Bradford
Children
and Families Trust

Mind Of My Own

How to use Mind Of My Own

A short guide for
CHILD PROTECTION

Contents

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

- 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?

1.
- 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

2. Direct Work

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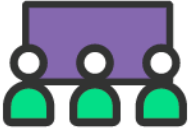✓ Identifying safeguarding risks

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?

Prepare for a Child Protection Conference	• 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
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

Using Express in direct work
FOR CHILDREN AND YOUNG PEOPLE WITH ADDITIONAL NEEDS

What is this for?   **When is this used?**

	What is this for?	When is this used?

All About Me
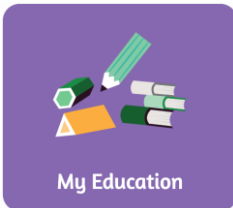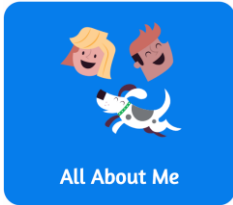
- Gives an overview of a young person's likes and dislikes

- 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

My Education

- 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

Mind Of My Own EXPRESS

What is this for?

When is this used?
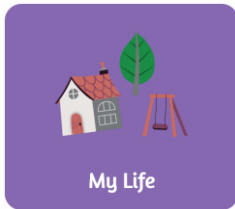
My Health	• Understanding how the child feels about their health and visits to health care professionals • Explore any worries the child has about their health and understand their behaviours better	✓ Before health checks ✓ Assessments ✓ Statutory visits ✓ All other meetings and reviews
My Life	• Exploring 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