

School In-Reach Service

For Education Staff

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.

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

Pilot
projects

Assessment

If a need is highlighted in consultation; there will be a meeting with the learner (and/or parents/carers) to develop an understanding of what support they may find helpful

Staff
training

Ongoing
consultation

Direct intervention offer

Group work

One-to-one

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.

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Prioritisation meetings

Termly planning meetings with School In-Reach and lead education contact

Why?

To co-ordinate how School In-Reach 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?

Meeting at the start of each term

What might be discussed?

- We discuss new requests, allocate consultation slots, identify group or training requirements.
- 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**

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Consultations

Why?

To have an in depth discussion about a specific learner (following RFA) 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**
- **Pilot projects** are developed where gaps are identified in meeting needs. Examples include pupil wellbeing mentoring schemes and facilitating reflective and wellbeing spaces for education staff.
- **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.

Further Support

Your School In-Reach Locality team will have all the information you need to best be able to support your school. If you are unsure who your team are, there is an up to date list on the School In-Reach website.

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 4:30pm 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.