



Mind Of My Own

How to use Mind Of My Own

A short guide for
**Foster Carers Caring for Bradford
Children**

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One App

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Express

Helps support children and young people how
may have additional needs

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Why should children & young people use Mind Of My Own?

Social Workers and IRO's should receive Mind Of My Own statements from children and young people to ensure that their voices are heard.

When should children & young people 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 support, any time you work with them.

Children and young people can have their own account or you can be supported by your social worker or IRO to learn how to use Mind of My Own.

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



Get ready for a foster care review

- 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

- ✓ Annual foster care review
- ✓ Complaint or compliments about carers
- ✓ Exit interviews for children leaving placements

Preparing for social work visit

What is this for?

When is this used?



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



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



Sort a problem

- Can be used as part of life story work to capture events in the child's own words
 - ✓ Encourage individual use anytime
- Young people asked us to put this in the app. They wanted a specific place to talk about things that are going well.
 - ✓ After planned events
- Solve issues at the earliest stage possible
 - ✓ Encourage individual use anytime
- Often the change is small and easy for the worker to action, but the effect for the child can be huge
 - ✓ Formal complaints
 - ✓ Raising concerns



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
- Get young people's views at the heart of their pathway plan, helping them to identify their own needs and goals.

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



My education

- Capture young peoples views in personal education planning
- Identify their strengths and limitations, goals and aspirations for the future

- ✓ Personal education planning
- ✓ Start and end of term
- ✓ Education, health and care plans

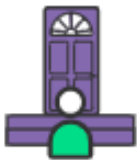
Return from Missing

This is in conjunction with the commissioned service from Children's

Society

What is this for?

When is this used?



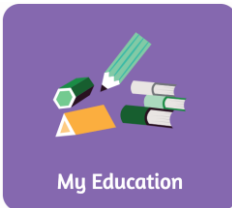
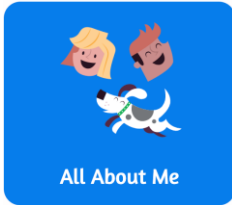
Return from missing

- 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?



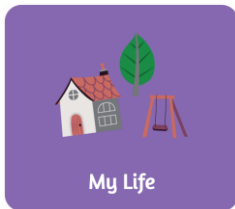
- Gives an overview of a young person's likes and dislikes
 - ✓ One page profiles
 - ✓ Before health checks
- Develops a one page profile so the child does not keep having to tell their story over and over again
 - ✓ Assessments
 - ✓ Statutory visits
 - ✓ All other meetings and reviews
- Understanding 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?



- Understanding how the child feels about their health and visits to health care professionals
 - ✓ Before health checks
 - ✓ Assessments
- Explore any worries the child has about their health and understand their behaviours better
 - ✓ Statutory visits
 - ✓ All other meetings and reviews
- Exploring different aspects of a child's life and the relationships they have
 - ✓ Before health checks
 - ✓ Assessments
- Identifying safe-guarding concerns including where they feel safe or not and whether they have a trusted adult
 - ✓ Statutory visits
 - ✓ All other meetings and reviews