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**DSPL 4 Counselling Service – Information for schools**

DSPL4 have engaged an organisation called Strength in Mind to deliver Art Therapy/Counselling to children and young people in the DSPL4 area. This mobile service will operate for 2 days per week delivering a provision by qualified and experienced therapists accredited with the BACP or equivalent, who have worked within education for over 20 years.

**Provision:**

**One to one Art Therapy/counselling**

Primary and Secondary aged students will be offered therapy once a week, within the school setting, for a period of up to 10 weeks. This can be extended dependant on the level of need.

Sessions will include for example, talking therapies, CBT, Theraplay, Play/Art therapy. Using an integrative approach adapted to the students presenting needs, using a variety of mediums including; sand tray work, art, storytelling, music and puppetry.

The counselling provides:

* 10 weekly sessions, 50-minute duration with a 10-minute write up – 1 hour
* A safe space for a student to work through their presenting challenges, using an integrative approach to improve their experience in the education setting
* If appropriate, an extension of up to 10 sessions (discussed with nominated school staff)
* Additional assessment session with the parent focusing on the family history – prior to counselling starting

**Who should I refer for Counselling?**

This is intended to be a high end intervention. For your referral to be successful, you must be able to evidence that other interventions have been tried. You may wish to refer to the examples below.

**Tier 1 Interventions**

Internal mentoring, Sand Tray, Monitoring/Report Card, IEP or equivalent, School-based Parenting Support, Children’s Wellbeing Team, Nurture Group, Schools Family Support worker, Drawing and Talking, School Nurse, MASH Consultation

**Tier 2 Interventions**

Step 2, Phoenix Centre, School Counsellor, Children’s Wellbeing Team, Educational Psychology, Rivers ESC involvement, ADASH, Play / Art Therapy

**Tier 3 Interventions**

Safety Support Plan or RAMP, Targeted Youth Services, Gangs and Youth Crime, CAMHS involvement has ceased

**Examples of possible presenting needs:**

* Young people who are self-harming or at risk of so doing.
* Young people who have attempted suicide or are making threats of so doing (already assessed by CAMHS)
* Young people who have experienced recent bereavement or where there is significant parental ill health.
* Young people who are in care or those who have recently been adopted and who are struggling with the issues this can cause.
* Young people who have been or are being abused.
* Young people who have or are showing sign of having an eating disorder.
* Young people who are exhibiting inappropriate sexual behaviour which is putting them or others at risk of sexual assault or pregnancy.
* Young people who are exhibiting challenging behaviour in and out of school.
* Young people who are struggling as a result of being a young carer.
* Young people at risk of substance or alcohol abuse.
* Young people with low self-esteem, difficult family relationships and having difficulty with everyday life.

In all cases, the child/young person should not be receiving CURRENT intervention from any other psychological service such as CAMHS, PALMS etc.

For further information about what constitutes a mental health concern, please refer to “Tools for supporting children and young people’s mental health” published by HCC.

**Issues to consider.**

Strength in Mind would ask the following to be considered before deciding a referral is appropriate:

* Is there already a level of parenting skills and motivation shown by the parent/carer?
* Has the parent/carer attended parenting groups to support the child/young person? If not will they be willing to attend? This will be required to support the therapeutic work.
* Has other individual support or work already been undertaken with the parent/carer?
* How many other agencies are currently involved with the family, is there room for more?

**How do I refer for counselling?**

Please complete the counselling referral form and send it electronically to Strength in Mind. The file should be password protected using the password which has been sent to you directly from Strength in Mind. **DSPL4 should not see these forms**.

Strength in Mind will contact you within 48 hours to confirm receipt of the referral and relevant paperwork (please ensure all paperwork is completed and attached or this will be returned)

Allocation meetings are held on the 28th of each month, after which the schools nominated person will be informed if the case has been accepted for work. If accepted, you will be notified of the approximate waiting time and the allocated session day and times allocated. If the case is rejected, we will offer suggestions of alternative provision/support.

staff.

If you require additional information, please contact Strength in Mind direct.

Contact Details for Strength in Mind Therapeutic Services CIC

Email: [Support@strengthinmind.org.uk](mailto:Support@strengthinmind.org.uk)

Telephone: 07931 375854