

Emotionally Based School Avoidance (EBSA) Pathway



Milton Keynes
City Council

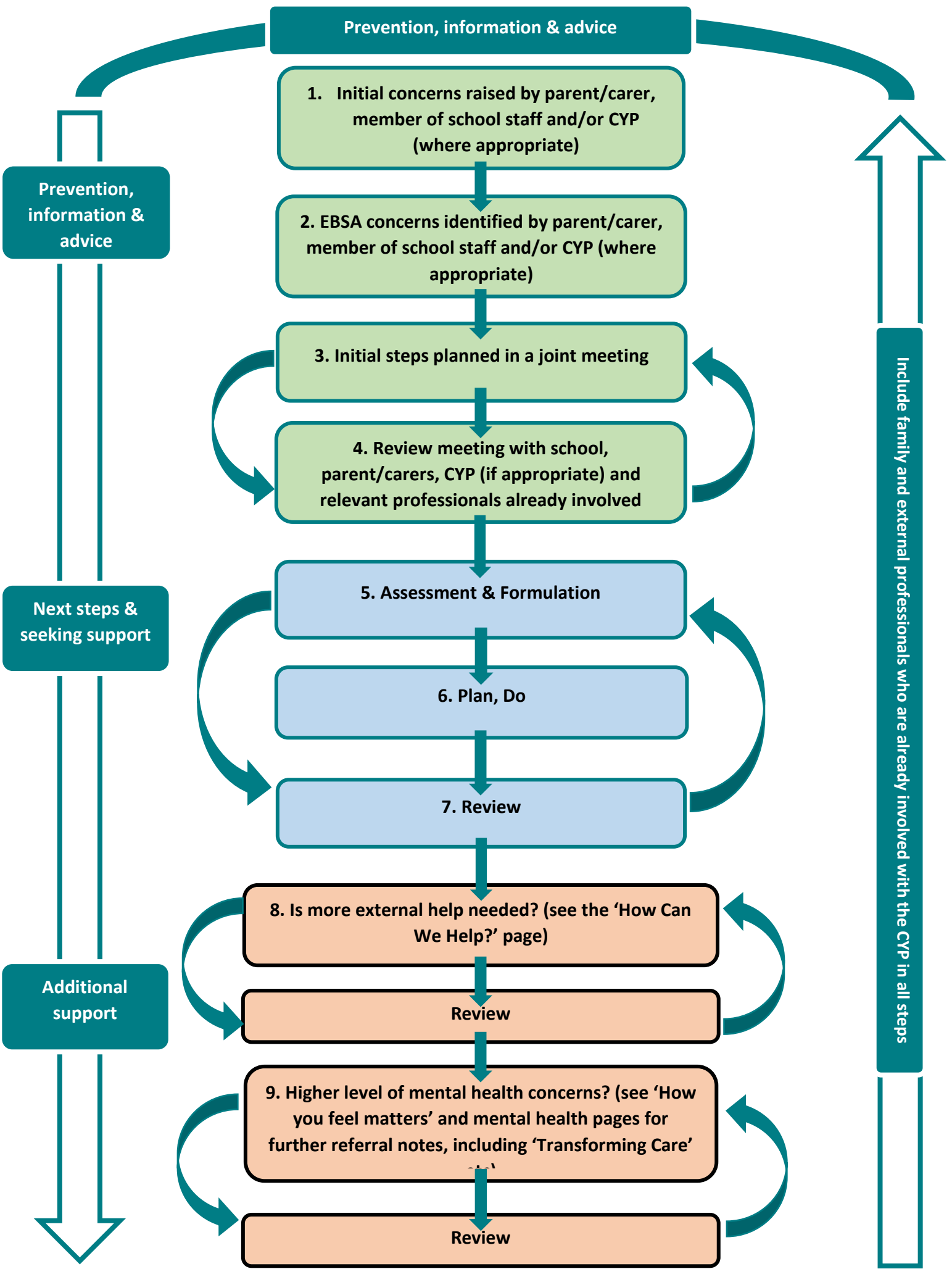
In Milton Keynes, as well as nationally, we are seeing an increase in children and young people experiencing difficulty in attending school due to emotional reasons like anxiety.

Emotionally Based School Avoidance (EBSA) is a broad umbrella term used to describe this. EBSA can present differently across individuals, but can often involve fear and anxiety, misery, complaints of feeling ill without an obvious cause, and/or reluctance to leave home.

Guidance documents have been developed Milton Keynes Educational Psychology Service in conjunction with the Milton Keynes EBSA Working Group and are intended to complement the introduction of a joined-up Milton Keynes EBSA Support Pathway.

Emotionally Based School Avoidance (EBSA) Pathway

Some Children and Young People (CYP) will only require support within the first few steps of the Pathway, whilst others will require further steps of support.



How Can We Help?

Please see below information on the different services available that can support with EBSA. Please note that not every CYP will meet the criteria for all the services listed.

*Services available for individuals over the age of 18.

Education:

SEND Specialist Teaching Teams*

What they do- Supports settings/schools, families and professionals to meet the needs of CYP with SEND Needs (0 – 25 years).

How they support EBSA- EBSA-related support includes initial support or advice via the SEND Support Line. The Specialist Teachers work in partnership with schools and families to support the understanding of need. Direct involvement can include advice for developing and implementing a plan using the EBSA guidance, modelled strategies, recommendations for the involvement of additional services as appropriate and specific work depending on the need.

Who can refer and how- Referrals for direct involvement are received via the SEND Support Line (01908 657825 or SENDSupport@milton-keynes.gov.uk). Only schools/settings can refer to this service. Typically, SEND Support Plans are to have been in place for 2 cycles for direct involvement to be agreed, or the CYP may have an EHCP.

For further information- Please see: <https://www.mksendlocaloffer.co.uk/education-and-send/what-send-team-does/inclusion-specialist-teaching-team> and <https://www.mksendlocaloffer.co.uk/education-and-send/what-send-team-does/ehc-specialist-teaching-team>

Educational Psychology Service (EPS)*

What they do- Educational Psychologists apply their psychological knowledge and skills to support CYP and their families with a range learning, social/emotional and developmental needs.

How they support EBSA- Schools and settings can request support in helping CYP experiencing EBSA, through our SEND support offer. This includes a Psychological Consultation Service where staff in educational settings can book a slot with a psychologist to explore an issue or concern, with the aim of finding some useful ways forward. Schools can request an EBSA-focused consultation. For other types of support with EBSA, schools can make direct requests for involvement. The EPS work through schools and settings alongside other teams in SEND Services.

Who can refer and how- Schools can make direct requests for involvement via the SEND Support Line: 01908 657825 (Monday-Friday, 9:20am-3:30pm) or SENDSupport@milton-keynes.gov.uk.

For further information- For more detailed information about our SEND support offer, please see: <https://www.mksendlocaloffer.co.uk/education-and-send/what-send-team-does/educational-psychology-service>

Health:

Milton Keynes School Nursing Service

What they do- This is a team of qualified school nurses, registered nurses and health care assistants that are specifically trained and skilled to deliver holistic and specialist care to CYP. They offer advice on a broad range of general health interventions and signpost or refer to other services.

How they support EBSA- In relation to EBSA, low level anxiety support can be offered. Initial assessment and follow up is offered as determined by nurse on level of need. ChatHealth (text messaging service for CYP between the ages of 11-19 years - 07480 635517) is used.

Who can refer and how- Any professional, parent or CYP can refer to the service, using the School Nurse referral form. All referrals are triaged and depending on the request, level of need and other services involved, a decision will be made on whether intervention will be offered. The School Nursing Team can be contacted via the Single Point of Access: 01908 725100 or cnw-tr.0-19adminhub.mk@nhs.net.

For further information- Please see: [Childrens Universal Health Services | Milton Keynes Childrens Health \(cnwl.nhs.uk\)](#)

Service Six

What they do- This service provides low level support for CYP aged 5 to 18.

How they support EBSA- They work on issues including anxiety, self-harm, self-esteem, bullying and more.

Who can refer and how- This is a referral-based service, and referrals can be made by the young person, parent, school or social worker. To contact or refer to this service, call 01933 277520 or email referrals@servicesix.co.uk.

For further information- Please see: <https://www.servicesix.co.uk/>

Milton Keynes Mental Health Support Teams (MHST)

What they do- The MHST supports currently work with specific schools within three areas of Milton Keynes. The teams support CYP (aged 5 to 18 years) and their families, with mild to moderate mental health difficulties (e.g., anxiety, depression, low mood, self-harm) through time-limited evidence-based interventions.

How they support EBSA- Schools that have access to a MHST can request advice about EBSA from their link practitioner.

Who can refer and how- Contact can be via email (General enquires: cnwl.mhst@nhs.net) or telephone (01908 725691). Referral by school, initially in consultation with the team, followed with a completed referral and CYP and parental consent where required.

For further information- Please see: <https://www.cnwl.nhs.uk/services/mental-health-services/child-and-adolescent-mental-health-services/milton-keynes-mental-health-support-team-schools-mhst>

Milton Keynes Specialist Child and Adolescent Mental Health Service (CAMHS)

What they do- CAMHS provide a specialist service to CYP up to the age of 18 years old. They support moderate to severe mental health needs.

How they support EBSA- CAMHS provide a full mental health assessment for CYP where mental health is a dominant factor in EBSA and they meet the threshold of a moderate to severe mental health difficulty. Following assessment, a formulation of next steps will be made.

Who can refer and how- Professionals or CYP can refer via the SPA (Single Point of Access) Team on 01908 724228 or by completing the referral form.

For further information- Please see: <https://www.cnwl.nhs.uk/camhs/our-services/specialist-camhs/milton-keynes-camhs>

Care:

Children and Family Practices (CFP)

What they do- CFP work with families identified as needing intensive targeted support which cannot be met by universal and specialist services alone.

How they support EBSA- They work with families with children aged 0-18 years of age for a period of twenty weeks who are deemed as requiring intensive support.

Who can refer and how- All referrals need to be made via MASH (Milton Keynes Multi Agency Safeguarding Hub) who assess the level of need to establish whether the referred concerns meet the criteria for CFP intervention, Child in Need or Child Protection, or whether further interventions can be provided by universal provision. Referrals must be accompanied with a completed Early Help Assessment and information about the services and support which has already been put into place.

For further information- Please see: <https://www.milton-keynes.gov.uk/children-and-families-practices-central-north-south>