

School In-Reach Service

Parental agreement to School-In Reach Service involvement

Your child's school would like to request support from the School In-Reach Service. This leaflet will tell you about the service and what to expect.

Who are School In-Reach?

The School In-Reach team are mental health practitioners and therapists working alongside School Communities. The service is part of Cardiff and Vale University Health Board's Emotional Wellbeing and Mental Health provision.

The School In-Reach Service has three main goals:

- To increase **skills and confidence amongst school staff** around mental health
- To provide schools with timely access to **specialist advice, liaison and consultation** from mental health professionals
- To improve **school pupil and staff** mental health and wellbeing

Why is my child's school requesting a consultation with School In-Reach?

It's important that you have a conversation with your child's school about this. Some common reasons why the team are asked for support include:

- A child who needs support with their transition from primary to secondary school or is new to the school environment
- A child has experienced a specific or series of life events that is impacting on their emotional wellbeing and ability to engage in school life
- A child is experiencing difficulties attending school
- There has been a deterioration in a child's emotional wellbeing and ability to engage in school life
- To gain a greater understanding of a child's emotional and psychological wellbeing
- To consider ways to best support a child's emotional needs in their education or school setting

What is a consultation?

A consultation with School In-Reach is a conversation between the team and staff within school who know your child well. It's an opportunity for teams to come together



with different areas of knowledge and skills, to create a shared understanding of a situation or difficulty. It is an indirect way of working with your child via the people that they already have safe and trusting relationships with.

To request a consultation, school staff fill in a form called 'Request for Assistance' with their understanding of:

- Other services involved and things tried so far
- The aims of involvement with School In-Reach
- Anything else that is relevant, including observations and/or worries

Who may be involved?

In preparation for a consultation, the School In-Reach team will look at your child's health records (which might include safeguarding information). The team might also talk with other people who know and understand your child either before, or as part of, the consultation (such as school staff, social care staff and/or other professionals involved). The aim of this is to bring together different pieces of information in order to understand what might be happening for your child.

Children and parents do not typically attend consultations as the aim of School In-Reach is to support the school to support the child. However, a follow-up session with parents can be offered if appropriate (on parental request).

What might happen after consultation?

A lot of the work School In-Reach does is with the school setting, rather than directly with children, because the adults in school are known to your child and are often well placed to help. From consultation, the following might happen:

- Advice and guidance to school
- Ongoing consultation to check-in and continue support via education staff
- Provision of staff training
- Signposting/referral to appropriate support services for child and/or family

On some occasions, other support might come from consultation. If this is the case, you/your child will be contacted. Options include:

- An assessment meeting with you/your child to talk more about their challenges and what might help
- Group work
- Brief one-to-one intervention



FAQ

- **My child is in crisis, what do I do?**

School In-Reach is not a crisis service. If your child is at risk to themselves or others, please call 999 or attend your local A+E Department. If you are concerned about your child's emotional well-being, contact your registered GP who can provide advice and/or make a referral to the Emotional Well-being and Mental Health Service. If you are currently being supported by an EWMH practitioner and require advice or guidance, please contact SPOA on 02920 836730. Please note, they are not a crisis service but can assist with recommendations and signposting.

- **What happens if someone is worried about my child's safety?**

There are times when, by law, the team are required to share information with other people, for example if we are told anything that implies that your child or someone else may be at risk of harm. Where possible, this will be discussed with you and/or your child first as appropriate.

- **Information processing**

The lawful basis for processing data under the UK GDPR is Article 6(1)(e) and Article 9(2)(h). Data will be retained in line with the Records Management Code of Practice for Health and Social Care 2022. For any complaints in relation to how your data has been handled, please contact Uhb.Dpo@wales.nhs.uk To see more information in relation to see how your information is processed, please see our privacy notice at <https://cavuhb.nhs.wales/use-of-site/privacy-policy/>

- **Recording notes**

School In-Reach takes clinical notes when talking about or to children and families. These notes are stored securely on your child's electronic health record.

If you have any questions, please email schoolinreach.cav@wales.nhs.uk and one of the team will be happy to arrange a time to discuss.

This form is available in Welsh / Mae'r ffurflen hon ar gael yn Gymraeg



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board