

Educational Psychology Service Newsletter

March 2019

Welcome!

Welcome to the March 2019 edition of the Educational Psychology Service Newsletter — our first edition of 2019!

In this edition, the spotlight is on our wonderful admin support, Karen Miller, who is always there to lend a hand with whatever we may need! See this edition's "Spotlight" for a short profile (pg 1).

This issue also looks at the council's new *Our Child, Their Mental Health* document which Linden Ginter from our team has spent lots of time developing to provide resources and guidance to practitioners (pg 1).

Finally, the service hosted a very successful PATHS Networking Day in November 2018 which we also used to gather the views on how best to support those out in the field delivering the programme. See pg. 2 for what practitioners said and how we are going to take action to support this!

Amy Begen, Trainee Educational Psychologist

Spotlight on Karen Miller

Based: Argyll House, Dunoon



Karen Miller

After leaving college, and prior to starting with Strathclyde Regional Council, Karen worked in a local lawyers office for five years and medical records within the local hospital for one year. Karen started working within the Education department in September 1988, initially to cover maternity leave, and was made permanent during that time. Throughout her 31 years' service she has always worked within the Education department, based mainly within Argyll House, taking a short break to work in the office of a local school between 2005 and 2010, allowing her to spend more time with her two children during the school holidays. Karen has worked in Secretariat, School Support, HR, Energy Management and Education Psychological Services. She has enjoyed all of her posts but working within Psychological Services is by far the most interesting.

Karen enjoys the variety of work and looks forward to what each day brings. Being the sole administrative assistant, who supports nine Educational Psychologists and one trainee Educational Psychologist, her days are always very busy, and she is continually prioritising her workload. Karen is proud to be part of a supporting team within the Education Service, which ensures a robust service is provided to all pupils, parents, agencies and schools involved.

Sometimes the shortest emails can create the most work.....!

Mental Health Update—Our Children, Their Mental Health

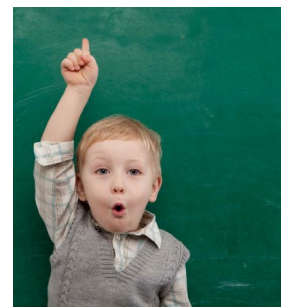
The educational psychology service continues to prioritise mental health as a key area of our work, with work ongoing through the Building Mentally Healthy Schools Project

In January 2019, a new guidance document *Our Children, Their Mental Health* was published on the Argyll and Bute Council website. This document aims to support practitioners by providing helpful information about mental health, supporting informed decision-making about how to seek support in line with staged intervention processes, and by signposting practitioners to other useful resources and websites. Linden Ginter from the educational psychology team led on producing the document, collaborating with colleagues from education, social work and the Child and Adolescent Mental Health Service. Please see the document's acknowledgements for a list of all those involved. Our Research Assistant and trainee educational psychologist, Amy Begen, was instrumental in pulling together a mental health [resource list](#) where practitioners

can find advice and guidance on a variety of topics: General Mental Health; Emotions and Mood; Nurture and Attachment; Relationships; Trauma and ACES; Bereavement; and Suicide and Self-Harm.

The guidance is aimed primarily at those working in education; we hope, however, that it will be helpful to the wider workforce including our children's services colleagues and third sector professionals. Through the link below, practitioners will find referral criteria and guidance for CAMHS, as well as the CAMHS referral form.

Our intention is that this resource is kept up-to-date regularly so please do not hesitate to get in touch if you have any suggestions or feedback.



Linden Ginter, Educational Psychologist

PATHS Networking Day—26th November 2019

On the 26th November 2018, the Educational Psychology Service hosted a PATHS Networking Day to support schools and Early Years establishments across the authority in their implementation of the PATHS programme. This was a chance for staff to hear from other establishments, network and provide feedback to the Local Authority about how they would like to be supported further.

The day was opened with a motivating presentation from Nova Scott, Head Teacher of Williamsburg Primary School in Renfrewshire (pictured). Nova spoke of the PATHS journey that her school had been on to become a 'PATHS model school' and lessons she has learned along the way. Her honest and practical approach was inspiring - thank you Nova!

In the latter part of the day, focus groups were held to consider how best the local authority could better support establishments to implement PATHS. We would like to take this opportunity to let you know the views expressed by these groups and how this is going to be carried forward.



What practitioners wanted	Action taken
Whole-establishment staff training	Wherever possible, we will aim to deliver bespoke whole-school training for staff. Early years establishments will continue with their current model.
Refresher training	Annual half-day refresher sessions will be scheduled for staff requiring these, including new staff
Training to include more practical aspects	Modelling of lessons will be included in training going forward, with the possible inclusion of videos
More access to packs	We will feed this back to EMT for consideration
Centralised resources, including templates for leaflets, letters and evaluation methods	Suggestion has been made for a practitioner led Glow group to share these resources. The Local Authority PATHS working group has developed a toolkit which includes evaluation methods which will be circulated.
Local Authority PATHS lead person	We will feed this back to EMT for consideration
PATHS to be mandatory for all establishments	Unfortunately this is not something that is possible at the moment, due to resourcing issues and schools having different priorities
More support from cluster	At the moment, this would have to be practitioner led and establishments are welcome to create support groups for this
Networking opportunities	Annual PATHS networking days will be organised. A database will also be created will all schools who have been trained with contact details for a link

Amy Begeen, Trainee Educational Psychologist

Service Updates

Our Principal Educational Psychologist, **Roslyn Redpath**, got married to her partner, Matthew, on 14th February 2019. They had a beautiful ceremony in Mar Hall, followed by a fun-filled reception in the Grosvenor Café. We hope you join us in wishing Roslyn and Matthew a long and happy marriage together!

Sadly we have said goodbye to **Tommy Mackay** who retired at the end of last term. Tommy is a long-standing member of our team and is very highly-regarded psychologist, both in our service, nationally and internationally! He will be sorely missed in our service.

We are looking forward to welcoming **Sarah Jamieson** back from maternity leave after the Easter holidays!

We are now on Twitter! Please follow us at [@ArgyllButeEPS](https://twitter.com/ArgyllButeEPS) to keep up to date on the work we do in our service!

Thank you for reading our newsletter. Any questions or feedback can be directed to:
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