

Counselling in Schools – Tayside: Information for Health Professionals

April 2020

Context

In July 2019 the Scottish Government announced funding for local authorities to support delivery of access to school counselling services. Counselling services are to be available to secondary school pupils (primarily), and primary and special schools in communities for pupils aged 10yrs and over. Counselling should be aligned to GIRFEC and local procedures, recognised as a potential support for children and young people within the overall framework of staged intervention and as part of a whole-school approach to Health and Wellbeing. Counselling will provide a low-level, preventative support within that context.

Local Authority Approach

In Tayside it was decided to approach counselling in a collaborative way to ensure alignment with the Tayside Emotional HWB Strategy for Children and Young People 2020-23.

Counselling in Schools in Tayside operates under these principles:

- Counselling is viewed within a continuum of a resilience based approach
- Staff who know children best are fully supported in their work
- Individual counselling leads where appropriate into child/young person planning and the identification of wider supports

Following a tendering process, counselling providers have been contracted and counsellors are now available in every secondary school across Tayside and are available to pupils aged 10+ within associated cluster primary schools. The primary approach is one-to-one therapeutic counselling.

A project Oversight Group containing service leaders and Educational Psychologists meets regularly to review implementation and evaluation. Local authority steering groups containing education staff and CAMHS representatives inform this process. Regular reporting by providers, schools and service users will ensure ongoing evaluation and improvement.

Referrals

Referrals can be made by the named person in school responsible for the child/young person or by other partners/key workers to ensure that the need for counselling is considered in relation to the child or young person's wider wellbeing through child planning processes.

Young people aged 12+ may self-refer directly to the counsellor within the school.

GPs, health professionals and other partner agencies are encouraged, where counselling is being considered, to signpost children/young people and families to school counselling services to allow easy access to counselling where assessed as appropriate.

Further information & Contact

A detailed information and advice document was issued to schools in October 2020 and provides further information about service implementation, delivery and evaluation, along with the referral template and guidance for professionals on appropriacy of referrals and the role of counselling. This can be made available to any interested parties.

For further detail or discussion, in the first instance please contact Andy Dingwall, Counselling in Schools Coordinator - Tayside: ADingwall@pkc.gov.uk, 07393253052.

Providers

The providers of counselling services within each cluster of schools are detailed on the next page:



Angus		Dundee City		Perth & Kinross	
School Cluster	Provider	School Cluster	Provider	School Cluster	Provider
Arbroath Ac	Wellbeing Scotland	Baldragon Ac	Wellbeing Scotland	Bertha Park	Wellbeing Scotland
Arbroath HS	Place2Be	Braeview Ac	Wellbeing Scotland	Blairgowrie HS	Place2Be
Brechin HS	Tayside Council on Alcohol	Craigie HS	Tayside Council on Alcohol	Breadalbane Ac	Lifelink
Carnoustie HS	Scottish Counselling Service	Grove Ac	N Heath	Com Sch of Auchterarder	Mindspace
Forfar Ac	NEW Solutions	Grove Ac	Wellbeing Scotland	Crieff HS	Mindspace
Monifieth HS	Scottish Counselling Service	Harris Ac	Wellbeing Scotland	Kinross HS	Place2Be
Montrose Ac	Place2Be	Morgan Ac	Tayside Council on Alcohol	Perth Ac	Place2Be
Websters HS	Place2Be	St Johns RC HS	Lifelink	Perth GS	Mindspace
		St Pauls RC Ac	Place2Be	Perth HS	Mindspace
				Pitlochry HS	Lifelink
				St Johns RC Ac	Mindspace



Togetherall

Each of the Tayside local authorities are now providing access to the online resource Togetherall for 16-24 year olds as a support for mental and emotional health. Togetherall is a free digital mental wellbeing service for all residents aged 16-24 living in a Tayside postcode area. Togetherall is a multi-award winning service designed to help people get support, take control and feel better. It provides 24/7 peer and professional support (with trained healthcare professionals online at all times), plus a range of wellbeing tools to help people self-manage. It is a safe, anonymous, online support 24/7, with a supportive community, information and self-help resources. Access is easy: young people simply go to www.Togetherall.com and enter their postcode.