

*WHAT TEN YEARS IN THE PARENT ASSOCIATION
FOR SCHOOL REFUSAL TAUGHT US*

*CHANGE THE UNDERSTANDING, RECOGNITION
AND MEDICAL CARE OF CHILDREN WITH SCHOOL
REFUSAL*

Who are we

- National association founded in 2008 by parents
- Agile organization

Leadership: Odile Mandagaran (HR Manager, Airbus) & Luc Mathis (neuroscientist)

Board of director , 12 parents concerned and involved, with complementary and relevant skills for the project

100 local active members are acting as focal points of the organisation, close to families

- A website : **apsphobiescolaire.org**
- A Facebook Private Group of 6500 members (900 in 2016)

<https://www.facebook.com/groups/phobiescolaire>



Overview

➤ Main activities

Nationwide support to parents

Understanding and let understand school phobia

Communication & Lobbying

➤ Agile organization

Clear Roadmap => 100% Focus on impactful and concrete actions

Creative / Entrepreneurial/ Collaborative mindset

Our Roadmap

- Structure a network of French associations with overlapping interests such as bullying, gifted children, TDAH, autism, dyslexia and other learning disorders
- Share views with Association of Parents at European level
- Facilitate exchanges between families, school and health professionals to find long term solutions
- Be part of research activities with health specialists on two main topics :
 - Concept of separation anxiety – attachment to the mother -
 - School refusal being not a disease but a behaviour

Our Roadmap

- Highlight the necessity of an approach based on multiple angles for the child (psychotherapy, development of artistic project, stress management, self-confidence, sports...)
- Point out the importance and implication of the parents and how they work on their own stress and their anxiety
- Work closely with researchers to dig deeper into the causes and mechanisms of the School refusal
- Being recognized as an approved stakeholder by the French Ministry of Education

Part I

Support to Parents

Supporting Parents: Core Principles

- We have no training as therapists
 - => Each parent can only act directly on his own children
- We have each, a different, unique experience with our children
 - => We can only share what we have experienced
- Sharing experiences among parents decreases loneliness / anxiety
 - => This positive energy benefits to our families & children

We have deployed these principles broadly throughout France

Support to Families – Meeting Groups

Face to Face Meetings

FÉV 24	LILLE - Groupe de rencontre sur la Phobie... sam 14:30 · par APS Association Phobie Scolaire	Flunch Boulevard de Valmy ...
FÉV 10	COUERON (44220) - Rencontre sur le thè... sam 14:30 · Fanny Carriot Chauviere a participé	Lieu-dit Bougon 44220 Cou...
FÉV 3	Groupe d'échange sur la Phobie Scolaire -... sam 14:30 · Odile Mandagaran a participé	Le Ribouldingue Blagnac
FÉV 3	PARIS - Groupe de Parole - Phobie Scolaire sam 10:30 · par APS Association Phobie Scolaire	Le café des Parents 11 cité d...
JAN 28	PACA - MARSEILLE - Groupe d'échange e... dim 10:00 · par APS Association Phobie Scolaire	BRASSERIE RESTAURANT "... Marseille
JAN 27	COMPIEGNE - Groupe d'échange entre pa... sam 15:30 · par APS Association Phobie Scolaire	Les 3 Brasseurs Compiègne ... Jaux
JAN 13	Rencontre entre parents et ados à Bordea... sam 13:30 · par APS Association Phobie Scolaire	La maison du café Bordeaux

➤ Organized in most large cities / regions

➤ Regular: every 2 months

➤ 10 to 40 people attend each session

➤ Social events with children

➤ 2 hours, followed by social time (e.g.: lunch)

➤ Moderated by parents

➤ Meeting locations

« School of Parents Association in Paris »

Bars, restaurants, at home ...

Support to Families – Private Facebook Group



- Manage by 10 moderators
- 6 100 members (parents concerned)
- 2000 publications, 24000 comments, 51000 views each month – 360 newcomers from september to now
- Parents share their situation (issues, solutions)
- Receive all kind of feedbacks:
 - useful/relevant advices
 - empathy / emotional support
- Weekly theme: food for thought
- Every Friday afternoon: it's Time to let go (absurd / jokes) with a funny post.

Individual Support to Families

N°Département- Correspondant APS - Email de contact

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- 30 Gard- Geneviève Pascalon Doustaly : genevieve.doustaly@gmail.com
- 31 Haute-Garonne- Cécilia COINDE et Odile Mandagaran : associationphobiesco31@gmail.com



- Association Representative in each French Countries
- Response to emails within 48 hours
- One on one phone conversations
- General information on school phobia
- Emotional support
- Guidelines & action plan
- Assistance in the preparation of administrative files (for school or to obtain social support)
- Participation/ support in educational team meetings at school

Support to Families – Web site

- New design – Regular updates
- Tons of validated informations
- Road map to parents
- Road map to facilitate interactions with schools
- Roadmap to inform school nurses and school principals
- Latest News
- Blog
- Members area



The screenshot shows the PhobieScolaire.org website interface. At the top, there is a navigation menu with links: Accueil, Association, La Phobie Scolaire, Le soutien aux familles, Le regard des professionnels, Droits, Nos Partenaires, and Contact. Below the menu, there are several key sections:

- Boîte à outils:** Documents, liens, mis à disposition des parents et professionnels.
- Tous Concernés!** 28% des enfants sont concernés par le refus scolaire anxieux à un moment ou à l'autre de leur scolarité avec des gravités / durées variables.
- 10 ANS!** A celebratory banner for the association's 10th anniversary.
- Ne restez pas seul(e)!** A central message with a colorful background.
- Parcourez le site, rencontrez nous, découvrez notre livre ...** A section with six icons representing different services:
 - Rejoignez nous sur Facebook: "Groupe de l'Association Phobie Scolaire".
 - Feuille de Route: Prise en charge de votre enfant.
 - Nos correspondants régionaux: A network of regional contacts.
 - Découvrez notre livre: "Ecole. Quand le refus scolaire prend le dessus".
 - Événements, Groupes de parole: Opportunities for support groups.
 - Adhérer/Faites un don: Information on how to support the association.
- News:** A section titled "aps CONFÉRENCE" with a list of recent news items, including a newsletter, an excellent CNEWS emission, and various articles and reports.
- Footer:** Contact information for "filles & jeunes" (0800 235 236), a "NON AU HARCELEMENT" logo, and the address "01 44 53 44 93 En Ile de France seulement".

Support to Families – Class 100 Class



[Demande de conseils \(113\)](#)

[Sites utiles \(77\)](#)

[Supports de cours \(55\)](#)

[Livres \(17\)](#)

[IEF \(13\)](#)

[Trucs&Astuces \(10\)](#)

[APS Classe 100 Classe](#)

[Groupe fermé](#)

[À propos](#)

[Discussion](#)

[Mentorat](#)

[Modules](#)

- Mentoring program for children working at home
- Tips and tricks
- Group discussions and exchanges by school level
- Bibliography
- Help with homework
- Administrative support
- Advices

Part II

Understanding School Phobia

What are we talking about ?

- School Phobia is not the manifestation of a whim
- They want to go to school by they can't
- The expression of a child in suffer
- A « Tsunami » for the family
- A lack of understanding from the family, the colleagues, the schools even sometimes from the health professionals
- Parents who feel guilty , lonely, who have to stop working
- In extreme cases, children placed in host families

The Key words

- Listen
- Understand
- Explain
- Go with, follow, encourage
- Test, combine, adapt
- Think out of the box
- Be confident, patient

Our moto, the child before the student

THROUGH THE EYES OF A MOTHER



THROUGH THE EYES OF A MOTHER

Our journey, could be illustrate that way : A mom or a dad, who sees themselves thrown, overnight, with no physical nor psychological training, into this fighting arena that is the life of a parent dealing with a child on school refusal.

They will have to face an emotional, personal and domestic storm right after having lived a terrible Tsunami, the day they understood that their child wanted but could no longer go to school.

This is a very challenging and destabilizing experience, sometimes making us lose all our beliefs.

THROUGH THE EYES OF A MOTHER

We must work on a real partnership with all the stakeholders which is not so easy even with the best intentions. We also must introduce our family and our close entourage to this pedagogical approach.

Finally, and not the easiest mission, we must try to understand the origin of their school refusal by taking the path of therapeutic treatments, medical care, by making assessments, consulting specialists, dealing with the social administration, requesting for accommodation. And at the same time, small pleasures and victories, give us the strength to move forward and hope.

At the end of the journey, after going over stress, anxiety and nightmares we understand how great, inspiring, committed, confident and patient we are.

It's a storm, it's a journey to take, it's a marathon ...

Part III Highlights

HIGHLIGHTS

- APS supports a French research on school refusal held by the Dr Laelia Benoit (INSERM) providing access to 1 500 parents.
- Publication of our second book in partnership with a French Association « Générac'tion Solidaire » on the Theme of Bullying
- In project : a book on cyber bullying with the association « Marion la main Tendue »

Association Phobie scolaire

École

Quand la phobie
prend le dessus

Phobie scolaire • Harcèlement • Dyslexie • Précocité
Les solutions des parents • Les réponses des experts



JOSETTE LYON

Un premier outil de diffusion pour faire connaître la phobie scolaire

Un livre écrit par des parents

L'objectif : Permettre aux parents professionnels de reconnaître le cas qui les intéressent et trouver des pistes diverses de prise en charge, des explications, etc.

Des témoignages de parents et de jeunes

Des avis d'experts : pédopsychiatres, psychologues, psychomotricienne, chercheur en sciences de l'Éducation, philosophe (rôle de l'école), enseignante

Des conseils aux parents – coach



Thanks for your attention



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