

Strategy for Children and Young People's services

Current Provision

As at February 2020, the services for children and young people (CYP) provided by Community Counselling (North Yorkshire) Limited ["CCL"] comprised:

Young Carers

The service provides counselling and play therapy to Young Carers, aged 18 and younger, living in Ryedale and Scarborough Borough Districts, North Yorkshire. The service is supported by grants from Children in Need and Ryedale District Council. The service provides an assessment and up to 10 counselling/play therapy sessions.

CYP can be referred by any statutory or voluntary body with the majority of referrals coming from Scarborough & Ryedale Carers Resource and local schools. The service is provided at our Malton Hub, schools and at the Street, Scarborough.

Victims of Crime

The service provides counselling and play therapy to CYP, aged 18 and younger, who have been the victim of crime. The service is commissioned by the Police, Fire and Crime Commissioner and is offered to CYP in North Yorkshire and York. The service provides an assessment and up to 15 counselling/play therapy sessions.

Similarly, CYP can be referred by any statutory or voluntary body with the largest number of referrals coming from IDAS (Independent Domestic Abuse Service). The service is provided at our Malton hub and a range of accessible counselling venues in each district of North Yorkshire and in York, including in schools.

Group work

Where funded, CCL also offers group work [10 weekly sessions] to CYP who have experienced domestic violence or who have low self-esteem.

The team consists of:

- Lead Counsellor for CYP who is a Play & Creative Arts Therapist [15 hour/week]
- 10 counsellors/play therapists engaged as sessional workers
- Art Therapy Student on a placement

CCL has rigorous recruitment processes in place, including Enhanced DBS and Police Vetting Checks. It offers regular learning and development opportunities to its counsellors (including sessional workers) e.g. Safeguarding and Remote Working. Counsellors access internal and external Clinical Supervision on a regular basis

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Monitoring and Evaluation

We consistently achieve excellent clinical outcomes as measured by monitoring systems such as SDQs¹ and CRIES² pre- and post-therapy. Qualitative measurements such as feedback sheets and pictures are also recorded.

During the 12-months ending, 31 January 2020, CCL received 104 referrals on behalf of CYP, of which 78% were aged 15 and younger, and 22% were 16 to 18.

Our Vision for CYP services

In line with our charitable objectives³, we aim to provide an appropriate therapeutic service to any child or young person, aged between 5-18 years old, living in North Yorkshire, who is experiencing distress as a result of mental health issues.

Services

These therapies would include (not an exhaustive list):

- ✓ Talking Therapies (including counselling)
- ✓ EMDR⁴
- ✓ Art Therapy
- ✓ Play Therapy
- ✓ Music Therapy
- ✓ Outdoor Therapy.

Unmet needs

Whilst we aim to offer a generic service, we have identified the following groups of clients where there is current a significant unmet need locally:

- CYP who have experienced bereavement/loss
- Victims of domestic abuse and/or sexual violence
- CYP on the autistic spectrum

¹ Strengths and Difficulties Questionnaires. <https://www.corc.uk.net/outcome-experience-measures/strengths-and-difficulties-questionnaire/>

² Child Revised Impact of Events Scale. <https://www.corc.uk.net/outcome-experience-measures/child-revised-impact-of-events-scale/>

³To relieve the mental suffering and distress of persons in need by reason of illness or emotional distress in North Yorkshire by providing or assisting in the provision of counselling, support and therapeutic interventions.

⁴ EMDR = Eye Movement Desensitisation and Reprocessing, which is a NICE-approved trauma treatment

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We know that CAMHS⁵ only offers a service to CYP who have a diagnosable condition such as autism, multiple personality disorders, eating disorders or significant self harm. Whilst CAHMS will see CYP with autism waiting lists are long. There are no services for CYP with social and emotional issues and little support for CYP with attachment issues. We know that the demand for services to support CYP who have suffered a family bereavement or other types of bereavement/loss is extensive.

Providing training

Again in line with our charitable objectives, we aim to become a recognised training provider, helping to equip counsellors, play therapists and other professionals working with CYP, to help them to support the mental health needs of the CYP they are working with. This will also provide CCL with an additional source of income.

Service Accreditation

We plan to apply for Service Accreditation with our professional body, the BACP⁶, which will demonstrate that we offer an accountable, ethical, professional and responsive service to clients, staff, volunteers and stakeholders, including that there are robust policies, procedures and safeguarding procedures in place.

Website

A dedicated bespoke website will be created for the service providing information and online referral.

Structure of CCL CYP service

Staffing

To support the Lead Counsellor and the rest of the CYP team, we aim to recruit:

- a part-time Operations Manager, and
- a part-time Admin/Marketing Assistant

The role of the Operations Manager would be to:

- Make safeguarding reports to children's social care and CAMHS crisis teams
- Provide training for the team of counsellors/play and creative therapist
- Monitor the service and make reports to trustees, funders and commissioners.

The Admin/Marketing Assistant would:

- Be responsible for client appointments, including liaising with parents/carers, schools, counsellors/play therapists and counselling venues

⁵ Child and Adolescent Mental Health Teams

⁶ BACP = British Association for Counselling and Psychotherapy

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- Helping to market the service to professionals working with children and find ways in which children and young people can refer themselves to the service.

With this structure in place, CCL would be well placed to take on new contracts and set up new grant-funded projects, thus helping it to meet the Vision for the service.

As now, we would engage a mixture of staff, volunteer and sessional counsellors/play therapists to deliver the CYP service, all of whom would abide with the Ethical Framework for the Counselling Professions and work within – and receive training in CCL’s policies and procedures, including Safeguarding and Lone Worker.

All counsellors/play therapists would be provided with the necessary IT equipment and training to ensure safe and effective practice at the Hub and any of the Spokes.

Hub and Spoke Model

CCL aims to establish a “*hub and spoke*” model of service provision.

The Hub is Stanley Harrison House, Malton with Spokes being established in York and each of the constituent districts of North Yorkshire e.g. Craven, Hambleton etc.

A Spoke is a room that is suitable for therapeutic work with CYP and might be located in a Children’s Centre or in a counsellor’s private practice. Each hub would be supplied with core items such as clay, sand/sand tray, puppets, books and art materials.

Building on established partnership networks

In just over two-years, we have built effective working relationships with organisations such as GP surgeries, schools, family support workers, Early Help Teams, IDAS, Carers Resource, Ryedale Special Families and St Peters Youth Project.

We aim to build on this success to ensure that as we grow our services in line with new funding, we can reach CYP in need having earned the trust of referring agencies.

Fran Morrison, Lead Counsellor for Children and Young People, February 2020.

Addendum, April 2020

Our experience of meeting the need to provide safe and effective therapeutic support remotely to vulnerable children and young people during the period of the Lockdown, has demonstrated our capacity to meet this - and future challenges.

This ability is in part due to:

- The skills, experience and dedication of our staff and volunteers
- Investment made in IT over the past-two years; and
- Rapidly devising new protocols and delivering training

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We consider that this ability will help provider funders and commissioners with further assurance in our ability to increase our existing provision and to work with a greater range of presenting issues and over a wider geographical area than hitherto.