



Education Support for Children with Histories of Trauma and Loss

PAC-UK Education Service

www.pac-uk.org/education

Are you supporting a child who has had a difficult start in life? Are you struggling to support them to achieve or stay in school? Have you tried various strategies but not sure what else could help? Are you worried about the impact on the child's wellbeing?

Children and young people with a history of early life trauma often experience attachment and wellbeing difficulties which can then present with a range of challenges in education. It is likely you will notice that no child presents the same as another but you might find that some of the behaviours below are familiar to you.

Some children:

- Continually talk, ask questions or make 'silly' noises
- Fidget or are restless
- Hurt themselves, other children, and adults
- Appear settled at school but are disruptive at home
- Struggle to make and maintain friendships
- Are quiet and withdrawn
- Tell lies
- Try to control situations
- Have outbursts of frustration or anger
- Struggle to engage with learning

Attainment Data

	KS2	KS4
Non-looked after	61%	58.9%
Looked after	32%	17.5%
Previously looked after	38%	32.8%

This table shows the percentage of children achieving age related expectations at KS2 in reading writing and maths and achieving a grade 4 or above in English and maths at KS4.

Department for Education, 2018

PAC-UK have a wealth of experience in supporting children with histories of trauma and loss. Our specialist Education team offer a range of services to enable education and social care professionals, parents, guardians and carers to support and include the young people in their care through their educational journey.

By commissioning PAC-UK's services you are investing in the opportunity to develop positive changes. Below are some of the outcomes of PAC-UK's work you may observe in:

Children

- Children making strides towards independent learning
- Children feeling happier in education
- Children feeling safer in their environment and therefore are better able to engage with learning

Education provision

- Increase in staff confidence in managing a range of difficult behaviours
- Reduction in the perceived need for behaviour led sanctions
- Reduction in time spent on managing behaviour
- Fewer incidents of classroom disruption
- Increase in wellbeing of staff
- Improved learning environment

"Brilliant training. Definitely useful for a range of children, not just lac or adopted, 'Feeling inspired'"
Year 5 teacher

We offer a range of services:

Training

E-learning: THE online training on attachment: a self-guided route to becoming an adoption and attachment friendly school. This training is relevant for everyone who works in or alongside schools, early years and further education settings and can be carried out on a range of mobile devices for your convenience.

Attachment, Trauma and Loss: our foundation training helps to increase understanding of attachment issues and subsequent behaviour as communication, as well as providing a range of strategies to try in the classroom. Available in a range of lengths to meet staff CPD needs.

- *Both of the above trainings are ideal to fulfil designated teachers requirements to complete training on attachment, as well as training wider staff on the needs of an ever increasing cohort of vulnerable children.*

Tricky Transitions: looking at what transitions mean and why they are particularly difficult for children whose template for endings, change and transition has been negatively impacted by early life experiences. This is a full day training.

Traumatised Child in School: training for parents and carers looking at increasing understanding of the education system and how you can support your child through their educational journey. Details of upcoming events can be found on our website.

Consultation & Assessment

Systemic consultations and reviews: our specialist advisers will guide senior leaders and key staff in school to develop whole-school good practice. Focussing on the school's needs you will explore systemic change to support children who have experienced abuse, trauma and loss in their early lives. This involves in depth reflection and action planning on key areas including: supporting staff experiencing secondary trauma; providing key attachment relationships and managing behaviour with attachment in mind. A full write-up of a bespoke action plan will be provided and reviewed in a follow-up second session.

Child focused consultations: where an individual child is causing concern and struggling with school, it can be helpful to hold a consultation focused on that child. Key staff, parents/carers, and a member of PAC-UK's specialist Education service will review the child's strengths and identify any areas of difficulty they may have in their school day and or at home. We will work in collaboration with the school to create a clear and achievable action plan with a review date scheduled within the next half term. PAC-UK will provide a written summary of the action plan. At the review meeting (1 hour), we will review the child's progress and the impact of the support in place. Together we will outline any areas that may need revising, and identify any new targets.

Advice line: A free service available to talk through any school or educational concerns regarding children presenting with some of the difficulties described, and receive advice and support. This advice line is available to parents, carers, social workers, school staff and other education professionals. *For up to date advice line hours please see our website*

Intervention

Therapeutic work: in the **Yorkshire and Humber** region we are able to offer one to one therapeutic support which works towards increased emotional regulation, awareness of executive functioning and self-reflectivity. Our therapy aims to improve the experience of the child in education and will therefore include feedback and review sessions with the staff and parent/carers, including therapeutic recommendations where appropriate, see our website for full details.

CBT support in school: in the **Yorkshire and Humber** region we are able to offer our specialist CBT service as a one day a week commissionable service for schools. This comprises of one day per week (up to 5 CBT sessions) from our experienced Education and Well-being Workers for the school year. Our Education and Well-being workers come with knowledge and experience of working with looked-after children, adoption, trauma and children who have experienced early developmental trauma, however, this service is suitable for any child in school experiencing difficulty with their mental and emotional

well-being. This service is also available to be purchased for a block of sessions for individual children

Parent support groups: opportunities for schools to work with and support the parents of permanently placed children. Bridging home and school is an effective way to bring consistency, safety and care for children who need additional support. Ideally these are co-facilitated by a member of PAC-UK's Education team and a member of staff, though PAC-UK can facilitate independently if needed.



Intensive case work: in depth and intensive work can be commissioned to support the needs of a child in school. This will be costed on a case by case basis after establishing the needs of the child through consultation with the key adults working to support the child, and the child where appropriate.

For more information please visit www.pac-uk.org/education or contact:
London 0207 7284 0555 | Leeds 0113 264 6837 | email education@pac-uk.org

About Family Action and PAC-UK

PAC-UK's **specialist Education Service** offers a range of services to enable schools, parents & guardians and education and social care professionals to meet the needs of children who have experienced difficult starts in life.

PAC-UK is the largest independent adoption support agency in the country and **merged with Family Action on 1st December 2018**. Family Action is a national charity marking its 150th anniversary in 2019 and is committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people. We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

PAC-UK was **rated Outstanding by Ofsted** in 2017, and was selected **as overall winner in the King's Fund/GSK Impact Awards 2017**, for 'Supporting Excellence in Community Health Care'.

