



# P&TS and SES Service Updates

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# A short overview of the Psychology & Therapeutic Services



My name is

Dr Claire Darwin  
Principal Educational  
Child Psychologist

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Meet the Team

# Educational Psychology Service

Supporting  
emotional  
wellbeing and  
learning

- Educational Psychologists (EPs)
- \* 6 new EPs joining our service in Sept 2023
- Trainee EPs
- Assistant Psychologists

Individual, group and / or whole setting  
level

- Consultation, Assessment & Intervention
- Training, Projects & Research
- Supervision & Critical Incident Support

# Inclusion Facilitation Service

Using psychologically informed therapeutic approaches

- [Circle of Friends](#): enhances the inclusion of an individual in school by involving their peers in problem solving and giving support.
- [Three Session Change](#): solution oriented, competency-based support which encourages goal making and positive change.
- [Precision monitoring](#) - Addressing a very specific gap in a child's knowledge or increasing a desired behaviour: showing them daily success.
- [Sensory profiling](#) - detailed observation of sensory differences, to create a personalised profile that is strengths-based. Designed to help educational settings and families to be more aware of any differences and to then co-create a practical approach to intervention and planning that helps a young person to self-regulate.
- Using [Team Pupil](#) is a fantastic way to support the adults around a child or young person to work together to provide a physically and emotionally safe environment across the school day.
- [miniPATH training](#) nurtures staff with the confidence and skills to deliver their own miniPATHs with CYP.

# Supporting children and young people with additional needs and Special Educational Needs and or Disability (SEND)

Our core offer\* and our work as part of Suffolk's CYP Inclusion Service includes:

- Delivering services as part of the [Graduated Response to SEND](#)
- Supporting the SENCO, [Teaching Assistant](#) and Education [Mental Health Lead Networks](#), delivering training and contribution towards the SENCO Support Line
- [Psychological statutory advice](#)
- Contributing toward statutory processes such as Annual Reviews or Tribunals
- Critical Incident Support
- Partnership working with the [Virtual School](#), Adoption and the Youth Justice Service.

\*please note our core offer means there is no cost to education settings.

# Traded work with educational settings

Our traded offer includes:

- [Examples of P&TS Traded Packages](#)
- [EP Analysis of Additional Needs \(AANT\)](#)
- [Emotional Literacy Support Assistant \(ELSA\) Supervision](#)

(ELSA training and supervision package is currently being grant funded via SCC for one more cohort)

**WELLBEING  
IN EDUCATION**  
Podcast



# WELLBEING IN EDUCATION



**SUPPORTING EMOTIONAL WELLBEING & MENTAL HEALTH**

**LATEST  
NEWS**

Emotionally Based  
**EBSA**  
School Avoidance

Children  
and  
Young People

Families

Staff

Whole  
Education Setting  
Approach

**MENTAL HEALTH  
NETWORK**



Emotional Literacy  
**ELSA**  
Support Assistant



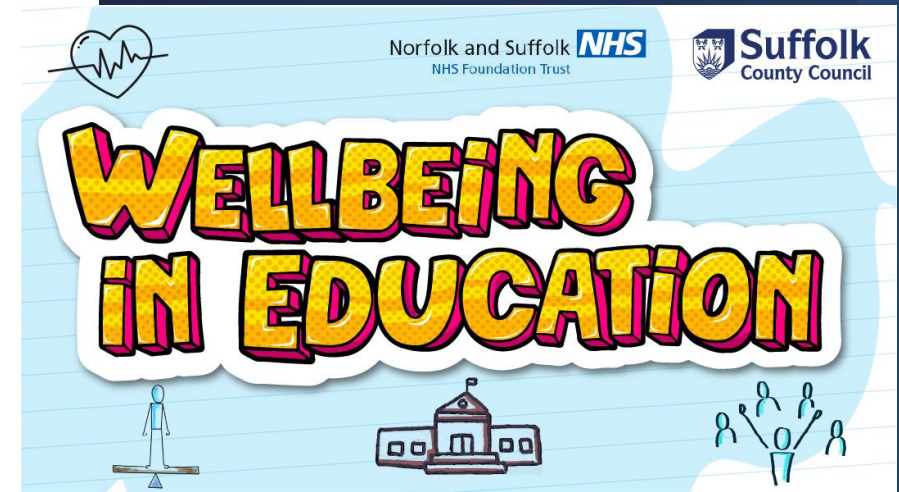
[www.suffolk.gov.uk/wellbeingineducation](http://www.suffolk.gov.uk/wellbeingineducation)



Colleagues from across P&TS are working closely with NHS psychologists and staff across many services in order to provide a wide range of support and materials that support the mental health and wellbeing of families as well as staff.

These resources can be found on the [Wellbeing and Education page](#). The page includes the following topics:

- [Children and young people's wellbeing support for educational staff](#)
- [Children and young people's wellbeing support for families](#)
- [Staff wellbeing support](#)
- [Having a whole school or college approach](#)
- [Emotional based school avoidance](#)
- [Mental Health Lead Network](#)
- [Wellbeing in Education Podcast](#)
- [Latest news and events / training calendar](#).





# Teaching Assistant (TA) Network Conference: Monday 2<sup>nd</sup> October 2023

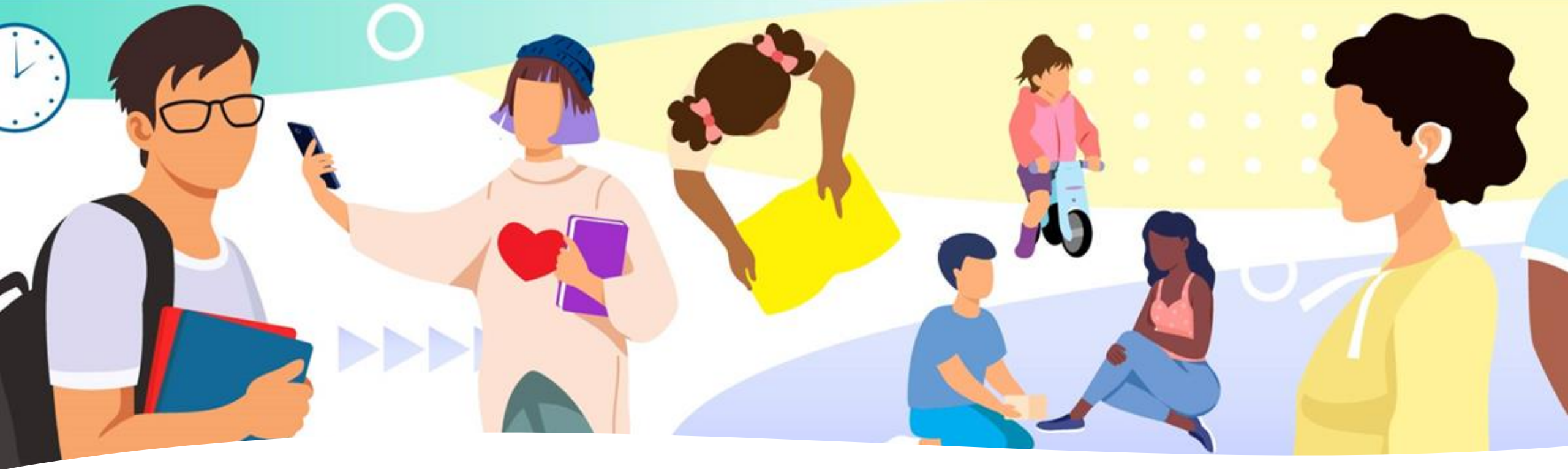


	<u>Room 1</u>	<u>Room 2</u>	<u>Room 3</u>	<u>Rooms 4</u>
<b>Keynote speech – 9.30-10.00</b>	Dr Ivana Lessner Listiakova			
<b>Session 1 – 10.00-10.40</b>	<b>Supporting your students at risk of Emotionally Based School Avoidance (EBSA)</b> Kelly Francis & Katie Matthews	<b>The Power of Welcome</b> Lucy Spink, Amanda Firmin & Jo Wright	<b>Strategies for supporting anxiety</b> Jane Albery, Claire Goddard & Jenny Baskett	<b>Raising awareness of ASC and girls</b> Rachel Christmas, Sarah Jackson & Julia Groves
<b>10.40-11.00</b>	BREAK	BREAK	BREAK	BREAK
<b>Session 2 – 11.00-11.40</b>	<b>Supporting your students at risk of Emotionally Based School Avoidance (EBSA)</b> Kelly Francis & Katie Matthews	<b>The Power of Welcome</b> Lucy Spink, Amanda Firmin & Jo Wright	<b>Strategies for supporting anxiety</b> Jane Albery, Claire Goddard & Jenny Baskett	<b>Raising awareness of ASC and girls</b> Rachel Christmas, Sarah Jackson & Julia Groves
<b>Session 3 – 11.40-12.20</b>	<b>Understanding masking and how to identify and support this in the classroom.</b> Annie Clements			
<b>12.20-13.00</b>	LUNCH	LUNCH	LUNCH	LUNCH
<b>Session 4 – 13.00-13.40</b>	<b>Coping in a crisis – support for de-escalation</b> Rachel Christmas & Lucy Spink	<b>Supporting sensory processing difficulties</b> Julia Groves & Jane Albery	<b>Emotional Regulation, including The Zones of Regulation</b> Sarah Jackson, Amanda Firmin & Jenny Baskett	<b>Practical ideas for using visuals</b> Jo Wright & Claire Goddard
<b>13.40-14.00</b>	BREAK	BREAK	BREAK	BREAK
<b>Session 5 – 14.00-14.40</b>	<b>Coping in a crisis – support for de-escalation</b> Rachel Christmas & Lucy Spink	<b>Supporting sensory processing difficulties</b> Julia Groves & Jane Albery	<b>Emotional Regulation, including The Zones of Regulation</b> Sarah Jackson, Amanda Firmin & Jenny Baskett	<b>Practical ideas for using visuals</b> Jo Wright & Claire Goddard
<b>Closing – 14.40-15.00</b>	<b>Closing Statement</b> Abi Joachim & Toni Wainwright			

*"Last year, two of my TAs attended the conference and absolutely loved it – they gained so much confidence and new knowledge from it, and still talk about it today. This year, all three of my TAs would like to attend, and have been given permission, which is great."*

Teaching Assistant Network

Abigail.Joachim@attrust.org.uk



## Supporting children and young people with additional needs and Special Educational Needs and or Disability (SEND)

Delivering services as part of the [Graduated Response to SEND](#)

# Specialist Education Services Essential Free Training offer

[Link to booking form for SES free training](#)







# Keys to Inclusion



# The offer includes.....

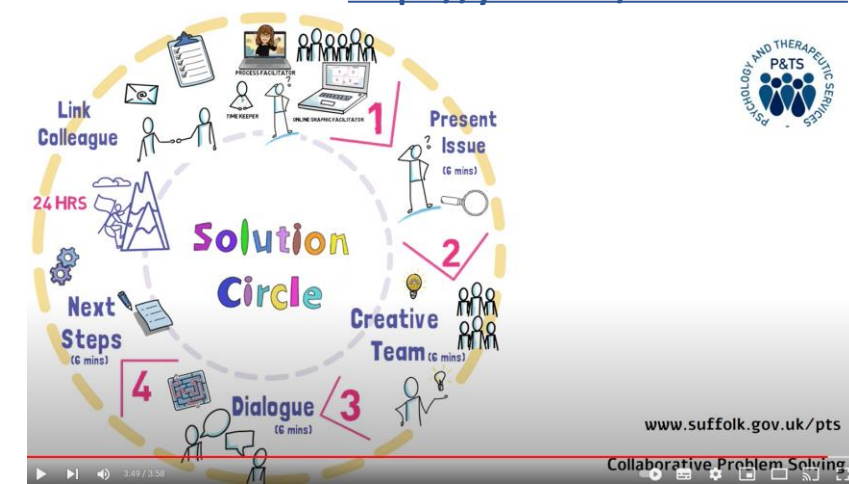
**SES Inclusion Support Meetings (ISMs)** – available across all primary areas of need, to book: <http://www.suffolk.gov.uk/sesinclusionappointment> (ISMs are also available to Post 16 Settings, ISM's can be to seek available support for implementing provision with a child or young person's EHCP).

**Education Access Team** – Offer ISM's. The team are ready to support you with discussions about those CYP vulnerable to exclusion or non-attendance. In all cases the ISMs are designed to support you as quickly, and as easily as possible, supporting early interventions.

**SEND Support Consultations/Solution Circles** - are available. Led by P&TS and SES by emailing [sencosupport@suffolk.gov.uk](mailto:sencosupport@suffolk.gov.uk)

These are **multi-professional** virtual meetings designed to support early intervention and where a multi team of professionals is needed.

<https://youtu.be/mN4dCHrKsrE>



# Future developments - Locality working in communities of schools:

- 6 localities and half-termly networking meetings in each locality (from Nov. 2023).
- Each locality will be led and facilitated by a colleague from the Whole School Inclusion Service working alongside P&TS colleagues.
- The agendas will be based on locality area needs and challenges and set by the colleagues from the schools and settings in that area. Key will be the opportunities to network, discuss and debate, ask questions and support each other.
- In addition, there will be more time allocated to Collaborative Problem Solving ([Solution Circles](#)) in each locality to support multi-agency support and early intervention. There will be colleagues from across the Inclusion Service as well as Mental Health Support Services, Early Help and Health Teams. Colleagues from across these services will also be part of the team attached to the locality / community of schools.

\*In addition to the half-termly locality meetings there will a termly virtual, countywide SENCo forum for information sharing



# SES & P&TS continued.....

- A termly visit from Specialist Teachers & EPs to every **mainstream school** from January 2024. This is so we can share key information with **every** school and target our support to you, based on the information gathered at the visit. The visits will be face-to-face unless requested otherwise.
- The termly visit must include an additional school leader: SENCo plus One.
- Referrals to SES as they currently are will cease during the first half of the autumn term to allow those CYP currently referred to us to be fully supported.
- Inclusion Support Meetings (ISMs) will continue from all teams, including the Whole School Inclusion Service. ISMs are also available to Post 16 settings.
- There will be support for transition with all secondary schools in the summer and autumn terms (supporting Year 6 into Year 7).

# Key Contacts & Links

- Specialist Education Services information: [Suffolk InfoLink | Specialist Education Services \(SES\) Suffolk County Council](#)
- [Psychology & Therapeutic Services](#)
- [Wellbeing in Education](#)
- Family Services Teams: [Suffolk InfoLink | \\*SEND Family Services](#)
- SENCo Central – the ‘go to’ place: [Suffolk InfoLink | SENCO Central](#)
- Exclusions: [EducationAccess@suffolk.gov.uk](mailto:EducationAccess@suffolk.gov.uk)

# Key Contacts & Links

If you are worried about a child or young person's attendance, for any reason, please contact your **Education Welfare Officer (EWO)** in SCC: [schoolattendance@suffolk.gov.uk](mailto:schoolattendance@suffolk.gov.uk) Every school has an EWO allocated to the setting.

You can also contact the **Alternative Tuition Service** on: [ATS@suffolk.gov.uk](mailto:ATS@suffolk.gov.uk) or Tel: 01473 263818. The team will advise you re next steps, including whether or not a referral is appropriate.

[Working together to improve school attendance - GOV.UK \(www.gov.uk\)](https://www.gov.uk)



**Suffolk Inclusion Support Line** – Available all day, for education staff to help them to source the advice, guidance and information needed.

Contact us on **01473 265502** or via email [localoffer@suffolk.gov.uk](mailto:localoffer@suffolk.gov.uk)

If you would like to join our **SENCo Forum** and receive details of our regular CPD programme, including for new SENCos, please email [sencosupport@suffolk.gov.uk](mailto:sencosupport@suffolk.gov.uk)

If you want to join the **Mental Health Network** please email [EducationMHLeadNetwork@suffolk.gov.uk](mailto:EducationMHLeadNetwork@suffolk.gov.uk)



Any questions?

