



Social, Emotional and Mental Health

Information for parents and carers

Children & Young People's Services



Purpose of the service

To improve the wellbeing, achievement and resilience of socially and emotionally vulnerable young people.

To develop the capacity of schools to effectively meet the needs of all their learners.

Profile of the team

We are an experienced team consisting of:

- Specialist Senior Educational Psychologists.
- Specialist Advisory Teachers.
- Qualified and experienced counsellors
- Specialist support staff.

Across the team we have particular knowledge and expertise in the areas of:

- Supporting vulnerable children to develop positive learning behaviours and achieve their potential.
- Identifying the barriers to learning that can result in inconsistent progress and underachievement.
- Developing emotional health and psychological wellbeing.
- Understanding behaviour in context.
- Mental health and resilience, and the impact of this in a school environment.
- Therapeutic support and interventions, including cognitive behavioural approaches.
- Nurture provision and intervention.
- Restorative Approaches in Schools.
- Anti-bullying.

What we can offer

We will work with you to explore the specific issues and needs within your school. A range of bespoke options can then be developed for you to consider based on these understandings.

We will always seek to offer you the best value and most flexible support arrangement possible, ensuring you get access to the right expertise within the team. The following represent the type of work we are often involved in:

Supporting vulnerable children to engage and achieve their potential, identifying barriers to their learning, through:

- Assessment and consultation; coaching with key staff training; action research; or project evaluation.
- 1-1 targeted group and whole class interventions for vulnerable children with SEMH needs including:
 - Counselling support; therapeutic interventions or SEHM programmes such as FRIENDS, Webster Stratton Dinosaur School and bespoke CBT interventions.
- Evidence based training programmes for school based staff; and support for these initiatives through support networks, workshop days, and development visits.
 - e.g. Listening Matters - Connecting with Children; Nurture Groups; Therapeutic Story Writing; Story Links; Peer Mediation/Support; EMPOWER CPD; and Getting Along.
- Providing support to schools with specific development interests or needs.

- e.g. managing exclusions and challenging behaviour; self-esteem and confidence issues, the impact of attachment in the classroom; engaging the hard to engage; developing pupil voice; parents' workshops; peer assisted learning.

Costs

We configure our support to the needs of your school, ensuring that you get the most appropriate input at the best cost.

We offer a range of established options to support school development, and alongside these, more individual and bespoke options that can be tailored to match precisely with what you want.

Costs for stand-alone training options are available on request, and most programmes run at least twice a year.

We offer free initial consultation to all schools in order to support you to further consider your own needs in this area, and to provide detailed information on support options and costs.

For further information please contact:

Emotional Wellbeing and Effective Learning Team (EWEL)

SEND and Inclusion Service

Social, Emotional and Mental Health

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