

This service is available for Maintained schools and Academies**Description:**

Child and family specialists are commissioned by schools to improve the emotional health and wellbeing of children and their families.

Situated in the school one day a week, the child and family specialist provides an early intervention service consisting of mental health focussed assessment, evidence based intervention and consultation.

Year Financial year 2025/26

Benefits

- This service for children and families is delivered by skilled mental health practitioners in the accessible location of the school
- This facilitates high engagement rates
- Referrals are agreed in partnership with the school, in line with school priorities
- Child and family specialists are able to manage a range of mental health issues
- The service can be accessed by children and families who may not reach thresholds for other services

Office hours:

On commissioned days: 8.30am to 5pm.

More detailed information:

Reasons for referral include anxiety, sleep difficulties, bereavement and loss, depression and low mood, peer and social difficulties, anger problems, over activity and family difficulties.

Interventions in school one day a week are:

Direct work with children and families:

- Individual mental health assessment and formulation
- Individual therapeutic work
- Behaviour management advice and support to parents
- Cognitive behavioural interventions for children and families
- Group interventions which could be small group or whole class interventions and may centre around issues such as problem solving skills training, social skills training or transition to high school
- Family interventions
- Multi-family groups, for parents and children to attend together in school
- Parenting programme interventions e.g.supporting your child's education (Webster-Stratton 2007).

Indirect work:

- Consultation and support to school staff on mental health issues in children and multi factorial formulation of a child's behaviour
- Teaching and training on mental health models and issues
- Liaison and network input to facilitate and support effective multi agency working

Provider: The Anna Freud Centre	Staffing, delivered on 1 day over 33 weeks		Includes
Additional contact information Service lead: Cyra Neave NeaveC@ealing.gov.uk	7 hrs a week		<ul style="list-style-type: none"> • Individual assessment and professional report writing • Evidence based therapeutic work children, parents and families • Parenting groups • Consultation to staff • Supervision/support to staff • Training
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- [Neutral](#)
- [No](#)

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