

THERAPIES AT WEST LEA INTRODUCTION

Hello all,

I'm Jose Negrin, head of therapeutic support for West Lea School. I've trained as a clinical psychologist and it's rare to find a school which directly employs someone of my profession as part of their wellbeing team. My role at West Lea allows pupils to easily access clinical level of support whenever they need it, which is particularly beneficial given the variety of difficulties students face and the negative effect the pandemic has caused. It also allows colleagues to quickly receive information about the students and what to do next.

At West Lea, we like to speak about health and wellbeing under the same umbrella. We have moved on from the traditional separation of physical and mental health, and instead we see the two as thoroughly interconnected. In doing so, we are able to treat and care for students' wellbeing holistically and design interventions accordingly.

To be able to achieve this we draw on Engel's Bio, Psycho and Social model of health but additionally incorporate Environment as a key factor. Environment and context have a massive impact on people's behaviour, thoughts and feelings.

Also, at West Lea we have chosen positive behaviour support (PBS) as the main therapeutical modality of intervention. In a nutshell, PBS is a 'framework for providing long-term support to people with a learning disability, and/or other health conditions, who have, or may be at risk of developing behaviours that challenge (but also can be used for students without challenging behaviour). It focuses on personalising treatment and responses around the individual's needs and strengths. It incorporates the people that know the individual best (e.g. parents or carers) into the assessment, planning and implementation of the process. It involves two steps – a functional behaviour assessment to understand the reason/s for different behaviours and then the implementation of the plan.

Jose Negrin
Head of Therapeutic Support
West Lea School



INITIATIVES AT WEST LEA

At West Lea we offer a variety of both internal and external therapies that we can help our students access.

Currently, we offer Speech and Language Therapy (SALT), Art Therapy, Counselling, Physiotherapy (PT), Occupational Therapy (OT), Clinical Psychology, Movement and Dance Psychotherapy, Educational Psychotherapy.

We also work closely with the Educational Psychology Service (EPS) and Children Adolescent Mental Health Service (CAMHS).

There are also a number of other services we partner with when needed both locally and nationwide.



USEFUL RESOURCES

If you are looking to gain help or support for your child who may be experiencing mental health or wellbeing difficulties, you can access more resources and helplines via the links to the right. However, please do feel free to reach out to the school wellbeing team if you have any concerns.

- > [Kooth — Online counselling](#)
- > [CAMHS](#)
- > [Educational Psychology Service](#)
- > [Wellbeing Connect Service](#)
- > [Mind](#)



KEY DATES

2nd April

World Autism Day

10th-16th May

Mental Health Week (Mind)

14th-20th June

Learning Disability Week (Place2be)