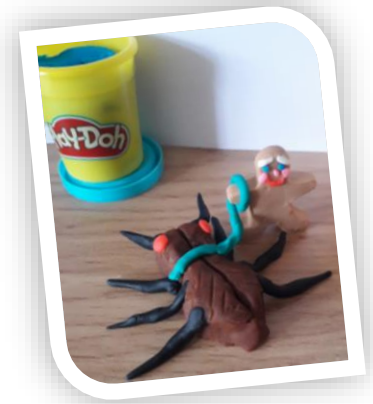


Outcomes – Anxiety & Transition



What were we asked to do?

- To support the young person to transition back to mainstream school, having been at a PRU, due to complete refusal to stay in school and work within her mainstream class.
- To provide time with a trusted adult to discuss and explore concerns.
- To work on reducing levels of anxiety and developing strategies to cope.

What did we do?

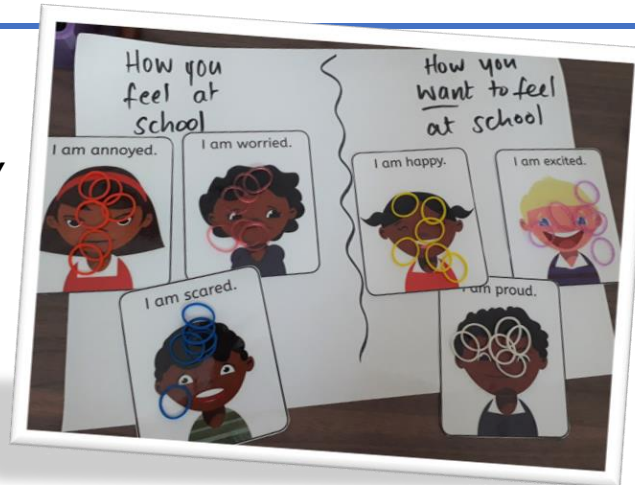
- Used person-centred approaches to build up trust.
- Created and used a bespoke scale to measure feelings towards going back to school.
- Practised self-regulation strategies such as using art-based techniques, talking and mindfulness.
- Work on understanding how our bodies feel when we are anxious and when to use strategies to help improve feelings of self-control.
- Collaboration with other professionals, to create a multi-agency approach; sharing ideas and knowledge with TRFs, EWOs, Family Services and the school and family.

Impact

- The young person is attending mainstream school and engaging in group work.
- The young person can model their chosen therapeutic activities, to use when they begin to feel anxious.
- The young person has started to build a trusting relationship with their TA.



“You’ve really helped.”



“She trusts you...”

Providing *immediate and ongoing* support for the emotional needs and wellbeing of children and young people

INCLUSION FACILITATORS

CONTRIBUTION | BEING SOMEONE | BELONGING
SHARING ORDINARY PLACES | HAVING CHOICE AND CONTROL