

**Universal, targeted and specialist
interventions and services for social
emotional and mental health (SEMH)
needs in Barnet**

Date: July 2018



Document Information

Document control	
Document description	This document is a resource for schools describing SEMH interventions and services available in the local area
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Key:

CT	class teacher
CYP	children & young people
LM	learning mentor
SMT	senior management team
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Universal, targeted and specialist interventions and services for social emotional and mental health (SEMH) needs in Barnet

This document is a resource for schools describing SEMH interventions and services available in the local area. It was developed by a working group of representatives from the Barnet community from the Leading Edge Group (LEG) for SEMH, including parent/carers; SENCo representatives from Barnet primary, secondary and special schools; advisory teacher from high incidence support team (HIST); educational psychologist (EP) and wellbeing practitioner.

Inclusion criteria for the interventions and services listed include:

- Researched and evidence-based for children and young people aged 2-25 years old
- Recommended by local school staff and school-based practitioners
- Available locally

Caution: The document is not an exhaustive list. The document does not promote or advocate organisations and interventions but offers a range of interventions and services that may meet specific SEMH needs. It will be reviewed regularly and inclusion in the list will be agreed at the Barnet SEMH LEG meetings. Up-dates to the document will be published on the Barnet Local Offer. Please email suggested changes to: hist.team@barnet.gov.uk

Definitions:

Universal	Whole class or school interventions; available to all.
Targeted	Group or individual interventions; available to some children and young people with specific SEMH needs.
Specialist	Interventions for individuals with more significant SEMH needs (including specialist interventions).

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Universal Interventions

Type of intervention	Which need does it meet?	Who is it suitable for?	Who can deliver? Training recommended?	Helpful resources
Books and stories on managing feelings	Range of topics	Depends on age relevance of material	CT/TA	<ul style="list-style-type: none"> • 'The Huge Bag of Worries' by V. Ironside • 'A Volcano in my Tummy' by W. Pudney & E. Whitehouse • 'The Red Beast' by K. Al-Ghani • 'Starving the Anger Gremlin' by K. Collins-Donnelly • http://www.readbrihtly.com/7-books-to-help-kids-with-their-emotions/ • https://www.tes.com/news/15-books-support-childrens-mental-health • Hinton House publisher • Stories and resources by Margot Sutherland. http://www.margotsunderland.org/margots-books • https://www.wellbeingstories.com
Break time interventions	Social skills and interaction	All	TA / mealtime supervisors	<ul style="list-style-type: none"> • Friendship bench • Library club • Play buddies • Worry box • Mealtime supervisor activity book • '101 Games for social skills' by J. Mosley and H. Sonnet

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Buddy system	Social interaction & wellbeing; transitions; new starters	All	CT/TA	<ul style="list-style-type: none"> B.E.S.T. Buddies: A Comprehensive Training Programme Introducing a Peer Buddy System to Support Students Starting Secondary School (Lucky Duck Books) by Charlie Smith
Circle Time	Social interaction; transitions; responding to tricky times or topics	All	TA/CT	<ul style="list-style-type: none"> Training - accessed from HIST www.barnetlocaloffer.org.uk www.circle-time.co.uk
E-safety / Cyber-bullying	Understand how to keep CYP safe, risks and rewards. Advice for parents.	All	SMT/CT	<ul style="list-style-type: none"> 'Digital Parenting' magazine https://www.nspcc.org.uk/globalassets/documents/advice-and-info/teaching-guidance.pdf www.parentzone.co.uk www.thinkuknow.co.uk
Mindfulness	Emotional wellbeing & regulation; relaxation	All	TA/CT Training required	<ul style="list-style-type: none"> Anna Freud Centre www.annafreud.org Headspace. https://www.headspace.com/meditation/kids Young Minds www.youngminds.org.uk
On-line counselling	Emotional, social difficulties, psychoeducation	KS3-5+	Qualified counsellor	<ul style="list-style-type: none"> Kooth. www.kooth.com
Peer mentoring	Various issues	All	CT/TA	<ul style="list-style-type: none"> Resources can depend on topic The KidsKope Peer Mentoring Programme by Nina Wroe and Penny McFarlane

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				<ul style="list-style-type: none"> Promoting Friendships in the Playground: A Peer Befriending Programme for Primary Schools by Brigitte Bishop (Lucy Duck Books)
PSHE/RSE/SMSC ¹	Social interaction and relationships	All	TA/CT	<ul style="list-style-type: none"> Social & emotional aspects of learning (SEAL). www.sealcommunity.org/resource-panel Healthy mind, happy me (Sandwell) https://www.nspcc.org.uk/globalassets/documents/publications/pshe-teaching-resource-guidance.pdf www.pshe-association.org.uk
Whole school emotional wellbeing	Emotional wellbeing for CYP, parents, staff and wider community.	All	SMT & CTs	<ul style="list-style-type: none"> Anna Freud Centre (includes mental health toolkit for schools in resources https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/mental-health-toolkit-for-schools/) Connected schools Optimum Education Resilience in schools Sandwell whole school emotional wellbeing Zones of Regulation www.zonesofregulation.com

¹ Personal, social & health education (PSHE); relationships and sex education (RSE); spiritual, moral, social and cultural (SMSC).

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Targeted Interventions

Type of intervention	Which need does it meet?	Who is it suitable for?	Who can deliver? Training recommended?	Helpful resources
Circle of friends	Social interaction; isolation; group interaction	KS2-3	CT/TA	http://inclusive-solutions.com/circles/circle-of-friends/
Cognitive behavioural approaches	Anxiety, low mood, psychoeducation	KS1-5	Mental health practitioner/EP (training required)	<ul style="list-style-type: none"> • Coping Cats • FRIENDS for Life • 'The Homunculi approach to social and emotional wellbeing' by A. Grieg & T. MacKay. (Cognitive behavioural approach for young people on the autistic spectrum) • Moodgym www.moodgym.com.au • 'Think good, feel good' by P. Stallard
Counsellor	A range of needs e.g. anxiety, low mood, behaviour, social isolation	KS3-5+	Qualified CYP counsellor	<ul style="list-style-type: none"> • Kooth • Place 2 Be • www.paiwand.com – a local counselling charity for the refugee community • Rephael House. https://www.rephaelhouse.org.uk/
Emotional regulation	Difficulties with emotional regulation, including anger, anxiety, low mood	All	CT/TA	<ul style="list-style-type: none"> • 5-point scale

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				<ul style="list-style-type: none"> Emotion Coaching www.bathspa.ac.uk/education/research/emotion-coaching/ Restorative justice (embedded within a whole-school culture) Zones of Regulation www.zonesofregulation.com
Learning mentor	A range of SEMH issues	KS2-KS5+	LMs	<ul style="list-style-type: none"> '<i>The Learning Mentor's Resource Book</i>' by K. Salter and R. Twidle
Motivational interviewing	Identify and facilitate opportunities for change	KS3-5	EPs (training required)	<ul style="list-style-type: none"> '<i>Motivational interviewing in schools</i>' by
Nurture groups	Attachment needs, issues related to social deprivation	KS1-3	Training recommended SMT/TA	<ul style="list-style-type: none"> Boxall Profile. www.boxallprofile.org www.nurturegroups.org
Parenting support	A range of parenting strategies	Could be run as a group of invited parents or as a surgery	Training recommended	<ul style="list-style-type: none"> Family Links Work Parent Gym Share plus Strengthening families, strengthening communities Triple P Webster Stratton
Pastoral Support Plans	A 16-week time limited, multi-agency plan to intervene prior to	CYP at risk of exclusion	SMT	<ul style="list-style-type: none"> Example pro-forma available from Hist.Team@barnet.gov.uk

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	exclusion.			
Self-esteem support	Low self-esteem	Individual or groups All	Training recommended TA/CT/SMT	<ul style="list-style-type: none"> • Education (Developing Exceptional Strengths and Talents in You) http://educationdesty.com/ • Growth mindset language • Quality teacher feedback. https://educationendowmentfoundation.org.uk/evidence-summaries/teaching-learning-toolkit/feedback/ • 'Talkabout for Children 1 – Developing Self Awareness & Self Esteem' by A. Kelly
Social skills groups	Social skills and interaction	All	Training recommended TA/CT/SMT	<ul style="list-style-type: none"> • 'Talkabout for Children 2 – Developing Social Skills' by A. Kelly • SEAL • Bounceback • Lego Therapy
Transition	Yr6/7 transition	Whole class or groups	CT/TA	<ul style="list-style-type: none"> • 'Moving On' project • Stepping Stones www.london.gov.uk

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Specialist Interventions

Type of intervention	Which need does it meet?	Who is it suitable for?	Who can deliver? Training recommended?	Helpful resources
Bereavement counselling	CYP who have experienced grief and bereavement.	All	Specialist training required.	<ul style="list-style-type: none"> Grief Encounter 020 8371 8455 https://www.griefencounter.org.uk/ Norwood Rephael House
Barnet Child & adolescent mental health services (CAMHS) & Barnet Adolescent Services (BAS)	Multi-disciplinary assessment and treatment of CYP with mental health or severe emotional and behavioural difficulties.	CYP aged 7-18 years.	Specialist CAMHS Clinicians. Psychiatrists and Doctors.	<ul style="list-style-type: none"> Referral via GP, school or health professional. www.behcamhs.nhs.uk www.minded.org www.nhsgo.uk
Child & adolescent mental health services (CAMHS) in schools	Social skills, anxiety, managing behaviour, anger emotional support, managing feelings.	0-19	Mental health professionals	<ul style="list-style-type: none"> Referral via school to CAMHS in schools. Telephone number: 020 8359 2432
Children and Young People (CYP) well-being provision.	Anxiety, low mood, behaviour	KS1-5 Low to moderate mental health issues	Barnet wellbeing practitioners - trained in children and young people's individual access to psychological therapies	<ul style="list-style-type: none"> Universalplus@barnet.gov.uk. 020 8359 2196 https://www.barnetlocaloffer.org.uk/

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			(CYPIAPT)	
Eating disorders	Complex eating disorders	KS3-5	Specialist CAMHS Clinicians, psychiatrists, doctors.	<ul style="list-style-type: none"> Royal Free Hospital Eating Disorders Clinic. Referral via GP or CAMHS. https://www.royalfree.nhs.uk/services/services-a-z/child-and-adolescent-mental-health-services/eating-disorder-service/
Educational Psychologist	Learning and emotional wellbeing	All	Educational psychologists (EPs)	<ul style="list-style-type: none"> Barnet EP Team - https://www.barnet.gov.uk/citizen-home/children-young-people-and-families/the-local-offer-and-special-educational-needs/education-in-the-local-offer/Specialist-Inclusion-Services.html
Family resilience team	Social skills; communication; foster positive family environment; behaviour	Family mediation 1:1 and group parenting support	Family support workers	<ul style="list-style-type: none"> https://www.barnet.gov.uk/citizen-home/children-young-people-and-families/parental-support.html Universalplus@barnet.gov.uk
Health and emotional wellbeing service (HEWS)	Training, assessment and treatment and consultation service available to schools in Barnet.	CYP 0018 years.	Specialist CAMHS clinicians.	www.behcamhs.nhs.uk
High incidence support team (HIST)	Including pupils with social, emotional and	EYFS-4	Advisory teachers	<ul style="list-style-type: none"> https://www.barnet.gov.uk/citizen-home/children-young-people-and-families/the-local-offer-and-special-

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	mental health needs in school			educational-needs/education-in-the-local-offer/Specialist-Inclusion-Services.html
Looked after children (LAC) CAMHS Team	Emotional wellbeing of Barnet LAC	All	CAMHS practitioners	
Mentoring				<ul style="list-style-type: none"> Grasvenor Project. 020 8449 6053 http://www.grasvenorinfantschool.org.uk/the-grasvenor-project
Services for children with learning disabilities	Mental health advice and intervention for CYP with a range of learning disabilities	All		<ul style="list-style-type: none"> Addiss – Attention Deficit Disorder Information Support Service. http://www.addiss.co.uk/ Barnet Early Autism Model (BEAM). Barnet MENCAP http://www.barnetmencap.org.uk/default.htm Barnet SCAN. Highly specialist community clinic service, where the referred young person has neurodevelopmental difficulties and mental health problems.
Specialist therapeutic services	Mental health and well-being	Varies	Specialist training required	<ul style="list-style-type: none"> Art therapy Drama therapy Equine therapy www.equineeducationandtherapy.london Music therapy

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Targeted Youth Service	Range from low anxiety, self-esteem up to students at risk of gang and sexual exploitation involvement. Positive community engagement activities, counselling, girls group.	KS 2-5	Youth workers	<ul style="list-style-type: none"> https://www.barnetlocaloffer.org.uk/
WDP Barnet Young people's drug and alcohol service (YPDAS)				<ul style="list-style-type: none"> www.wdpyoungpeople.org.uk

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Young carers	Activities and support systems for young people with caring responsibilities and siblings with additional needs			<ul style="list-style-type: none"> • BYCAS – Barnet Young Carers
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