



Child and Family Inclusion Team

The Child and Family Inclusion Team is part of the Educational Psychology Service. The therapeutic work of CFIT is underpinned by child focused approaches including:

in-school support with individuals and groups of children (5 -11 years old) who are showing early signs of unhappiness, withdrawal, anxiety, grieving, difficulty with social relationships, difficulty in communicating and concentrating and displaying challenging behaviours in primary schools.

CFIT works in partnership with:

- The Education Psychology Service (including The Pre 5 Service: Portage and SEN)
- The School Exclusion Team
- The Primary Behaviour Service
- Primary schools
- Parents and carers
- Social Care
- CAMHS
- CFIT works across all agencies who are involved with children and families

How to make a referral

The school staff should convene a Common Assessment Framework meeting prior to making a request for CFIT involvement as a CFIT referral can only be made as an outcome of this process. All CAF documentation should be included at the point of referral. A CFIT team member will endeavour to attend the relevant CAF meeting where appropriate. The designated member of school staff will then make referral to the Child and Family Inclusion Team, usually the headteacher.

What will happen next?

When a referral has been made to CFIT, you will be offered dates, times and a venue for an initial assessment. The appointment could be either at family home or in school to discuss your hopes for your child's ongoing emotional well-being needs and how best s/he can be supported in school. CFIT's work with children and families will be for a short but focussed period of time and each therapeutic session will last for up to one hour. In exceptional circumstances support can be extended for longer.



CFIT Aims

Our aim is to work proactively in primary schools to improve children's emotional well being.

CFIT provides a flexible and non-threatening first point of contact into the mental health well being area for children and families.

CFIT intervention may include:

- Individual and group support for children in school.
- Non-judgmental emotional support, advice and guidance for parents.
- Strengthening child/parent and school relationships.
- Signposting to CAMHS specialist services for further help and support.
- Working with school to reduce exclusions through early intervention.
- Assisting school professionals in developing skills, understanding and knowledge of child mental health issues.
- Enabling children and families to recognise problems and make use of their own internal resources to improve the quality of their lives.

