

Back on Track **with Social and Emotional Mental Health (SEMH)**

Year 1 September 2017 - July 18

This project works in partnership with primary and secondary schools to build an informed understanding of how to effectively meet the needs of children with Social Emotional and Mental Health needs (SEMH). This project will run until 2020. We will work with a fixed number of children and young people with SEMH. The project is not open to referrals or to be used for children in crisis. We deliver targeted therapeutic intervention to help the children and young people flourish in education, at home and in the community. Each child we work with receives personalised support according to their needs. A designated worker supports each child as well as other members from the team. The team is made up of speech and language therapists, family practitioners, family school liaison workers and an educational psychologist, clinical psychologist and occupational therapist. This ensures wrap around support is provided. Everyone is brought together around the child including family, school and any involved services. The child is at the forefront of our work to ensure their needs are being met fully in all aspects of their life. The success of this project will help shape the future of children and young people's services within schools.

Team Profile



Hi. My name is Helen Elsworth and I work on the Back on Track Team in the West as a School and Family Liaison Worker. I joined North Yorkshire County Council in August 2017 and prior to this I have spent time working in York and the North East. I have had many roles throughout my time working for local councils and I have enjoyed the opportunity to work alongside young people and adults to achieve their goals.

My Back on Track role involves initially meeting with young people, their families and school to gather information about what is working well and to identify areas where positive changes can be made. As a key worker I then coordinate a plan to look at what support is needed and from whom to make these changes happen. As a School and Family Liaison worker I work with young people in school, with young people and their families at home and also provide a link between home and school.

Outside of work, I enjoy keeping fit, following my local football team, exploring all the different activities North Yorkshire has to offer, and taking the time to read a good book.

Back on Track Review

Back on Track with SEMH undertook a review in May 2018. This involved gaining feedback from the children and young people, families and schools the project has been working alongside.

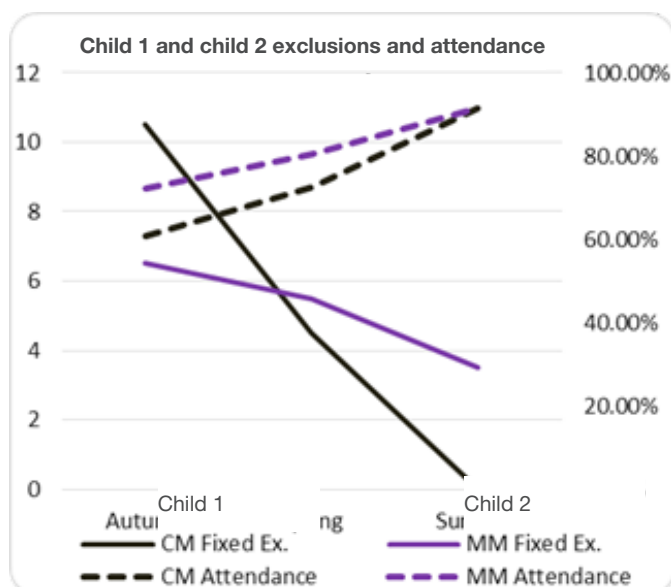
One of the main themes that arose from the five focus groups that took place across North Yorkshire was around how the cohort should be identified. All participants felt that as the responsive arm pupils already have a team around them BoT are limited in terms of what value they can add. They felt that the earlier BoT can start therapeutic intervention with a child who is at risk of future permanent exclusion the better as the nature of this specialist work takes time. One school stated *'Your therapeutic work takes time but we need results now with the students who are at risk of perm.ex, I think you need to bring the criteria down a stage so that these students can get early intervention. I think you need to value the preventative work.'*

September 2018

From September 2018 BoT will no longer have a separate Responsive and Preventative Arm but one identified cohort who they will work with until 2020. This cohort will include the children and young people BoT worked with in year 1 of the project where the team have identified they can deliver targeted and bespoke intervention that will add value to the support each child is already receiving. The cohort will also include 13 additional children. Requests for Involvement (RFI) are in the process of been completed between schools, behaviour & attendance advisors and principle & assessment review officers. The panel will be taking place in October, the deadline for RFI is the 9th October 2018 and need to be sent to the schools Behaviour and Attendance Advisors for approval by this date in order to be considered.

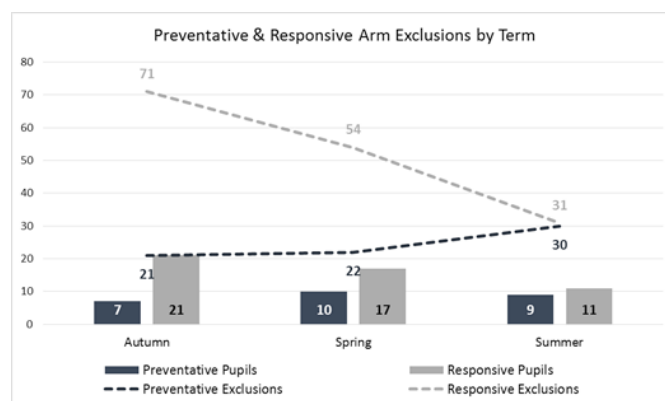
Success Stories:

As you can see below child 1 and child 2's exclusions have reduced significantly since the involvement of BoT, their attendance has increased and they have gone from been on part-time timetables to full time. Both children are displaying more positive behaviour with their peers and family and their self-esteem is continuing to increase. The school have said *'working with BoT has empowered me, without you these two children would have been permanently excluded by now, I've learnt strategies from our work together that I use with other children as well now which is invaluable'*.



Success Figures:

Over the course of the first year of the Back on Track project, we have seen encouraging signs that the targeted therapeutic support we are providing is making a significant difference to the young people we are working with. Whilst we know that we have had to shift our focus during our first year away from the preventative work to support responsive cases, we have made a considerable difference to these young people. Compared to the Autumn Term, over the course of the Summer Term responsive arm cases saw less than half the number of exclusions and almost half the number of pupils being excluded. The responsive cases received significantly more direct time from the therapists than the preventative ones and as you can see below this time has had a very positive impact in reducing the number of exclusions these children have had.



Quote from the Mental Health Foundation:

'The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.'

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