

School In-Reach Service

Request for Assistance Pathway 2022-23

In this document you will find information on support available to Secondary age education settings in Cardiff and the Vale of Glamorgan by the School In-Reach Service. It shows the ways in which School In-Reach will respond to requests for assistance from education providers and the possible outcomes of these requests. A Request for Assistance Pathway for Primary Education Providers will be developed over the Autumn term.

Prioritisation meetings

To co-ordinate how the In-Reach service can best support the education setting over the next term. Including;

Advice, Liaison and Signposting

Staff training and **support** on recommendations

Agreed **group provision** for next term

Consultation

To have more in depth discussion about a specific learner or a wellbeing and mental health theme

Advice and **guidance**

Signposting

Assessment

If a need is highlighted in consultation; there will be a conversation with the learner to develop an understanding of what support they may find helpful

Direct intervention offer

Group work

One-to-one

Staff training

Ongoing consultation

The majority of School In-Reach support will be with professionals working within education settings, with a small proportion of time given to direct work with children and young people. This model aligns with recommendations from the CAMHS In-Reach Pilots and NEST | NYTH framework.

Request for Assistance Process

All requests for assistance will initially be discussed in prioritisation meetings.

① Prioritisation meetings

Why?

To co-ordinate how the In-Reach service can best support the education setting over the next term.

Who?

The key education setting contact and senior mental health practitioner for your locality. In agreement with the education setting, other professionals may also be invited to allow for wider consideration of wellbeing provision. This could include; Educational Psychologists, school nurses, specialist teachers or other wellbeing practitioners working within the setting.

Where?

Blended approach of face-to-face or online depending on the availability of education settings

When?

2 hour meeting at the start of each term

What might be discussed?

- **Specific learners** the education setting have identified to have unmet wellbeing needs (parental consent required prior to discussion)
- **Broad wellbeing and mental health themes** the setting would like support to address

What might the outcome be?

- **Agreed consultation slots** for the next term, including space for 'ad-hoc' consultation
- **Agreed group provision** for the next term, and agreement of the learners most likely to benefit
- **Training and staff support**, including recommendations and planning
- **Advice, Liaison and Signposting**

Request for Assistance Process

② Consultations

Why?

To have more in depth discussion about a specific learner or a wellbeing and mental health theme

Who?

Staff member(s) with a knowledge of the learner, or who are impacted by or hold responsibility for addressing the theme of discussion. The consultation will be facilitated by the senior mental health practitioner for your locality. Other professionals working with the learner, or who have knowledge and experience to share regarding the theme may also be invited.

Where?

Blended approach of face-to-face or online depending on the availability of education settings

When?

Frequency to be decided at prioritisation meetings. For most settings there will be a series of consultation slots available on a fortnightly basis.

What might be discussed?

- **A specific learner** - Consultations will last between 30 and 60 minutes, depending on complexity of need. This will be agreed as part of prioritisation planning, and guidance given on the information required in advance of the consultation and who would be best to attend.
- Consultation can also provide a space for reflection and learning in response to themes identified within the setting, in line with their implementation of the whole school approach.

What might the outcome be?

- **Advice and guidance** to support the education setting to best meet the emotional and mental health needs of learners and staff
- Provision of **staff training**
- **Signposting** to additional appropriate support services
- **Ongoing consultation** to check-in and continue support for education staff
- **Mental health assessment** with a learner and/or their family

The focus of School In-Reach is to provide **indirect wellbeing support** for Children and Young People through **building the skills and confidence of all those working within education settings**. Most contact will therefore be with professionals working within education settings, with a smaller proportion of time given to direct work with Children and Young People. **Direct work will only be considered after consultation, advice and guidance has been provided** to the education setting and there remains an identified need for a more specialised mental health assessment and intervention.

Request for Assistance Process

(If a staff training need is highlighted during prioritisation or consultation meetings)

3 Training

Why?

To upskill education staff to be better able to support the emotional and mental wellbeing needs of learners.

Who?

Training will be facilitated by members of the School In-Reach Team, and can be attended by anyone working within education. Foundational training may benefit whole staff groups, while specialist topics may be more appropriate for those in specific roles ie. ALNCo, Pastoral staff, wellbeing leads, key adults.

Where and when?

Training will be delivered within individual schools, or as part of the In-Reach open access training programme available to all to attend.

What type of training is available?

Bite Size Learning

Brief overviews of emotional wellbeing and mental health topics

Foundations

Webinars to provide knowledge and understanding on how to support learners generally

Knowledge Building

Webinars and workshops that build knowledge and understanding on more specific topics and groups.

Therapeutic Toolkit

Interactive workshops that build skills and knowledge to deliver emotional wellbeing interventions

Our training topics

Bite Size Learning

- An introduction to anxiety for education staff *
- An introduction to Depression and low mood for education staff *
- An introduction to OCD for education staff *
- An Introduction to PACE for education staff *
- An introduction to self esteem for education staff*

Foundations

- Emotional Wellbeing and Mental Health Services in Cardiff & Vale
- Mental Health and Neurodiversity*
- Understanding and responding to distress
- Unpicking Mental health through and ACEs lens (Primary)
- Unpicking Mental health through and ACEs lens (Secondary)

Knowledge Building

- Embedding PACE in the classroom
- Understanding and responding to self harm
- Safety planning for education staff
- Managing transitions and endings well*

Therapeutic Toolkit

- Anxiety Based School Avoidance; an individualised approach
- Tree of Life
- Feelings are Funny Things (Part 1 - Using Storytelling to build Emotional Literacy Skills)
- Feelings are Funny Things (Part 2 - Storytelling Masterclass)

*In development, ready for delivery in 2023

School In-Reach may also recommend training from other services including health, education or third sector agencies.

Request for Assistance Process

(If a need for assessment is highlighted in consultation)

④ Assessment

Why?

To develop an understanding of what support might be helpful for a specific learner, and who is best placed to provide this support.

Who?

The allocated school In-Reach Practitioner will meet with the learner directly and/or their parents/carers. Other professionals working with the learner or their family may also be invited to participate.

Where and when?

At a suitable time and venue arranged by the School In-Reach practitioner and key education setting contact.

What will happen?

A meeting with the learner to **talk about what is important to them, the challenges they are currently facing, and how School In-Reach might be able to help.** Parents/Carers and other professionals working with the learner or their family may also be invited to contribute. This might be in one sitting, or there may be a couple of meetings so that a full understanding is gained in order to create the best plan to move forward.

What might the outcome be?

- Group work
- Brief one-to-one intervention
- Support for learner or family to access a more suitable service

Group work

School In-Reach have developed a menu of wellbeing groups where learners are able to come together and learn ways to overcome common emotional and mental health challenges.

The groups have a set topic/theme, and last a set number of sessions, usually between 4 and 6. As part of prioritisation meetings, education settings will be able to choose the group(s) they feel will be of most benefit to their learners.

Group we can deliver:

Understanding and Managing Worries
Understanding and Managing Mood
Self-esteem and Confidence Building
Feelings are Funny Things
Tree of Life
Managing Big Emotions

One-to-one

What will happen?

If after assessment the In-Reach practitioner feels that group work is unlikely to meet the needs of the learner, they may instead receive brief one-to-one intervention, working directly with one of the allocated School In-Reach practitioners.

What will it look like?

The focus of the work will be agreed with the young person and practitioner, and will be based on the information gained from the initial consultation and assessment. The sessions may involve completion of the group content on a one-to-one basis, or there might be a bespoke intervention developed in line with the learners specific needs.

We can support with:

Anxiety
Low mood
Self harm
Self esteem and confidence

Further Support

School In-Reach locality leads continue to work with partners in the locality education settings to develop the offer and respond to identified areas of need.

If you are concerned about a young person, and do not feel your concern can wait until the next time your allocated In-Reach Practitioners are in your school, **you can receive consultation and guidance from the Single Point of Access (SPOA) advice line on;**

02921 836730 between 10 am and 2 pm Monday - Friday

The SPOA is the entry point for referrals to Emotional Wellbeing & Mental Health services at Cardiff & Vale UHB. There are two elements to the SPOA:

- Referral processing, triage and making recommendations / signposting
- Providing consultation for professionals already working with young people and their families

For more information, including information to include in a referral, please visit our [SPOA page on our website](#).

Stay up to date

The best way to stay up to date with developments is by signing up to the **School In-Reach Newsletter**.

Form available via QR code



You can contact us on Schoolinreach.cav@wales.nhs.uk with any general queries or questions and find more information about our service on the [School In-Reach Website](#).

References / Further Reading

- [Evaluation of the Child and Adolescent Mental Health Service \(CAMHS\) In-Reach to Schools Pilot Programme. Final report: Executive Summary \(gov.wales\)](#)
- [The NEST | NYTH Framework - NHS Wales Health Collaborative](#)

Visit www.cavyoungwellbeing.wales for Emotional Wellbeing and Mental Health information and resources for children, young people, parents and professionals.