

Social, Emotional, Mental Health (SEMH) **Specialist Support Team**

The Social, Emotional, Mental Health Support Team (SEMH) have a remit to support children & young people in schools, further education provision, and local authority pre-school settings.

It provides support for young people, families and staff within educational settings and aims to offer support at the earliest opportunity and reduce exclusions.

The team comprises SEMH Practitioners and SEMH Specialist Support Assistants (SSAs).



The SEMH team support through core and traded work. This can include, but is not limited to:

- assessments - observation, assessment and advice
- consultation with staff
- interventions direct with children both individually and in groups.

- involvement in core consultations/SCPMs
- training - developing skills for working with children with SEMH or behavioural issues.
- practical strategies for managing challenging behaviour with individuals and whole classes
- advice pertaining to setting up Nurture groups
- input into behaviour plans and pastoral support plans, family support plans
- input into EHCP processes

Interventions

The SEMH team works 1:1 with children and young people. There is no one size fits all approach, but the following make up some of the team's individual level work:

- pupil voice
- observations
- evidence-based interventions
- solution-focused strategies
- CBT approaches
- LEGO therapy
- mentoring students
- conflict resolution and restorative approaches
- systemic work gathering information from all people around the child
- play-based therapy
- modelling social skills
- mindfulness

This can be around needs such as:

- anxiety
- developing resilience
- emotionally-based school avoidance (EBSA).
- anger
- emotional regulation
- social/relational skills
- self-esteem and confidence
- attachment

The SEMH Team can also work with small groups or classes. This will need to be discussed with the Team to ensure group dynamics are carefully considered.

Whole setting level

The SEMH team are involved in Core Consultations and can be involved in strategic planning with educational settings, whole setting training and signposting educational settings to other services.

When might the SEMH team involvement be requested:

- When a child or young person (CYP) is not responding to the support put in place by the educational setting and further specialist advice is required.
- When further investigation of a CYP's strengths and barriers to learning is needed.
- CYP at risk of exclusion
- CYP with emotionally based school avoidance issues
- CYP suffering with anxiety and displaying symptoms such as self-harm or eating disorders.

Referrals are made on the EPSS referral form in the usual way. Please make sure that the correct team (SEMH) has been selected on the referral form, that parental consent has been given and the form has been signed and dated prior to submitting.

- *making a clinical diagnosis.*
- *assessment of specific learning barriers*

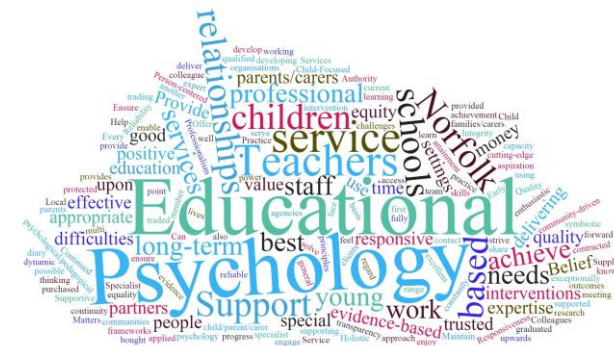
How to Access the Team

There are two ways to access support:

Additionally, SEMH services can be accessed via a standard EPSS contract. Please liaise with your

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