



## COUNSELLING IN SCHOOLS

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### 2.0 INTRODUCTION

2.1 The **Counselling in Schools Service** provides an early intervention through therapeutic counselling to children aged 10 and above. This directly supports children and young people with health and wellbeing concerns. Counselling offers young people, a safe and supportive environment to talk over difficult issues in confidence. This involves listening to their views, experiences and feelings without judgement, within the context of a safe and trusting relationship characterised by empathy and respect.

2.2

Educational Psychology Service, the **Counselling in Schools Service** makes a considerable contribution towards all of the four core aims of -2023:

**CYPSP Priority 1** - *By ensuring strong, respectful collaborative leadership and communication through the GIRFEC approach we are getting it right for our children and young people*

**CYPSP Priority 2** - *Our children and young people have access to early help and support.*

**CYPSP Priority 3** – *We improve the mental health and well-being of our children and young people*

**CYPSP Priority 4** – *We ensure our children and young people's voice is heard.*

2.3 As an accessible tier 1 service, counselling can support rising mental health needs and provide an early intervention which can reduce the escalation of these needs. Over time it is expected that this will also

reduce the pressures on other services including Child and Adolescent Mental Health Services (CAMHS) through prevention of escalation as a result of providing support at an earlier stage

The 8 GIRFEC wellbeing indicators provide a shared language and common understanding of wellbeing for all professionals across the HSCP, which children need to grow and develop: Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, and Included.

4.2 Health and wellbeing are also core components of the *Curriculum for Excellence* and *Building the Ambition*, emphasising the need to ensure that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing.

4.3

4.10

4.14 Children and young people can access the service through either a self-referral form or a professional referral form which has been circulated across Education, Health and Social Work.

4.15

service development. Following a meeting with a group of young people in April 2022 changes have been made to the referral forms and a poster to promote the service has been developed.

4.16 A termly newsletter is produced by the service to update schools and stakeholders on developments and continue the promotion of access for young people.

4.17 Information is gathered on young people from particular vulnerable groups accessing the service including those with caring responsibility, those accessing free school meals and young people with care experience.

4.18 The Counselling in Schools Service reports regularly to Scottish Governments through the *Children and Young People's Mental Health Report (Combining School Counselling and Children and Young Peoples Mental Health and Wellbeing Supports and Services Framework)* every 6 months. A summary report of all services within Scotland can be found at <https://www.gov.scot/publications/access-to-counsellors-in-secondary-schools-summary-report/>

4.19 Now that the funding for this service has been baselined, multiagency discussions are taking place to ensure maximum impact for our children and 479.68 Tm(t)28(h)56(r)21(358.17 Tm-6(o)-6(p)-6(l)35(e)-6( )-159(t)28(h)56(r)21(o)-6(u))

- 6.1 Policy Policy to support service delivery is currently in place
- 6.2 Financial funding has now been base-lined
- 6.3 Legal - None
- 6.4 HR decisions regarding whether counsellors sit within Health or the Council to be taken
- 6.5 Fairer Scotland Duty - None
  - 6.5.1 Equalities - protected characteristics
  - 6.5.2 Socio-economic Duty
  - 6.5.3 Islands service delivery is provided on an equitable basis across all areas of Argyll and Bute
- 6.6 Risk