



Understanding the anxiety (assessment)

Assessment approach	Making it successful	Resources
<p>The Resilience Matrix</p> <p>Learning more about anxiety</p> <p>Using effective assessment approaches</p>	<p>The Resilience Matrix</p> <p>Use the prompts to assist you.</p> <p>Consider who should contribute to the assessment</p> <p>This may be best completed in a meeting format or through a number of individual consultations between the named person/lead professional and those that know the child well.</p>	<p>GIRFEC Falkirk practitioner pages to support getting it right for every child in Falkirk The Resilience Matrix Template Forth Valley Practitioner Pages – These pages are for practitioners to support improving outcomes for Forth Valley Communities</p> <p>See also:</p> <p>Resilience Factors resilience-concept-factors-and-models-for-practice.pdf</p> <p>A short animation(South Lanarkshire Council, 2016) about the resilience matrix is available here: https://www.youtube.com/watch?v=nbRIMeAWY_Y</p>

Resilience

Has the individual used strategies in the past when anxious which might help now?

Does the individual have supportive friends they can talk to?

Is there a member of staff/classmate who the individual responds really well to/is good at noticing increases in anxiety and helping reduce it?

Does the individual use any strategies that help when they're anxious?

Are there particular classes /activities that the individual is less anxious in?

Adversity

Are there recent events that have triggered an increase in anxiety? At home/in school e.g. parental separation/ fallout with friends/upcoming exams?

Are there more historical events that have just surfaced which are causing the worry?

Protective

Environment

Are there particular classes/activities that the individual is more anxious in?

Is the individual equally as anxious at home as in school? What do the parents think? Have they noticed the individual's anxiety?

Vulnerability

What we need more information on:

What are the individual's views? Can they articulate why they're anxious? Do they themselves recognise when they're getting more anxious?