



"I feel proud of myself for my achievements"

Before attending Peterhouse School, Amy experienced high levels of anxiety and did not talk much in primary school. In secondary school, Amy was diagnosed with selective mutism. She attended several educational settings, but did not find the required support; Amy often found the environment and expectations overwhelming.

To help support Amy during her transition to Peterhouse, the whole team participated in selective mutism training and put clear strategies in place to help her feel comfortable and understood from the start.

The team spoke to Amy in a friendly and approachable way. They focused on creating positive opportunities for her to speak, rather than putting pressure on Amy or asking direct questions.

Staff were dedicated to her wellbeing and planned positive experiences. Amy worked alongside Paisley, Peterhouse School's Therapy Dog. She also visited an animal sanctuary and a dog café.

Amy began weekly speech and language sessions which helped her to understand selective mutism and develop coping strategies for anxiety. Over time, she started to use sounds, short words and phrases, while building trust and relationships with the team.

By the end of her placement, Amy had grown in confidence and used speech spontaneously, joined in with games, and even took part in karaoke. On her final day at Peterhouse, Amy sang "Don't Stop Me Now" at the top of her voice, and her peers and team all joined in.

Amy successfully transitioned to a college, where she has achieved Distinctions in her work. Amy shared that her anxiety is much lower than before, and she uses strategies to cope when things are difficult.