






A guide to help maximise the use of the Mind Of My Own One App within your Local Authority.

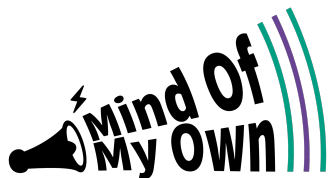
One App Scenario Description	Which teams should use the scenario?	Suggested times/events/occasions and settings to use the scenario	User Story - Real stories where the scenario has been used to support young people
 <p>My Life An opportunity for young people to reflect on their current life situation. What is going well, what could be improved, how they feel about where they live and more. My Life will provide you, as a child's worker, with more intimate information that they might not feel comfortable saying in person. It allows you to see into the corners of the child's life you may not see otherwise.</p>	All	<ul style="list-style-type: none"> • Individual use 24/7 • Initial assessments • Social work visits • 1-to-1's, etc. • Early Help • Statutory visits (every 6 weeks) - these must include the child's views on their lived experience • IRO pre-review meetings 	Kyle lives in a residential home far from the LA's area. He has autistic spectrum condition and finds social interaction almost impossible. It creates huge anxiety for him and people working with him really don't understand what is going on with him. His worker signed him up to the One app and was astounded to find out what Kyle really thought of where he lives. Kyle told his worker via the app that he was sad, that he wanted to be nearer his mum and brothers and that he cried every night to go home. His social worker was able to work on these issues now that Kyle's world had been opened up to him.
 <p>My worker is visiting Gives young people an opportunity to prepare for regular visits in a more structured way. As their worker, you will</p>	All	<ul style="list-style-type: none"> • Assessments • Social work visits 	As part of an assessment, Paul, a social worker, met with Lauren and Sally and introduced them to the One app through his worker account on his laptop. They individually completed the 'My Worker is Visiting' One app statements. Within the next few days both Lauren and Sally






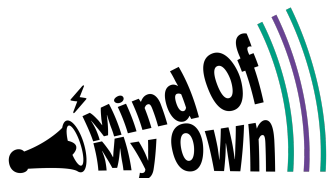
<p>benefit from this by having a clear understanding of what the child wants to talk about during your meeting, allowing you to maximise the time you have with the child by focusing on what matters to them.</p> <p>By using the apps together you will find it will enhance your conversation and provide structure to your direct work.</p>		<ul style="list-style-type: none"> • Direct work sessions • Individual use 24/7 • Early Help • IRO pre-review meetings 	<p>had used the One app individually and sent more of these statements to Paul.</p> <p>In her statement, Lauren said that she didn't feel listened to in school. Paul met with Lauren and told the school about her feeling unheard and her school implemented support for her.</p> <p>Sally used the One app to give her views when she was unhappy and there was a problem.</p> <p>"As a worker, receiving the statements gave me an insight into the family dynamics and sibling relationships. It helped me understand what was going on in their mind and how they were feeling."</p>
<div data-bbox="107 762 210 826" data-label="Image"> </div> <p>Get ready for a meeting</p> <p>This helps the young person to structure their thoughts ahead of any meeting they're going to have to make sure that whether or not they attend their views are properly represented.</p> <p>It could also influence the way you run your meetings, to make them more child-friendly and ensure they are not intimidating for the non professionals.</p>	<ul style="list-style-type: none"> • Looked after • Early help • Child in need 	<ul style="list-style-type: none"> • Before key meetings • Early Help • CIN • Child in care review meetings • IRO pre-review meetings 	<p>A worker used Mind of My Own with a 10 year old girl 'P'. P had disclosed some information about sexual abuse. An ABE interview (Achieving Best Practice interview for criminal proceedings) was attempted with P. This was planned to happen in the police suite but P refused to do it.</p> <p>P then used the 'Prepare for a meeting' scenario through her social worker's account. She was able to express where she would like the meeting to be (at school), who to be there, who she wanted to sit near (the school's therapy dog). As a result the ABE interview went ahead, was held at school where she felt most comfortable and with the dog, and an investigation is now going ahead.</p> <p>After the meeting P used the 'How did the meeting go?' scenario and said that she felt her views were heard, nothing could be improved and that "I did my ABE interview and after</p>



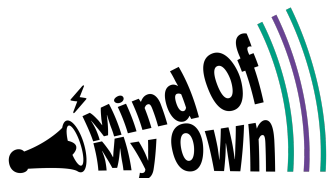
			<p>I felt good. I think that having the dog in with me helped. I wasn't scared."</p> <p>P also used the 'My Worker is visiting' scenario to share what was good in life right now and how she felt.</p> <p>P has a child protection plan and is planning a handover with a new social worker, using the Mind of My Own statements from the One app and Express.</p> <p>P's worker thinks that if the child feels more in control of an ABE interview then the Police will get more information from the child. - YOS Social Worker, Gloucestershire</p>
 <p>Share my good news</p> <p>Young people asked us to put this in the app. They wanted a specific place to talk about things that are going well. It is great for when they come to access their case files and they have some happy memories written in their own words.</p> <p>This allows them to have a strong voice in their case records. When they are older and want to access their records it can really help them to understand their life and support their sense of identity. This is incredibly well used by young people.</p>	All	<ul style="list-style-type: none"> • Anytime • After any planned events • Individual use 24/7 	<p>During Christmas, a young person received a new phone for her birthday. She was really eager to download Mind of My Own, so she downloaded that straight away and she sent a lovely descriptive 'Share my good news' statement, to her residential manager about waking up on Christmas day. It included a staff member who was pretending to be Father Christmas, how she could hear the bell ringing and how she was running round the house telling the other young people that Father Christmas has come. She went on to say that, "This is the best day of my life and it's only half past ten!" Her decision to use Mind Of My Own to share her experience shows how she wants to use the One app as a way of expressing how she feels and it is a lovely record to keep for when she comes back. - Moorside</p>




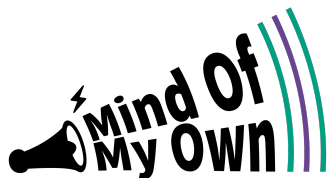
 <p>Sort a problem This scenario helps young people to solve an issue at the earliest stage possible and if they wish to file a complaint there are steps in which they can follow to help them do so. Sometimes the change is small and easy for the service or worker to action, but the effect for the young person can be huge.</p>	All	<ul style="list-style-type: none"> • Individual use 24/7 • Formal complaint • Raising concerns 	<p>An 11 year old young girl was assigned a new worker. She met her new worker once and he noticed she was a little distant with him. He showed her the One App and helped her sign up to her own account. Later that day the girl sent a “Sort a Problem” statement saying that even though her new social worker seems nice, she really wasn’t comfortable with a man being her social worker and wanted a woman. Her request was actioned almost immediately and her case was re-assigned. The young girl was incredibly grateful and is clearly much more comfortable talking to her new female social worker.</p>
 <p>My education Allows you to capture young peoples views in education planning and it covers topics such as how they feel about their education, their hobbies and their aspirations. Hearing what the young person feels about where their strengths and limitations, goals and aspirations are, adds a new perspective to what the professionals have to say and is a great discussion point for school and teachers.</p>	All**	<ul style="list-style-type: none"> • Start and end of term • Personal education planning • Education Health Care plans 	<p>A teacher told us, “Mind Of My Own is easily accessible and the kids really enjoy using it. They liked the fact that it’s an online tool and looks fun. When using the One app with one young person, he was able to share he needs a certain level of extra support at school. This information was shared with his teacher who wasn’t aware of his needs and is now putting plans in place to support him more in the classroom.”</p>
 <p>My wellbeing Allows you to gain a full picture of what a young person’s life looks like from their viewpoint. Their responses to</p>	All	<ul style="list-style-type: none"> • Individual use 24/7 • 1-to-1’s, etc. 	<p>North Lanarkshire story https://vimeo.com/443048620</p> <p>‘Understanding emotional context with the One app’</p>



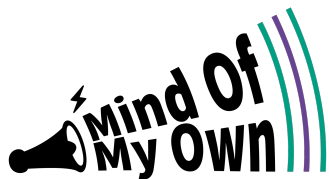
<p>the range of important risk and resilience indicators will give you unique insight into their overall wellbeing, helping you build on their strength to bounce back, as well as mitigate against potential risks for that young person.</p>			
<div data-bbox="118 549 219 644"></div> <p>Return from Missing Is a quick way of conducting a return home interview and you are likely to discover more by using this scenario on One app than by traditional paper forms. You are able to capture young peoples views as soon as they return even if a worker is not able to get out to them. You will be able to gather young people's views before the interview as well as any additional information, giving you an insight into what they may be running from and where they are running to.</p>	<ul style="list-style-type: none"> • Looked after • Child protection** 	<ul style="list-style-type: none"> • Individual use while missing • Before or during return home interviews to complement statutory process 	<p>Clare was 17. She ran away from home a lot. One day the manager at the children's home walked her through an Express statement. Talked through what Clare liked, what she didn't like, how she liked to be spoken to. It asked basic, but crucial questions to get to know Clare better and also provided plenty of conversation starters. One of her answers to what she likes eating for dinner was 'Kerry's chicken crème fraiche'. Kerry was one the support workers at the home. The following week Clare ran away again. Knowing what they did, Kerry sent Clare a text message with a picture of her chicken crème fraiche, saying 'please come home, it's your favourite meal'. This helped bring Clare home. Coming from a previous family life where food was at a shortage, the home knew that this meal was not only something Clare will remember for the rest of her life, but it was also lovely feedback for Kerry to hear about her cooking</p>
<div data-bbox="118 1168 219 1248"></div> <p>Foster Care Review This is an opportunity to properly get the child's voice and lived experience into the review process for foster carers - something we have</p>	<ul style="list-style-type: none"> • Looked after 	<ul style="list-style-type: none"> • Annual foster care review • Looked after review if included 	<p>Seven months after a young person had been in her placement, she made her true feelings known though the One app. She used simple, but incisive, words/language to express her views about her carers and how they made her feel, as noted below: 'How I get on with my foster carers':</p>



<p>traditionally struggled to do and something that is vitally important for the child.</p> <p>This part of the app really allows you to move on from check boxes to understand how the child really feels about living with their foster carers.</p>		<ul style="list-style-type: none"> • Complaint or compliment about a foster carer • Exit interviews for children leaving placements 	<ul style="list-style-type: none"> • Not well • I don't feel listened to • I don't talk to them if I am worried <p>'How I feel living at my foster carers'</p> <ul style="list-style-type: none"> • Doesn't suit me • Unwelcome <p>'Something else I'd like to say'</p> <ul style="list-style-type: none"> • I don't like living here <p>On receiving the Mind Of My Own statement, it was shared with the social worker's manager and a colleague who was also supporting the young person. After holding a professionals' meeting, carrying out more direct work with the young person and other developments, the young person was moved to another carer. Now she is much happier, more animated and feels loved.</p>
 <p>How did the meeting go? A reflective scenario to allow the young person to think about the meeting</p>	<p>All</p>	<ul style="list-style-type: none"> • After any meeting • By IROs to find out how well CiC meetings are 	<p>Following a child protection joint interview with the police the social worker worked with a young person to debrief by using the One app. She used the 'How did the meeting go?' scenario and said that she felt her views were heard, nothing</p>



<p>that took place and provide any feedback or any thoughts on what could make the meeting better for them next time. It gives a chance to the young person to share any information they forgot to say in the meeting and helps you to think about ways you might adjust future meetings to meet the needs of the child.</p>		<p>feeling for young people and what could be done differently</p> <ul style="list-style-type: none"> • When a meeting hasn't worked well to learn how things could be done differently next time 	<p>could be improved and "I did my interview and after I felt good. I wasn't scared and you listened to me."</p>
<div data-bbox="114 655 219 794" data-label="Image"> <p>Planning for adulthood</p> </div> <p>Planning for adulthood An in depth scenario to help young people to plan what they are going to do when they leave care. A really great way to get a young person's views at the heart of their plan. Helping the young person to identify their own needs and goals. Pathway plans should be living, breathing plans that grow and change as the young person moves towards adulthood. This part of the app really supports child-centred practice in planning for adulthood.</p>	<p>Leaving care</p>	<ul style="list-style-type: none"> • To help set targets and make a plan that is owned by the young person • Pathway plan review 6 monthly 	<p>A social worker used the One app with a 15-year-old girl, who has ADHD and Asperger's. She was quite a challenging young person, often very closed and didn't like to engage. When going through the scenario 'Planning for adulthood', the social worker found out that the young person's ambition was to be a nurse. Although she wasn't doing particularly well in school, her social worker was able to focus on how to support her to make changes in her life and develop the skills she needs to achieve her desired career goal.</p>



Prepare for a
Child
Protection
Case
Conference

Prepare for a child protection conference

Helps young people to understand and feel prepared for a child protection conference as well as sharing their lived experience. Children are very good at knowing the risks they live with and this is a great way to make sure the child is front and centre of the child protection process at all times.

Child protection

- Child protection conference
- Child protection case conference (Scotland)

This scenario changed practice at one local authority. A question asks, “How much do you understand about why the child protection conference is happening?” 37% of the young people completing this statement said that they didn’t know why. The service began circulating child-friendly information ahead of these meetings and the chair now takes time to make sure they explain in greater depth to the child.