



Grove CE Primary Whole School Provision Map:

A guide to our support framework for

SOCIAL, EMOTIONAL AND MENTAL HEALTH



Revised 2022

At Grove CE Primary we operate a 'Nothing About Me, Without Me' approach which means that we must communicate with parents, carers, staff members and the young person before we make any referrals unless the individual is in imminent danger or in the case of children, in line with our usual safeguarding protocols.

Tier 0- Universal level support: pastoral and response to general concerns.

The young person has a mild mental health issue with a small number of symptoms which have a limited effect on their daily life.

These concerns are categorised as short periods of feeling like they are not able to cope. These will be incidents which cause the child distress but do not seem to have a long term or lasting impact on wellbeing.

What are the concerns?

Examples include:

Minor illness such as headache or feeling sick. The death of a pet.
Friendship problems/ conflict. Arguments with parent/ peers. Low level worry which needs reassurance such as before changes/ transitions/ tests.
Short term academic stress. There is a history of mental health concerns and the pupil requires monitoring.

Who should deal with this?

Class teacher, teaching assistant, lunchtime support assistant.

What is our response?

- Listening to the child and giving appropriate reassurance. Discussion of Zones Of Regulation.
- TA/lunchtime support will inform class teacher.
- Class teacher/ TA will monitor and support child. A copy of the concern may be logged onto the central online communication tool CPOMS, if necessary, and flagged to SENCo and/or Designated Safeguarding leads.
- If issue does not resolve itself or requires escalating, move up to Tier 1.
- In case of minor illness, class teacher to make judgement after appropriate consultation with designated first aider, whether child can make it through to the end of the day. If child obviously needs to go home early, the class teacher will inform the office staff that a call home to parents needs to be made for advice or to arrange that the child needs collecting.



Grove CE Primary Social, Emotional and Mental Health provision map.



Tier 1- Universal level support: responses to low level incidences and concerns

The young person has a moderate mental health issue with more symptoms that can make their daily life much more difficult than usual.

These concerns are categorised as those which are longer term and are beginning to impact on the welfare and academic progress of the child.

What are the concerns?	Who should deal with this?	What is our response?
<p><u>Examples include:</u> Sustained periods (or a series of short periods) of not feeling able to cope/ low mood/ anxiety/emotional regulation difficulties. Long term and repetitive friendship problems (over a term or more without resolution.) More specific anxiety in class or about a specific element of school or home life despite support from class teacher. Divorce of parents. Bereavement of extended family member (not parent or sibling). Emotional response to a specific event which causes a period of distress but which does not cause a specific safeguarding concern.</p>	<p>Senior Leader or SENCO to support directly or advise Class teacher or TA.</p>	<ul style="list-style-type: none"> • Class teacher to be aware of concern and to be closely monitoring. • CPOMS completed to alert significant staff about concerns. • Class teacher to contact parents to discuss concerns. • Direct support from teacher or Senior Leader/ SENCO agreed and discussed with parents. • SENCO consultation. • If concern continues, or increases in severity, move up to Tier 2. • If incident is managed or reduces, consider moving down to Tier 0.

Tier 2- Targeted support: planned interventions in school to address mental health concerns.

The young person has a moderate mental health issue with more symptoms that can make their daily life much more difficult than usual.

These concerns are categorised as those which are longer term and are beginning to impact on the welfare and academic progress of the child.

What are the concerns?	Who should deal with this?	What is our response?
<p><u>Examples include:</u> Persistent low mood/ ongoing emotional regulation difficulties/ anxiety. Attachment difficulties and triggered responses. Bereavement of close family member (parent or sibling). Historic abuse which causes legacy mental health distress. Self-harm. Suspected eating disorders. Risky behaviour. Questioning gender identity or sexual orientation heading to any of the above (questioning gender identity or sexual orientation is not a mental health difficulty.)</p>	<p>Senior Leadership Team/ Designated Safeguarding Lead/ SENCO/ ELSA teacher.</p>	<ul style="list-style-type: none"> • Member of SLT or DSL to contact parents. • Log concerns on CPOMS and if appropriate with LADO. • In-school support/ intervention with member of ELSA team (Emotional Literacy Support Assistance) whilst considering or awaiting external agency support. • External Agency referrals to be considered by SENCO/ SLT: Early Help/ Play Therapy/ CAMHS/ Young Carers/ Cruse Bereavement Counselling Services/ Young Minds. 24/7 Mental Health helpline for Oxfordshire. See below for specific external agencies. • Class teacher responsibility to monitor and report concerns immediately through CPOMS and to DSL.

Tier 3- Personalised support: professional referral to higher level mental health services.

The young person has a severe mental health issue with many symptoms that can make their daily life extremely difficult.

Serious or possibly life-threatening incidents which require professional intervention outside of school.

<p>What are the concerns?</p> <p>Examples include:</p> <ul style="list-style-type: none"> ○ School refusal as a result of persistent low mood/ ongoing emotional regulation difficulties/ anxiety. ○ Diagnosed anxiety disorder or depression. ○ Disclosure of incident of witnessed Domestic Abuse (physical, emotional, sexual abuse or neglect.) ○ Disclosure of direct abuse (physical emotional, sexual abuse or neglect.) ○ Sustained self-harm. ○ Suicide ideation or attempts. 	<p>Who should deal with this?</p> <p>Report to DSL face to face immediately and follow up recording concerns through CPOMS.</p>	<p>What is our response?</p> <ul style="list-style-type: none"> ● Direct immediate support from SLT if a concern becomes apparent in school, removing child to a safe place in school building to talk to an adult. DSL to consider appropriacy of contacting parents as soon as possible if incident occurs during the day (not waiting until the end of the school day.) ● If a disclosure is made, staff to follow safeguarding policy. ● DSL to consider consultation with social services as appropriate. ● SLT to consider reduced timetable if appropriate and in agreement with parents. Local Authority also informed. ● Work in tandem with external professionals to support pupil through school-based support detailed in Tier 2. See below for specific list of external agencies.
---	--	--

Reason for referral	External Agency	Contact details
<p align="center">Anxiety/ fear/ worry</p> <p align="center">Low Mood / sad/ feeling down / depression</p> <p align="center">Easily angered</p> <p align="center">Self harm or thoughts of harming</p>	<p align="center">Oxon CAMHS Single Point Of Access</p> <p align="center">Mental Health Support Team</p>	<p align="center">01865 902515</p> <p align="center">ononCAHMSSPA@oxfordhealth.nhs.uk</p>
<p>Place2Be provides child counselling and mental health support in schools, including primary, secondary and all-through schools across England, Scotland and Wales.</p>	<p align="center">Place2be</p> <p align="center">Ages 4-14</p> <p align="center">Enhancing Resilience through counselling and various creative based therapies.</p>	<p align="center">T: 020 7923 5500</p> <p align="center">E: enquiries@place2be.org.uk</p>
<p>Shout provides free, 24/7 text support for young people across the UK experiencing a mental health crisis. All texts are answered by trained</p>	<p align="center">Young Minds</p> <p align="center">Text and phone service</p>	<p align="center">Text YM to 85258.</p> <p align="center">Opening times:</p>

volunteers, with support from experienced clinical supervisors.		24/7
All Mental Health concerns Bullying support	Childline Virtual chat and phone service	0800 1111 1:1 Counsellor chat service https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/
Eating Disorder	BEATs Youthline	Helplines are open 365 days a year from 9am – midnight during the week, and 4pm–midnight on weekends and bank holidays. 0808 801 0677
Bereavement	Hope Again Cruse Bereavement Care	FREE phone helpline on 0808 808 1677 Monday-Friday, 9:30am - 5:00pm. Young People can email hopeagain@cruse.org.uk
Suicidal thoughts or attempts	Papyrus Prevention of Young Suicide	Call: 0800 068 4141 Text: 07860 039 967 Email: pat@papyrus-uk.org
Suicidal thoughts / Depression/ Anxiety Panic Attacks / Abuse / Self-harm Relationship problems / Bullying	SHOUT	Text service: 85258
Support with sexuality, gender identity, sexual health and emotional wellbeing	Switchboard LGBT+ helpline	0300 330 0630 Open 10:00-22:00 every day Online Chat service through the website