



All heads of establishment Falkirk Council

Dear Head Teacher/Manager,

**Re: Getting It Right for all children and young people who experience anxiety
Anxiety Toolkit Resource availability**

This resource is now partly available to all Falkirk Council education establishments.

The resource has been produced through collaboration between Falkirk Council Educational Psychology Service, Falkirk Council Inclusion and Wellbeing Service, Forth Valley NHS (CAMHS & School Nursing Team) and Falkirk Council Education establishments who participated in the first pilot phase.

It should not be inevitable that children and young people are adversely affected long-term by the covid-19 restrictions and impacts. This toolkit provides one of a range of supports to education establishments in considering universal and targeted approaches in supporting children and young people in session 2020-21 and beyond.

The toolkit has 2 parts:

- Part 1: Understanding the anxiety (assessment)
- Part 2: Supporting the anxiety (intervention)

Part 1: Understanding the anxiety (assessment)	Part 2: Supporting the anxiety (intervention)
Available to all Falkirk Council education establishments from September 2020. Access : https://blogs.glowscotland.org.uk/fa/epspractitioners/anxiety-toolkit/	Will be offered to Falkirk Council establishments who participated in pilot phase of part 1 in session 2019-20. Pilot phase of part 2 will run from September 2020. Part 2 should be available for all Falkirk Council education establishments by Spring 2021.
This part contains: <ul style="list-style-type: none">• understanding the role of stress and anxiety in nurture, risk and resilience• common developmental anxieties for age/stage• a focus on understanding and enhancing whole school approaches to	This part contains: <ul style="list-style-type: none">• evidence informed advice about interventions for mental health/anxiety• consideration of co-occurring additional support needs in intervention approaches that may be applied• a range of strategies to consider in intervention planning with advice on

<p>support culture and ethos in relation to mental health</p> <ul style="list-style-type: none"> revision of advice on use of Child's Plan tools, with prompts to assist more specific consideration and analysis when anxiety is a concern. 	<p>appropriate selection, differentiation required and maximising effective implementation.</p> <ul style="list-style-type: none"> signposting to other mental health supports making requests to assistance to other agencies
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Can you please highlight this resource for use by education establishments in session 2020-21.

The progress of this work is reported to the Forth Valley Children's Mental Health Collaborative. Work is underway to ensure more effective inter-agency and cross-agency partnership in relation to responding and providing assistance for children and young people experiencing anxiety.

A further update on the progress of all of this work will be provided by the end of session 2020/21.

Yours sincerely

Mairi Duncan
Educational psychologist
(on behalf of the Anxiety Toolkit Working Group)