



## How to use Mind Of My Own

### A short guide for for FOSTERING SUPPORT





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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](http://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

- Looked After Reviews
- Foster Care Reviews
- Statutory Visits
- 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



Get ready  
for a  
meeting



Get ready  
for a foster  
care review

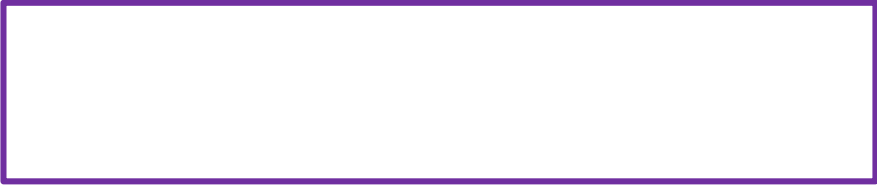
### What is this for?

- ✓ 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
- ✓ 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

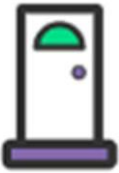
### When is this used?

- Looked After Reviews
- Court / panel proceedings
- Any other key meetings
- Annual foster care review
- Complaint or compliments about carers
- Exit interviews for children leaving placements





## Preparing for meetings



My worker is visiting

### What is this for?

- ✓ 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

### When is this used?

- All statutory visits or 1:1 meetings
- 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



My life

### What is this for?

- ✓ 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

- ✓ 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

### When is this used?

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

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My wellbeing





## Sharing good news and sorting problems



Share my good news



Sort a problem

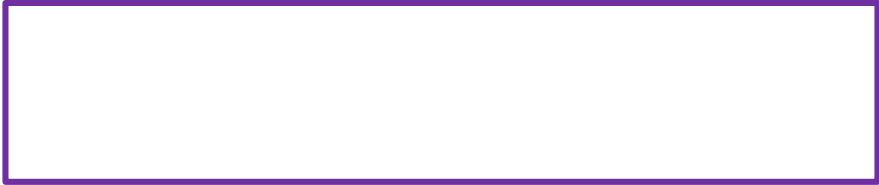
### What is this for?

- ✓ 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.

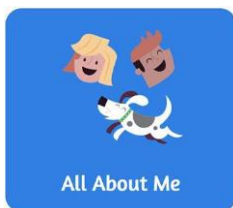
### When is this used?

- 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
- ✓ Understanding the child's learning preferences and the academic support they need
- ✓ Understanding how they feel at school and to embed the child's voice into education planning

### When is this used?

- One page profiles
- Before health checks
- Assessments
- Statutory visits
- All other meetings and reviews
- Education, health and care plans
- Education planning
- Assessments
- Statutory visits
- All other meetings and reviews







## Using Express in direct work



### What is this for?

- ✓ Understanding how the child feels about their health and visits to health care professionals
- ✓ 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 safe-guarding concerns including where they feel safe or not and whether they have a trusted adult

### When is this used?

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

