



School Wellbeing Service Primary Offer

The School Wellbeing Service website provides further information regarding the service and suggestions of mental health apps and websites for young people, professionals and parent/carers

<https://www.yor-ok.org.uk/sws.htm>



Description

The School Wellbeing Service (SWS) is a consultation based service which works in partnership with educational settings to strengthen and improve the emotional and mental health support arrangements for children and young people.

Consultation

Schools can request a consultation with their assigned School Wellbeing Worker (SWW) to discuss a student who is presenting with an emerging, mild to moderate, mental health need, such as:

- **Anxiety**
- **Low mood**
- **Self harm**
- **Emotional regulation**
- **Low self-esteem**
- **Lack of resilience**
- **Emotional based school avoidance (EBSA)**

Schools can also discuss students with neurodiverse, attachment and trauma based presentation for advice and guidance.

The SWS request that 30 minutes is allocated for discussion of each student for the consultation process.

Notifications from other professionals such as CAMHS (where cyps have not met specialist CAMHS criteria), social care, Healthy Child Team etc can also be received by the SWS, who will then instigate a consultation with school.

The consultation process is a structured, in depth discussion to assess the mental health needs of the student from which a shared plan will be created between school and the SWW. This may include:

- **Signposting-** to more appropriate agencies
 - **Advice/strategies/websites**
 - **Resources** – evidence-based MH interventions
 - **Information from CAMHS** - support with referrals/progress of referrals
 - **Parent consultation** (advice/strategy call and review)
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Direct work

Direct work with the SWS may be offered to students where the implementation of a school based intervention has shown no improvement or the mental health needs of the student have exceeded pastoral support, but would not meet the CAMHS criteria for referral as they are mild to moderate.

[Consent and SDQs form must be completed pre and post intervention](#)

- **Direct 1:1**
- **Co- delivered 1:1 / Group work interventions** this should be delivered in partnership with school staff eg ELSA/pastoral support
- **Indirect intervention** - Staff member to deliver SWS intervention independently with regular review with SWW to discuss progress
- **Group work** 6 students if co-delivered with staff member up to 4 students if SWW only . Group interventions include:
 - Self Esteem
 - Positive Thinking Group
 - Managing worries
 - Managing My emotions
 - Resilience
 - Positive Learning Intervention (Emotional Based School Avoidance EBSA)

SWS offer

Please speak to your SWW regarding other aspects of the SWS offer such as:

- School Wellbeing Service offer presentation to pastoral staff including description of service and signs and symptoms of emerging mental health
 - Guidance session for pastoral staff on SWS interventions/activities
 - Peer based support, 1:1 or Group focused, for pastoral staff
 - Attendance at school arranged workshops regarding mental health.
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