



# Co. Wexford EBSA Guidance Group



# Background

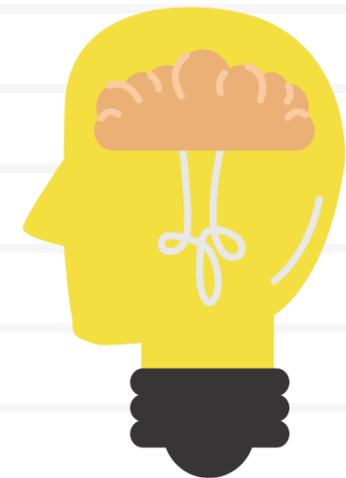
EBSA Implementation Group was developed in 2021 as a response to the increase in EBSA experienced by children and young people in primary and secondary schools.

Objective of working group:

Development of a Wexford-specific booklet/pack/guidelines,

Including as many appropriate agencies as possible and establishing what each agency has to offer,

Setting out a referral pathway so that families and schools know exactly what supports are available and how they can be accessed.



# EBSA Resource Pack - 2023



## Emotionally Based School Avoidance (EBSA) Resource Pack for Co. Wexford

A collaboration between Wexford CYPSC, Barnardos, CAMHS, CFSN, FDYS, HSE, IPPN, NAPD, NEPS, SCP, TESS, WxCCC, WWETB & YNR



# Focus of EBSA Work 2023/2024

- Delivery of pack to all schools in the county
- Information sessions to schools about EBSA and how to use the pack
- EBSA Implementation Group Established.



**wwetb**  
Bord Oideachais agus Oiliúna  
Phort Láirge agus Loch Garman  
Waterford and Wexford  
Education and Training Board



An Roinn Oideachais  
Department of Education

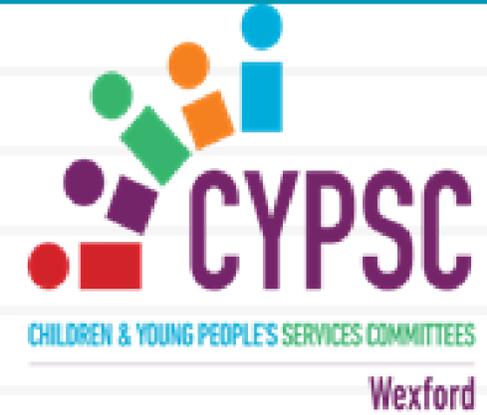
An tSeirbhís Náisiúnta Síceolaíochta Oideachais  
National Educational Psychological Service



**Wexford County  
Childcare  
Committee**

Coiste Cúram Páistí Chontae Loch Garman

# **CYPSC Funding 2024/2025 - EBSA Workshops**



**Funding was made available through CYPSC for EBSA focused work. The EBSA Implementation Group felt that continuing to raise awareness of the EBSA pack and supporting parents to address EBSA was an area of need.**

**EBSA Workshops for parents and school staff/family support practitioners were developed to address this need.**

# EBSA Parent Workshops

The aim of these pilot workshop was to deliver the information from the EBSA pack in an interactive, face to face environment and to help parents develop the skills and knowledge to support their child with this issue.



## Secondary Age Workshop:

- **Facilitators:** Amy Goodison Gorey SCP and Ger O'Connor Wexford Parents Hub
- **Location:** Amber Springs Hotel Gorey
- **Schools Targeted:** Gorey Community School, Gorey Educate Together Secondary School, Creagh College and Colaiste an Atha Kilmuckridge
- **Numbers of Participants:** 22 Morning ( 9.30-12) 5 Evening (6-8.30pm)

# **EBSA Parent Workshops - continued**

- **EBSA parents workshop- primary schools in Gorey area - this workshop was tweaked to make it more suitable to younger children.**
- **Facilitators: Amy Goodison SCP Gorey and Ger O'Connor Wexford Parents Hub**
- **Schools Targeted : Spaces offered to 20 primary schools in the Gorey area**
- **Attendance: 21 parents attended**
- **Location: Amber Springs Hotel, Gorey**



# Parent Feedback



I left the workshop feeling enlightened and so grateful for the shift in terminology to EBSA—Emotional Based School Avoidance. This change reflects a deeper understanding of the emotional side of anxiety and its impact, which I think is critical.

The workshop was excellent. I wish this was running five years ago when my first child ‘refused’ school.

It was great to be in the room with other people who were struggling with the same issues.

# **EBSA Professionals Training Workshops**

**20th of January 2025 - Post Primary Staff and Family Support Services in County Wexford**

**Purpose of training to give professionals an understanding of EBSA and to train professionals to deliver parents workshops**

**Attendance: 45 Participants**

**Venue: Whites Hotel Wexford**

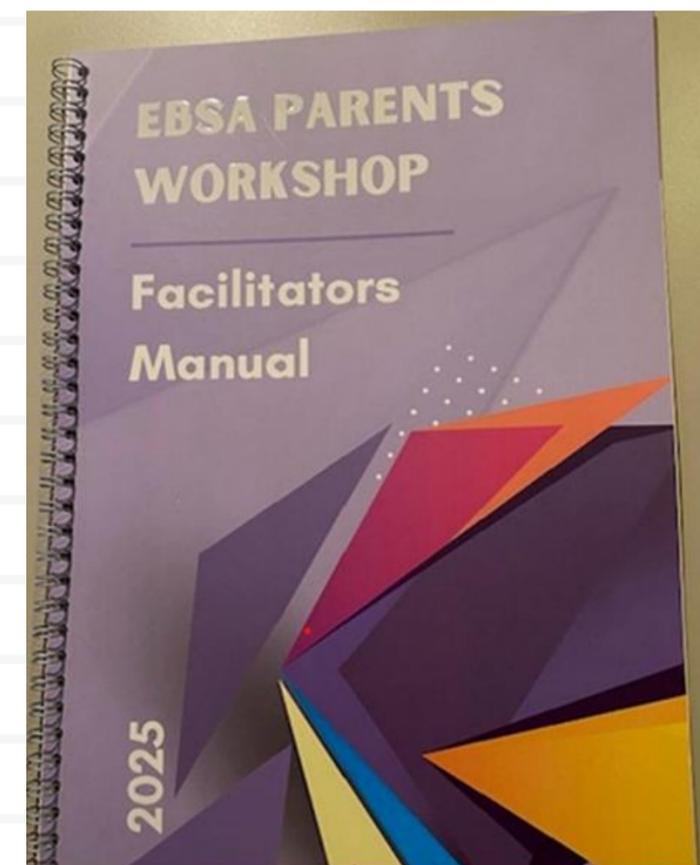


# Professional Training Workshops Continued

**27th of March 2025 - Primary School Staff and Family Support Services in  
County Wexford**

**Attendance: 48 Participants**

**Location: Riverbank House Hotel, Wexford**



# Feedback from Training

The training can be implemented using a strength based approach, understanding it takes a village in order to support kids.

The visuals, bullet points and breakdown of information made it useful and accessible. Allowed networking between services.

I think if there was a non intimidating information leaflet/poster that could be sent out to all parents at the start of the year that allows all schools have a cohesive message reflective of what we learnt here today, on what EBA is and how important early intervention and communication is.



# Follow on Workshops

**Wexford Parent Workshop - collaboration between all secondary schools in Wexford town and Wexford School Completion Programme - 45 parents attended.**

**New Ross Parent Workshop - collaboration between primary and secondary schools in New Ross.**



# EBSA Training Follow Up Survey

September 2025 - a follow up survey of 27 questions was circulated to participants of the EBSA professional training programme to evaluate the effectiveness of the programme and gather feedback on its impact.

35 responses were received.



# Key Findings:



Impact on incidents of EBSA - Many reported seeing a decrease in EBSA related behaviours while some respondents were unsure if there had been an impact.

Most reported an increase in confidence in understanding EBSA and felt more comfortable managing EBSA cases.

A majority confirmed they had used the strategies and resources provided. Challenges around delivery were: Engaging parents consistently, time constraints, limited staff availability and a need for tailored materials for diverse school contexts.

# Key Findings:

Q7. How confident are you now in your understanding of EBSA? (1 star =not confident, 5 stars=very confident)



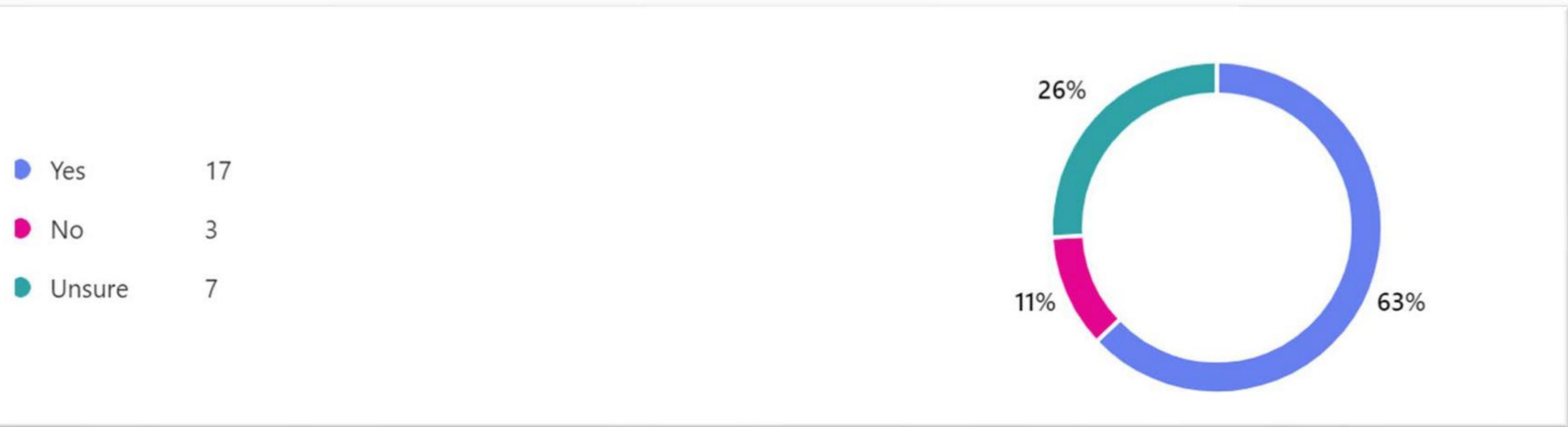
# Key Findings:

Q8. How comfortable are you in managing EBSA cases since your training?  
(1star =not comfortable-more training required, 5 stars=very comfortable)



# Key Findings:

Q10. Did you see any reduction in EBSA related behaviours?



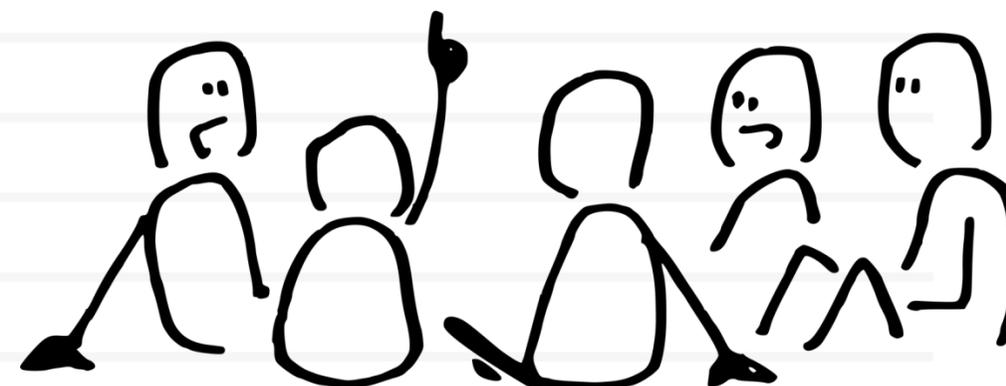
# Focus Group

In November 2025, an online Focus Group was held in order to get an overview from those who had taken part in the training in terms of what they feel is needed to keep the EBSA workshops on the agenda and what the EBSA Guidance Group should focus on next.

Attendance - 8 participants

## Key Findings from Focus Group:

- Participants find it difficult to get parent groups together.
- The Return to School Template from the EBSA pack has been very useful.
- Participants have found the training helpful in terms of being able to direct parents to the right support and have found the resources from the training to be very beneficial.
- Collaboration with other schools/services is needed.



# Looking at 2026



The Focus Group helped identify areas of work for 2026:

The development of a leaflet which offers an overview of what EBSA is and some information about what parents can do to support their child and where to go to for more information.

Identification of EBSA Champions who can keep EBSA on the agenda and support the delivery of workshops.

The coordination of Peer Support/Communities of Practice as a means of sharing experiences, accessing support and advise in relation to delivering workshops and supporting students experiencing EBSA.

**A new name: Co. Wexford EBSA Guidance Group**

**A new logo:**



**Membership:**

- Sheila Barrett (CYPSC)**
- Anna Marie Cullen (NEPS)**
- Amy Goodison (Gorey SCP)**
- Siobhan Cummins (WCCC)**
- Ger O'Connor (Wexford Parents Hub)**
- Vicky Barron (CBS)**
- Sinead O'Hara (WWETB)**

