

The Outreach Team works from a Trauma informed practice approach.

Our Vision Statement

"To *Inspire* children and young people within a *Trauma Informed* environment where *Relationships* are the foundation to making the *Right Choices*. We will *Challenge* children and young people with their learning in a *Safe, Supportive, Caring* and *Nurturing* way to allow them to be *Ready to Learn*."

As part of Midlothian's multi-agency approach, the Inclusion and Wellbeing Service aims to support learning and inclusion for vulnerable children and young people. The purpose of our service is to meet the needs of the most vulnerable by improving educational experiences, promoting inclusion and improving positive life outcomes through access to additional, quality, education support.

"The more healthy relationships a child has, the more likely they will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love."

Dr. Bruce D. Perry

All of our work is underpinned by the 6 principles of nurture:

1. Children's learning is understood developmentally
2. The classroom offers a safe base
3. The importance of nurture for the development of wellbeing
4. Language is a vital means of communication
5. All behaviour is communication
6. The importance of transitions in children's lives

HOW THE OUTREACH TEAM CAN HELP...

We offer the following:

- ☺ **Emotional Regulation** - Using "The Incredible 5 Point Scale," training is available for SFL / LAs to help support pupils with emotional regulation. Mentoring of staff and a point of contact is available following the initial training. A more personalised approach helps young people to fully understand, connect and reflect. Funding and packs of sensory resources are available.
- ☺ **Class observations**
- ☺ **Strategies and advice for Class Teachers and Support Staff**
- ☺ **Support for transitions**
- ☺ **6 week blocks**

- ☺ **Forest Schools** - available for pupils of all ages, covers a range of outdoor skills including: woodworking, knots, shelters, crafts, fire, cooking and nature identification. An interdisciplinary, person-centred learning environment.

- ☺ **Mental Health Qualification** - For pupils in S3 and above. A standalone SQA Unit 1, 'Coping Strategies and Building Resilience' (J1CW 44 SCQF Level 4) part of the SQA Group Award 'Mental Health and Well Being, can be delivered. This Unit aims to equip the young people involved with a better understanding and awareness of issues around their own mental health and wellbeing and that of others.

☺ **1:1 Areas of support:**

- ☺ **Anger Management**
- ☺ **Self Regulation**
- ☺ **Friendships**
- ☺ **Choices**
- ☺ **Honesty**
- ☺ **Establishing a caring supportive relationship with an adult.**

What we require:

- ☺ **Quiet space for 1:1**
- ☺ **Regular opportunities to speak with SLT and Class Teacher**

Inclusion & Wellbeing Service

OUTREACH TEAM

Our Team
 Primary & Secondary Teachers
 Childcare Development Workers
 Learning Assistants
 Youth Workers

All are highly skilled and come from a variety of educational backgrounds and experiences.

Contact us

Claire Sutherland
 Principal Teacher Outreach
 Inclusion and Wellbeing Service
 Outreach and Treehouse Provision
 Needing advice or a consultation about a young person then contact:
Mobile: 07585138236
Claire.Sutherland@midlothian.gov.uk



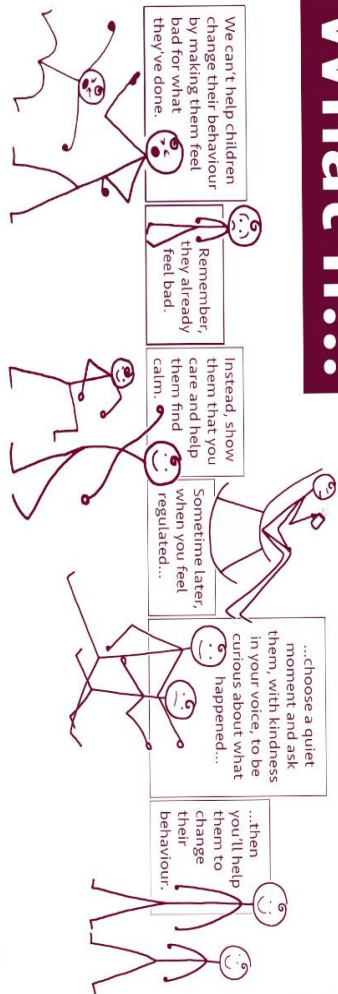
Support for Children with Social Emotional or Behavioural Needs.

Information for Teachers and Parents

BE SAFE, BE KIND, ACHIEVE

What if...

We can't help children change their behaviour by making them feel bad for what they've done.
 Remember, they already feel bad.
 Instead, show them that you care and help them mind calm.
 Sometimes later, when you feel regulated...
 ...choose a quiet moment and ask them, with kindness in your voice, to be curious about what happened...
 ...then you'll help them to change their behaviour.



Beacon House
 Therapeutic Services and Trauma Team

www.beaconhouse.org.uk

Follow us: @BeaconHouseTeam

Applications can be made once Stage Two supports are in place within the school setting and the impact has been assessed. If further support is then required applications can be sent to: IWBSOutreach@midlothian.gov.uk.

