

#### myHappymind& Neuroinclusion





#### **About Us**







# Who we are

- An **award-winning** programme that has received national recognition for its exceptional with children aged 3-18 in schools, nurseries, families, and organisations across the UK.
- **Backed by NHS** using preventative strategies firmly rooted in science, research, and the fields of neuroscience and positive psychology.
- In collaboration with **40 Places** nationally.



















# 1. Proactive not reactive

Mental health activity is often focused on supporting individuals when they face challenges. Whilst this is critical, we believe that it's also important to support individuals in building their resilience and self-esteem proactively. Prevention is at the heart of what we do.



# 2. Equitable access for all

We're also proud that myHappymind is tailored to meet the needs of neuro-diverse children and we have a dedicated Special Schools programme. myHappymind has also been modified to support those children who are hard of hearing or partially sighted.

myHappymind takes a trauma-informed approach, ensuring that the unique experiences and needs of all children are understood and addressed with sensitivity and care.



# 3. Stigma reversing

Ensuring that individuals understand the science behind how their brains work and how to impact their self-esteem and resilience is at the heart of what we do. When people get the why, they take action.



# 4. A systemic approach

We passionately believe in supporting both Staff and Parents wellbeing alongside the children. That's why we provide a CPD-certified wellbeing programme for all staff in the schools and nurseries we support along with a state of the art Parent App so the learning journey can continue at home.



## 5. Fun to Learn and Easy to Teach

myHappymind is easy to teach via our digital lessons and resources which are all pre-made for teachers, which means planning time is minimal. We also believe mental health education can and should be fun, we integrate quizzes, music, games, and our lovely characters to make myHappymind fun to learn!















#### Children's Content



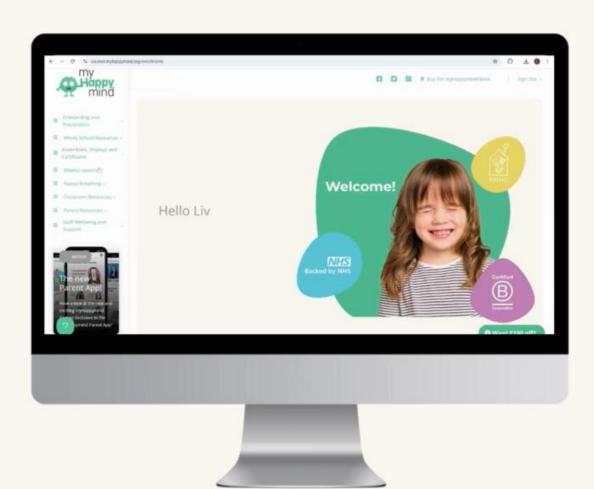








#### **The Portal**







## **Specialist Toolkit**

EBSA Speech and Language Trauma-informed











### **Physical Resources**

**Children's Content** 



Staff wellbeing











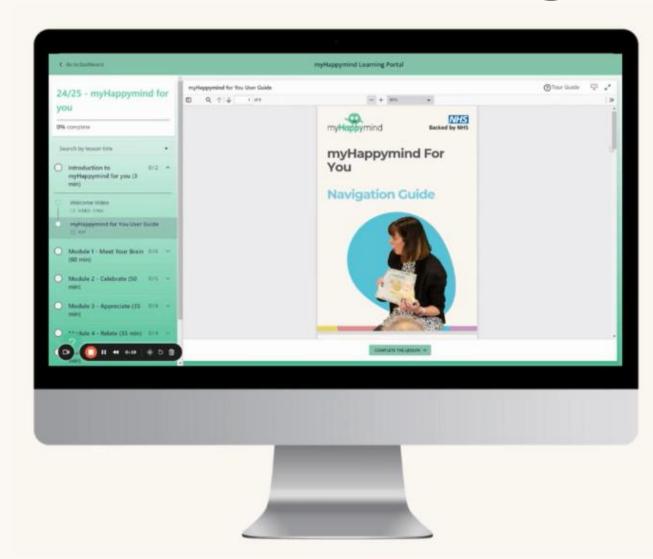
### Parent App







### Staff Wellbeing



















### **Our Impact**







#### Return On Investment

To supplement the December Impact Report for Cheshire West, we conducted a local evaluation in partnership with approximately 32% of Cheshire West schools using myHappymind.

The evaluation involved sending a survey to Headteachers at schools that have been using the programme for the last academic year. This report contains the combined responses of 14 schools out of the 44 currently using myHappymind.

Please note that the data collected for this report is from approximately 32% of the schools using myHappymind in Cheshire West. To consider the full impact of myHappymind across all schools, these figures have been multiplied by 3.1 to reflect the size of the rollout across Cheshire West.



# Total ROI Summary for Cheshire West

The figure below reflects the total return on investment of the funding provided for Cheshire West Schools. A breakdown of each element is shown in the report.

£2,453,684
Total Quantifiable Benefits

£125,388
Total Investment

£2,328,296
Net Benefit

18.6X
Overall Return On Investment

#### **CAMHS** referrals

With the Cheshire West Local Evaluation demonstrating 236 prevented CAMHS referrals, and assuming that the average cost of a CAMHS referral is £3,784, this indicates a potential saving of £893,024 across all Cheshire West schools for the full year on CAMHS referrals alone.

236
Referrals prevented

£3,784
Cost of a CAMHS referral

£893,024
Total financial savings

#### **SENCO** referrals

Taking the average SENCO hourly rate of £30.88, and with the average SENCO time spent per referral at 4 hours, the 911 prevented referrals reported in the Cheshire West Local Evaluation would equate to a saving of £112,527.

911
Referrals prevented

Hours on average of SENCO time per referral

£30.88
SENCO hourly rate

£112,527
Total financial savings

# MHST referrals

While specific MHST intervention costs are not publicly available, NHS England suggests costs between £950-£1,550 per intervention. Using a conservative middle estimate of £1,250, the 493 prevented referrals in Cheshire West represent approximately £616,250 in cost avoidance.

493
Referrals prevented

£1,250
Cost per MHST intervention

£616,250
Total financial savings

# School Exclusions Prevented

Figures provided in DfE literature indicate that the average cost of an exclusion is £4,300, meaning that the 158 prevented exclusions in Cheshire West total £679,400 in cost avoidance.

158
Exclusions prevented

£4,300
Cost per exclusion

£679,400
Total financial savings

# **CPOMS Incidents Resolved**

Specific time requirements for CPOMS incident management are not publicly documented, however education sector research suggests safeguarding incident documentation and follow-up requires 1-3 hours of staff time. Using a conservative estimate of 2 hours at an average staff cost of £24.32 per hour, the 381 resolved incidents represent a £18,532 in staff time savings.

**381**CPOMS Incidents Resolved

Hours of staff time per incident

£24.32
Average staff hourly cost

£18,532
Total financial savings

### Attendance Improvements

Latest DfE statistics state the average annual funding a school receives per pupil is £8,210, equating to £43.21 per day. The improved attendance of 620 children results in £133,951 of saved funding.

620
Children with improved attendance

Days per child estimated attendance improvement

£43.21
Average daily school funding per pupil

£133,951
Total financial savings

"The myHappymind whole school approach appears to be, from the data provided, an effective school-based approach to developing positive behaviours. These positive behaviours in turn strengthen pupil mental health, resilience, and wellbeing consistent with the expectations of current UK education and health policy."





The UofC Research team found that the...

"myHappymind programme is a good adjunct to the wider health and education priorities of the local commissioning footprint of the NHS and is aligned with the local investment priorities."







# myHappymind in Action







"myHappymind helps Neurodiverse children to express themselves without feeling different to others. It includes them in the lessons to a full extent. All of the children were introduced to myHappymind in an engaging assembly. All staff are supportive in implementing a new approach to PSHE and are really excited when teaching the lessons.

It has great resources to support teacher workload; the lessons also give teachers a chance to think about their own feelings and emotions. I really enjoy the fun and engaging activities such as music, visuals and the 'time to chat' activities. The children are engaged and happy to learn."





#### Teacher Feedback

"One of our children with ASD can easily show signs of fight, flight or freeze. Having learnt about how Team H-A-P work together to help take back control, has helped this child to regulate his feelings and actions. When this child 'flips his lid' he now recognises that he needs to take time to do 'Happy Breathing'. At first, an adult would co-regulate with him and together do some 'Happy Breathing' techniques. Once he had relaxed, he would talk through how his Amygdala had just 'flipped' and jumped into fight, flight or freeze mode. We would then discuss how his Happy Breathing had helped him to regulate and start thinking again with all of Team H-A-P working together! He was then in a place where he could start to explain what had happened prior to this event and how we could fix things moving forward to make things right again. This has now become a technique that this child knows he can use when he does become agitated, frustrated or annoyed. It is helping him to understand and he will often use the phrase, "My Amygdala has flipped!". He understands what's going on in his brain and how he can start to control his feelings." Gayle O'Brien, SENDCo, Brook Acre Primary School





"The launch has gone really smoothly, and the staff have shared how easy it is to teach, they commented that everything is ready and available for them. We've only been teaching the lessons for a few weeks, and the children have loved learning about the science behind their learning.

They are so engaged during lessons. We also have an autism unit in our school, and because the lessons are so accessible, the children have been able to join their class for their myHappymind lessons. We've just launched our parent app, and we're excited to see the impact this will have as well.

I absolutely love the sound of myHappymind Places, it would be fantastic to share this with our whole school or even use it during interventions or 1:1 sessions. It's great that it will be available on the parent app too, to help support learning and understanding at home."





## myHappymind in Action











"myHappymind has supported Neurodiverse children in school, children with ASD in class are now able to understand what the different parts of the brain do. The children enjoy learning about the brain and how Happy Breathing helps us to calm down. The assemblies and use of language within the school is fantastic. The programme is very easy to use and offers a reduction from a teacher workload point of view. As a teacher, I am able to use the language within everyday situations which helps to calm students who may be dysregulated. The animations are really engaging for the children as well as the recap quizzes too!"

"myHappymind has really helped our Neurodiverse children when talking about their brains and how they work differently in ways but are also the same in other ways. Children are developing a better understanding of the brain and shared language is definitely being developed. The clear resources that myHappymind offers is really impacting teacher workload in a positive way by taking the stress out of planning. I love the journals that are included with myHappymind and the children love them too, it offers a safe space for them to collect their thoughts."





#### Teacher Feedback

"One of the most powerful impacts we have seen has been with our SEN children, particularly those in our Resource Base, which supports pupils with Autism and additional needs. The structured, visual, and interactive approach of myHappymind has made the lessons incredibly accessible, and the children have responded so positively. They absolutely love engaging with the characters and stories, which provide them with relatable and concrete strategies to support their emotional regulation. One child, who also spends time in mainstream lessons, recently spoke about Team H-A-P and how they work together to create happiness, demonstrating a deep understanding of the programme's key messages. We've also witnessed children using self-regulation strategies outside of structured lessons. A child in Year 5, currently being monitored for Autism, was seen standing in a corridor using Happy Breathing to calm himself before continuing with a school trip. This ability to independently recognise their emotions and proactively manage them is a testament to how embedded myHappymind has become in our school culture."

Kirsty Sandford, PSHE Lead, Cherry Orchard Primary School





"There is a boy in Year 2 who is neurodiverse and has recently been diagnosed with autism. It's amazing to see how he is beginning to ask questions about how his brain is different and using and referring to the scientific language that he's learned in the lessons.

He is very bright and really enjoys using the language to explain what is happening. It will really help him as he moves up through school."





"We have found that our children, throughout the whole school, have gained a better understanding of each other. Children can understand how people may have different reactions and how this is okay. We are all different. Meet Your Brain is especially powerful as it helps children to recognise how brains can react to situations and how different people may respond in different ways. Explaining how the Amygdala can create reactions of flight, fright and freeze responses provides children with an understanding of what is happening to them when they encounter these experiences.

Explaining how 'Happy Breathing' works, helps children to understand what they can do to help regulate and is a strategy that is used across our school. We have many children who are neurodivergent within our school. Many of them can now use what they have learnt from myHappymind to help regulate their emotions."





## myHappymind in Action











#### What teachers say...



"We have 3 children with EHCPs and, when they're struggling to manage their emotions, we have conversations using the language from myHappymind. We have been trying to really focus on this by helping them to realise 'It's not me, it's my Amygdala'. When we say this together, you can see the children visibly relax when they make the connection that their negative behaviour responses are not their fault."

**Julie Perry** Queen Margaret Primary Academy



"We are so happy with the programme. A Year 3 child with an EHCP drew Team H-A-P from memory and could tell me what all the letters stood for. Also, another year 6 PLAC child with an EHCP for SEMH has been talking about her Amygdala at home! This is a great success!"

Claire Kearney, Head of School William Martin CE Schools



"One of my Happiness Heroes has an EHCP and is previously looked after and she is talking about the learning at home. She takes the teddies and books home weekly and shares them with Mum and Dad."

Claire Kearney, Head of School
William Martin CE Schools





"SEN is a really emerging trend in our school. We have double the national average of children with EHCPs and a lot of them focus around social and emotional issue. When they start to deregulate, our staff are able to work with them 1:1 and use techniques from myHappymind to quickly regulate them and get them back in class so they can access their learning again."





#### Teacher Feedback

"The children in my class do a lot of Happy Breathing. After lunchtime, we do Happy Breathing and we do this every day. It really helps calm them down because they've been so excited playing outside. A lot of our SEN children, in my class there are 6 children with EHCPs, and they tend to use Happy Breathing to calm themselves down. You can see them looking a little disregulated and they'll start to practise their breathing with themselves. This is becoming a natural thing that doesn't need support from myself to help with."

Year 2 teacher, St Mary's RC Primary School







## myHappymind in Action











### Our Reach Nationally

We're working nationally in c.2,000 schools across all 4 nations.

We also work internationally with schools across North America, Europe and Asia.









#### **Get in touch:**

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