



Social, Emotional and Mental Health Needs



Referrals

Referrals are needed for children to access:

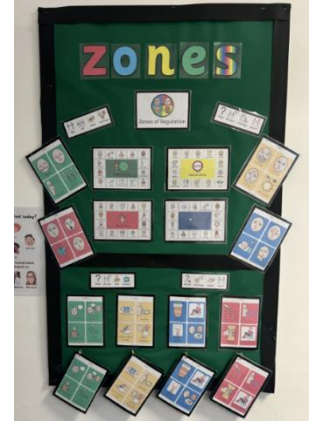
- CAMHS
- School Health
- 1:1 or group support

Please discuss any worries that you have about a child with our SENCO.



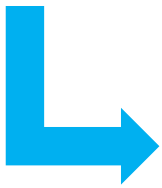
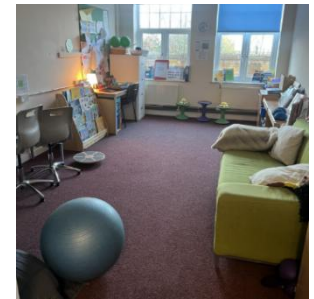
CAMHS

A few children may need a referral to request specialist support from East Sussex CAMHS (Child and Adolescent Health Services)



Group or 1:1 support

Weekly intervention for 6-12 weeks. Some children may be affected by mild to moderate mental health needs. Through discussions with parents, some children may be referred to School Health or other agencies to support, such as; MHST, MyTime or Dragonflies.



Screenings

Through screening, some children may need extra support working in a group or 1:1. We offer the "talkabout" programme which is a well known social skills programme used by schools to help with children's self-esteem and self-awareness. Using screening tools, we will identify key targets for the child to work on.



Class strategies

At St John's Meads, we are committed to supporting the mental health and emotional wellbeing of our children and their families. We foster an open culture where feelings and emotions are discussed freely, empowering children to understand and regulate their emotions. To support this, we implement the Zones of Regulation curriculum in every classroom. This programme teaches children to recognise emotions in themselves and others, fostering self-regulation and emotional control. Once these skills have been taught, children are supported to use these to help them regulate themselves using a 'pause & reset' table. These are based in, or just outside, every classroom.

Social, Emotional and Mental Health Difficulties (SEMH)

The SEND Code of Practice describes this as, 'Children and young people may experience a wide range of social and emotional difficulties which manifest themselves in many ways. These may include becoming withdrawn or isolated, as well as displaying challenging, disruptive or disturbing behaviour. These behaviours may reflect underlying mental health difficulties such as anxiety or depression, self-harming, substance misuse, eating disorders or physical symptoms that are medically unexplained. Other children and young people may have disorders such as attention deficit disorder, attention deficit hyperactive disorder or attachment disorder.'