

St Osmund's CE Middle School – Graduated Approach to Mental Health and Wellbeing

Wave 3 - Specialist provision

CAMHS

This is an external referral for severe and complex cases.

External Therapists

Therapy can be facilitated within school and in some cases, funded. St Osmund's currently have access to a Play Therapist, a trained bereavement counsellor and a Music Psychotherapist.

Wave 2 - Targeted Provision

Helping Your Child With Fears and Worries

This is a parenting course designed to empower parents to use CBT techniques to support their young person with emotional based school anxiety (EBSA) that may be starting to impact attendance

SEMH Support

At this stage of the approach, there are a number of options available to students and these are offered on a needs basis and are decided upon at the fortnightly Wellbeing Team meetings. Options include mentoring by staff volunteers, a programme of work offered by one of the 3 learning mentors (Behaviour and SEMH, Study Support or Pupil Premium).

ELSA/ Nurture

Staff can refer students to the school ELSA programme or Nurture Groups using the school's referral document. The Wellbeing Team, overseen by the SENDCo and comprising of a Behaviour Support Learning Mentor (SEMH) and 3 trained individuals, will meet fortnightly to discuss referrals and will then work with students either on a 1:1 basis as an ELSA or within a nurture group. This will be a short term intervention working towards a specific goal, offered on a needs basis.

Mental Health Support Teams

The Mental Health Support Teams (MHSTs) are intended to provide early intervention on some mental health and emotional wellbeing issues, such as mild to moderate anxiety.

Wave 1 - Universal Provision

Form Tutors - School Pastoral System

Form tutors fulfil a nurturing role in school and provide a point of contact throughout the school day for students. Form tutors are also the primary point of contact for parents.