

Emotionally Based School Avoidance (EBSA) Information for Schools



What is EBSA?

EBSA is a term used to describe a period of time when a Child/Young Person has trouble attending school because of emotional reasons. Without intervention, this could lead to prolonged absence from school

What can we do as a School?



Create a Plan using the Continuum of Support



Whole School and Classroom Support for All

- Develop **Wellbeing for All** interventions at school
- Promote **early identification** of students whose wellbeing is “at-risk”
- Include the **student’s voice** in whole school planning
- Promote **staff awareness** of anxiety and staff confidence in managing EBSA



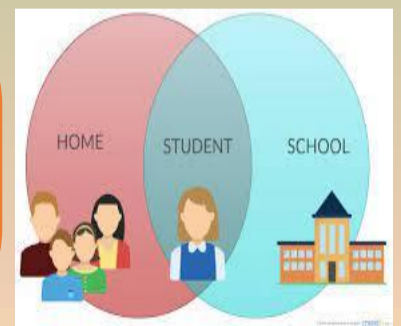
School Support for Some

- Use the NEPS Problem-Solving Framework:
- Gather information** from;
 - Child or Young Person
 - Parents
 - School Staff
 - Develop a Plan** based on this information
 - Review the plan**; What worked well?



School Support Plus/for Few

- **Increase the intensity** of social-emotional behaviour support to a student.
- Promote the maintenance of a **routine** at home
- Boost **connection & sense of belonging** between school & home



To achieve successful outcomes, it is important to **maintain supportive communication** with **students and their families**.

Every Interaction is an Intervention. A student’s sense of **connection and belonging** at school, helps them successfully return

For more information, guidance, and resources, please refer to CYPSC’s **EBSA Resource Pack for Co. Wexford**



Scan this QR Code for The **EBSA Resource Pack for Co. Wexford**