

10 things you should know about ESLAC Psychologists



The Virtual School ESLAC team has three Psychologists who work with Northumberland looked after children. They have a specific role. Their focus is to ensure the emotional health and wellbeing of Northumberland looked after children is supported so that they can build their resilience and in turn their readiness to learn.

1

We carry out an initial bespoke assessment when a young person comes into care. This means it looks different for each young person depending on their key needs at that time.

2

We like to talk to a wide range of people to collect their views on situations, we call this a consultation.

3





We can offer a wide range of advice and support on a number of issues. For example; anxiety, friendships, management of emotions, bereavement and resilience.

4

The young person's voice and feelings are central to our work as is their psychological well being.

5

Our advice is based on psychological theory principles and models which we use to guide our support.

6	We can be involved in key meetings around a child, for example first Peps, care team meetings and LAC reviews. This can be very helpful, particularly when the situation is complex.
7	For some young people, where we feel it may be helpful, we can offer some therapeutic support, for example, around building and developing resilience. This can be delivered by ourselves or by one of our colleagues within the Virtual School.
8	We can offer advice and signposting for young people who have been adopted or are placed on a special guardianship order (PLAC).
9	We can offer training packages to schools to support with staff CPD around how to implement trauma informed approaches in schools. You can also contact us to discuss other areas where we may be able to deliver training.
10	When we have completed work with a young person we will sometimes summarise this work in a psychological report. This report will look different depending upon the needs of the young person and the work that has been completed, i.e. Initial assessment upon entering care or other referrals. Sometimes the report comes in a more formal format and other times this may be in the form of a review meeting or e-mail feedback. These reports should be used to inform PEP outcomes and will be added to the PEP for future reference.
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