

Abbotswood Junior School
Social Emotional Mental Health Provision Map

<p style="text-align: center;">Tier 0 Universal Level Support First response</p>	<p style="text-align: center;">Tier 1 Guided/Group Intervention Response to low level concerns and incidents</p>	<p style="text-align: center;">Tier 2 - Targeted Support Planned interventions in school to address social/emotional/mental health issues</p>	<p style="text-align: center;">Tier 3 Personalised Support Professional referral to external agency to address higher level issues</p>
<p>Time spent nurturing good relationships Clear and consistent boundaries Positive reinforcement and praise Values system: Stretch, Teamwork, Aspiration, Respect and Stickability Celebration assemblies Well-planned curriculum to explain wellbeing and mental health to all children PSHE association and assemblies</p> <p>Adaptations to class layout Structured class routines Worry box/opportunities to share concerns/worries Buddy system with a trained adult</p> <p>Teaching of strategies for resilience and growth mindset Strategies for independent working taught and modelled Now and next card with clear expectations. Provision of broad range of foundation subjects and before and after school clubs</p> <p>Training of staff on recognising mental health needs</p> <p>Trained Senior Mental Health Lead and Mental Health Champion</p>	<p>Home school communication book Lunchtime support (Rockets/small group games), named member of staff, quiet place to eat if needed. Visual prompts Agreed areas 'safe spaces' Arranged adult to talk to who will be available wherever possible. Low key tasks given with increased structure and predictability when needed. Incredible five point scale.</p> <p><u>Specific group interventions:</u></p> <ul style="list-style-type: none"> ● Peer mentor system ● Anger management groups ● Social skills groups ● Room 5/BSW group support ● Nurture group ● Thrive/Drawing and talking ● Lego therapy. 	<p>Boxall profile. Family support/TAF. Risk assessment, care or support plan. Individual Support Plan</p> <p>ELSA/BSW:</p> <ul style="list-style-type: none"> ● Emotional Literacy ● Anger ● Anxiety ● Emotional Awareness ● Managing Emotions ● Bereavement ● Self-Esteem ● Social skills (social stories, games, activities) <p><u>Guidance from outside agencies:</u></p> <ul style="list-style-type: none"> ● Educational Psychologist ● CAMHS ● Clifford Centre (PBS) ● School Nursing Team 	<p>Strengths and difficulties questionnaire.</p> <p><u>Referrals:</u> CAMHs Simons Says Winston's Wish Young Carers EHCP</p> <p><u>Signposting families to:</u> Youth & Families Matter Clifford Centre Wellbeing support Youth counselling (hampshireyouthaccess.org.uk) GP Mental health crisis team Community Mental Health team Website for advice and support- www.what0-18.nhs.uk</p> <p>Place 2 Be- www.place2be.org.uk</p> <p>Young Minds- www.youngminds.org.uk</p> <p>Support for Parents for behaviour that is challenging to manage – http://www.barnardos.org.uk/hspss.ht</p> <p>MIND www.mind.org.uk</p> <p>AUTISM ASSOCIATION www.autism.org.uk</p>