**Bedfordshire and Luton selective/ situational mutism framework: 2024**

What should I do if I (or my child’s school/ setting) think my child may have selective/ situational mutism?

**Parent/SENDCo**: where concerns about selective/ situational mutism are shared, check the school are aware of this pathway, there is no need to wait for a diagnosis

Parents and school/setting use **online universal training and strategies**, a 20-minute video and strategies, and implement advice for 6 weeks [https://vimeo.com/1044949819/88ddd0d781](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fvimeo.com%2F1044949819%2F88ddd0d781&data=05%7C02%7Csabrina.anderson6%40nhs.net%7C3052f28d81774105f0e408dd33aa6a3e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723529188776904%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=69mY31w7ZXOdWhZuASp0HMvP0j4wLFlOdlJap8wN19U%3D&reserved=0)

<https://bedslutonchildrenshealth.nhs.uk/selective-mutism/>

[Info: Do's & Don'ts at Pre and Primary School - SMIRA (selectivemutism.org.uk)](https://www.selectivemutism.org.uk/info-dos-donts-at-pre-and-primary-school/)

 **Satisfactory progress?**

 (improved social interactions and continuing verbal and non-verbal progress

 in some locations and with some people)

**Yes**

SENDCo review every half term

 **No**

SENDCo, teacher and parent to plan and implement a small steps intervention based on these resources:

[The-Selective-Mutism-Resource-Manual-2nd-Edition](https://www.routledge.com/The-Selective-Mutism-Resource-Manual-2nd-Edition/Johnson-Wintgens/p/book/9781909301337?srsltid=AfmBOootpaou2mBTHErkJbEGpa04jt3EIm3lOUAs-I3pWaEJKBYQR9XR)

[Parent and professional workbook](https://resourcecentre.routledge.com/books/9781032154114)

[Selective mutism | Kent Community Health NHS Foundation Trust](https://www.kentcht.nhs.uk/childrens-therapies-the-pod/speech-and-language-therapy/selective-mutism/)

**For children and young people in Central Bedfordshire, schools and education providers can request support through referral to the early years SEND advisory team (nursery and reception age), and the Educational Psychologist linked to the school (year 1 and above)**

[Educational psychology for schools | Central Bedfordshire Council](https://www.centralbedfordshire.gov.uk/info/95/schools_portal/542/educational_psychology_for_schools/2)

[The Early Years Special Educational Needs and Disabilities (SEND) Advisory Team | Central Bedfordshire SEND Local Offer](https://localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/advice.page?id=QTziCvFwNjU)

**For children and young people in Bedford Borough, schools can request advice and training from the educational psychology team via an early help assessment form**

<https://localoffer.bedford.gov.uk/kb5/bedford/directory/advice.page?id=DIOI7rT1-n4>

**For children and young people in Luton’s early years settings and schools, support, a support group and training can be requested through referral to the Special Educational Needs Service (SENS) speech language and communication needs advisory team via a SENS referral form:**

[https://directory.luton.gov.uk/kb5/luton/directory/service.page?id=6U7-3IVKhsE&](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdirectory.luton.gov.uk%2Fkb5%2Fluton%2Fdirectory%2Fservice.page%3Fid%3D6U7-3IVKhsE%26&data=05%7C02%7Csabrina.anderson6%40nhs.net%7C3c5ba30cf60140a75e1308dcee84151f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638647498275228285%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=wesfRZbnev0kmAQPkiOfulBSavmaG4T%2BkjFaGrJBugs%3D&reserved=0)

**Additional concerns**

If you have additional concerns about **speech and language development**, go to:

<https://bedslutonchildrenshealth.nhs.uk/SLT/>

If you have additional concerns about **neurodevelopment**:

For children and young people up to and including the age of 12 where there are concerns about autism and for concerns about ADHD go to:

<https://bedslutonchildrenshealth.nhs.uk/paediatrics/>

For children and young people age 13 and over where there are concerns about autism, go to:

<https://www.elft.nhs.uk/services/north-bedfordshire-camhs>

<https://www.elft.nhs.uk/services/camhs-south-bedfordshire-and-luton>

(referrals for community paediatrics must be made by a professional)

If you have additional concerns about **anxiety and other mental health problems**. Seek advice from the mental health in schools team/ schools practitioners (if available at your school) and then core CAMHS for **significant** **anxiety and or any other mental health needs**:

<https://www.elft.nhs.uk/services/north-bedfordshire-camhs>

<https://www.elft.nhs.uk/services/camhs-south-bedfordshire-and-luton>

**Resources**

**Selective/ situational mutism**

Selective Mutism Information & Research Association

<https://www.selectivemutism.org.uk/>

The Selective Mutism Resource Manual

[The-Selective-Mutism-Resource-Manual-2nd-Edition](https://www.routledge.com/The-Selective-Mutism-Resource-Manual-2nd-Edition/Johnson-Wintgens/p/book/9781909301337?srsltid=AfmBOootpaou2mBTHErkJbEGpa04jt3EIm3lOUAs-I3pWaEJKBYQR9XR)

The Selective Mutism Workbook for Parents and Professionals: Small steps, Big Changes

[Parent and professional workbook](https://resourcecentre.routledge.com/books/9781032154114)

[Info: Do's & Don'ts at Pre and Primary School - SMIRA (selectivemutism.org.uk)](https://www.selectivemutism.org.uk/info-dos-donts-at-pre-and-primary-school/)

[Books | confidentchildren](https://www.confidentchildren.co.uk/books)

[Can I tell you about Selective Mutism? | Jessica Kingsley Publishers - UK (jkp.com)](https://uk.jkp.com/products/can-i-tell-you-about-selective-mutism)

[My Friend Daniel Doesn't Talk - 1st Edition - Sharon Longo - Routledge](https://www.routledge.com/My-Friend-Daniel-Doesnt-Talk/Longo/p/book/9780863885624?srsltid=AfmBOopF0ucTR4CfOSX_I_e4RlHrh-SDg2oQzmum9h01Zwlfcv_TiHAY)

[Bravery Grows — Brave Mighty Minds](https://bravemightyminds.com/bravery-grows-the-book)

**Mental health support**

[Emotional Wellbeing Resource CBC Local Offer](https://localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/advice.page?id=AIWOM0U5Sew)

[Everything OK? Website](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.everything-ok.co.uk%2F&data=05%7C02%7Csabrina.anderson6%40nhs.net%7Cee6ba0ec83924658154008dc81525750%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638527437868751864%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=zvpkOCeugISTgO10oMAEW4CSWzsH2yZmSQ1a3WmFro8%3D&reserved=0)

[Emotional and Mental Health and Wellbeing Support](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.centralbedfordshire.gov.uk%2Finfo%2F254%2Femotional_and_mental_health_and_wellbeing%23%3A~%3Atext%3DIn%2520the%2520event%2520of%2520a%2Cand%2520disseminated%2520to%2520young%2520people&data=05%7C02%7Csabrina.anderson6%40nhs.net%7Cee6ba0ec83924658154008dc81525750%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638527437868772426%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=CyrC7LKE2tf5p00IJArt%2FuzMjS0jYgfn89XnYDKV8xw%3D&reserved=0).

[https://localoffer.bedford.gov.uk/kb5/bedford/directory/site.page?id=R\_ScQflCiWk](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flocaloffer.bedford.gov.uk%2Fkb5%2Fbedford%2Fdirectory%2Fsite.page%3Fid%3DR_ScQflCiWk&data=05%7C02%7Csabrina.anderson6%40nhs.net%7Cee6ba0ec83924658154008dc81525750%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638527437868808619%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=OyoDvp2qtriqY5bKZGw3GA6OIIuF1lUNcYVDqDoiplc%3D&reserved=0)

<https://search3.openobjects.com/mediamanager/bedford/directory/files/how_you_feel_matters_pdf_feb_23.pdf>

[How you feel matters: Getting support in Central Bedfordshire](https://search3.openobjects.com/mediamanager/centralbedfordshire/directory/files/how_you_feel_matters.pdf)

https://directory.luton.gov.uk/kb5/luton/directory/advice.page?id=PqsBGYw6CMg&localofferchannel=0

[CAMHS CAS Video library.pdf](file:///C%3A%5CUsers%5CSAnderson%5CDownloads%5CCAMHS%20CAS%20Video%20library.pdf)

[What to do when your kid worries book series](https://www.apa.org/pubs/magination/browse?query=series:What-to-Do%20Guides%20for%20Kids%20Series)

[Lumi Nova - Free for families in Bedfordshire, Luton, Newham & Tower Hamlets — Lumi Nova: Tales of Courage](https://luminova.app/elft)

**Neurodiversity**

[Autism Bedfordshire](https://www.autismbedfordshire.net/)

[Autism (ASD) | Luton Directory](https://directory.luton.gov.uk/kb5/luton/directory/advice.page?id=66KOT4zv39M&localofferchannel=0)

[NDD Local Services and Support - Condition specific information (Autism) | Bedford Local Offer](https://localoffer.bedford.gov.uk/kb5/bedford/directory/advice.page;jsessionid=5F9EEEED0F59B77DB9D628B1DDE61F9D?id=UUXKZcNjJPk)

[Autism | Central Bedfordshire SEND Local Offer](https://localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/advice.page?id=nQ1AJudvApo)

[Neurodiversity Support – Bedfordshire and Luton Children’s Health](https://bedslutonchildrenshealth.nhs.uk/neurodiversity-support/)

***We asked local young people with situational mutism to describe what it is like to have situational mutism. They said it is frustrating, lonely and they feel misunderstood.***

***We asked these young people what support they would like to access locally:***

***“Educate teaching staff and TA’s. Resources to be available for families to access to help them learn”.***

***“Understanding and resources from other adults such as therapists and teachers”***

***Thank you to all who have contributed to the Situational/ Selective mutism pathway and to colleagues in Cambridge and Peterborough for paving the way***

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