

# SERVICE SPECIFICATION

## Inclusion Development and Support Services (IDSS)

### Schools Outreach Counselling Service

#### Academic Year 2022 – 2023

#### What we do

Our counselling service supports the emotional and mental health of pupils. Counsellors have an understanding of key issues impacting on young people's lives today and help to affect positive change in young people. Our counsellors can offer a young person a safe and supportive environment to talk over difficult issues in confidence. They will listen to a young person's views, experiences and feelings, without judgement, in an atmosphere of respect and empathy, based on a secure and trusting working relationship.

#### Package

- On-site service for X day(s) per week during term time
- Provision of a school-based counselling service during term time
- The service is delivered by BACP qualified counsellors and supervised final year trainees studying Diploma in Therapeutic Counselling
- Trainees receive on-site supervision from a qualified counsellor as well as regular clinical supervision
- We work closely with school pastoral team, school nurse and Child and Adolescent Mental Health Services (CAMHS)

#### Target Audience

- Children and young people at statutory school age
- Young People participating in Post-16 education

#### Delivery model

- 1:1 (outside of classroom setting and where necessary via a virtual platform)
- 50-minute sessions which are confidential. Safeguard disclosures will be shared in line with the school's safeguarding procedures



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## Benefits / impact statements

<b>Pupil</b>	Empowered to resolve or manage problems and worries more easily
<b>Staff &amp; School</b>	Improved emotional health supports academic achievement and facilitates the building and management of helpful relationships in the school environment

## Requirements from school

A confidential referral form, supplied by Inclusion Development and Support Services (IDSS), should be completed as fully as possible by the school for each young person being referred.

Designated member of staff who will liaise with the counselling team for all communications.

The school should provide an appropriate room where counsellors can work undisturbed with the young people and a lockable cabinet to store confidential files.

Please give as much advance notice as possible of known events that will affect a young person's attendance at their counselling sessions.

## Contact Details

### Sukwinder Jandu

Schools Outreach Counselling Co-ordinator

Tel: 07506 868 379

Email: [sukwinder.jandu@royalgreenwich.gov.uk](mailto:sukwinder.jandu@royalgreenwich.gov.uk)

