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Analogue to digital

Whole School and College Approach to mental health

ARC Kent, Surrey and Sussex

The challenge
The Whole School and College Approach (WSCA) project addressed the growing mental health challenges among children and young people, with around 1 in 4 pupils experiencing diagnosable conditions. Despite the rollout of Mental Health Support Teams, schools lacked consistent, evidence-based tools to embed a whole school approach to wellbeing.

The approach
In response to these challenges, ARC Kent, Surrey and Sussex collaborated with NHS England, the Department for Education, and other partners to develop a digital measurement toolkit, co-designed with schools and colleges. This toolkit, now used in over 450 schools nationwide, enables institutions to measure and improve their mental health strategies.

The outcomes and impact
The project's resources have been downloaded more than 35,000 times and have influenced national policy, including NHS England's operating manuals and the 2025 Children's Bill. The work has also contributed to national guidance and is shaping future policy through ongoing evaluation and stakeholder engagement.

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