

Improved Behaviour in School

Description

To provide information to families to make sure children and young people receive the appropriate support within the school environment. For children and young people to feel safe and enjoy a positive learning experience. To decrease the number of fixed term and permanent exclusions from school.

Different approaches/programmes/interventions

The Behaviour Support & Parenting Advice team

work with schools, pupils and parents to improve children's behaviour, emotional and social development, well-being and learning opportunities.

The team will work with schools to promote early intervention and the prevention of exclusion. This could be achieved through consultations with school staff to address concerns, through observation and analysis and through focussed group work.

Isle of Wight Parenting Support Service

Service accessed via a CAF. Barnardo's currently offer this service and help families who are having difficulties in their parent-child relationships or are finding parenting difficult. Small group sessions or 1:1 support if appropriate. New Forest Parenting Programme available for children with ADHD /ASD.

Programmes / Therapies Used:

Solihull Approach

Understanding your child's behaviour courses can be undertaken in face-to-face groups and are for all parents and carers: mothers, fathers, partners, and grandparents. They are for everyone who wants to know more about parenting, to understand their children and understand their children's behaviour.

The Solihull Approach promotes emotional health and well-being in children and families. The model supports practitioners to work with children and families and supports parents and foster carers to understand their child.

The Solihull Approach team provides training and resource packs for the children's workforce, from midwives and health visitors to teachers. The Solihull Approach also provides a parenting course 'Understanding your child's behaviour', an antenatal parenting course 'Understanding pregnancy, labour, birth and your baby' and a foster carer's course 'Understanding your foster child'.

The Solihull Approach is an evidence based model with a strong theoretical foundation. Thousands of practitioners have been trained across England, Wales, Scotland and Northern Ireland. Practitioners have also been trained in several other countries.

Triple P (Positive Parenting Programme)

The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 30 years of ongoing research. Triple P gives parents simple and practical strategies to help them confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships.

The Incredible Years Parenting Programme

The Incredible Years Parenting Programme was developed by Carolyn Webster-Stratton within the University of Washington Parenting Clinic. The programme, aimed at children aged 4 to 12 years, is

founded on social learning theory and consists of at least 12 weekly, two-hour group sessions delivered by skilled practitioners. Overall, the Incredible Years Programme aims to:

- promote positive parenting
- improve parent-child relationships
- reduce critical and physical discipline and increase the use of positive strategies
- help parents to identify social learning theory principles for managing behaviour
- improve home-school relationships

The New Forest Parenting Programme (for Parents raising Children living with ADHD)

The New Forest Programme has been specifically developed to help the parents and carers of children with ADHD. The Barnardo's Parenting & Family Support service has adapted this programme to be delivered as a group. There are two versions of the course: one for parents/carers of primary aged children and one for parents/carers of children aged 11+. The programme is delivered over 6 sessions. Each session is 2 hours long. Parents will gain the most if they can commit to attend all 6 sessions.

The New Forest Programme covers:

Session 1: Understanding ADHD and what this means for you and your child.

Session 2: Managing boundaries and avoiding confrontations.

Session 3: Specific parenting strategies to help children & young people with ADHD.

Session 4: Recognising and responding to your child's emotional needs.

Session 5: Anticipating difficult situations and the use of rewards and consequences in managing behaviour.

Session 6: Looking after yourself and coping in difficult times.

All parents/carers will also get a self-help manual to take away with them to remind them of the new strategies they have learnt on the course.

Referral is via the Paediatric Department at St Mary's Hospital only.

Triple P Online parenting course

Triple P online is for parents whose children's behaviour may be causing concern in school, and outside. Children may be behaving in an aggressive, confrontational, argumentative or an uncooperative manner or may be unusually withdrawn.

Triple P online is also for parents who may themselves be seeking support in managing difficult behaviour, or who would benefit from opportunities to build confidence and to consider additional strategies to deal with difficult situations.

Triple P online is ideally suited to parents who have access to broadband internet and are able to use a computer confidently

Targeted Youth Support (TYS)

The central aim of YYS is to help vulnerable young people early, to address their difficulties as soon as possible, and to prevent their problems escalating. It is targeted at young people who without help are at future risk of further problems such as substance misuse, youth offending, teenage pregnancy and homelessness.

In particular, this is likely to include young people who experience a combination of the factors below:

- Persistent absence or exclusion from school
- Behavioural problems
- Poor emotional, social or coping skills
- Poor mental health
- Learning difficulties and disabilities
- Low self-belief

- Poor aspirations
- Attitudes which condone risky behaviours
- Poor family support, family conflict or problems such as parental substance misuse
- Poor support networks
- Family or friends, or involvement in gangs, who condone high risk activities
- Living in a deprived neighbourhood
- Poverty

The service will now provide 3 key early help interventions:

Intervention	How to access
1. 1-2-1 support, a time limited bespoke intervention which will be tailored to the individuals needs and outcomes required.	To refer to the 1-2-1 TYS professionals need to complete a CAF assessment form and action plan or CIN plan ensuring you identify the needs of the young people, what support is required from TYS and the expected outcome
2. Housing Support-support to young people at risk of homelessness, aiming to prevent family breakdown and provide information, guidance and support regarding options for young people	Complete initial screening check tool with the Young Person/Family (available from the TYS team). If there is an immediate Homelessness issue or Safeguarding concern a referral should be made to Hants Direct. In other cases contact TYS for advice and support.
3. Return Interviews for children and young people who have been missing (non-social care cases). The team will provide an interview for young people and will work with other early help services to address issues/concerns.	Referrals for this service will be through police and social care only.

At the end of the intervention TYS staff will provide a summary of case including the impact of interventions to the referring agency and young person.

Choices

The face-to-face service for NEET young people is available through a variety of locations across the island. The aim is to bring the service to NEET young people in the area where they live, enhancing access to support for young people, and aligning to the range of newly commissioned youth services across the Island.

Half-day sessions will be available in each of the following locations every week (unless stated):

Newport: Lord Louis Library and JobCentre Plus
 Ryde: Ryde Library and JobCentre Plus

Freshwater: West Wight Sports Centre (fortnightly)
Ventnor: Ventnor Library (fortnightly)
Sandown: Sandown Library
Cowes: Cowes Library

To book an appointment for a young person to see one of our Advisers at any of the above locations, please contact us on our new telephone number 823888 – full details are on the Choices website and Facebook page. Alternatively, young people can drop-in to any of the sessions (Adviser will prioritise booked sessions).

In partnership with the schools, the team will also be providing fully qualified and independent Careers Advisers for school pupils to access within the majority of the island's secondary schools in the coming academic year. The following schools will be receiving this service: Ryde Academy, Sandown Bay Academy, Cowes Enterprise College, Carisbrooke College, Medina College, St George's School.

Education Welfare Service

The Education Welfare Service is responsible for fulfilling statutory responsibilities of the Local Authority in respect of school enrolment, attendance, exclusions and child employment, performance and chaperone licences.

Family Lives

A national organisation who can offer support and advice, you can talk to one of the Family Support Workers through Live Chat, email or call the confidential helpline. You can also share experiences and advice with other parents on Forums. Family Lives is available 24 hours a day, seven days a week. You can contact about any family issue, big or small.

Listening, supportive and non-judgemental. The web site has a wide range of information available on all subjects and all ages.

Hampton Trust Isle of Wight

Offering the Linx Programme - Designed for Young People aged 12-18

Length of Course: 12 weeks. A group workshop, based on building empathy, to encourage young people to look at the consequences of their violent behaviour. Also the Eco Therapy Course - Designed for Young People and Adults. Length of Course: 8 - 12 workshops but can be tailored. To help people build resilience and empathy whilst learning about nature, ecology and IOW heritage.

Free counselling services for children & young people:

Barnardos Talk2 Counselling Service for children & young people.

Talk2 gives young people a chance to talk to a trained counsellor. A free counselling service based in Newport and outreach in Ryde.

Isle of Wight Youth Trust – Under 13's service and also 13 – 25 service:

Isle of Wight Youth Trust offer general counselling using either CBT or Psychotherapy whichever is most appropriate to the young person.

YMCA Counselling Service for children & young people.

YMCA Counselling and Psychology (YCP) currently run five Counselling and Psychological Support Services for children and young people on the Isle of Wight. Our services cover Tier 2 Mental Health, Continuing and Palliative Care for life limiting, life threatening and end stage care conditions, Social Care Support, School Counselling and Children's Bereavement. The majority of the services are fully funded and accredited by the NHS, with the exception of school commissioned services and Social

Care. All therapists come under the registration of the Health and Care Professions Council (HCPC), The British Psychological Society (BPS), the British Psychoanalytic Council (BPC) or the British Association of Counsellors and Psychotherapists (BACP). The services are led by a Consultant Counselling Psychologist and all therapists receive regular clinical supervision and follow NICE and NHS Framework Guidance for integrated practice and delivery and for clinical governance.

All of the above services offer a free confidential counselling and support service.

Services available

Isle of Wight

The Behaviour Support & Parenting Advice team

Referrals can be made through school.

Contact: 01983 814370 or by emailing BSPAT@iow.gov.uk

Isle of Wight Parenting Support Service

Contact: Tel 01983 616607 Email: iowpfs@barnardos.org.uk

Hampton Trust Isle of Wight

Contact: Tel LINX Manager on 023 81157 065 or for Eco Therapy: Toby Eaglen on 01983 530097

Email: toby eaglen@hamptontrust.org.uk

Web site: <http://www.hamptontrust.org.uk/the-trust/who-we-are/our-locations/isle-wight/>

Barnardos Talk2 Counselling Service for children & young people

Contact: Tel 01983 520006 Email: talk2@barnardos.org.uk

Web site: www.barnardos.org.uk

Isle of Wight Youth Trust

Contact: Tel 01983 529569

Email: info@iowyouthtrust.co.uk

Web site: www.iowyouthtrust.co.uk

YMCA Isle of Wight Counselling Service

Contact: Tel: 01983 861072

Email: cbs@ymca-fg-org

Web site: www.ymca-fg.org

Education Welfare Service

- Telephone: 01983 823151

- Email: ewsreferral@iow.gov.uk

Nationally

Family Lives

Contact: Tel: 0808 800 2222

Email: <http://familylives.org.uk/how-we-can-help/email-support/>

Web Site: <http://familylives.org.uk/>

