



Rachel Madocks School

valued For Being Me

# Interventions Support Team Information Pack

Valued for being me



# Wellbeing Support and Referrals

*Mental health is just as important as keeping the rest of your body in good shape. Our minds, thoughts, and feelings need to be cared for frequently and purposefully.*

We are fortunate to be developing a Mental Health and Wellbeing Team at Rachel Madocks. Although there is no main person overseeing due to a whole team approach, we do have areas specific to what staff may need at that moment in time. What is key to remember is that we are available to you all, to support in whatever way we can.

Alison is Senior Mental Health Lead and will be creating new opportunities and plans on how to continue developing the intervention and support through school.

Sara is Wellbeing Lead and will be the first point of contact for staff regarding referrals, collating clinical notes and data. Sara is the first point of contact if you are unsure of who to go to.

Niki is supporting her team in creating new opportunities and combining their skills alongside the Intervention Team.

We believe in supporting our pupils, but also providing an outlet for staff in having a safe space to be supported, through debrief at the end of the day following any incidents, or just an opportunity to emotionally offload. It goes without saying that these conversations are confidential and are seen as 'emotionally focussed' not as 'management.'

**Referral forms can be found on the staffroom table. All referrals to be placed in Parrots pigeon hole, any questions ask Sara.**

"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary."

**Fred Rogers**



# Reiki



## What is Reiki?

Reiki originated in Japan by Mikao Usui at the turn of the 20<sup>th</sup> century. The word Reiki can be split into two parts. "Rei" meaning Universal and "Ki" meaning life force. This highest and purest form supports and sustains life.

## What can Reiki do?

Reiki can help with all kinds and relieves pain and acute symptoms. It also promotes wellbeing, balancing your emotions and clarity of the mind.

## The effects of Reiki

The Reiki passes through my hands to the receiver and can work on many different levels.

- Balances the organs and glands throughout the body
- Treats symptoms and causes of illness
- Releases blocks and suppressed feelings
- Relieves pain
- Relaxes and induces stress
- Promotes natural self-healing
- Heals holistically

## How does Reiki feel?

Each individual's experience is different, however many feel calm, comfortable and relaxed. Some people may feel tingling in the session, bright colours, heat or images. Some of my clients feel like they have just had a lovely massage and a sense of total relaxation.



# ELSA



## What is an ELSA?

ELSA is an initiative developed and supported by educational psychologists. It recognises that children learn better and are happier in school if their emotional needs are also addressed.

An ELSA will plan and deliver programmes of support to pupils who are experiencing temporary or longer term additional emotional needs.

ELSA sessions take place in our Therapy room which provides a calm, safe space for the child to feel supported and nurtured. Sessions are fun, we use a range of activities such as: games, role-play with puppets or therapeutic activities such as mindfulness or arts and craft.

## **An ELSA aims to provide support for a wide range of emotional needs:**

- Recognising and understanding emotion
- Building self esteem
- Social skills
- Friendship skills
- Anger and behaviour management
- Loss and bereavement
- Relaxation techniques
- Transition or change



# Music Support



## What is Music Support?

Music Support is used across health services. It uses music to meet, guide and develop the physical, emotional, cognitive, and social needs of an individual or group. It employs a variety of activities and experiences, such as listening to musical melodies, playing instruments, musical improvisations, creating rhythms and guided imagery.

## What can Music Support do?

Music Support assesses the individual's needs, development goals and sets out a plan to achieve this. Music Support is appropriate for any age or ability. It can explore aspects of mind, body, brain, and behaviour.

It can assist many things including (but not limited to):

- Achieving individual personal goals
- Developing existing skills and learning new ones
- Building self-esteem and self-confidence.
- Reducing anxiety
- Supporting self-expression
- Communication verbal and non-verbal
- Social skills
- Some physical conditions

Music can be positive, effective, and motivating in achieving personal goals and promote well-being.

