

# Emotionally Based School Avoidance (EBSA) Pathway

Kent Educational Psychology Service

## Phase 1: General Awareness Training School Staff

### Focuses on:

- Understanding EBSA (frameworks and theory)
- Working to Change EBSA
- Whole School Perspectives



## Phase 1:

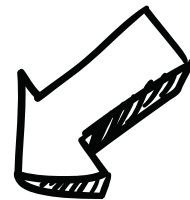
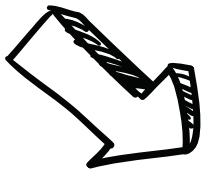
### General Awareness Training Parents

### Focuses on:

- Anxiety
- Understanding EBSA
- Support

## Phase 2: Case Consultations

A solution focused discussion with a range of professionals to help consider ways forward for school staff supporting children and young people with EBSA.



## Phase 3: Cognitive Behaviour Approaches (CBA) Intervention

An intervention for Year 7 and 8 pupils.

Specific criteria apply.



# Online Support Services

## KENT RESILIENCE HUB

[Kentresiliencehub.org.uk](https://kentresiliencehub.org.uk)

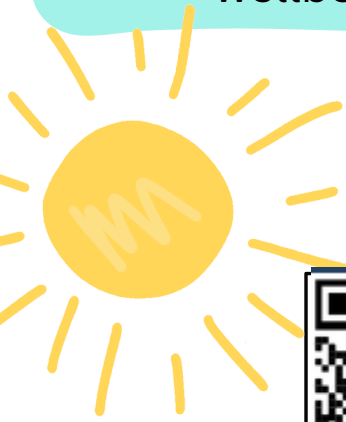
A resource that helps young people, parents and carers, staff and practitioners to understand emotional wellbeing and resilience.



## SEND INFORMATION HUB

[www.kent.gov.uk/education-andchildren/special-educational-needs](http://www.kent.gov.uk/education-andchildren/special-educational-needs)

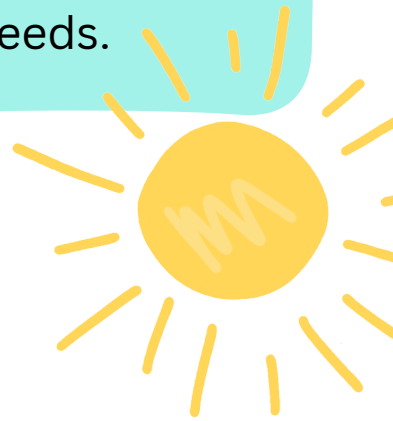
Guidance and support for parents of children with special educational needs.



## MIND ED

<https://www.minded.org.uk/>

Free educational resource to support children, young people and adults with mental health.



## AUTISM EDUCATION TRUST

[www.autismeducationtrust.org.uk](http://www.autismeducationtrust.org.uk)

Resources and support for parents and schools for children and young people with autism.



# Information and support for parents and school staff on managing anxiety

(Developed by Kent Educational Psychology Service (KEPS), the PRU, Inclusion and Attendance Service (PIAS) and Early Help.)

## Parent and Carer Recorded Webinar:

1

<https://youtu.be/SY4Nu48OVrE>



2

## School Staff Recorded Webinar:

<https://youtu.be/YsG0uM7fGmk>

