

Connected Minds Referral Guidelines

Dorset Mind is running the Connected Minds initiative in Dorchester.

We are offering an 8-week programme of support for **10–12-year-olds (Year 5 – 7)** who are experiencing mild to moderate anxiety and emotional problems and experiencing low attendance at school.

Our aim at Connected Minds is to help young people:

- Become more aware of thoughts, feelings and behaviours
- Understand and address worries and anxieties that affect school attendance
- Understand the importance of the mind-body relationship
- Develop coping skills and build resilience
- Improve school attendance and work towards positive engagement with school

Please note, **this is an early intervention and prevention service.**

Referral Criteria:

- Year 5 – 7 at school (aged 10 – 12)
- Experiencing mild to moderate emotional or mental health concerns (anxiety, low mood, difficult emotions and/or difficulty socially connecting)
- School refusal and poor attendance

Who can make a referral?

Provided that Parental consent is given referrals are accepted from:

- Child and Adolescent Mental Health Services (CAMHS)
- Schools
- GPs
- Any other professionals (social worker, support worker, family worker, counsellor, etc.)

Parents/guardians/carers can refer young people directly too.

What makes a good referral?

Please consult first with the young person to obtain their consent to the referral being made, being clear with them about the expectation to commit to the group for the duration.



We rely on the information you provide to inform us of the needs of the young person, so please ensure that you supply us with all relevant up-to-date information via the referral form, including notifying us of any risks regarding the young person.

We primarily accept referrals via **email**: DMYH@dorsetmind.uk

We also accept referral via **post**; FAO: Theresa Willson-Collins, Dorset Mind, 8 Stratfield Saye, 20-22 Wellington Rd, Bournemouth BH8 8JN.

Thank you.