



**When and how to request support from the Education Inclusion Officer – Mental Health, Northamptonshire Educational Psychology Service, regarding Children in Care, attending Northamptonshire state funded schools.**

*An aide memoire to facilitate understanding in schools and professionals of what is available for schools and what is the correct procedure to request this support.*

1. Schools to be made aware of 2 documents on the Virtual School website; ‘Education and Inclusion Officer – Mental Health Information’ and the ‘Referral and Consent Form for the Education and Inclusion Officer – Mental Health.’ In particular it would be very helpful if the Designated Teacher in school is familiar with what might be offered by the EIO-MH.
2. If the school have concerns regarding the mental health of a ‘child in care’ at school, and **what they can do about it in school**, they are to be encouraged to contact the Education Officer from the Virtual School. School then complete the Request and Consent Form **with relevant signatures and information**, and send it to the Virtual School.
3. Details of the request will be discussed at the multi-agency Atlas meeting and between the Virtual School Officer and the EIO-MH. The most appropriate route will then be decided on. The school will be contacted within two weeks by the EIO-MH to discuss the next actions.
4. Please can schools to give as much relevant information on the form as possible, completing all boxes.
5. Please note that **the role of the EIO-MH is to help build capacity in the school** in supporting these pupils in the area of mental health, emotional wellbeing and good ‘attachment aware practice.’

<b>What can be provided?</b>	<b>What won't be provided?</b>
A consultation in school listening to key members of staff and carers to find a way forward, or an initial telephone consultation for clarification of request.	A list of things to do.
Help in understanding the child/young person and knowing their story.	Diagnosis of the child with a disorder.
Modelling of interventions with a child/young person and key adult in school.	Therapy or a magic wand!
Guidance through a range of resources and interventions that might help.	A way to ‘fix’ the child.
Support for the school to work with the child, not simply 1:1 work with a child.	A solution.
Training in various ways to build capacity in the school, or guidance to training on offer to schools.	A full training in Attachment, Protective Behaviours, Trauma, Drawing & Talking, Restraint etc

❖ ***NB What is actually provided depends on what has already been done in school or elsewhere, the capacity of the EIO-MH and on what is happening currently with the child.***



### Ways **not** to access support from the Education Inclusion Officer – Mental Health

- ❖ There is a crisis with the child and they are at risk of being excluded. (Unless the EIO-MH is currently or has been recently involved.)
- ❖ Schools to send in a request form without having discussed it with a Virtual School Officer.
- ❖ The Social Worker or another professional thinks it would be a good idea if the EIO-MH did some work with the child.
- ❖ The school contacts the EIO-MH directly.

### **What if there is no PEP for a while and things are starting to go wrong in school, sometimes due to factors outside the school's control and you think there are mental health issues? What could the school do?**

- Contact an officer from Virtual School and discuss the issues with them. If it is a mental health issue and the school think Looked-after and Adopted Children's Mental Health Services may need to be involved then look at the Mental Health & Emotional Wellbeing Interactive Tool on <http://www.asknormen.co.uk/emotional-wellbeing-mental-health-guidance/> For children in care or adopted children, school staff can contact the LAC Duty Line to speak with someone to see if a referral into LAC MH Team is an appropriate course of action, or if something else is required. The LAC Duty Line is for professionals to access a senior clinician in the Looked-after and Adopted Children's Mental Health Team. Hours: Monday-Friday 9:30am – 4pm. Telephone number: 01604 658977
- It would also be recommended to contact the child's allocated Social Worker to discuss the school's concerns about emotional wellbeing or mental health, so that they are kept informed of your concerns and can support with referrals or accessing relevant services
- Download and read 'Promoting Positive Mental Health with Looked After Children in Northamptonshire Schools, November 2014.' Available from [www.asknormen.co.uk](http://www.asknormen.co.uk)

### **Areas of work that can be offered by the EIO- Mental Health to build capacity in schools.**

- ✓ Protective Behaviours
- ✓ Solution Focused Approaches
- ✓ Attachment/trauma informed practice and awareness raising for staff
- ✓ Relaxation techniques
- ✓ Emotional regulation
- ✓ Emotional Literacy
- ✓ Drawing & Talking techniques
- ✓ Use of puppets, stories and games to help children deal with their emotions
- ✓ Dealing with anxiety, anger and difficult feelings
- ✓ Coaching for teens