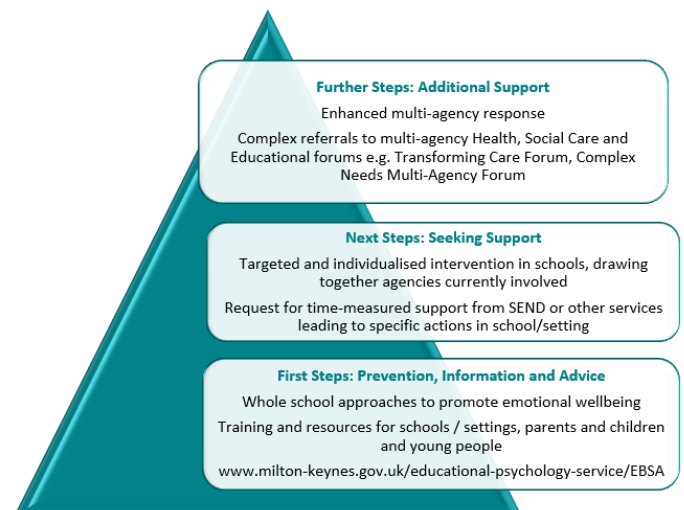


Emotionally Based School Avoidance (EBSA) Pathway

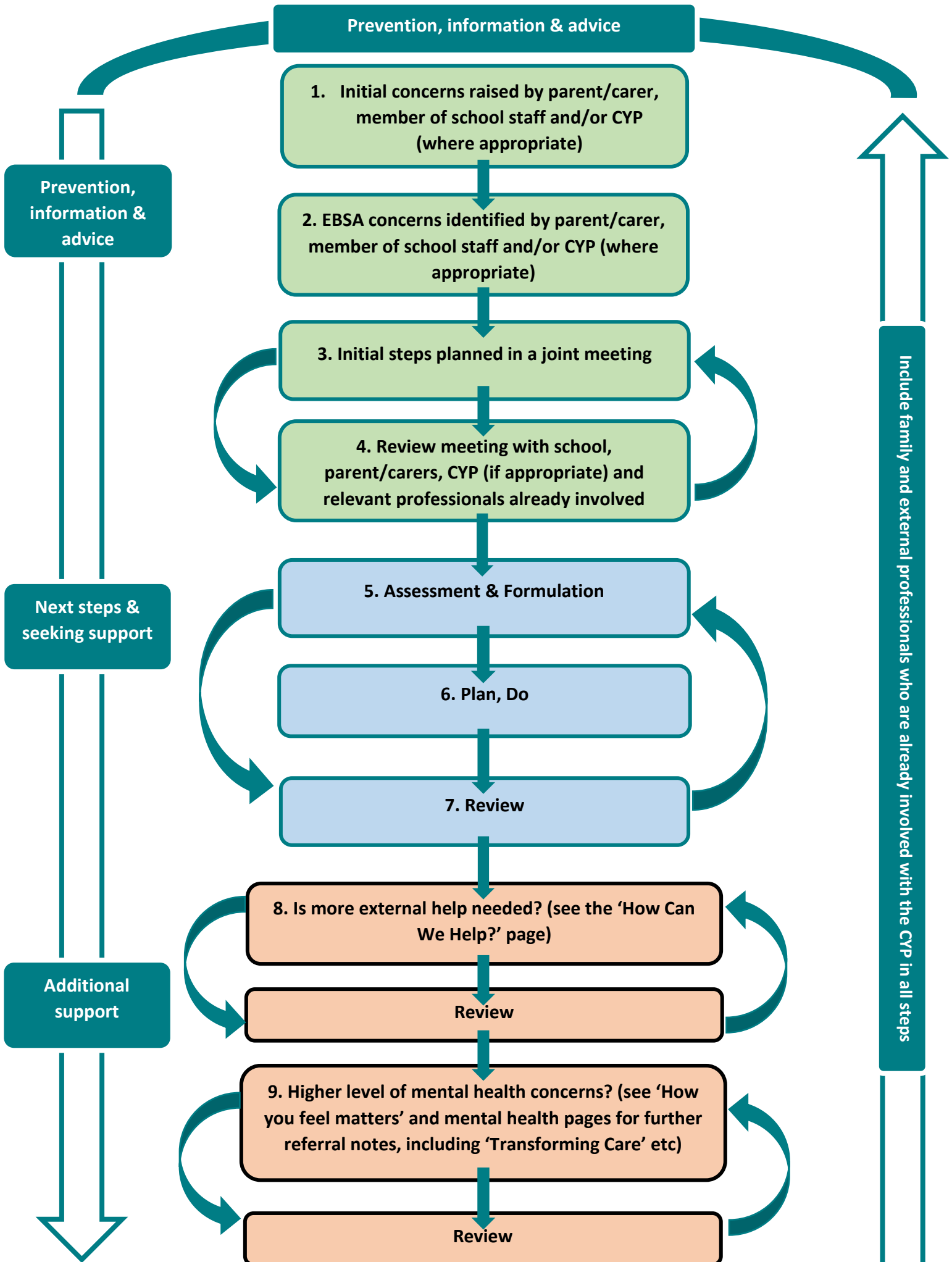
Underpinning Principles:

- The Milton Keynes EBSA Pathway is intended to bring clarity and consistency to the approach locally to supporting children and young people experiencing Emotionally Based School avoidance (EBSA). CYP, schools, parents and other professionals should know what support to expect, from who, and when.
- In line with good practice, the Pathway focuses on facilitating a graduated response to support, covering all stage and levels of EBSA need.
- It is essential to listen to early concerns of parents, schools and wider professionals.
- It is the people in the day to day lives of CYP who can help them the most. The approach aims to broaden the conversation away from thinking that help is solely the domain of specialist services. These are important, but there is much more that can be done by all those living and working with CYP to provide support.
- Families, schools and communities are vital in preventing mental health difficulties, but also in helping when CYP struggle most. This is not just about prevention; it is also about intervention, including for those of greatest concern.
- EBSA is a broad umbrella term and covers a wide range of need. Some children will only require support within the first few steps of the Pathway, whilst others will require further steps of support.
- When a higher level of help is needed to address EBSA, the Pathway aims to take a 'no wrong door' approach so that CYP get the right help at the right time and in a way that is right for them.
- It is vital that families, schools, communities, and wider professionals work together collaboratively- everyone is part of the solution and has a part to play.



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.



Foundation of the Pathway

Prevention; initial support and identification; knowledge and understanding about EBSA in schools (including early identification); information for parents about EBSA (including what to do in the moment when initial issues arise); Training and guidance; whole school approaches to promoting wellbeing and mental health, including understanding and supporting anxiety; social and emotional interventions and support ordinarily available within schools (e.g. PBS approaches, Zones of Regulation, anxiety interventions)

It is recommended that schools identify a member of staff to have an overall coordination role for EBSA- and who can act as the first point of contact for parents/colleagues to raise initial concerns. Depending on the setting (this may be the SENCO, Pastoral Lead, a teacher/senior teacher, attendance officer) and decide whether they or another staff member takes responsibility for coordinating the pathway response in each incidence.

Schools may want to consider how best to communicate this role to parents and colleagues- For example, including this in their SEND information report, updates using their usual methods of comms, website etc.

The Early Steps (in further detail): NB. These map onto the first 7 stages on the previous page

1. Initial concerns raised	<p>Parent to approach their usual key contact in school (e.g. class teacher /form tutor, Learning Mentor, SENCO. or pastoral team)</p> <p>OR staff member to contact parents</p> <ul style="list-style-type: none"> Initial conversation to explore concerns and identify any useful early adaptations, approaches or strategies. If suspected EBSA concerns, consider completing an 'identify' checklist from the EBSA Schools Guidance: Part 2. Set a time to review together Is the child's need being managed at this level or is further action needed?
2. EBSA concerns identified	<p>Parent to approach their usual key contact in school (as above), School Mental Health Lead or member of staff responsible for EBSA in the school.</p> <ul style="list-style-type: none"> School to arrange meeting with parent/carers and, as appropriate, other professionals already involved. Agree initial steps- are there whole school approaches that would be of benefit? What strategies would be a useful first step? Is further information/assessment needed? School to make a record of key points discussed and any actions agreed- and share with all present. Agree a further meeting to review
3. Initial steps planned	<p>Review previous actions</p> <ul style="list-style-type: none"> School to make a record of key points discussed, reviewed actions, and any new actions agreed- and share with all present Is continuing this level of monitoring and support enough to meet need? <ul style="list-style-type: none"> Is further information and/or understanding needed? Is a further step on the pathway appropriate?
4. Review meeting	<p>More in depth information to be collected to gain further understanding of what factors may be contributing to the EBSA behaviours present (see Assessment Sections of schools' guidance)</p> <ul style="list-style-type: none"> Gather in depth information from parent/carers, school staff (e.g. teacher, LSA, SENCO, pastoral lead, DSL,), and CYP Draw together in formulation with parent/carers and professionals.
5. Assessment & Formulation	<p>Write an EBSA support plan based upon the individual influencing factors based upon the individual formulation (see Plan sections of guidance documents)</p> <ul style="list-style-type: none"> Wherever appropriate, the child or young person should be involved in writing and reviewing their individual plan. Giving an element of control is important. Plans and interventions should be achievable and directly linked to functions of behaviour identified. Plan in a review (typically 6-8 weeks)
6/7. Plan, Do, Review	<p>Review support plan with all involved</p> <ul style="list-style-type: none"> What has worked well? What should be continued? What should be adjusted? Does the formulation still make sense? <p>Continue to review as necessary</p> <ul style="list-style-type: none"> Is more help needed? Beyond school?

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- 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.

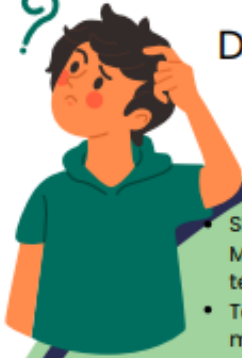
Who can refer and how- All referrals need to be made via MASH (Milton Keynes Multi Agency Safeguarding Hub) who assess the level of need to establish whether the referred concerns meet the criteria for CFP intervention, Child in Need or Child Protection, or whether further interventions can be provided 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>

How you feel matters: Getting support in Milton Keynes



How you feel matters: Getting support in Milton Keynes



Do you need advice?

- Shout Textline | Free 24/7 Mental Health Advice – text reflect to 85258
- Talk to a teacher or school mentor
- Talk to a School Nurse or Health Visitor 01908 725100 or Chat Health Milton Keynes TEXT 07480635517
- Visit a Children and Family CentreMK
- YIS 01908 604700
- The Mix 0808 808 4994
- Service Six -01933 277520
- Harrys rainbow (bereavement support) 01908 061676

Are you worried or sad?



- Shout Textline | Free 24/7 Mental Health Advice – text reflect to 85258
- Your School Mental Health Lead or counsellor
- Talk to a School Nurse or Health Visitor -01908 725100 or Chat Health Milton Keynes TEXT 07480635517
- Childline or 0800 1111
- MK YIS 01908 604700
- Arthur Ellis
- Service Six-01933 277520
- Harrys rainbow 01908 061676
- Samaritans-116 123



Do you feel unsafe?
Need help now?

- Local mental health crisis line 0800 0234 650
- Dial 111 and in an 'emergency' -Dial 999
- 24/7 Children's Mental Health Crisis Service located in Children's Emergency Department at Milton Keynes Hospital

Are you very unhappy and need help?



- Shout Textline | Free 24/7 Mental Health Advice – text reflect to 85258
- Children and Young Peoples Mental Health Service 01908 724228
- MK Council drug and alcohol service 01908 253011
- Children and Family Services 01908 253169 or 01908 253170
- Samaritans-116 123