Selective Mutism Intervention in Gloucestershire

Key theme area
- Accessible and equitable service for all families
- Support that makes an impact
- Early identification and intervention is essential

Contact name: Jo Latham and Nicky Davies
Email: jo.latham@glos-care.nhs.uk/nicky.davies@glos-care.nhs.uk
Service: Gloucestershire Care Services, Children and Young People's Speech and Language Therapy Service

Description
- Selective Mutism (SM) pathway set up in September 2017
- Intervention focuses on building awareness and adapting behaviours of those working with the child
- Parents/teaching staff/those closest to the child are invited to attend Workshop 1—looking at environmental changes. When they reach school age they can then attend Workshop 2—looking at more direct ways to support those with SM.
- Families and teaching staff are supported by allocated SLT for the school, the child is seen by the SLT only if there are additional SLCN needs—intervention is indirect

Lessons learned and/or future plans
- Plans to keep rolling out workshop 2 termly
- Continue to train up SLT’s in department by running workshops alongside them
- Collaboration with TOMS trials with Selective Mutism
- Collaboration with our local Mental Health team to build up links to best support the children with more complex mental health needs alongside their SM.

Evidence of impact
- Feedback from members of the team reporting improvements in outcomes for children with SM who have received intervention via parents/carers/teaching staff
- Feedback from parents and teaching staff attending workshop 2 has been positive, e.g.,
  - “very helpful” “very informative” “gave me different ideas to try and steps to take”
  - “clear next steps to help the SM child given”
  - “Super info and time for role play and having a go”
  - “thank you! The enthusiasm to make a difference in the children’s lives is absolutely great to see”
  - “Found it very relevant and useful for the child in my class”
  - “More of an understanding that my child isn’t the only one with this problem and techniques to encourage child to take baby steps to help get over anxiety problems”
  - “Really enjoyed the course and has made me more confident working with selective mutism”

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