



RAMP – Reducing Anxiety Management Plan **Information Sheet**

What is a RAMP?

RAMP stands for Reducing Anxiety Management Plan and involves a process of supporting a child or young person who is experiencing social and emotional vulnerabilities and co-constructing a collaborative plan in consultation with the young person, their parents or carers and key staff from their school or education setting. Each RAMP will be individualised and tailored to the needs of the child or young person taking into account some important key principles:

Working collaboratively

Working with the child or young person and those key adults in their life across home, education and community settings to explore 'risk and resilience' factors and gain a shared understanding of their strengths and needs.

Empowering the child/young person

Involving and supporting the child's participation so that they, with their key adults, can explore practical ways to manage anxiety and promote emotional wellbeing. This involves exploring emotional literacy and gaining a deeper understanding of anxiety and strategies that can reduce anxiety levels across different contexts.

Having a clear plan

Ensuring clear outcome areas are identified within a plan that can be used by all of the adults around the child in order to ensure a consistent, supportive response. This enables progress to be monitored and reviewed over time.

What does the RAMP breakdown look like?

RAMP differs on a case by case basis so that it is tailored accordingly.

As a guide:

- 3-4 hours consultation with key adults
- 2-3 hours observation and/or direct work with the child
- 2-3 hours co-constructing the plan
- 1-2 hours for meeting
- 1-2 hour to review
- 1-2 hour for liaison = total 10 -16 hours

How is funding accessed?

RAMPs can be funded by the school, by parents or via the Adoption Support Fund (ASF) if the child is under a Special Guardianship Order, a Child Arrangement Order (CAO) or is adopted.



The Adoption Support Fund (ASF)

The Adoption Support Fund (ASF) enables families to access funding for a range of therapeutic services. Each child has access to a Fair Access Limit of £5000 for therapy and a separate additional Specialist Assessments Fair Access Limit of £2,500 (based on individual need and in liaison with their Adoption Support Social Worker). The Fund is available for children living in England up to and including the age of 21 (or 25 with a Statement of Special Educational Needs or Education Health & Care Plan) For further information, please see: <https://www.gov.uk/guidance/adoption-support-fund-asf>

Schools and education providers can also use Pupil Premium Plus to fund support

Pupil Premium Plus (PPP) is funding to support the needs of Looked After Children, as well as those who have left care through adoption, a Special Guardianship Order (SGO) or a Child Arrangement Order (CAO). PPP funding is available to pupils from reception to Year 11 and is currently £2300 per child per year. Early Years Pupil Premium is also available as additional funding within early years settings, this funding equates to £302.10 per year. In order for schools to access this funding, parents and guardians must have declared their child's adoptive, SGO or CAO status directly to the school. Parents and guardians must provide evidence for example, a copy of the legal order.

For more information about RAMP, including costings, availability and how it can be funded please get in touch with us on:

enquiry@psychologyassociates.org.uk

www.psychologyassociates.org.uk

0845 026 7260

*Saltash office: 41-43 Lower Fore Street, Saltash, Cornwall PL12 6JQ
Exeter office: 3rd Floor, 4-5 Southernhay West, Exeter, Devon, EX1 1JG*

Company Registration Number: 4194642 | VAT Registration No: 912 8734 18

