

How to use Mind Of My Own

A short guide for RESIDENTIAL WORKERS



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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 practitioners account?

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

Why do I need a practitioners 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
2. Direct Work

- | | |
|--|--|
| <input type="checkbox"/> Looked After Reviews | <input type="checkbox"/> Understanding lived experience |
| <input type="checkbox"/> Any other meeting or review | <input type="checkbox"/> Journey mapping through care |
| | <input type="checkbox"/> Understanding risk & resilience |
| | <input type="checkbox"/> 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

Even if the child does not attend in person, their views are properly represented

- Looked After Reviews
- Court / panel proceedings
- Any other key meetings



My worker is visiting

Prepares every young person for stat visits in a structured way

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

- All statutory visits or 1:1 meetings
- Assessments
- Direct work sessions

Preparing for meetings



What is this for?

When is this used?



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 wellbeing

- ✓ Understanding the child's lived experience, allowing you to mitigate against risks

Encourage individual use anytime

Social work visits

- ✓ Identify key risk and resilience indicators, giving a unique insight into the child's wellbeing

Assessments & investigations

Meetings & reviews

- ✓ Allows young people to reflect on their current life situation

Encourage individual use anytime

Social work visits

- ✓ Gives the worker an opportunity to see into the corners of their life you may not see otherwise

Assessments & investigations

Meetings & reviews



My life

Sharing good news and sorting problems



Share my good news



Sort a problem

What is this for?

- 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.

- 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

When is this used?

- Encourage individual use anytime

- After planned events

- Encourage individual use anytime

- Formal complaints

- Raising concerns

Planning for Adulthood



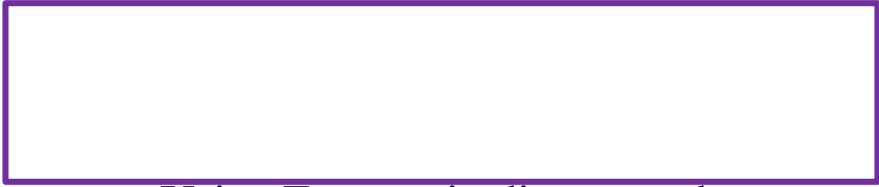
Planning for adulthood

What is this for?

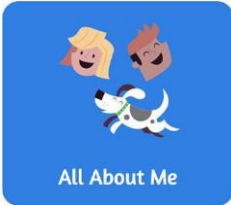
- Helps young people to plan what they are going to do when they leave care
- Get young people's views at the heart of their pathway plan, helping them to identify their own needs and goals.

When is this used?

- Pathway plan / leaving care review
- Transition planning
- Setting targets and making plans owned by the young person



Using Express in direct work



What is this for?

- ✓ Gives an overview of a young person's likes and dislikes
- ✓ Develops a one page profile so the child does not keep having to tell their story over and over again

When is this used?

- One page profiles
- Before health checks
- 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
- Statutory visits
- All other meetings and reviews

✓ Understanding how they feel at school and to embed the child's voice into education planning



What is this for?

When is this used?



✓ Understanding how the child feels about their health and visits to health care professionals

- Before health checks
- Assessments
- Statutory visits
- All other meetings and reviews

✓ Explore any worries the child has about their health and understand their behaviours better



Exploring different aspects of a child's life and the relationships they have

Identifying safeguarding concerns including where they feel safe or not and whether they have a trusted adult

- Before health checks
- Assessments
- Statutory visits
- All other meetings and reviews

