



Kearsley Youth Brass Band Mental Health Support Policy

Kearsley Youth Brass Band (hereafter known as KYBB) believes that the mental health and wellbeing of our members and volunteers is a big part of creating a positive musical environment. This policy is closely linked to our Child Protection Policy, which must also be followed in conjunction.

KYBB is committed to:

- Developing an environment that drives positive mental health outcomes, being mindful of the sensitivity of learning as both a child and adult in a group setting
- Promoting an open culture around mental health by increasing awareness of the support on offer
- Providing mental health support whenever it is required

AIM

This policy aims;

- To provide clear steps to supporting our members' mental health and wellbeing
- To facilitate members' active participation in rehearsals and concerts by creating a supportive environment

KYBB has a responsibility to:

- Ensure that all volunteers are made aware of this policy
- Actively support and contribute to the implementation of this policy, including its goals
- Manage the implementation and review of this policy.
- Support volunteers in their understanding of this policy regardless of literacy or ability barriers

SCOPE OF SUPPORT

KYBB does not at this time have a designated Mental Health First Aider, and so we are unable to provide tailored support. However, all volunteers/staff can help promote a positive environment and look out for our members.

We are NOT to offer "armchair diagnoses" or specific advice, but rather to simply listen if any member chooses to speak to one of us and offer further support through external resources or by escalating a specific safeguarding issue.

BEING AWARE OF WARNING SIGNS

Although this is not a specific guide, some warning signs to be aware of include:

- Uncharacteristic behaviour
- Low levels of engagement
- Sudden disinterest in rehearsal or friendships at band
- Increased absence
- Withdrawal from social situations
- Irrational fears, paranoia or anxiety
- Substance use/misuse



IN THE EVENT OF A DISCLOSURE, INCIDENT OR CONVERSATION

If a member approaches a volunteer/staff to talk, or is upset at a rehearsal or concert, volunteers/staff must:

- Listen calmly and allow the member to speak freely
- Do not offer specific advice or inflame emotions
- Be supportive and show the member respect
- Do not promise complete confidentiality, but confirm it is a safe space to talk
- Provide resources at the time only if appropriate

If the member is under 18, volunteers/staff must also:

- Ensure the conversation takes place in a safe environment e.g. within view of others/with the door ajar
- Offer contacting the members parent/guardian
- Inform the Safeguarding Officer as soon as possible if you believe there to be a safeguarding concern

Following the conversation, fill out a Mental Health Reporting Form, available in the office within the operating manual or on the Google drive. This must then be placed in the confidential folder within the metal filing cabinet or saved within the Google drive safeguarding folder.

CONFIDENTIALITY

KYBB recognises that respecting the privacy of information relating to individuals who have received mental health support or may be experiencing a mental health problem/crisis at rehearsal/a concert is of high importance.

All KYBB representatives are obligated to treat all matters sensitively and privately. Mental Health Reporting Forms will not be circulated and will be stored in a secure folder at Kearsley Mount Methodist Church or within KYBB's Google Drive.

If at any time it is assessed that an individual is at risk of harm to themselves, or another individual, the matter must be escalated to the Safeguarding Officer and the Mental Health Reporting Form shared at this time.

If there is an urgent risk identified, emergency services should be contacted immediately.

COMMUNICATION

KYBB will ensure that;

- All members can access a copy of this policy at all times
- Members are notified of all changes

MONITORING AND REVIEW

KYBB will review this policy and assess its implementation and effectiveness every year in line with the AGM.