

How to use Mind Of My Own

A short guide for
SOCIAL WORKERS



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Express

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Why should I use Mind Of My Own?

1. Mind Of My Own apps will save you time. You'll receive a pdf of the child's views, wishes and feelings which you can upload to their file
2. Receiving Mind Of My Own statements from children and young people ensures you have evidenced the voice of the child

How do I sign up or log in to my worker account?

Open your web browser (Google Chrome or Internet Explorer) and go to workers.mindofmyown.org.uk

Why do I need a worker account?

1. To use Mind Of My Own with young people you work with
2. To familiarise yourself with the apps (using the 'Test Profile')
3. To create an Express account for a child or young person

When should I use Mind Of My Own?

1. Preparing for meetings

- ✓ Looked After Reviews
- ✓ Foster Care Reviews
- ✓ Statutory Visits
- ✓ Education Health Care Plans
- ✓ Personal Education Plans
- ✓ Any other meeting or review

2. Direct Work

- ✓ Understanding lived experience
- ✓ Journey mapping through care
- ✓ Understanding risk & resilience
- ✓ Identifying safeguarding risks

Who can I use Mind Of My Own with?

Any child or young person you work with, any time you work with them

Preparing for meetings



What is this for?

When is this used?



Get ready
for a
meeting

- Helps the young person to prepare for any meeting they have coming up
 - ✓ Looked After Reviews
 - ✓ Court / panel proceedings
 - ✓ Any other key meetings
- Even if the child does not attend in person, their views are properly represented
 - ✓ Annual foster care review
 - ✓ Complaint or compliments about carers
 - ✓ Exit interviews for children leaving placements
- Easily and effectively get the child's voice and lived experience into reviews
- Gain a deeper understanding of how the child feels about living with their foster carers



Get ready
for a foster
care review

Preparing for meetings



What is this for?

When is this used?



My worker is visiting

- Prepares every young person for stat visits in a structured way
 - ✓ All statutory visits or 1:1 meetings
- Gives you a clear understanding of what the child wants to talk about during the meeting, allowing you to focus on what matters to them
 - ✓ Assessments
 - ✓ Direct work sessions



How did the meeting go?

- Gives young people the opportunity to feedback on how the meeting went from their perspective
 - ✓ After all meetings

Understand the child's wellbeing



What is this for?

When is this used?



My life

- Allows young people to reflect on their current life situation
- Gives the worker an opportunity to see into the corners of their life you may not see otherwise

- ✓ Encourage individual use anytime
- ✓ Social work visits
- ✓ Assessments & investigations
- ✓ Meetings & reviews



My wellbeing

- Understanding the child's lived experience, allowing you to mitigate against risks
- Identify key risk and resilience indicators, giving a unique insight into the child's wellbeing

- ✓ Encourage individual use anytime
- ✓ Social work visits
- ✓ Assessments & investigations
- ✓ Meetings & reviews

Sharing good news and sorting problems



What is this for?

When is this used?



Share my good news

- Can be used as part of life story work to capture events in the child's own words
- Young people asked us to put this in the app. They wanted a specific place to talk about things that are going well.

- ✓ Encourage individual use anytime
- ✓ After planned events



Sort a problem

- Solve issues at the earliest stage possible
- Often the change is small and easy for the worker to action, but the effect for the child can be huge

- ✓ Encourage individual use anytime
- ✓ Formal complaints
- ✓ Raising concerns

Planning for Adulthood & Education



What is this for?

When is this used?



Planning for adulthood

- Helps young people to plan what they are going to do when they leave care
 - ✓ Pathway plan / leaving care review
- Get young people's views at the heart of their pathway plan, helping them to identify their own needs and goals.
 - ✓ Transition planning
 - ✓ Setting targets and making plans owned by the young person



My education

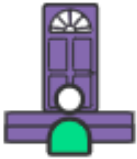
- Capture young people's views in personal education planning
 - ✓ Personal education planning
 - ✓ Start and end of term
- Identify their strengths and limitations, goals and aspirations for the future
 - ✓ Education, health and care plans

Return from Missing



What is this for?

When is this used?



Return from missing

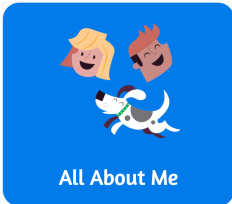
- Enhancing return home interviews by capturing young people's views as soon as they return, even if a worker is not there
 - Gathering young people's views before the interview
- ✓ Individual use while missing
 - ✓ Before or during return home interviews to complement statutory process

Using Express in direct work

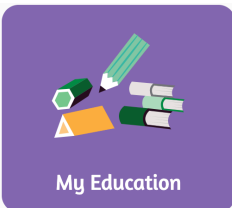


What is this for?

When is this used?



All About Me



My Education

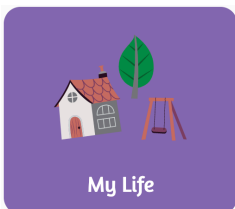
- Gives an overview of a young person's likes and dislikes
 - ✓ One page profiles
 - ✓ Before health checks
- Develops a one page profile so the child does not keep having to tell their story over and over again
 - ✓ Assessments
 - ✓ Statutory visits
 - ✓ All other meetings and reviews
- Understanding the child's learning preferences and the academic support they need
 - ✓ Education, health and care plans
 - ✓ Education planning
 - ✓ Assessments
- Understanding how they feel at school and to embed the child's voice into education planning
 - ✓ Statutory visits
 - ✓ All other meetings and reviews

Using Express in direct work



What is this for?

When is this used?



- | What is this for? | When is this used? |
|--|---|
| <ul style="list-style-type: none">• Understanding how the child feels about their health and visits to health care professionals | <ul style="list-style-type: none">✓ Before health checks✓ Assessments |
| <ul style="list-style-type: none">• Explore any worries the child has about their health and understand their behaviours better | <ul style="list-style-type: none">✓ Statutory visits✓ All other meetings and reviews |
| <ul style="list-style-type: none">• Exploring different aspects of a child's life and the relationships they have | <ul style="list-style-type: none">✓ Before health checks✓ Assessments |
| <ul style="list-style-type: none">• Identifying safe-guarding concerns including where they feel safe or not and whether they have a trusted adult | <ul style="list-style-type: none">✓ Statutory visits✓ All other meetings and reviews |