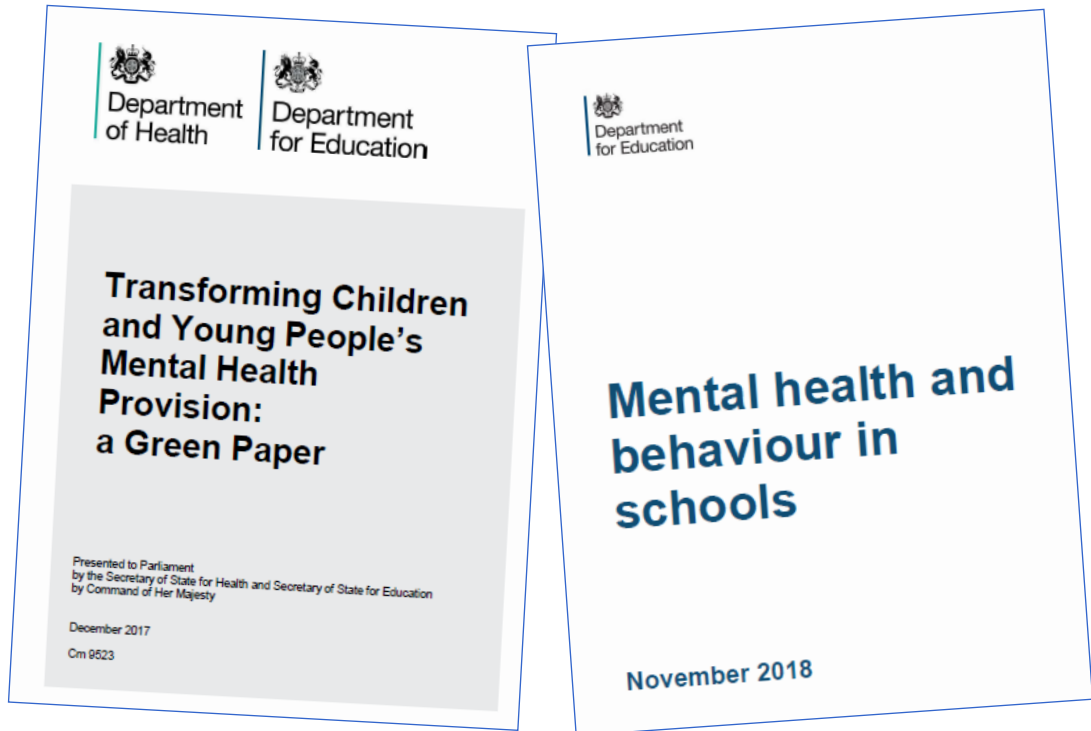


Shropshire Educational Psychology Service Mental Health & Behaviour Offer

September 2023- August 2024



Delivering:-

- ✓ Quality Assured
- ✓ Evidence Based
- ✓ Impact Evaluated



www.hcpc-uk.org

Ethical Practice (HCPC-BPS)



The
British
Psychological
Society

APPLYING PSYCHOLOGY TO MAKE THE DIFFERENCE

Contact Us

For further information on Educational Psychology Services, please [contact us](#):

Tel: 01743 258414 Fax: 01743 340034 E-mail: eps@shropshire.gov.uk [EPS Website](#)

Shropshire Educational Psychology Service, Shirehall, Abbey Foregate, Shrewsbury, Shropshire SY2 6ND



- 1. Designated Mental Health Lead – training and supervision**
- 2. Mental Health Level 1 training for whole school staff**
- 3. Whole school approach to promoting Positive mental health**
- 4. Interventions within schools to promote good mental health**
- 5. When to refer to external professionals**
- 6. Supporting the family - working alongside Family Support Worker and Early Help teams**

APPLYING PSYCHOLOGY TO MAKE THE DIFFERENCE

Whole School Audits

- Attachment
- Behaviour
- Mental Health
- Autism



TOOLS:

- PATH
- 10 Element Map
- Attachment Friendly School Audit
- Behaviour Audit
- Autism Friendly School Audit

Training

Quality assured training delivered by your local authority Psychologists, trained to practice level in psychological principles of therapy underpinning training. Training delivered in partnership with SEN team.

- Mental Health Level 1 - Twilights or PD days, whole school
- Attachment + Trauma Levels 1-3
- Positive Behaviour Management
- Reducing Anxiety - 'No Worries'
- Bereavement + Loss
- ELSA - Emotional Literacy Support Assistants
- Autism Education Trust (AET) Levels 1-3
- 'Three Session Change' - Solution Focused



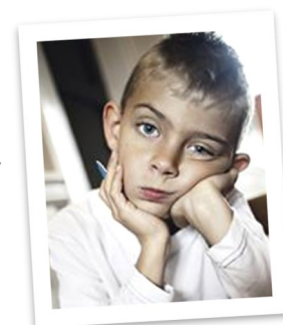
Support

Promoting positive mental health through quality assured supervision.

- Individual - Family support worker
- Group, e.g. primary head teachers or mental health leads
- Critical Incident support following a traumatic event, e.g. child's death

Developing & Supporting 'Nurture Groups'

Target Audience: SENCOs, learning mentors, pastoral support. This is an opportunity to obtain the knowledge and insight necessary to establish a nurturing provision within your school for pupils with SEMH and displaying behaviours that challenge. Provisions aim to replace distorted early experiences and in turn to remove barriers to learning.



APPLYING PSYCHOLOGY TO MAKE THE DIFFERENCE

Managing Moods

A school based intervention programme informed by CBT (Cognitive Behaviour Therapy) and DBT (Dialectical Behaviour Therapy) to support individuals by reducing **self-harm** by **improving mood regulation**. Proven to be statistically effective in schools across Shropshire. Consists of workshops for a group of up to 9 young people.

“I really enjoyed the Managing Moods course and due to the strategies, I am now able to go into town without having a panic attack or worrying”
Year 10 Student

No Worries

A practical and interactive resource designed to reduce **anxiety** in young people. Uses Cognitive Behaviour Therapy (CBT) and focuses on developing strategies for life such as relaxation skills and cognitive reframing. Young people are encouraged and supported to engage in courageous behaviour, the outcome of which raises confidence and self-esteem. Has been found to be statistically effective for children and young people in schools across Shropshire. Consists of 1½ days training from the EPS together with an accompanying manual. The programme takes 8 sessions to deliver with 2 follow up sessions.



Three Session Change Model

A therapeutic technique using **Solution Focused** approaches where staff observe the Educational Psychologist interviewing a young person and are then enabled to work with other young people themselves. The intervention raises the pupil's self-esteem allowing them to make more positive changes to their behaviour. This intervention can be school or family based.



Circle of Adults

A detailed problem solving process intended to support teams of adults who work with children with social, emotional and mental health difficulties. The approach is designed to **effect change when situations are stuck**.

“Time to reflect and think about the full story of the child. Documenting the process visually was very helpful”
School Staff

Circle of Friends

Social support for vulnerable students. The ‘circle of friends’ approach works by mobilising the young person's peers to provide support and engage in problem solving with the person in difficulty.

Structured Group Support

For those witnessing a traumatic event.

APPLYING PSYCHOLOGY TO MAKE THE DIFFERENCE

Individual assessments

To identify mental health needs and interventions.

Cognitive Behaviour Therapy (CBT)

To reduce anxiety, and improve educational opportunities.

Dialectical Behaviour Therapy (DBT)

To reduce self-harm.

Dyadic Developmental Psychotherapy (DDP)

Therapeutic support to help form key attachments.

Three Session Change Model

To build self-esteem.

Personal Construct Psychology

Exploring the child's world.

Quality Assured Counselling

APPLYING PSYCHOLOGY TO MAKE THE DIFFERENCE

We evaluate our impact as a matter of course. Below are some examples of the impact of our interventions:

Intervention	Impact
Managing Moods (self-harm reduction)	Proved statistically effective in schools across Shropshire
No Worries (CBT reducing anxiety)	Found to be statistically effective for children and young people in schools across Shropshire
Attachment Training	Average rating of the effectiveness of the training for everyday practice: 8.8 out of 10

APPLYING PSYCHOLOGY TO MAKE THE DIFFERENCE