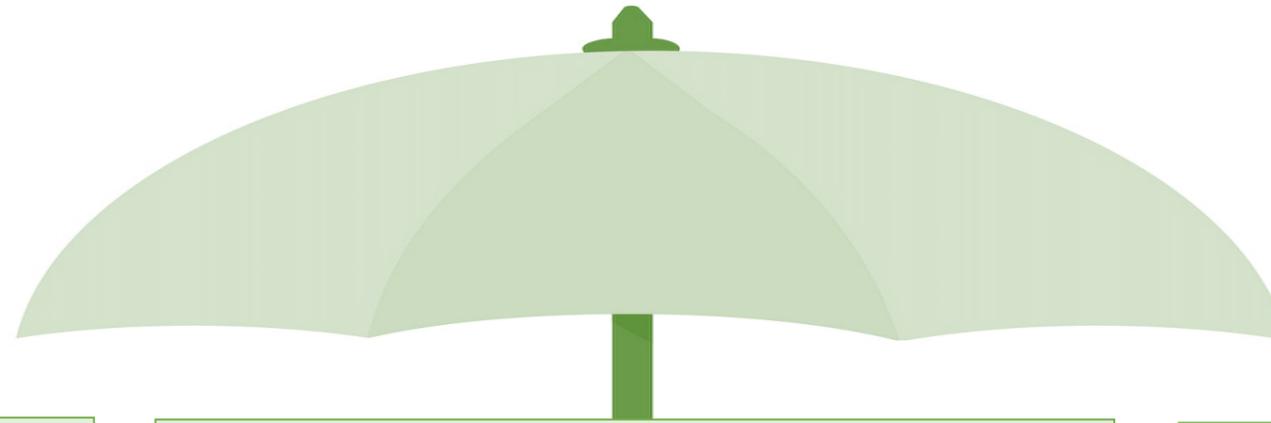


# Therapeutic Services



## Advanced Drawing and Talking

*Impact measure: DBQ      Accessed via: Signed referral form*

This service is available to children and young people attending DESC and Dacorum schools.

It is a therapeutic approach offered before counselling as an early intervention. Drawing and Talking is a gentle and non-intrusive method of working with children who need support with their emotional needs. During sessions, children are encouraged to draw and begin to process emotions they are holding internally.

Sessions last for 30 minutes and take place weekly over 12 sessions.

Weekly sessions delivered by an advanced D&T Practitioner and has a cost attached.

## CBT for children and young people

*Impact measure: Core YP      Accessed via: Signed referral form*

Cognitive Behaviour Therapy works by linking the way you think (Cognitive – your thoughts, beliefs and assumptions) with what you do (your Behaviour) and how you feel (Therapy – your emotions).

This specialist service is available to children and young people attending DESC and Dacorum schools experiencing anxiety, depression and common mental health conditions.

It is delivered as 10 sessions and has a cost attached.

Some of the benefits include:

- Psycho-educational and teaches transferable skills.
- NICE guidelines evidence-based therapy
- Measurable impact outcomes

## Therapeutic Support Worker

*Impact measure: TSBQ      Accessed via: in-reach referrals from the Haven*

This service is available in-reach to the children attending the Haven and their families.

In the Haven, the Therapeutic Support Worker promotes the use of a reading dog when working with vulnerable learners, with benefits including:

- Improved literacy
- Reducing anxiety
- Raising confidence
- Self-esteem building

The Therapeutic Support Worker also offers a confidential, non-judgemental opportunity for the parent/carers of learners in the Haven to receive the support they need to enable the best outcomes for their child. This support encourages a solution-focused approach to parenting and supports parents to engage in their child's learning.

Sessions are delivered in groups or one to one.

## Counselling for Parents

*Impact measure: GAD7 & PHQ9      Accessed via: Referral from the Outreach team*

Counselling is available to parents whose child or young person is attending DESC or receiving support through the DESC Outreach service.

This is a free service.

Sessions are needs led and not time limited.

Sessions are delivered weekly at DESC's Barncroft Campus in Hemel Hempstead.

## Emotional Literacy Support Assistant (ELSA)

*Impact measure: ELSA evaluation tool      Accessed via: Signed referral form*

ELSA's are specially trained staff that can offer support for children's emotional development. This is a free service.

ELSA's can help with a range of issues including; loss and bereavement, self-esteem, social skills, friendship issues, relationships, anxiety, conflict and emotional regulation.

ELSA's access regular supervision from Educational Psychologists.

## Counselling for children/young people

*Impact measure: Core YP      Accessed via: Signed referral form*

This service is available to children and young people attending DESC and Dacorum schools. It is delivered in school by a BACP qualified counsellor and has a cost attached.

The service increases access for Dacorum schools to counselling services whilst reducing the costs and enables schools to purchase sessions on a week-by-week basis, removing the need to buy a term in advance. This affordable high-quality therapeutic service is responsive and avoids the need for waiting lists.

DESC quality assure the service by:

- Working within the British Association of Counselling and Psychotherapist (BACP) Ethical framework
- Gathering monthly data to evidence impact
- Ensuring HCC safe recruiting processes are adhered to
- Providing clinical supervision for all counsellors