



Shropshire Community Health

NHS Trust

Services for Children and Young People with Selective Mutism



Shropshire, Telford & Wrekin
Allied Health Professions





The slides below provide an overview to clinical staff, local authorities, parent & carer groups, third sector and voluntary organisations, schools, nurseries and parent & carers of current support, signposting, services and treatment available to children and young people (CYP) who have Selective Mutism across Shropshire, Telford and Wrekin.

The information has been grouped together using the iThrive model, to help provide a clear detail depending on the level of support or treatment the child or young person may need to access.





PREVENTION AND PROMOTION: Skilling up staff, parents, carers, children and young people



Selective Mutism Awareness Month

October each year is dedicated to raising awareness and raising funds for the Selective Mutism Information & Research Association (SMiRA). This charity provides information and dispels the many misconceptions of Selective Mutism.

Not everyone has the freedom to speak everywhere: [SMIRA \(selectivemutism.org.uk\)](https://selectivemutism.org.uk)

Where to get help for Selective Mutism: [Info: Where to Get Help with Selective Mutism – SMIRA](#)

SMIRA Facebook Page: [SMIRA - Selective Mutism Information and Research Association | Facebook](#)

SM Space Café: A Facebook page set up for adults and young people with Selective Mutism: [SM Space Cafe | Facebook](#)



GETTING ADVICE:

Universal: Signposting, self-management, one off contact or ongoing support

Children and Young People with Selective Mutism

Selective Mutism Information and Research Association:

About Selective Mutism: [About Selective Mutism – SMIRA](#)

Information For Parents: [Information for Parents - SMIRA \(selectivemutism.org.uk\)](#)

Information For Teens and Adults: [Information for Teens & Adults - SMIRA \(selectivemutism.org.uk\)](#)

Information for Professionals: [Information for Professionals - SMIRA \(selectivemutism.org.uk\)](#)

NHS Mental Health Conditions: Advice for CYP of all ages, parents, teachers, SLTs and other professionals:

[Selective mutism - NHS \(www.nhs.uk\)](#)

Royal College of Speech and Language Therapists: Advice for SLTs, and adults and parents of children with Selective Mutism regarding speech and language therapy, what to expect and how it can help:

[Selective mutism – Clinical information for SLTs | RCSLT](#)

Young Minds: A mental health charity for children, young people and their parents:

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

Related NHS advice:

Anxiety Disorders in Children: [Anxiety disorders in children - NHS \(www.nhs.uk\)](#)

How To Help An Anxious Child: [Anxiety in children - NHS \(www.nhs.uk\)](#)





GETTING HELP:

Targeted Support: Goal focused, evidence-based and outcome focused interventions



Shropshire Community Health SLT Services to Children and Young People with Selective Mutism:

Advice Line – Parents and setting staff can talk over the phone to a Speech and Language Therapist to express concerns, seek initial advice and talk through assessment procedure, interventions and ongoing support – 01743 450800

The Selective Mutism service is for CYP who are unable to speak in certain social situations due to anxiety. For example, with adults and/or peers in their educational setting, or to relatives they do not see often. This is despite being able to speak freely in other situations, e.g., at home with immediate family.

Assessment by Specialist Selective Mutism SLT: Information is gathered via observations of the child, from parents and setting staff via questionnaires and discussions, and from the child/young person themselves.

Our aims include:

- Supporting parents and professionals to understand the nature of the child's Selective Mutism.
- Sharing facts and advances in research, and dispelling myths, misconceptions and misinformation.
- Providing advice around reducing communicative pressure within interactions, and increasing CYP confidence, resilience and independence.
- Supporting parents and professionals to identify and eliminate factors that are maintaining the Selective Mutism.
- Providing detailed assessment report for parents and professionals with relevant advice sheets.

Parents and setting staff are required to access Supporting Children With Selective Mutism: An Introduction, available on YouTube. This provides information including what Selective Mutism is, how it develops, advice for setting staff, advice for parents and recommended resources.

Following this, we provide monitoring, advice and care plans for parents and staff to follow, with coaching as required.



GETTING MORE HELP: Specialist Support/Extensive treatment



Specialist Therapeutic Services to Children and Young People with Selective Mutism

Behavioural Approaches:
 The Sliding-In Technique
 The Informal Sliding-In Technique
 The Telephone Sliding-In Technique
 The Shaping Programme
 The Reading Route
 Graded Questioning
 The Triangle Tactic
 The Walkabout Technique

Further Strategies:
 The Pep Talk
 Enlisting the support of peers
 Reframing unhelpful thinking patterns
 Breathing exercises
 Relaxation exercises
 Education around voice production
 Lax Vox exercises in order to reduce laryngeal tension
 Support for additional phobias, e.g. eating or using the toilet in school

Nursery / School Visits: Observation of CYP in setting to assess the quality of the communication environment, CYP’s functional skills and analysis of results. Coaching provided as required.

Onward Referrals and Involvement with Other Agencies: Considered as needed if there are wider social, emotional and mental health needs impacting upon the Selective Mutism.

Home Visits: As required for CYP out of education.

Supporting Transitions: To new settings.

Parent and Setting Workshop: Resiliency – a work in progress.

Advocacy: Informing of legal and educational rights.

Monitoring: Selective Mutism is monitored via telephone or F2F review following direct/indirect therapy. CYP and their family can be re-referred to therapeutic interventions as appropriate or discharged from the specialist Selective Mutism SLT service if no further treatment is indicated.



GETTING RISK SUPPORT: Acute: Risk management and crisis support

BeeU Children's and Family Mental Health Services

(links embedded where available)

- [BEAM](#): Emotional wellbeing service for CYP under 25 years old registered with GP in Shropshire or Telford & Wrekin – phone, virtual F2F or drop-in
- [HEALIOS](#): Online provider of mental health support
- [KOOTH](#): An anonymous 24 hour online service for CYP aged 11-25 living in Shropshire and Telford & Wrekin, offering peer support, self-help and counselling
- **CORE TEAM**: Work with CYP who have been assessed as having more serious and ongoing mental health needs
- **ACUTE**: Ageless 24/7 Urgent Helpline – Option 1 for under 18s, for help and advice for anyone experiencing a mental health crisis: 0808 1964501

