



Lincolnshire Parent Carer Forum

Registered Charity No: 1141060

Feedback from Kate Capel - Head of Service for Inclusion

Parents Voice Report Oct – Dec 24

Page 30 – Access to school

It is always a worrying time when a child is experiencing severe school anxiety. Lincolnshire's Emotional Based School Avoidance (EBSA) Pathway was coproduced with a wide range of stakeholders, including schools, Educational Psychology, and Lincolnshire Parent Carer Forum (LPCF) to provide a range of resources and strategies for schools to implement when a pupil is experiencing EBSA. Full details can be found at: [Emotional based school avoidance \(EBSA\)](#)

The Pathway provides a wide range of services that schools can link up with when implementing a graduated approach of support for pupils. A number of these appear to be relevant. The [Working Together Team](#) is a National Autistic Society advanced status accredited service. They advocate best practice and provide specialist support to empower mainstream settings to ensure autistic children and young people and those with social communication differences thrive through collaborative working with families and professionals. They offer a wide range of resources, advice, training and support and school can contact and involve them in a graduated approach of support for pupils.

There is a range of available support that is focussed on providing children and young people with early interventions to prevent emotional wellbeing worries escalating into mental health concerns. This should be built into school's effective whole school systems. There is support available via avenues such as Here4You, Healthy Minds and Mental Health Support Teams that use evidence-based interventions that promote resilience, normalise emotions and teach positive coping mechanisms.

[Healthy Minds](#) provides emotional wellbeing support for children and young people up to 19 years old (or 25 years old for young people with SEND or are a care leaver). The support offered is based on cognitive behavioural therapy (CBT) techniques. They offer self-help, workshops, virtual groups and one to one sessions. [Mental Health Support Teams \(MHST\)](#) are an expanding service designed to help meet the mental health needs of children and young people in selected education settings. Teams are made up of clinical lead practitioners and education mental health practitioners (EMHPs). They work collaboratively with selected education settings.

In addition, [Here4You](#) offers an advice and self-referral line for parents or carers of children and for young people (aged 13 or over), who are struggling with their emotional or mental health and are not currently being supported by Healthy Minds, MHST or CAMHS. There is also an online self-referral form and access to information about online workshops, websites and tips from young people to young people.

It is extremely disappointing to hear social care support used as a 'threat'. As LPCF highlight, Social Workers are able to provide some excellent support to families. In addition, there is the Early Help offer, that provides

additional help to some children, young people and their families for a period of time to prevent needs escalating via the early help assessment (EHA) and Team Around the Child (TAC). The aim of early help is to work with families, to find their own solutions to the problems they are facing as early as possible. It gives the child or young person the opportunity to tell their support network what help they need to feel safe, happy and well. The child's team of support create a plan from listening to the child or young person and acting in their best interests.

Overarching this, is the support from [Liaise](#), who provide confidential and impartial information, advice and support to children and young people (0-25 years) with SEN and disabilities, and their parents and carers.