

Wellbeing and Mental Health in Schools (WAMHS) project at Woodberry Down

What is 'WAMHS'?

The 'Wellbeing and mental health in schools' project is a joint initiative between the Child and Adolescent Mental Health Service (CAMHS) and Hackney Education. The goal with this is to enable mental health staff and teaching staff to work together in improving the wellbeing of children in the borough. See below for what is on offer at Woodberry Down.



Hello! I am Dr Joe Vacher and I am a Clinical Psychologist. I am very excited to be working with the school every other Tuesday, in which I will be the 'CAMHS Worker in School' ("CWIS") supporting the WAMHS project. Whilst I will not be providing direct interventions, my role will include:

- Providing training and consultation regarding mental health for teachers
- Promoting relationships with local healthcare providers so that onward referrals are easier to access
- Developing mental health resources to be used by children, parents, and teachers.

With this whole-school approach, we really hope that the wellbeing of every member of the Mossbourne community will be nurtured in every aspect of school life.



Hello! My name is Renissa Arhoden. I am the **Education Mental Health Practitioner (EMHP)** at your school and I am here to help support you with your Mental Health and Wellbeing. I work at Woodberry Down Primary School every Friday afternoon and I provide the following support:

- Parent-led Guided self-help (GSH) interventions for parent/carers who need assistance with supporting their child's anxiety and behaviour.
- Educational workshops for children and parent/carers based on various mental health topics, such as 'transitioning from primary to secondary school'.
- Focus groups for children and parent/carers, such as 'managing emotions'.
- Workshops for Teachers on supporting their student's Mental Health and their own Mental health.

I look forward to working with you all, and I hope to make a positive impact on the wellbeing of every member of Woodberry Down Primary School.

Upcoming events

- Positive Parenting Workshops: 21st January, 4th Feb, 4th March and 18th March

How can I make use of this support?

- Please contact Mr Davids or Mr Shevket to book you in for an appointment.