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How to use Mind Of My Own

A short guide for

**CHILD PROTECTION**

Contents

|  |  |
| --- | --- |
| All about Mind Of My Own | 3 |
| One App   * Preparing for meetings * Understand the child’s wellbeing * Sharing good news * Sorting problems | 4  5  6  6 |
| Express   * All about me & My Education * My Health & My Life | 10  11 |

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| **Why should I use Mind Of My Own?** | |
| * 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 * 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](http://workers.mindofmyown.org.uk/)   * Choose the Organisation you’re working with from the drop down list * Fill out your First Name, Last Name, and Email Address * Click On ‘Sign Up’ | |
| **Why do I need a worker account?** | |
| * To use Mind Of My Own with young people you work with * To familiarise yourself with the apps (using the ‘Test Profile’) * To create an Express account for a child or young person | |
| **When should I use Mind Of My Own?** | |
| 1. **Preparing for meetings**  * Child Protection Conferences * Statutory Visits * Assessments * Any other meeting or review | 1. **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

|  |  |  |
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| A picture containing text, clipart, vector graphics  Description automatically generated | **What is this for?** | **When is this used?** |
|  | * Prepares every young person for their child protection conference * 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 | * Child Protection Conferences * Direct work sessions |
|  | * Gives young people the opportunity to feedback on how the meeting went from their perspective | * After all meetings |

Understand the child’s wellbeing

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| A picture containing text, clipart, vector graphics  Description automatically generated | **What is this for?** | **When is this used?** |
|  | * 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 |
|  | * 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

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| A picture containing text, clipart, vector graphics  Description automatically generated | **What is this for?** | **When is this used?** |
|  | * 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 |
|  | * 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 |

Using Express in direct work

FOR CHILDREN AND YOUNG PEOPLE WITH ADDITIONAL NEEDS

|  |  |  |
| --- | --- | --- |
|  | **What is this for?** | **When is this used?** |
|  | * 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 | * 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 * Understanding how they feel at school and to embed the child’s voice into education planning | * Education, health and care plans * Education planning * Assessments * Statutory visits * All other meetings and reviews |

Using Express in direct work

|  |  |  |
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| Text  Description automatically generated with low confidence | **What is this for?** | **When is this used?** |
|  | * 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 | * Before health checks * Assessments * Statutory visits * All other meetings and reviews |
|  | * 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 | * Before health checks * Assessments * Statutory visits * All other meetings and reviews |