



**CORNWALL
COUNCIL**
one and all • onen hag oll

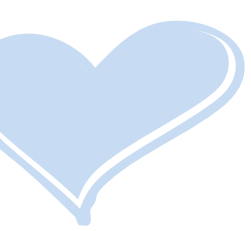
Together 
for Families

Emotionally Based School Avoidance Wellbeing Session...

Charlotte Burrell
Poppy Dalton
Lois Evans



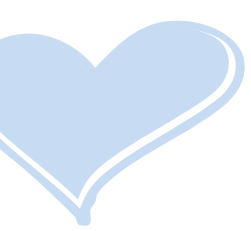
www.cornwall.gov.uk



Aims

- To gain an understanding of Emotionally Based School Avoidance (EBSA).
- To develop understanding in relation to how to recognise EBSA – early identification and intervention, and consider what you can do.
- To provide a brief overview of Push and Pull factors.
- To share some useful resources, tools and approaches that you can use.





What is Emotionally based school avoidance (EBSA)?

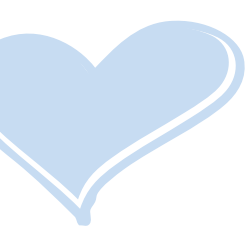
- It is an umbrella term that describes young people who struggle to attend school due to emotional factors, predominantly anxiety.
- Presence of emotional distress at the time of attending school is the distinguishing feature of EBSA and associated with:
 - Emotional symptoms, often resulting in prolonged absence
 - Anxiety may build up as time for school approaches- can be the night before, start of the day- towards the end of a holiday
 - May be significant difficulties engaging with school work
 - Can see externalising or internalising behaviours
 - School itself can be a threat, which is what keeps them away
 - Or there can be various pulls home meaning it is difficult to leave



Considering the language we use

- There are a lot of terms that can be used for children that aren't in school and the language we use can be very powerful.
- You may have heard varying words and terms to refer to children and young people who have difficulties in attending school because they have an anxiety/fear/an emotional response and these, likely with many other areas, have changed and developed as we have developed our understanding.
- Use of the term 'Emotional Based School Avoidance' helps highlight that the young person is not making a choice not to attend rather their emotional wellbeing is impacting on their ability to.





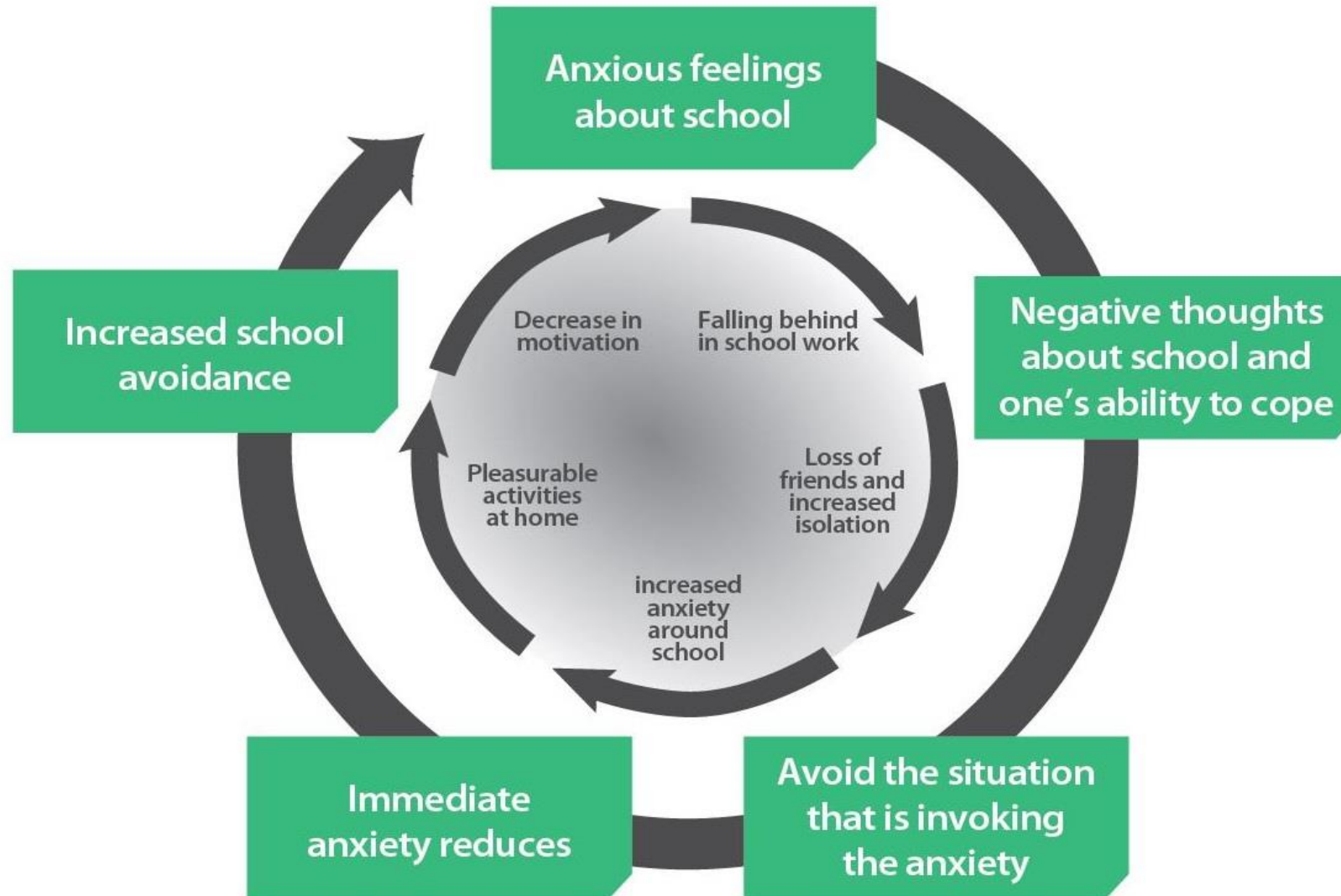
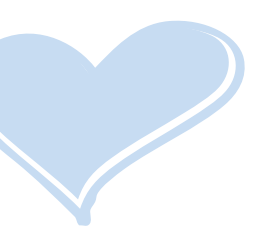
Anxiety

Anxiety is often the key/contributing feature of EBSA.

Anxiety is a word we use to describe feelings of unease, worry and fear. It incorporates both the emotions and the physical sensations we might experience when we are worried or nervous about something. Although we usually find it unpleasant, anxiety is related to the ‘fight or flight’ response – our normal biological reaction to feeling threatened.

Source: Mind

[Anxiety: School on Fire – School Tales of the Unexpected \(wordpress.com\)](https://www.wordpress.com)



'Emotionally Based School Avoidance: Good practice guidance for schools and support agencies- West Sussex Educational Psychology Service'

Human Givens....

The Human Givens Approach (Griffin and Tyrell, 2013) views every person as having a set of **nine innate emotional needs**.

The root of emotional and behavioural difficulties is viewed as a reflection of one or more of these needs being unmet.

Therefore, in order to support emotional well-being and positive behavioural change, we need to understand which needs are not being met, and how this can be addressed.

Do you know your 9 emotional needs?



Every single one of us is born with essential physical and psychological needs. Ensuring that we meet our emotional needs well, and in balance, builds resilience against life's setbacks and helps prevent mental illness and emotional distress.

These are the key emotional needs that affect our mental health:



Security

a safe environment which allows us to develop fully



Attention

giving as well as receiving it



Control

having a sense of autonomy and control



Community

feeling connected to a wider community



Intimacy

somebody who accepts us "warts 'n' all"



Status

sense of status within social groupings



Achievement

a sense of our competence and abilities

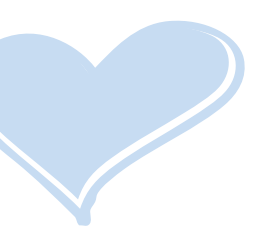


Privacy

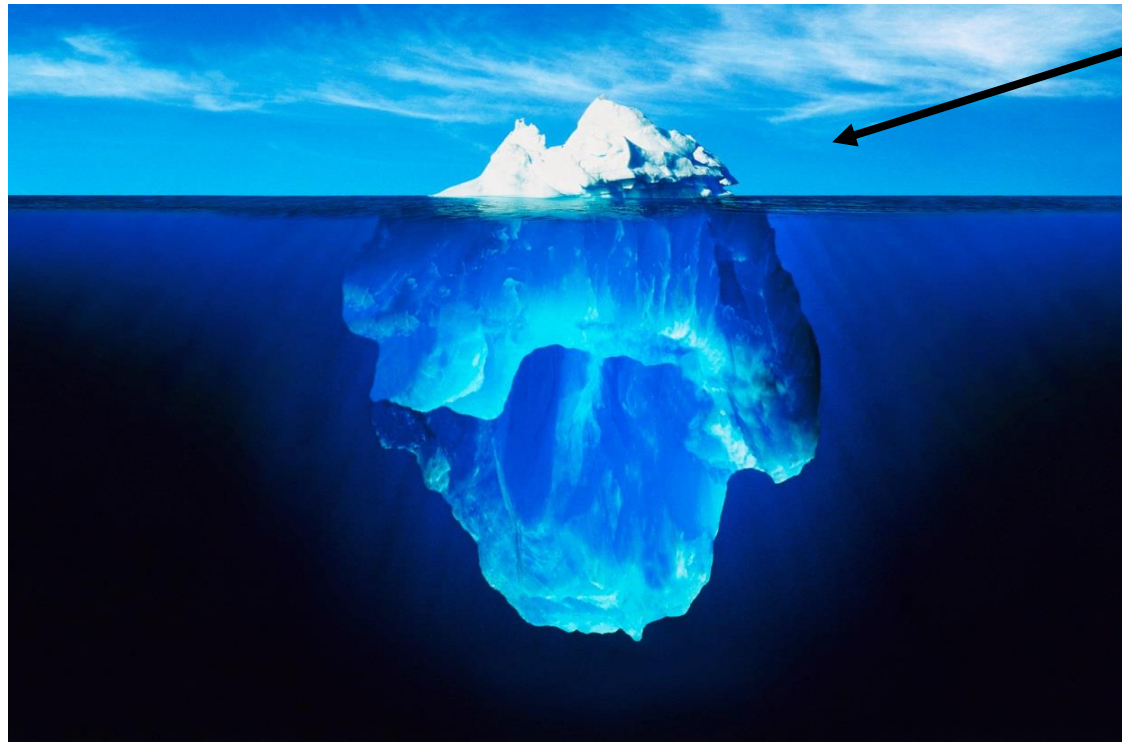
opportunity to reflect and consolidate experience

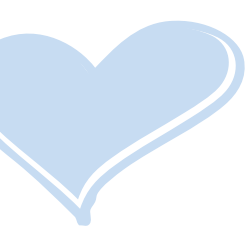


Meaning & Purpose



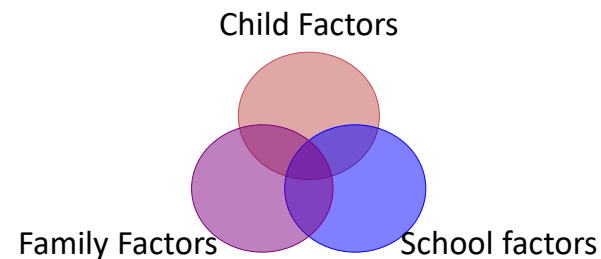
Avoidance behaviours: consider what might we see?





Causal factors....

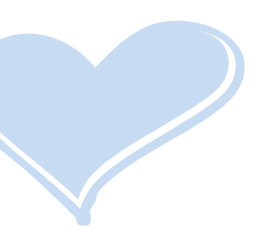
- Are multi-factored....often there is no one single reason why it occurs but an interplay of factors at a certain point in a child or young person's life.
- Often young people want to attend but do not, at that point in time, have the skills or resources to enable them to do.





What might we see?





How to Help- WARMTH



Wellbeing First



Affirming Practice



Relational Approach



Mutual Understanding
& Partnership



Timely Response



Holistic Support

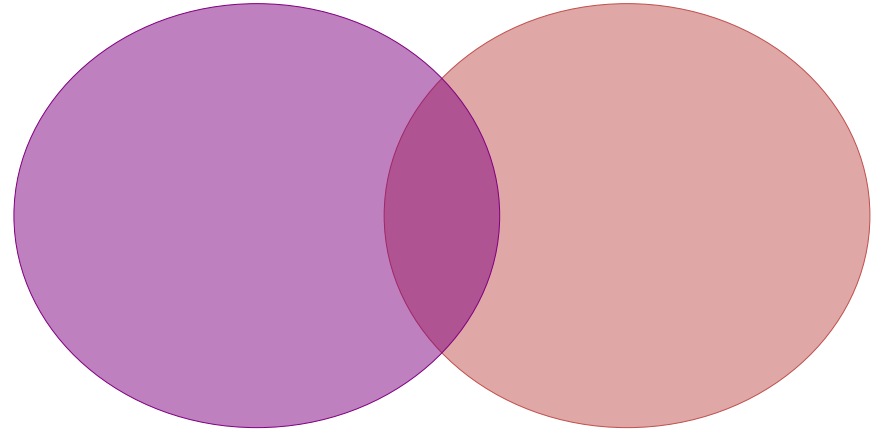
From Barriers to Education webinar <https://www.youtube.com/watch?v=loeKj8nTsGM>



How to Help!

- Early identification is KEY!
- Unpicking and recognising the key factors/drivers at play.
- Work as a team – easy for networks to become disconnected.
- Working together is important to be successful.

School



Family

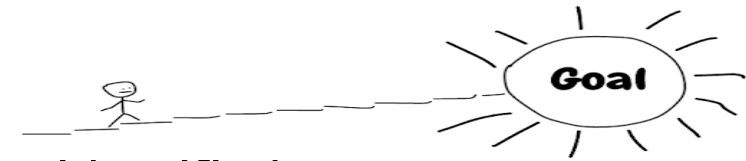


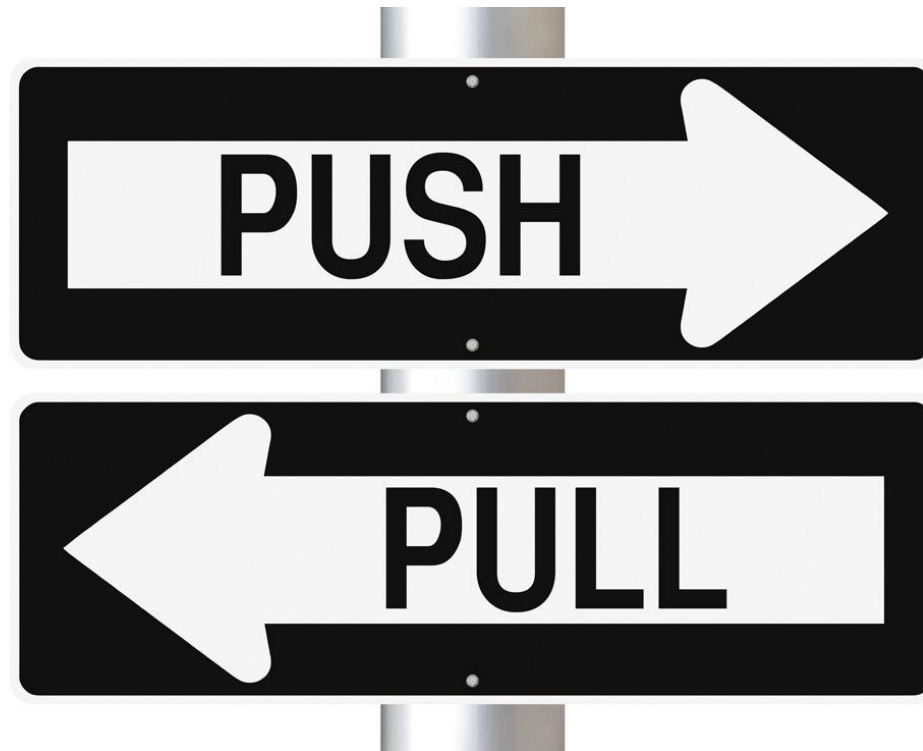
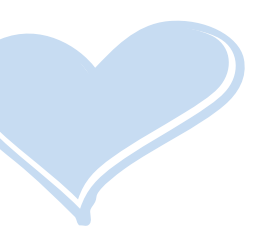
Download from
OpenStax.org



Supporting a Return to School Plan

- Aim should be a gradual and graded return rather than a hurried and swiftly executed one.
- Agreed by a process of negotiation between an identified member of staff, the parents and the young person.
- Difficulties in implementing should be anticipated and worked through (e.g. starting school again after holidays).
- Centrality of the voice of the child/young person.
- Individualised according to the specific needs of the child – encouraging agency over the reintegration plan!







Services and Support...

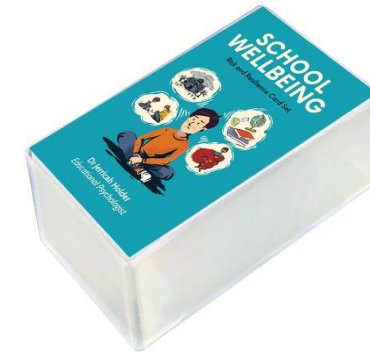
- SENDIASS
- Early Help Hub
- SPACE (Supporting Parents and Children Emotionally)
- EWO Service
- Dr Pooky Knightsmith- <https://www.pookyknightsmith.com/webinar-emotionally-based-school-avoidance/>
- Spectrum Gaming
- Young People Cornwall
- Outlook South West

Resources/Tools/Signposting

- West Sussex County Council have produced some really useful guidance booklets, including for schools, parents and young people <https://schools.westsussex.gov.uk/Page/10483>
- Cornwall Emotion Coaching responses - Links to training (5 parts)
 1. <https://vimeo.com/511053412>
 2. <https://vimeo.com/511058735>
 3. <https://vimeo.com/511200862>
 4. <https://vimeo.com/511215142>
 5. <https://vimeo.com/511225402>
- Up to date guidance coming from Educational Psychology Service - Cornwall Council



7





Resources/Tools/Signposting

Fiction books for children

The huge Bag of Worries by Virginia Ironside and Frank Rogers

Jabari Jumps by Gaia Cornwall

The Koala Who Could by Rachel Bright and Jim Field

Ruby Finds a Worry by Tom Percival

Giraffes Can't Dance by Giles Andreae

Silly Billy by Anthony Browne

Virginia Wolf by Kyo Maclear

How to Catch a Star by Oliver Jeffers

The Colour Monster by Anna Llenas

Calm Down Time by Elizabeth Verdick

The Colour Monster Goes to School by Anna Llenas

Fiction books for young adults

The Rest of Us Just Live Here by Patrick Ness

How it Feels to Foat by Kathryn Holmes

Guts by Raina Telgemeier

Ten Beautiful Things by Molly Beth Griffin

Stuntboy, in the Meantime by Jason Reynolds

The Stars Beneath Our Feet by David Barclay Moore

Some Kind of Happiness by Claire LeGrand





Resources/Tools/Signposting

Activity books

“What to do When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety” by Dawn Huebner and Bonnie Matthews

Think Good Feel Good: A Cognitive Behavioural Therapy Workbook for Children and Young People by Paul Stallard

Thinking Good, Feeling better: A Cognitive Behavioural Therapy Workbook for Adolescents and Young Adults by Paul Stallard

Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People by Kate Collins-Donnelly

Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management aged 5-9 by Kate Collins-Donnelly

Managing Your Mind: The Mental Fitness Guide by Gillian Butler and Tony Hope

Wreck This Journal by Keri Smith

 www.cornwall.gov.uk

Books for Adults

Children’s Mental Health and Emotional Well-being in Primary Schools: A Whole School Approach by Colin Howard, Maddie Burton and Denisse Levermore
Blame my Brain: the Amazing Teenage Brain by Nicola Morgan

Helping your Child with their Fears and Worries – a self-help guide for parents by Cathy Creswell and Lucy Willetts

The Thriving Adolescent: Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals, and Build connection by Louise Hayes

Dealing with Feeling by Dr Tina Rae

I am Special: Introducing Children and Young People to their Autistic Spectrum Disorder by Peter Vermeulen

A Volcano in my Tummy: Helping Children to Handle Anger: A Resource Book for Parents, Caregivers and Teachers by Eliane Whitehouse and Warwick Pudney



Resources/Tools/Signposting

Apps

Think Ninja for 11-17 year olds. Supports mental health, emotional well-being and resilience.

Headspace – meditation app that acts as a personal guide to health and happiness

Mindshift – A free app that helps teens and young adults cope with anxiety

Calm – mindfulness techniques to help with stress and sleep

Stop Breathe Think – to help check in with your emotions with short activities

Me2 – a moderated app where young people can receive peer support, expert help and educational and creative resources

Worry Tree – helps to take control of worries

Not OK – a free digital panic button which provides immediate support via text, phone call or GPS location

Stay Alive – a pocket suicide prevention app

Cove – music which reflects different emotions

Clear Fear – advice for managing anxiety

Useful websites

Anna Freud Centre [7 ways to support children and young people who are worried or anxious \(annafreud.org\)](https://www.annafreud.org/7-ways-to-support-children-and-young-people-who-are-worried-or-anxious)

Young Minds [Anxiety and Anxiety Disorders | Signs and symptoms | YoungMinds](https://www.youngminds.org.uk/Anxiety-and-Anxiety-Disorders/Signs-and-symptoms)

National Autistic Society [Parents and carers \(autism.org.uk\)](https://www.autism.org.uk/Parents-and-carers)

Family Lives [Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](https://www.familylives.org.uk/Parenting-and-Family-Support-Family-Lives-Parentline-Plus)

Therapy Comics [therapy resources | therapycomics](https://www.therapycomics.com/therapy-resources)

Beacon House [Resources \(beaconhouse.org.uk\)](https://www.beaconhouse.org.uk/Resources)

Thank you / Meur ras

