



Services for Children and Young People who Stammer/Clutter and their Families





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 (CWS) and young people (YPWS) who stammer/clutter 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 **A Celebration of Stammering...**



Inspiring Social Change for all C&YPWS:

International Stammering Awareness Day
An annual day dedicated to raising awareness of Stammering – 22nd October.

No Diversity without Dysfluency
A call for broadcast media to include people who Stammer. “We want to normalise stammering”.
There is no diversity without dysfluency.

It's How We Talk
This campaign highlights the many misconceptions experienced by people who stammer.

Links to Humber NHS' award nominated:
My Stammering Tap →
&
My Stammering Child →





GETTING ADVICE:

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

CWS

YPWS

[The British Stammering Association – stamma.org:](http://stamma.org)

Advice leaflets:

[Advice for pre-school aged children](#)

[Advice for school-aged children](#)

[Advice for teachers](#)

[The British Stammering Association – stamma.org:](http://stamma.org)

[Advice for teenagers](#)

[Advice for teachers](#)

[The Michael Palin Centre for Stammering in London:](#) Advice for CWS of all ages, parents, teachers, SLTs and other professionals

[Action for Stammering Children:](#) UK charity which “aims for a society where C&YPWS have the same opportunities and quality of life as their peers”

[The Fluency Trust:](#) UK charity that run highly specialist residential courses for YPWS

Helplines:

Stamma.org telephone advice line: 0808 8020002. For Webchat and Email [click here](#)

The Michael Palin Centre helpline: 020 3316 8100





GETTING ADVICE:

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

Website links

We recommend that parents watch these clips first and decide on appropriacy of also showing them to their children. This is to accommodate differing levels of awareness in children who stammer.

- [My Stammering Tap](#) and [My Stammering Child](#) videos – Humber Teaching NHS Foundation Trust
- [South Tees SLT Service](#) have several information videos on understanding and supporting CWS
- Scott Yarrus, [Stuttering Therapy Res](#) – a playlist of stammering advice videos from the USA
- Sam on Cbeebies – [“You don’t suffer from a stammer, you rock it”](#) and Sam’s poem [“I have a stammer”](#)
- [Luke Ayling](#) – Premiership Footballer talking on ‘Match of the Day’ about his stammer
- [Ken Sema](#) – Another Premiership Footballer talking about his stammer - [“Be you.... It’s your superpower”](#).
- [Amanda Mamanna](#) – America’s Got Talent audition

Video for Teachers of CWS:

- [“Wait, I’m not finished yet”](#) – The Michael Palin Centre for Stammering: Advice for supporting C&YPWS in the classroom and wider school environment

For Older Teens:

- Megan Washington – [“The thing is-I stutter”](#) TED Talk
- [Open Stammer with Vivian Siskin](#) - YouTube channel: “to bring people who stutter together, provide an opportunity to hear others’ stories, and to help PWS feel a little less alone”
- [Stambassadors](#) – Action for Stammering Children: “Stambassadors connects people from the world of work who stammer with YPWS, sharing their stories and inspiring young people to think big when they are considering their career choice”





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

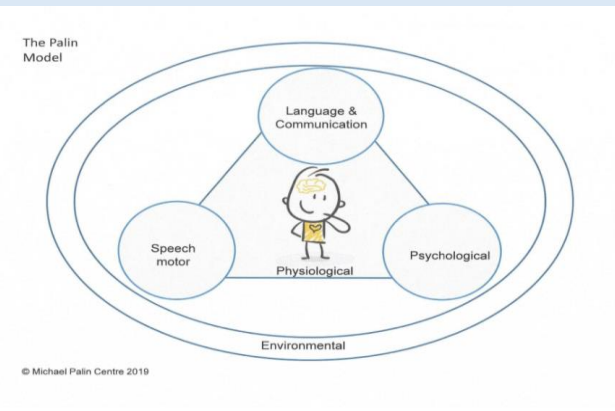


CWS	YPWS
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Shropshire Community Health Speech and Language Therapy (SLT) Services to Children and Young People who Stammer/Clutter:

Advice line – Parents and teachers can talk over the phone to a Specialist Dysfluency SLT to express concerns, seek advice and talk through assessment procedure, interventions and ongoing support – 01743 450800

Full Stammering Assessment by Specialist Stammering SLTs: This consists of a parental case history, and detailed assessment and interview with CYP, with the following aims:



- To identify risk factors for onset, maintenance and lived impact of stammer
- To create an individualised formulation for each CYP
- To provide feedback to parents using the MPC model with detailed targeted advice around reducing the impact of stammer on the child.
This will include: sharing facts, global advancements in research, social perspectives on stammering (difference not deficit); advice around reducing communicative pressure within interactions; and increasing CYP confidence and emotional resilience
- Detailed assessment report for parents and professionals with links to advice sheets, helpful video clips and stammering campaigns

<ul style="list-style-type: none"> • Parent Workshops: Targeted parent education – 2 hour Stammering Info Session for parents of CWS aged 2-11 years. 	<ul style="list-style-type: none"> • Parent workshops: Targeted parent education - 2 hour Stammering Info Session for parents of YPWS aged 12-18 years.
<ul style="list-style-type: none"> • Support to Schools – Training package to staff working with CWS aged 2-11 years. Plan to implement MPC Stammer Friendly Schools. 	<ul style="list-style-type: none"> • Support to Schools - Training package to staff working with YPWS aged 12-18 years. Plan to implement MPC Stammer Friendly Schools.

Monitoring:
Impact of stammer/clutter on CYP is monitored via telephone or F2F review. C&YPWS and their families can be re-referred to therapeutic interventions as appropriate or discharged from the SLT Stammering Team if no further treatment is indicated.



GETTING MORE HELP: Specialist Support/Extensive treatment



CWS

YPWS

Specialist Therapeutic Services to Children and Young People who Stammer/Clutter:

Individual Interventions:

Palin Parent Child Interaction Therapy
Family Communication Skills
Swindon Packs – Smoothies and Blockbusters

Individual Interventions:

Swindon Packs – Teens Challenge
Solution Focused Brief Therapy
Acceptance and Commitment Therapy
Compassion Focused Therapy

Children's Groups: KS1, KS2, Secondary Transition, Self-Esteem.

Young People's Groups: KS3

Parent Workshops: Specialist educational/intervention sessions run alongside children's groups - for parents of CWS aged 2-11 years

Parent Workshops: Specialist educational/intervention sessions run alongside YP groups - for parents of YPWS aged 12-18 years

Maintenance:

Smoothies and Waffles

Maintenance:

Teen Support

Monitoring:

Impact of stammer/clutter on CYPWS is monitored via telephone or F2F review. C&YPWS and their families can be re-referred to therapeutic interventions as appropriate or discharged from the SLT Stammering Team 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

