



The West Lodge SEMH* Offer – an overview

***Social Emotional Mental Health**



Introduction

What is Social Emotional Mental Health (SEMH)?

- The SEND Code Of Practice 2015 recognizes SEMH as one of the 4 main areas of SEND, and can be categorized as:
- Children that have severe difficulties in managing their emotions or behaviour. This can include low mood (anxiety or depression), problems of conduct (oppositional problems and more severe conduct problems including aggression), self-harming, substance abuse or eating disorders.
- Children and young people that may have other recognized disorders such as Attention deficit disorder (ADD), attention deficit hyperactive disorder (ADHD), anxiety disorder, or, more rarely, psychosis, schizophrenia or bipolar. Children with ASD can have more than one SEMH difficulty



The West Lodge approach to supporting positive SEMH

- Regardless of whether a child is on our SEN register or has an EHCP, positive social, emotional and mental health is both promoted and supported at West Lodge
- We believe (and studies have proved) that a child's emotional wellbeing is directly linked to their academic progress and resilience. If a child is happy and calm, they will be more able to learn.
- We have a range of classroom based lessons, strategies and interventions that support positive social, emotional and mental health.



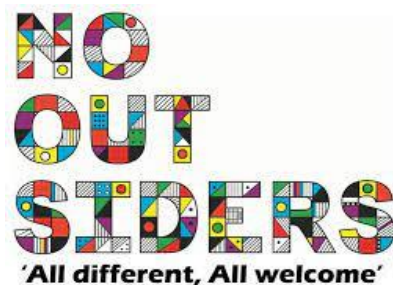
SEMH in the curriculum



Jigsaw PSHE forms the core of our statutory teaching and lessons take place weekly. Topics include 'Being me in my world', 'Celebrating Differences', 'Dreams and Goals', 'Healthy Me', 'Relationships' and 'Changing Me'



There are 15 **MindUP** lessons that are split across the academic year focussing on a range of areas, including learning about the brain, mindfulness and self-regulation.



No Outsiders Vision: Inclusive education, promoting community cohesion to prepare young people and adults for life as global citizens. West Lodge use the No Outsiders programme to support the teaching of Equality.

Zones of Regulation

The **ZONES** of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control

But what if
the classroom
work isn't
enough?

TALK TO US!

We can work with you and your child to suggest a plan of action to best support them

Chat to your child's class teacher or a member of the West Lodge Inclusion team and we can signpost to what additional help may be required



Play Therapy with Becki Kerl

- Becki is a certified member of PTUK (Play Therapy United Kingdom) whose vision is, **‘a world where all children enjoy a happy, safe and healthy childhood that enables them to reach their full potential.’**
- Play and art materials are used as the main way for children to express themselves.
- Play Therapy helps children to express themselves in their own way; especially if they are struggling to understand how they are feeling, or if they are finding it hard to put their experiences into words.



- short term (usually 8-10 sessions), targeted mental health and wellbeing service for children and young people up to the age of 18 (SEND up to 25).
- offers a wide range of therapeutic interventions for those who do not meet the criteria for specialist CAMHS intervention, and techniques include psychodynamic, person-centred art, drama, music, play and integrative therapies.
- recently been taken over by Anna Freud Centre and is run in partnership with the NHS, Harrow Council and local schools.
- referrals can be made by school or GP



- Our ConnectEd school counsellor is an Accredited Member of BACP (British Association for Counselling & Psychotherapy) and a Professional Member of ACTO (Association for Counselling and Therapy Online).
- She is an experienced counsellor who integrates creative and play methods along with talking therapy as part of her child-led approach.
- Referral reasons might include friendship issues, low self-esteem, anxiety, difficulties with emotional regulation, family breakdown, bereavement, and loss.
- By helping vulnerable pupils come to terms with the sources of their distress they are able to develop greater emotional resilience, more positive self-esteem and increased confidence



- ELSA (Emotional Literacy Support Assistant) delivers 8-10 week 1:1 intervention to children to support with
 - – Self-esteem / personal identity & self-regulation
 - – Anxiety & Identifying, understanding and talking about their feelings
 - – Resolving conflicts & forming and sustaining relationships
 - – Managing change & Motivation
 - – Bereavement / loss (family breakup)



- Rainbows is a group intervention that helps support children through change linked to bereavement and loss.
- a 12-week programme run by fully trained staff
- allows children to express their feelings, and nurture and develop the emotional health and wellbeing of those who have experienced a significant loss through death, relationship breakdown or other adverse experience.

Educational Mental Health Practitioner

- support mental health needs such as child anxiety or behaviours that challenge, through short term pieces of Cognitive Behavioural Therapy informed low-intensity interventions.
- EMHP's work predominantly with parents through 6-8 weekly sessions to help parents manage their child's difficulties.
- Referrals can be made by school or via CAMHS

Harrow Mental Health Support Team



Central and
North West London
NHS Foundation Trust

Most mornings before school my child gets upset and doesn't want to go in, it's exhausting

I want to learn to set boundaries to help my child's behaviour

My child seems to worry about everything and I don't know what to do anymore

My child won't listen to me and keeps misbehaving at home, it's become even harder lately

About us

Our team of Education Mental Health Practitioners (EMHP's) work in schools across Harrow, providing early intervention for support with common mental health difficulties.

We know how challenging it can be to balance all the demands of daily life and are here to help.

What do we offer?

We work with parents using guided- self help interventions for:

- *Managing challenging behaviour*
- *Overcoming your child's fears and worries*

We also provide parent led group interventions and workshops that you are welcome to attend.



- CAMHS provides community mental health services to children and young people up to the age of 18 (25 with SEN) with complex mental health difficulties, and their families, in a range of different ways depending on their needs.
- psychologists, psychiatrists, and therapists provide assessment and treatment packages for children and young people and their families.
- Treatment may include Cognitive Behavioural Therapy (CBT), family therapy, individual and group psychotherapy.
- Medication is also used when appropriate and carefully monitored by doctors.
- Usually referrals are made by parents via GP, but on occasion schools and other NHS professionals eg Speech & Language, can also refer.

What can CAMHS help with?

- Sadness, low mood or depression
- Feelings of worry or anxiety
- Low confidence and self-esteem
- Problems with eating or your relationship with food
- Problems with managing anger
- Trouble sleeping
- Problems with repeating the same actions or behaviours
- Hearing voices or seeing things
- Thoughts about wanting to hurt yourself
- Suicidal thoughts and feelings
- Difficult feelings after a traumatic event

Thank you for
listening!

Do you have
any
Questions? 😊