

## Therapeutic Services

Delivering to DESC and Dacorum schools

If you would like to discuss any aspect of support, please contact Kathryn Girdlestone, Therapeutic Services Lead - [kgirdlestone@desc.herts.sch.uk](mailto:kgirdlestone@desc.herts.sch.uk)

Bespoke programme for each child

### Mental Health Worker

Bsc (Hons) Nursing (Mental Health)

*Evaluation tool used Core YP*

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

This intervention enables an initial Mental Health assessment to be completed to determine the direction of work.

Sessions are delivered one to one, in school and are needs led.

The Mental Health Worker can signpost to alternative services and liaise with CAMHS when appropriate.

**Accessed via a signed service request or referral from the Outreach team**

### CBT for children and young people

*Evaluation tool used Core YP*

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
- Measureable impact outcomes

**Accessed via a signed service request**

### Counselling for children/young people

*Evaluation tool used Core YP*

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

The service is delivered in school by a BACP qualified counsellor and has a cost attached. DESC's counselling model enables access to affordable high quality therapeutic services which are responsive and avoids the need for waiting lists.

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.

DESC quality assure the service by:

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

**Accessed via a signed service request**

### Advanced Drawing and Talking

*Evaluation tool used Boxall Profile*

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.

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

**Accessed via a signed service request**

### Counselling for Parents

*Evaluation tools used GAD7 & PHQ9*

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

Sessions are needs led and not time limited.

**Accessed via a referral from the Outreach team**

### Therapeutic Support Worker

*Evaluation tool SDQ*

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 therapy 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 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.

**Accessed via in-reach referrals from The Haven**