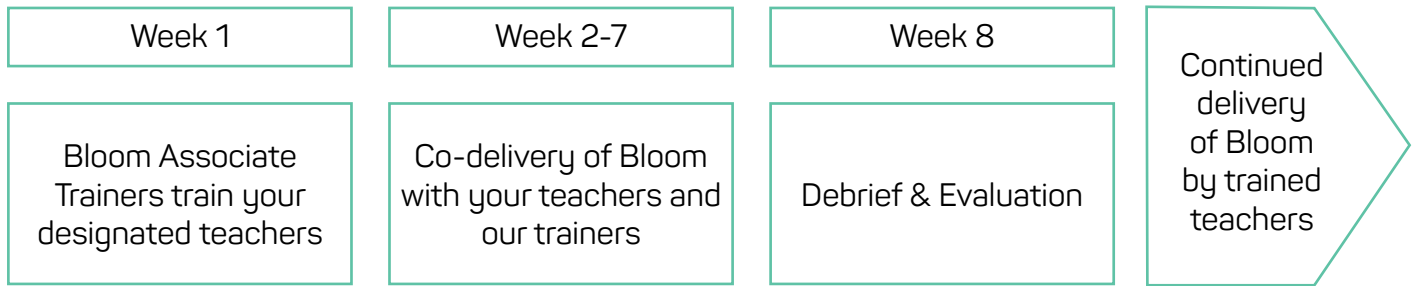
Through Bloom, we offer training to designated teachers; providing them with the knowledge and resources to continue to deliver Bloom content to their students.

### What does Bloom involve?

- 6 one-hour workshops for two different age groups (14-16 & 16-18 yr. olds), offering tools and knowledge for maintaining mental health through life's transitions
- Workshops are co-delivered with your designated teachers and our Bloom Training Associates for the duration of the programme
- Training to designated teachers on the content of Bloom
- A comprehensive package of easy to use resources, including a teacher's guide powerpoint slides for all workshops to facilitate teaching and student workbooks
- Ongoing support and communication, allowing trained teachers to continue delivery with excellence in future
- A Bloom certificate showing your commitment to the programme

### Bloom Journey

At the beginning of the programme, our dedicated Training Associates will train three teachers in your school in the content of Bloom. In the following six weeks we will work closely with those teachers to co-deliver Bloom in 1-hour workshops. Our Training Associates provide a supportive space within a school – they stay inside a school for one hour before and after a workshop, allowing for teachers to learn the content as well as prep, plan and debrief. Once Bloom has come to an end, we will remain in regular contact with your designated teachers to ensure they have the right resources and support to continue delivering Bloom to more students – and ultimately grow its impact within your school.



What do we need from you to get started?

### Engagement

How your schools is committing to improving young people's mental health.

### Capacity

Your ability to provide designated teachers and students for the duration of the programme.

### Commitment

Committment to work with us to deliver a high quality programme for your students.

### Quality Standards for Bloom

We have developed some Quality Standards for Bloom to ensure we achieve its main objective:

### Support young people's (14-18 year olds) mental health resilience now and in the future.

We are fortunate that we are in a position to be able to provide Bloom for free to a number of schools, and as such, we need to make sure we use these resources where the programme has the best conditions to make an impact. These Standards are what we expect a school to appraise itself against prior to engaging with the programme, during delivery and in the future, to help answer the question: "How do I ensure that my school/college is ready, committed and supported to deliver Bloom to the highest standard possible?"

Through the use of these quality standards, schools and colleges should be able to:

- Ensure they are prepared and ready to deliver Bloom
- Deliver Bloom through trained designated teachers, ensuring it is always delivered by those who are trained in it
- Allow Bloom to be delivered in the best school/college environment possible
- Work collaboratively with Bloom Training Associates, understanding their role and utilising their capacity
- Deliver Bloom only using approved materials and resources
- Ensure that safeguarding and confidentiality are central to delivery
- Commit to continue the delivery of Bloom for up to three years

For a complete set of quality standards, please see Appendix 2.

If you are interested in Bloom for your school or college please e-mail us at [schools@mentalhealth-uk.org](mailto:schools@mentalhealth-uk.org) providing the following information.

Name and address of school or college	
Name and role of key person at your school or college	
Contact details of key person at your school or college	

## APPENDIX 1: FAQ'S BLOOM

### Who are Mental Health UK?

Mental Health UK has supported people affected by mental health problems for over 40 years. Working across the UK, we bring together experts from four national mental health charities to improve understanding and provide vital care. For more information please visit our website: [www.mentalhealth-uk.org](http://www.mentalhealth-uk.org)

Mental Health UK are Lloyds Banking Group's Charity of the Year partner for 2019, and as part of this partnership we have developed a new UK wide Young People's Programme, focused on building resilience for 14-18 year olds, through transition points in their lives.

### Are teacher's involved in Bloom?

We know from our research that teachers want to do more to open the conversation about mental health with students, but do not necessarily have the knowledge or confidence to do so. That's why a core part of our programme works with teachers to build the foundational knowledge to do what they do best: securing the best outcomes for their students. Over an 8 week period we work alongside teachers to support and train them in the course content and the application of our easy-to-use teaching resources.

With designated trained teachers continuing the future delivery of the programme, Bloom will affect the lives of more young people and leave behind a legacy within a school for years to come.

### What does Bloom do?

What the programme is	What the programme is not
<ul style="list-style-type: none"> <li>• An evidence based preventative programme focused on protecting positive mental health.</li> <li>• Universal and aimed at all young people (14-18 year olds).</li> <li>• Delivered inside a school/college over an <b>8 week period</b>.</li> <li>• <b>Trains designated teachers</b> on the content of Bloom.</li> <li>• <b>Co-delivered</b> in a series of 6 one – hour workshops (see below for topics)</li> <li>• Delivered in a relatable and <b>scenario-based</b> way, giving students the space to think through ideas.</li> <li>• Supported with easy to use <b>teacher's guides</b> and also <b>student workbooks</b></li> <li>• Standardised in a way that individual schools/ colleges can tailor it by making <b>necessary adjustments</b> to fit their needs</li> <li>• Delivered in beyond the 8-week programme through support from Bloom staff and adherence to our quality standards framework</li> </ul>	<ul style="list-style-type: none"> <li>• The answer to all mental health needs</li> <li>• A replacement of professional support in a crisis</li> <li>• A replacement for existing mental health support in the school</li> <li>• A diagnostic tool or a teaching tool about different mental health diagnoses (i.e. what is depression, what is OCD etc.).</li> </ul>



## What will the Bloom workshops cover?

14-16 year olds	16-18 year olds
<ul style="list-style-type: none"> <li>• Resilience</li> <li>• Exam pressure</li> <li>• Friendships (bullying, conflict)</li> <li>• Managing studies</li> <li>• Social pressures</li> <li>• Decisions about the future</li> </ul>	<ul style="list-style-type: none"> <li>• Resilience</li> <li>• Exam pressure</li> <li>• Decisions about the future</li> <li>• Managing studies</li> <li>• Work/life balance (aka 'juggling time')</li> <li>• Social pressures</li> </ul>

## APPENDIX 2: BLOOM QUALITY STANDARDS

Quality Standard (QS)	Preparing	Delivering	Continuing
<p><b>QS1: Trained Staff</b></p> <p>Bloom is always delivered by people trained in its content</p>	<ul style="list-style-type: none"> <li>• All designated teachers from schools/colleges attend half-day training on Bloom content</li> </ul>	<ul style="list-style-type: none"> <li>• When delivering Bloom for the first time, trained designated teachers always co-deliver with Bloom training</li> </ul>	<ul style="list-style-type: none"> <li>• Always have 3 trained teachers</li> </ul>
<p><b>QS2: Delivery Environment</b></p> <p>Bloom is delivered in the best environment possible in the school/college</p>	<ul style="list-style-type: none"> <li>• Select cohort with minimum 15 students and maximum 25</li> <li>• Consideration given to the group dynamics, that may exist (a) to ensure the classroom is conducive to equal engagement of all students (b) is open to all students and not targeted at only those young people with prior mental health problems or at risk</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure the full course of 8 weeks is completed</li> <li>• Complete the necessary evaluation at the start and end of Bloom delivery in timely fashion</li> <li>• Delivered with integrity and respect</li> <li>• Adherence to language guidance when speaking about mental health (as seen in training do's and don'ts)</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum number of deliveries after first co-delivery with Bloom Training Associates – 4 cohorts per year for the next two years</li> <li>• Complete our annual reporting survey</li> <li>• Complete evaluation tool that will be provided</li> <li>• Contact Bloom staff if you have any difficulties</li> </ul>

Quality Standard (QS)	Preparing	Delivering	Continuing
<p><b>QS3: Collaborative working relationships</b></p> <p>Bloom requires collaborative and supportive partnerships between designated teachers and Bloom Training Associates</p>	<ul style="list-style-type: none"> <li>Collaborative working relationships are defined and planned during the half-day training on Bloom content</li> </ul>	<ul style="list-style-type: none"> <li>Adequate and supportive space is provided for Bloom Training Associates:</li> <li>Use Bloom Associates within the school to the best of their capacity (i.e. session prep and debrief)</li> <li>Teachers are provided with sufficient time in their timetable to utilise Bloom Training Associates for planning and delivery</li> <li>Understanding that our Bloom Training Associates are not risk or behaviour managers and this is the responsibility of the teacher from the school/college</li> <li>Official Bloom resources/materials are only used during delivery</li> <li>Raise concerns about Bloom staff with the named lead for your school/college</li> </ul>	<ul style="list-style-type: none"> <li>Contact Bloom staff if you have any difficulties</li> </ul>

Quality Standard (QS)	Preparing	Delivering	Continuing
<p><b>QS 4: Safeguarding and confidentiality</b></p> <p>Bloom holds safeguarding of all young people central to everything it does</p>	<ul style="list-style-type: none"> <li>During the half day training, the following should be covered:</li> <li>Presentation of safeguarding policies from the designated teacher and school/college safeguarding lead</li> <li>Understanding of confidentiality and how it works during co-delivery</li> <li>Clearly defined reporting system if something presents itself during co-delivery</li> </ul>	<ul style="list-style-type: none"> <li>Delivery will only happen after teachers have been trained</li> <li>Reference is made to Bloom signposting document and it is used when appropriate</li> <li>Adhere to your safeguarding policies which acts as the lead document</li> <li>Adherence to confidentiality as highlighted in contract (Group contract)</li> </ul>	<ul style="list-style-type: none"> <li>Referring to Safeguarding policy</li> <li>Contact Bloom staff if you have any difficulties</li> </ul>