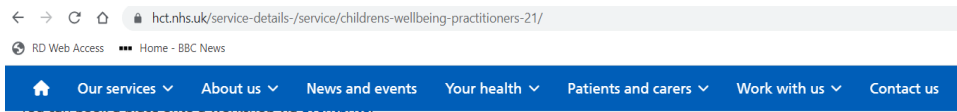


Resources and Developments in Attendance



School avoidance/anxiety recorded webinar

It has been noted that a significant number of children and young people are struggling to attend school or avoiding attending school due to emotional factors like anxiety. The CWPs have recorded a webinar focused on school based anxiety which includes: anxiety psychoeducation and strategies and tips to support children who are currently struggling with attending school due to anxiety.

The webinar is split into Part 1 (Theory and Psychoeducation) and Part 2 (Strategies and Tips). There are handouts which can be used alongside the webinar. We would also advise you have some paper to hand whilst working through this webinar.

Take your time and watch the webinar as many times as needed. Feel free to pause when needed and at the times indicated.

Please click [here to access Part 1](#) and [here to access Part 2](#).

Please make use of the following handouts:

- [Body scan handout](#)
- [Parents step-by-step plan progress tracker](#)
- [Young people step-by-step plan progress tracker](#)
- [Problem solving worksheet](#)
- [Step-by-step plan progress tracker](#)
- [Step-by-step plan template](#)
- [Step-by-step plan worksheet for parents](#)
- [Step by step plan worksheet for young people](#)
- [Strategies for managing difficult emotions](#)
- [Things I can do if I am struggling](#)
- [Thought challenging exercise](#)
- [Thoughts, feelings and behaviours cycle](#)
- [Vicious cycle handout](#)

Interventions

CWPs are trained to deliver manualised guided self-help interventions for anxiety, low mood and behavioural difficulties.

There are four manualised guided self-help interventions available:

- Child anxiety (parent-led for children aged 5-11)
- Child behavioural problems (parent-led for children aged 5-8. Older children may be accepted in some instances)
- Adolescent anxiety (For young people aged 11-19)
- Adolescent low mood (For young people aged 11-19)

Please note, as highlighted above, child interventions for children aged 5-11 are completed with the parent(s)/carer(s) according to the manual and evidence base for those interventions.

CWPs are unable to work with children/young people who are currently actively self-harming or who are currently actively suicidal (having thoughts with intent and/or a plan). Please see the "making a referral" section below for more information on the criteria.

eventbrite.co.uk/o/childrens-wellbeing-practitioners-school-nursing-service-hertfordshire-33494371787

HCT Children's Wellbeing Practitioners

Follow

Events

Event Title	Date & Time	Price	Status
Supporting Your Child's Self-esteem	Wed, 14 Jun 2023 10:00 BST	Free	Sold Out
School Transitions: Managing Anxiety & Worries in Children & Young People	Thu, 15 Jun 2023 18:00 BST	Free	Available
Developing Your Child's Emotional Literacy	Tue, 20 Jun 2023 10:00 BST	Free	Available

With Youth and Sandbox

withyouth.org/who-we-are/about-the-service/

RD Web Access Home - BBC News

Our open access With Youth service provides online support to children and young people experiencing mental ill health and/or emotional distress.

This is a countywide service available for any Hertfordshire resident aged 5-18, as well as parents, carers and professionals.

The service helps children and young people to build resilience by working with them to problem solve and develop coping strategies, coming up with solutions that will enable them to improve their own health and wellbeing. We will also provide advice and guidance to parents/families/carers and professionals to ensure a holistic response to supporting the individual and creating a network around them to empower and enable positive change.







In line with the Thrive model, this service targets children and young people who meet the needs of 'getting advice' and 'getting help', through person-centred, evidence-based digital interventions and support, utilising CBT principles and promoting the development of positive coping strategies. Working with the individual, we will take steps together to work through a tailored support plan.

Support may include:

- > **Instant Access (IM) support**
- > **One-to-one support**
- > **Group Support**
- > **Lumi Nova (app based) support**

Resources on With Youth Examples:

Document Category Search:

Image	Title	Categories	Link
	Problem Solving	Anxiety, Emotions, Stress, Wellbeing	DOWNLOAD PREVIEW
	Self-Hatred	Anger, Anxiety, Emotions, Relationships, Stress, Wellbeing	DOWNLOAD PREVIEW
	Thought Record	Anger, Anxiety, Emotions, Low Mood, Stress, Wellbeing	DOWNLOAD PREVIEW
	Obsessive Compulsive Disorder (OCD) Worksheet	Anxiety, Emotions, Wellbeing	DOWNLOAD PREVIEW
	Anxiety Triggers	Anxiety, Emotions, Wellbeing	DOWNLOAD PREVIEW
	My Safety Plan	Anxiety, Emotions, Wellbeing	DOWNLOAD PREVIEW

Anxiety Table

Use this table to list anxiety-producing situations and rate each situation on a scale of 1-10.

Anxiety trigger	Rating (1-10)

SandBox

← → ↻ 🏠 sandbox.mindler.co.uk

🔒 RD Web Access • •• Home - BBC News

What is The Sandbox?

On The Sandbox you will find a bunch of stuff about why you might sometimes feel bad and how to feel better.

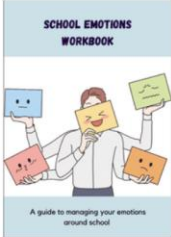
You will be able to join loads of online events and share your feelings with others.
If it is the right thing for you, you can also

Sign up for an assessment for NHS funded therapy (either one-to-one therapy or a digital course).
If you've already signed up with us, you can also **log in** to your dashboard below!

Who is the Sandbox for?

The Sandbox is for Children and Young People struggling with their mental health. This service is available for **anyone registered with a GP in either South Staffordshire or Hertfordshire**. We are an online only service so are not suitable for certain more severe mental health issues or for people who are in crisis. You can find out where to get help if you are in a crisis **here**.

School Attendance



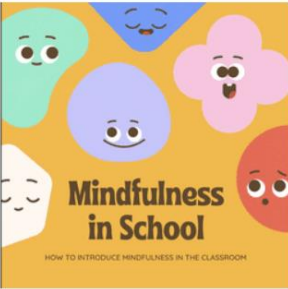
School Emotions Workbook



School Morning Anxiety Tips



Sleep Tips for School Routine



Mindfulness For School



School Attendance Goals Checklist



Return to School Checklist

Children and Young People Mental Health – Early Help Parent Support Service for Parents/Carers in Hertfordshire

What we offer:

- Free online and face-to-face workshops
- Parent Support line: 07932 651319 (open Thursdays 9 am – 12 pm or by appointment)
- Private moderated Facebook support group: [Nessie Parent/Carer Support Group](#)
- 1-1 targeted brief support sessions
- Peer support groups
- 'Drop In and Chat Coffee Mornings' where you can discuss anything and everything

For more information, please complete [THIS FORM](#)

[Book Parent Support](#)

Nessie is funded by Hertfordshire County Council to support parents/carers of children and young people with emotional and mental health issues. The aim of this provision is to help parents/carers in developing a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support, useful strategies and practical tools.

Topics covered may include, but are not limited to:

- Anxiety and Building Resilience
- Self-harming Behaviours
- School Avoidance
- Bereavement and Loss including Divorce and Separation
- Disordered Eating
- Supporting a Child or Young Person who is Gender Questioning
- Managing Meltdowns

To book one-to-one support please complete this [FORM](#) and a member of the team will be in contact to arrange a chat. Please note: there is

Upcoming workshops:

Supporting Parents/Carers of Children with Anxiety	Monday 24th Apr 2023, 10:00 am to 11:30 am
Supporting Parents/Carers with Children with Self-Harming Behaviours	Thursday 4th May 2023, 9:30 am to 11:00 am
Supporting Children with Emotionally Based School Avoidance	Wednesday 10th May 2023, 10:00 am to 11:30 am
Supporting Parents/Carers with Children Gender Questioning	Tuesday 16th May 2023, 10:00 am to 11:30 am
Supporting Children with Bereavement and Loss	Wednesday 24th May 2023, 1:00 pm to 2:30 pm
Supporting Parents/Carers of Children with Anxiety	Monday 5th Jun 2023, 1:00 pm to 3:00 pm
Supporting Parents/Carers with Children with Self-Harming Behaviours	Friday 16th Jun 2023, 9:30 am to 11:00 am
Supporting Parents/Carers of Children with Emotional Based School Avoidance	Monday 19th Jun 2023, 9:30 am to 11:00 am
Supporting Children & Young People who are Gender Questioning for Parents/Carers	Thursday 29th Jun 2023, 9:30am to 11:00am

Parent videos



Transitioning to a new school



Building resilience and confidence



Dealing with anxiety



Coping with anger



Supporting children in the LGBTQ+ community



Supporting children with neurodiversity

NESSie documents



NESSie Foundation in Emotional & Mental Health Bitesize



Supporting Anxious Children Bitesize



Confidence and Resilience for Parents Bitesize



NESSie Positive Behaviour Support Bitesize



NESSie Self-Harm Bitesize



Bereavement and Loss Bitesize



Trauma and Attachment Bitesize



Supporting Trans & Gender Questioning Pupils Bitesize



NESSie Staff Wellbeing Bitesize



Assessment and Evaluation Bitesize



Secondary Transition Top Tips and Signposts

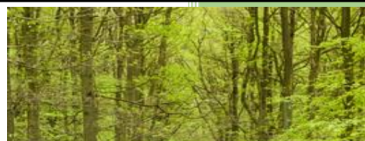


EBSA Toolkit Booklet



Guidance for Schools

Emotionally Based School Avoidance





Support for Attendance

[Support For Attendance](#)

[Meeting Record Tool for Attendance](#)

Emotionally Based School Avoidance

[Emotionally Based School Avoidance: Executive Summary](#)

Early help tools and services

Assessment Tools

Complete School Stress Survey with Young person	Review and update pupil profile One Page Profile All about Me	Review / undertake sensory profile for young person	Hertfordshire Steps – anxiety mapping, roots and fruits and risk management plan	Ideal school tool used with CYP
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Resources

Reintegrating plan and support	Drawing and talking work	Reuse progression framework to identify areas of strength and weaknesses. Support lesson planning and goals.	Social Stories about school timetable, changes and routine	Autistic Burnout and Energy Accounting
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Services for Young People Listings

Search listings

Search by category

Our projects for young people are now running throughout Hertfordshire. Join one in your area now!

Back to Search Results

Services for Young People Resilience Project at Hemel Hempstead Young People's Centre, Hemel Hempstead



The Services for Young People Resilience Project at the Hemel Hempstead Young People's Centre offers young people who are being home-schooled or not in formal education support with their wellbeing and building resilience.



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Services for Young People Listings

Search listings

Search by category Search by

Our projects for young people are now running throughout Hertfordshire. Join one in your area now!

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- Ongoing
- Free
- Hemel Hempstead
- View on map...

Tweets from @HCCSFYP

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Learning about Children's Mental Health through Film

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Films for Parents / Carers / Coronavirus / Tips for Returning to School

Tips for Returning to School

Dr Jess Richardson, principal clinical psychologist, gives suggestions to parents and teachers to deal with children's anxiety. Read and download our fact sheet, view more information for teachers or sign up to receive our newsletters and a free interactive guide to the website.