

Educational Psychology Service

This has been a busy year for the Educational Psychology Service. As you will be aware from our previous newsletter we have redesigned our service delivery model. This was carried out with two key themes in mind; continuing to have strong and effective partnerships with schools and ensuring the model was sustainable and effective in meeting the needs of our most vulnerable learners. As with any change we are continually reflecting and consulting with service users on their experience. We will review the changes at the end of the year and make adaptations for next year where necessary.

We are delighted to share with you that Kirstie Rees, previously a Senior Psychologist in South Lanarkshire, has joined our team as our Depute Principal Psychologist. Kirstie joined our service in January and has very quickly become an important part of the team.

In our last newsletter we shared that Gillian Thorburn and Vicky Flores would be going on maternity leave. Gillian is now back following the birth of Leo and Vicky is returning in June following the birth of Lucas. We have enjoyed several visits to the office from Leo and Lucas over the past year!

This year we also have two trainee EPs working with us. Ruth is a year 2 student on the Strathclyde course and has been working within East Renfrewshire for the past 2 years. She will complete the Strathclyde course in June this year and will be going to Stornoway to work as a psychologist. Jennifer Greenhill is a year 1 trainee at Dundee University and will be with us until the end of the summer term.



School Improvement Partnerships Programme (SIPP)



This year, 19 partnerships have been established, 5 of which involve schools outwith East Renfrewshire.

Eddie McGee, Chris Atherton and Siobhan Drummond are involved with supporting the SIPPs within East Renfrewshire. A key part of our role this year has been providing training sessions to support the different stages of project. The final training session was held on 18th April at Eastwood High School. This session focused on producing a poster to present findings from the project.

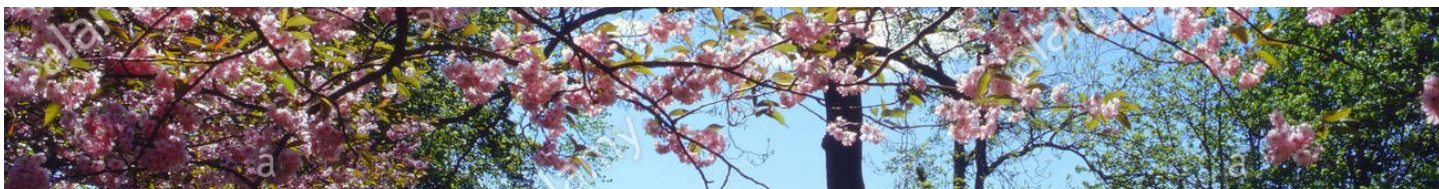
Eddie has created newsletters to outline how SIPPs are raising attainment in literacy, numeracy and health & wellbeing across East Renfrewshire. These newsletters are available on our service website: <https://blogs.glowscotland.org.uk/er/PsychologicalService/school-staff/dyslexia-2/school-improvement-partnerships>

The West Partnership

The West Partnership brings together eight local authorities; East Dunbartonshire, East Renfrewshire, Glasgow, Inverclyde, North Lanarkshire, Renfrewshire, South Lanarkshire and West Dunbartonshire. It is a collaborative approach which is focused on nine improvement workstreams. Eddie McGee and Chris Atherton have been part of Educational Psychology working groups within the West Partnership.

Eddie has been involved in two collaborative learning events with representation from Quality Improvement Officers, Educational Psychologists and Education Scotland and has also worked with other EPs to develop a shared framework for evaluating CLPL.

Chris has been working alongside representatives from each of the eight Educational Psychology Services to develop a practitioner network. The aim of this is to establish links and opportunities for collaborative working. Themes have been identified, for example, autism, as a focus for each meeting. Chris is also going to be setting up a networking blog for services to share their work.



Let's Introduce Anxiety Management (LIAM) Project

The LIAM project is a training intervention package based on Cognitive Behavioural Therapy (CBT) which has been developed by NHS Education for Scotland (NES). The project is being piloted in various areas in Scotland. Eilidh Lanzani and Kirstie Rees have been working alongside Clinical Psychology colleagues from the Early intervention TIPS (Training in Psychological Therapies) Team to deliver the package to the Williamwood pastoral support team including an E-learning module, 2 days training

and fortnightly coaching sessions. The full package supports practitioners to deliver the LIAM intervention to young people who are experiencing anxiety. The intervention is designed to help young people learn more about anxiety, including how it is linked with our thoughts, physical sensations and actions. A full evaluation will be carried out to assess the impact of this.



A Community Approach to Loss, Grief and Bereavement

We are going to be launching updated guidelines for educational establishments with a particular focus on suicide. The impact of any suicide on a community is always devastating and this is particularly true when a child or young person dies by suicide. Following on from the CLPL event at Eastwood House in May 2018 and our partnership with Samaritans: Step by Step Service; guidance is now available for educational establishments

and local organisations who may be required to consider how they support children and young people after a suicide. The training event will be held on 15th May at The Prince and Princess of Wales Hospice, Bellahouston Park. This can be booked through the HSCP training calendar. East Renfrewshire Bereavement Guidelines, resources, support organisations and staff training materials are all available on the Meeting Learner Needs page on Glow.

Promoting our Role in Mental Health

Nick Smiley has presented at two events outlining the unique role that Educational Psychologists' play in supporting children and young people's mental health. The national 'Mental Health in Schools' conference was organised by Holyrood Insight. Dame Denise Coia, Chair of the Joint Scottish Government and COSLA Taskforce on Children and Young People's Mental Health, also presented at it. Nick also presented locally to HSCP staff at the 'Big Huddle' which is a health networking event to promote collaborative working.

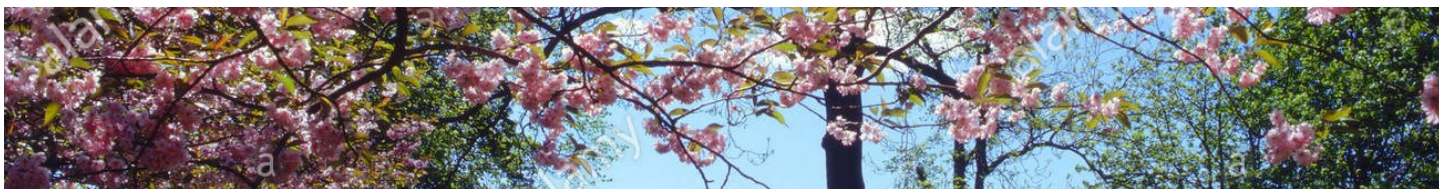
Kirstie Rees, Jennifer Speck and Ainsley McGoldrick presented at the parent council chairs forum on two key approaches used across the authority; ASIST and Mental Health First Aid. This was followed by a Q&A session around the roles of different professionals in promoting wellbeing in East Renfrewshire.

National Wellbeing Conference

Kirstie Rees was involved in organising a national wellbeing conference held on 22nd March in the Grand Central Hotel. The conference was attended by Educational Psychologists from all over the UK. It was an opportunity to network and collaboratively consider our role in supporting wellbeing.

Chris and Ainsley both presented at the conference leading workshops on *How Educational Psychologists support children with Autistic Spectrum Disorder* and *A Community Approach to supporting bereavement and loss*.





Professor Chris Williams and 'We Eat Elephants' Research

We were delighted to have Professor Chris Williams present to us in February on Cognitive Behavioural Therapy (CBT) materials specifically for primary aged children. Chris Williams is a former Professor of Psychosocial Psychiatry at Glasgow University. His main clinical and research interest is in the evaluation of self-help approaches that provide wider access to CBT approaches. Living Life to the Full, a programme aimed for young people in secondary school, is already being widely utilised in East Renfrewshire at both a universal and targeted level. The newer programme, We Eat Elephants, is aimed at children in primary school. It is focused on using CBT approaches to break issues down into manageable chunks.

Jennifer Greenhill is working alongside Kristina Azubalyte (trainee from West Dunbartonshire) to carry out research using the programme. They are running the programme with a group of Primary 7 pupils in Our Lady of the Missions with the aim of reducing anxiety and increasing resilience before the transition to secondary school. Data will be gathered using the strengths and difficulties questionnaires and the Stirling Children's Wellbeing Scale to establish the impact of the programme.



ASIST

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Previous attendees have provided feedback that the training increased their confidence in

ASIST

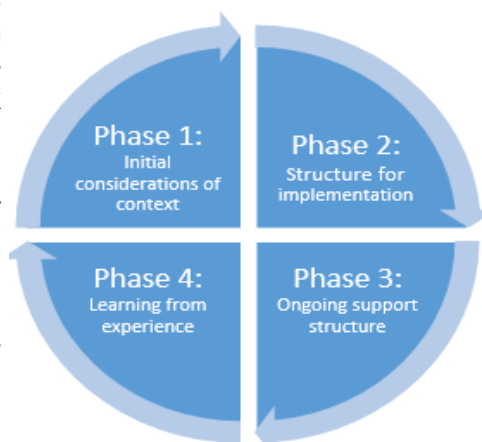
being able to respond to young people in a more effective way. Each year Ainsley McGoldrick is involved with providing ASIST training sessions for education staff. The next training sessions will be **20th and 21st May**. You can book a place via the intranet.

Thesis Research Project

Ruth Macleod, Trainee Educational Psychologist, is carrying out her thesis project in Carlibar Campus. Guiding this project are the principles of collaborative action research (Education Scotland, 2015) and implementation science (Meyers, Durlak & Wandersman, 2012), providing a framework by which to ensure high quality self-evaluation and implementation of subsequent interventions, leading to effective and sustainable practice.

A core group of staff has been established in order to conduct a thorough

thematic analysis of the existing challenges in meeting learner's needs across Carlibar Campus. The evidence gathered has been collated and fed back to the core group, who are now focussing on identifying priority areas to target interventions. Adopting solution oriented collaborative practice, the group will create action plans to address these priorities, being mindful of the phases of implementation science.



Mellow Ability

We have started our second Mellow Ability group with 6 Isobel Mair Family Centre parents. This year the group is being held at Carlibar Primary and we are making use of the PSADU facilities for a crèche and for our parent and child activity days. We are delighted to have 1 parent from our pilot group supporting the new cohort of parents as a parent facilitator bringing her experience of both the group and of being a parent of a child with additional support needs. Evaluations and feedback from the first Mellow Ability Group identified some really important

benefits for parents and their children including improvements in behaviour, increased confidence in managing challenges, enhanced social opportunities and reduced feelings of social isolation.

"Thank you for an amazing course I have truly benefited from it and feel so much better in myself... You guys have given us so much, not just course stuff, friendship, laughter a few tears and most importantly hope for the future" - Parent

0-6 Pedagogy

Ainsley McGoldrick was part of a team delivering a number of training sessions related to 0-6 Pedagogy. The materials are now available online through the Early Years Practitioners Glow Group. There are interactive Sways on Theory and Principles of Early Years Education; Observation, Planning and Assessment; Enabling Environments; The Role of the Adult;

Play; Progression and Transitions. You will also find activity ideas for use in staff development. Feedback from initial training days suggested that staff were enthusiastic about using the materials for supporting individual and staff group training needs and facilitating whole establishment development planning.

Meeting Learner's Needs in Nursery

Christine McGovern and Siobhan Drummond worked alongside Marie O'Hare (Early Years Development Officer) to carry out training on Meeting Learner's Needs for partnership nurseries in the authority. During the session we explored universal and targeted support for children with additional support needs in the early years following on from last years input on wellbeing plans and autism. Managers from 13 partnership nurseries attended. There are plans to build on the training delivered over the past two years and continue to develop this partnership next year.



Early Years Language Project

Eilidh Lanzani, Christine McGovern and Siobhan Drummond are working alongside Speech and Language Therapy to support four establishments towards validation for Promoting and Nurturing Early Communication and Language (PANECAL). Eaglesham, Crookfur, Netherlee and Hazeldene are all working towards validation this year and Glenwood and Carlibar were validated last year.

As well as providing support to carry out the audit tool and planning, we have been involved with training and staff development depending on needs identified through the audit. This has included training on using video to enhance reflective practice and language development. This will be an ongoing project which will include a new cohort of early years establishments next year.



We are now on Twitter!

You can now follow us on EastRenEPS for more regular updates.



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