



## Spectra Inclusion Support Team

# *Specialist Reintegration Support*

## *Enabling Children, Families and Schools to Reconnect*

The impact of the Coronavirus pandemic and lockdown on the lives of children cannot be underestimated. Anxiety, feelings of loss and the subsequent changes to lives may have significantly impacted the mental health of children and young people and potentially increased the needs of those with pre-existing conditions and SEND. The sense of uncertainty and transition to a new and insecure way of living will continue to impact all of us. Children and young people have experienced unexpected changes, including

- Routines in the home and home-schooling
- Changes in the school setting if they did continue to attend school
- Examination cancellation or other assessment changes
- Possible trauma, including loss of connection with friends and family and other significant adults, and possible bereavement from the death of a family member or someone close to them
- Many may be concerned about going back to school, their health and the health of others, and have concerns for their future, their family's future and wider concerns about the future of humanity.

As schools begin to invite more children back into schools, Spectra can provide additional nurturing and therapeutic support for children and families to help guide them through this process. Our support during this period of reconnection and recovery, can be offered to any child, young person, family, carers, and school who may benefit from some additional specifically tailored support.

Support options include:

- Individually tailored support to ease the transition back into school
- Helping children to process feelings about what has happened and develop resilience to manage change
- Rebuilding relationships, social interaction and group cohesion
- Coping with trauma, loss, and bereavement including therapeutic support for vulnerable children and families
- The possibility of a block of FREE Y6 transition support
- Remote Y6 transition support for individuals and groups
- Remote support for children and young people not attending school
- Advice and resources for families and carers
- Home intervention and parental support to aid reintegration

In trying to keep everyone safe, Spectra will be following team protocols for safety from HSE advice, and will be adapting to protocols and risk assessments within each setting.

To find out more about Spectra reintegration support, please contact Val Jones, Director of Spectra, on 07717575362 or [vj@spectraautism.com](mailto:vj@spectraautism.com)