



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough



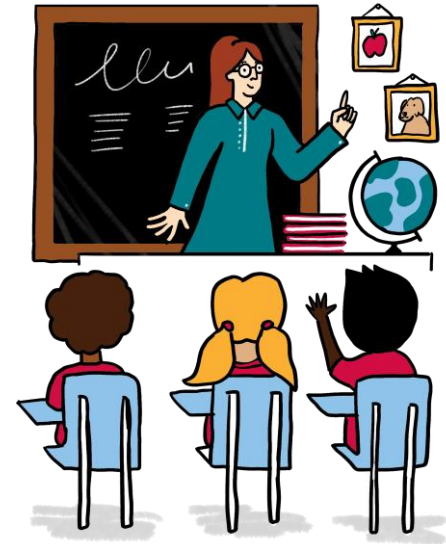
SENCo Network Meeting

11th January 2024

Theme: SEMH and Neurodiversity

On the Agenda

- Bee-U information, updates and questions
- Other avenues of support
 - Children's Autism Hub
 - PODS *Challenges at Home* sessions
 - Healthier Together website
 - Earlybird and Earlybird Plus
- SEND Updates
 - ELSA Reminders
 - Phased transition
 - Newsletter and future meetings





Midlands Partnership University
NHS Foundation Trust



Emotional Health and Wellbeing

Jessica Roose - Quality Governance Participation Lead
Helen Kortlandt - Mental Health Nurse, Autism Team
Danielle Haslam - Mental Health Support Team
Bethany Maidens - Assistant Psychologist, Autism Team

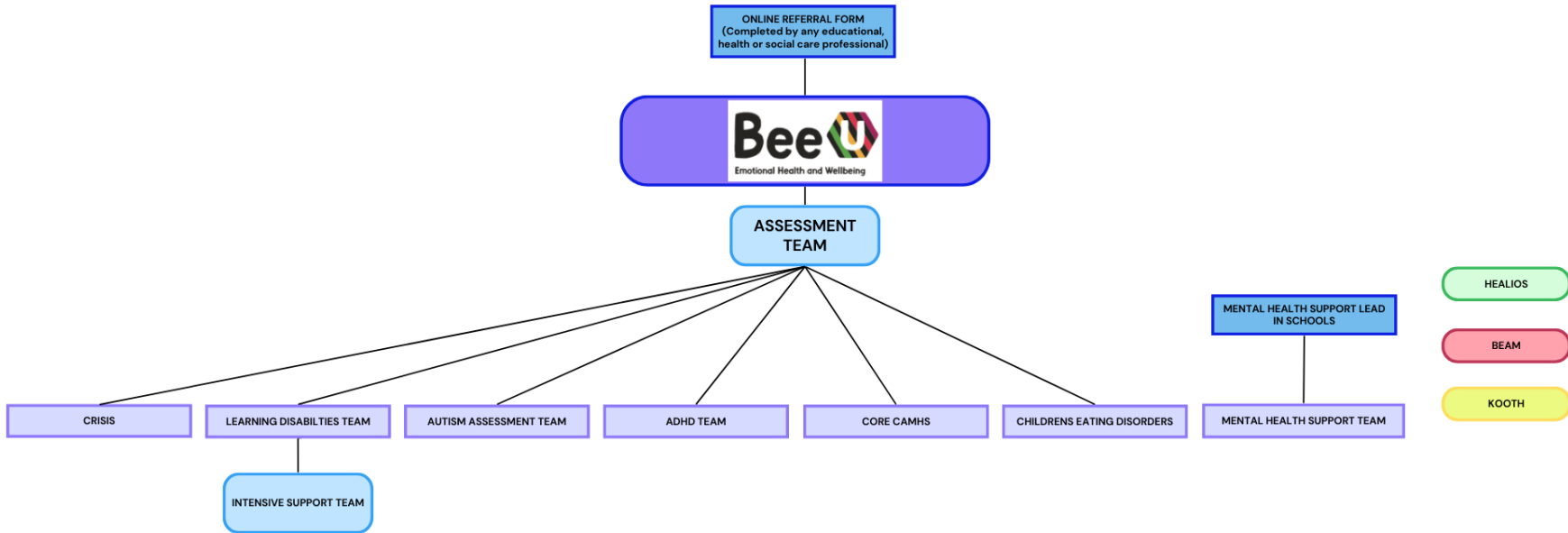
WHAT WE DO



BeeU is an emotional wellbeing, mental health and neurodevelopmental service for Children and Young People (0-25) in Shropshire, Telford and Wrekin

Midlands Partnership NHS Foundation Trust (MPFT) are the lead provider, working in partnership with Healios, Kooth and The Children's Society

BeeU is made up of different teams that are staffed to meet the specific needs of their pathway. Children Young People and families should experience a seamless and integrated service offer



REFERRALS: ROUTES TO SUPPORT

Referrals into the service need to be made by a health, social care or education profession who knows the child

We have a number of different routes to support which includes: our single point of access (referral form), via mental health in schools teams or via acute pathways such as A&E or hospital

A referral will be screened by a clinician then an assessment will be offered based on type of difficulties and urgency

We have daily (Mon-Friday) multidisciplinary service-wide meetings to discuss assessments, routine outcome measures and then collectively arrive at understanding of the young person's needs (formulation) and develop a treatment plan

CORE CAMHS



- ▶ This is a large team consisting of different mental health practitioners including Nurses, Occupational Therapists, Psychology, Psychological Therapists including CBT & Family Therapy, Social Workers
- ▶ This team provides evidence based interventions for CYP and families who are experiencing more complex problems that are having significant impact on functioning and/or causing high levels of distress
- ▶ This includes providing risk support for these CYP and families and often includes multi-agency working
- ▶ There is also a large and growing group programme of evidence-based intervention

CHILDREN'S EATING DISORDERS TEAM



- Specialist community assessment and treatment for young people suffering from an eating disorder
- We provide an evidence-based approach to help young people restore physical health alongside supporting them to improve their emotional health and wellbeing through therapy and guidance, focusing on positive and effective ways to manage eating difficulties
- Primarily work with young people suffering with:
 - ❑ Anorexia Nervosa
 - ❑ Bulimia Nervosa
 - ❑ Atypical presentations of the above
- Also offer a comprehensive transition support package to those young people who are approaching their 18th birthday and may need continuing support with the adult services
- Offer consultancy and training to other professionals- internally and externally

REFERRAL INTO CEDS



- The service accepts referrals for young people registered with a Shropshire or Telford GP or have a primary residency in Shropshire
- Referral age range **8-18 years old**
- Currently accepts internal (BeeU) referrals and external referrals from professionals (GP or school nurses). School teachers, dance/sport coaches and social workers may also refer into the service but the child/young person will ideally require a physical health check with GP prior to referral
- Consent to the referral is required from child/young person and parents. **Parents are an integral part of the treatment programme!**
- COMING SOON – Self referral

BEE U LEARNING DISABILITY TEAM



Criteria:

We accept referrals of Children and young people with a learning disability who are experiencing mental health and/or behaviours that:

- Are of such frequency, severity or chronicity to require specialist assessment and intervention
- Impact significantly on the quality of life of the young person or those around them
- Present a significant risk of social isolation, emotional distress and or injury to the young person or those around them
- Are persistent and pervasive i.e. occur in a range of situations and over time (e.g. we would not accept a referral where behaviours of concern occur exclusively in school)

BEE U LEARNING DISABILITY TEAM



Any professional working with the young people or family can refer, but the YP must have an EHCP, and there needs to be clear evidence of the presence of a Learning Disability within that plan. We also require evidence that other behavioural and/or parent interventions have already been accessed

Interventions offered include:

- Proactive strategies and approaches aimed at reducing behaviours of concern
- Individual therapeutic care
- Trauma-informed work
- Sensory Integration work
- psychiatric care In line with STOMP and STAMP principles
- Groups for parents focusing specifically on parenting a child or young person with a Learning Disability
- Family work

BEE U INTENSIVE SUPPORT TEAM



Aims:

We work with the young person, their family, and the systems around them to reduce distressed behaviours and improve quality of life. Applying a **Positive Behavioural Support model**, we aim to prevent and reduce the need for restrictive practices, inpatient services and out-of-area/residential placements

Criteria:

Children and young people with a learning disability and/or autism, and whose distressed behaviours are of a **nature or complexity that the home/family situation is at risk of break down**

The intensity of case working required is such that it exceeds the capacity of other teams and services, and is **needed to minimise the risk of harm, exclusion or exposure to restrictive practices**

ADHD

Assessment, diagnosis and treatment for school aged children (6 to 18 years) in Shropshire, Telford and Wrekin

Key criteria in considering ADHD referrals include thinking about how the young person's day to day functioning is impaired, it is vital we see evidence from more than one setting, such as school and home and what the consequences of the impairments are

We aim to work closely with young people, parents and schools in ensuring we have a shared understanding of the YP and considering how environmental modifications are being implemented to support the YP in fulfilling their maximum potential

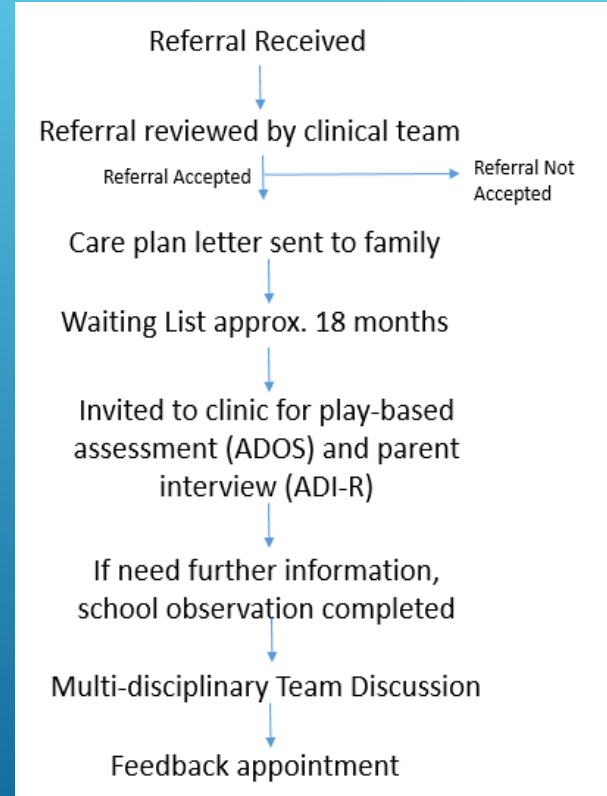
AUTISM ASSESSMENT PATHWAY



We are a small and experienced multi-disciplinary team specialising in completing Autism Assessments for children and young people across Shropshire, Telford and Wrekin. Our team is made up of:

- Consultant Clinical Psychology
- Occupational Therapy
- Speech and Language Therapy
- Mental Health Nursing
- Mental Health Practitioner

To make a referral for assessment complete the referral form on our website and return to 025spa@mpft.nhs.uk



MENTAL HEALTH SUPPORT TEAM



The Mental Health Support Teams (originally called the trailblazer project) were formed at the end of 2019 in direct response to government green paper that identified a need to support the mental health of children and young people

There are 5 MHSTs in Shropshire and Telford, covering roughly 50% of schools

We are a low level – guided Cognitive Behaviour Therapy (CBT) self-help service that supports schools, parents and carers to help their children to stay mentally well, promote wellbeing activities, provide advice, and signpost to appropriate services



WHAT WE DO



We help support Mental Health Leads and work with our schools to adopt and implement a Whole School Approach to promoting mental health and wellbeing

As part of the Whole School Approach offer, we deliver training for staff, parents, carers, children and young people

We can deliver parent information sessions and parent led Cognitive Behaviour Therapy interventions

We can deliver interventions with children and young people, on the following:

- Anxiety – that includes separation anxiety, social anxiety, generalised anxiety
- Worry Management
- Low Mood
- Emotional Regulation
- Sleep hygiene

HOW YOU CAN ACCESS US



All consultations and referrals are arranged via the schools Mental Health Lead

Schools can request a consultation with a member of our team which may lead to a referral to our service

A referral may lead to an assessment being undertaken with the child and parent/carer

Once an assessment is completed, our service might meet the need of the child or young person. However, some assessments may require further information or a referral to a more appropriate service

HOW TO CONTACT US



Please complete a referral form on our website (<https://camhs.mpft.nhs.uk/beeU>) and return via email to 025spa@mpft.nhs.uk or speak to someone via phone on [0808 196 4501](tel:08081964501)



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Additional Avenues of Support and Advice

Daytime Sessions

9.30-11.30am

**PODS Hub,
Central Park**



Evening Sessions
6.00-7.30pm
MS Teams (online)



Challenges at Home sessions

(With support from Principal Educational Psychologist team)

Who? Family members who have a child or young person undergoing or on pathway for Autism assessment.

Age Range? Open to 0-18 years from mainstream and special schools.

What For? For families to discuss home/life concerns: emotions, behaviour, social, anxieties, routines etc.

Please contact Jayne for up-to-date information and dates for Spring/Summer 2024.

Quotes from families who have accessed the sessions:

“Made me feel less lonely/isolated and know others have similar experiences”.

“Felt more confident to make some tweaks in our family life”.

“Enabled me to share my experiences with the intention of preventing or limiting acute incidents”.

“Gave us more confidence that we were doing the right thing for our child. And some techniques to think about to help him”.

Contact details: jayne@podstelford.org / 0777 534 2092

EarlyBird and EarlyBird Plus



- EarlyBird – for children aged under 5 with a diagnosis of Autism
 - EarlyBird Plus – for children aged 4-9 with a diagnosis of Autism
 - The programme is for parent/carers and teachers/TAs to attend together wherever possible
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- Referrals for the programme predominantly come from MDA or the 4-5 Autism pathway.
 - For children who have moved into the area and may have missed the opportunity, please speak to your SaLT or call the advice line.



TELFORD CHILDREN'S AUTISM HUB

Our hub supports families who live in Telford and Wrekin who have children aged 0 to 18 years, with a formal diagnosis of Autism.

What our Hub offers:

- ★ Information & Advice
- ★ Coffee & Chat Peer Support Group
- ★ Training Workshops
- ★ 1-2-1 Advice Sessions with an Autism Specialist
- ★ Early Years SEND & Play Sessions with Telford SENDIASS
- ★ Primary Age Family Fun Sessions
- ★ DUGOUT Youth Group for 11 to 18's
- ★ Autism Champion Training


Contact Us

Don't hesitate to ask everything about what our hub offers and how we can support you and your family.

 WWW.TELFORDAUTISMHUB.ORG.UK/CHILDRENS-AUTISM-HUB

 01952 262062

 CHILDRENSAUTISM@TANDWCVS.ORG.UK

 12 & 15 HAZLEDINE HOUSE, CENTRAL SQUARE, TELFORD CENTRE, TELFORD, TF3 4JL

 [TELFORD CHILDRENS AUTISM HUB](https://www.facebook.com/TELFORDCHILDRENSAUTISMHUB)





Telford & Wrekin
CVS
Involving, Inspiring, Supporting

Telford and Wrekin SENDIASS

SEND Information, Advice and Support Service(SENDIASS) is available to parents/carers, children and young people who have or may have Special Educational Needs and/or disabilities 0-25 years. Our aim is to increase confidence and understanding of SEND education, health and social care processes.

We provide information, advice and support on a wide range of SEND topics

- Special Educational Needs processes in school
- Early years and Post 16 information
- Health and Social Care pathways
- Assessment process for Education, Health & Care Plans
- School Transitions and Annual Reviews
- Negotiation, mediation, tribunals and dispute resolution.

We also offer:

- Talking SEND Sessions
- Community Drop in sessions
- School Coffee Morning Sessions

The service is free, confidential, impartial and accessible.

Please contact our team on 01952 457176 or email info@iass.org.uk for further information

website: www.telfordsendiass.org.uk



Healthier Together Website

Neurodiversity



[Home \(stw-healthiertogether.nhs.uk\)](http://stw-healthiertogether.nhs.uk)

[Neurodiversity \(stw-healthiertogether.nhs.uk\)](http://stw-healthiertogether.nhs.uk)

Websites and resources

[Home - Kooth](#)

[BEAM Shropshire, Telford, Wrekin | The Children's Society \(childrenssociety.org.uk\)](#)

[Home - Healios](#)

[Childline | Childline](#)

[Home - ADHD Foundation : ADHD Foundation](#)

[Tourettes Action \(tourettes-action.org.uk\)](#)

[INSET: From Masking to Thriving - Dr Pooky Knightsmith](#)

[Mentalization-Based Treatment for Families \(MBT-F\) | Anna Freud](#)

Even more websites and resources

[National Autistic Society \(autism.org.uk\)](https://www.autism.org.uk)

[Welcome to the | Autistic Girls Network](#)

[Autism Education Trust](#)

[keeping-it-all-inside.pdf \(autisticgirlsnetwork.org\)](#)

[Girls and Autism: Flying under the radar | Nasen](#)

[Autism West Midlands | Supporting the Autistic Community](#)

[The Girl With The Curly Hair - Autism Training, Animations, Books](#)

ELSA: key updates & reminders

Updates re supervision offer

- Moving towards half termly F2F ELSA network meetings

Reminders re parameters of ELSA

- Universal intervention – available to all
- Not an emergency response unit!

Frequently raised issues...

- ELSAs need release time for planning & evaluation as well as delivery
- Triage/referral processes
- Line management vs 'clinical' supervision
- Areas of work: emotions vocab, self esteem, resilience, friendships, grief & loss...



Phase Transition

Key Dates

- Please can **Year 11** annual reviews and preference forms be returned to the SEND team by Friday 12th January 2024 in preparation for consultation.
- The SEND Team require the Phase transition consultation forms for children with EHCPs going into **Reception and Year 7**. Please return by 12th January 2023. If there are any queries regarding this date please do contact your SEND Officer.

Network Meetings and Newsletters

- SEND Newsletter has been sent out this week using the SEND News subscriber distribution list. It will also be available on the Local Offer SENCo Space. If you have not received it, please e-mail sarah.court@telford.gov.uk
- Slides from today's meeting will be available by the end of this week on the Local Offer – **SENCo Space**

[SEND - Local offer \(telfordsend.org.uk\)](http://telfordsend.org.uk)

Next meeting:

Additional dedicated SaLT session

- 28th Feb via Microsoft Teams.

A reminder will be sent but the link for the meeting is here:

[Click here to join the meeting](#)



SENCo Network: Transition Workshop

- Thursday 21st March, 4-5.30PM, *face to face venue tbc*