

Understanding Autism – Child or Young Person Work and Peer Awareness

The ‘All About Me’ programme:

‘All About Me’ is a short intervention designed for positively disclosing and explaining the autism diagnosis to individual children and young people. Many children within Enfield have completed this work during the last decade with positive outcomes. Feedback from school and parents has been very positive, and it is a highly recommend intervention.

The programme involves an Educational Psychologist working with a child or young person alongside their parent(s) carers and sometimes school staff over 3 sessions at their school. A visual and interactive computer template is used to produce a unique personalised booklet about the individual and their autism which is taken home and can be used in school as a permanent reference at the end of the intervention.

Peer awareness work:

We also cover peer awareness work, which can be built on the ‘All About Me’ work done with the child or young person. We can also offer other forms of peer awareness.

How is the pupil’s autism disclosed and explained:

Each individual’s autism is positively disclosed and explained in the context of their strengths and differences. Their strengths and the positive perceptions of their strengths by their families and loved ones; it is emphasised throughout the intervention.

Which children and young people can participate in this work?

‘All About Me’ can be delivered to individuals usually aged 7 years onwards, including college/sixth form students, who have not been told they have autism or who already know about it but would benefit from understanding their diagnosis more and how it affects them. More information about criteria for intervention and what else is on offer is on the ASA website <http://www.enfieldasa.org.uk/>.

What happens after a pupil has been referred for ‘All About Me’?

At least one pre-intervention visit will be made by an Educational Psychologist to the child or young person’s school to:

- + Meet the individual
- + Meet with the individual’s parents, SENCo and other relevant staff to explain the programme and reach a decision on whether the work is appropriate at that stage and, if so, how it will be tailored to the individual’s differences and needs
- + Set dates for the sessions (usually 3) (if it is agreed to proceed with the work).
- + If ‘All About Me’ is not appropriate we can have a discussion about other forms of support.

Other forms of therapeutic support and interventions on offer:

If a child or young person is struggling with their diagnosis, or if they are finding aspects of school life difficult to manage because of their diagnosis, it is also possible for an Educational Psychologist to provide more focused work. For instance by using: Cognitive Behavioural Therapeutic, Mindfulness, Narrative, and other therapeutic based approaches.

Referrals need to be made by schools/educational settings via referral form C <http://www.enfieldasa.org.uk/Referrals-24022017111142/>.