



Counselling and Support  
for Young People

CAS Y  
Counselling Services  
for Schools

Registered Charity Number 1092938

A Company Limited by Guarantee in England and Wales. Registered number 4310724

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## About Us

CASY (Counselling and Support for Young People) is a registered charity created to ensure that the children and young people of Nottinghamshire and Lincolnshire have the best possible emotional and mental health.

We have been supporting children and young people for over 19 years by offering a confidential counselling service and by the delivery of training to support those who work with them.

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## Contact Us

For further information or to discuss how we can help your organisation please contact us:

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16 London Road  
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NG24 1TW

Telephone: **01636 704 620**      Email: **office@casy.org.uk**

**www.casy.org.uk**

## Counselling: Children & Young People

### What is Counselling?

*'Counselling and psychotherapy are umbrella terms that cover a range of talking therapies. They are delivered by trained practitioners who work with people over a short or long term to help them bring about effective change or enhance their wellbeing.'*

*(British Association for Counselling and Psychotherapy)*

### Working with the Client

Our counselling service enables children and young people to deal with and overcome issues that are causing them pain or making them feel uncomfortable. It provides a safe and regular space for them to talk and explore difficult feelings. Counselling builds a safe and trusted environment in which the client can understand themselves and their problems better and develop coping strategies that will aid them throughout life.

### Working within Schools

We have been working within schools for 19 years, providing counsellors on contract to help support the emotional wellbeing of students.

We maintain regular contact with the school and provide feedback at regular intervals during the contract. We can identify potential trends in presenting issues and suggest preventative workshops, working with the school to improve emotional health of the young people.

### What CAS Y Can Offer

We can put together a tailored package of support to suit the individual needs of each school. All CAS Y counsellors undergo:

- Enhanced DBS Check
- Safeguarding Training
- Monthly Clinical Supervision in line with BACP code of ethics
- Opportunities for peer supervision
- 6 monthly performance management of all counsellors
- Bespoke Training for continued professional development

Additionally, we can provide support within 24 hours and, if necessary, for reasons such as illness, we can supply a replacement counsellor.

## Counsellor Placement Costs

The counsellor placement costs are based on the full 38-week school year and can be started at any time. Each counsellor typically works a three or five-hour day.

Counselling hours per week	Cost	Cost per hour
<b>3</b>	<b>£2,850</b>	£25.00
<b>5</b>	<b>£4,750</b>	£25.00
<b>6</b>	<b>£5,700</b>	£25.00
<b>8</b>	<b>£7,600</b>	£25.00
<b>9</b>	<b>£8,550</b>	£25.00
<b>10</b>	<b>£8,550</b>	£22.50
<b>11</b>	<b>£9,405</b>	£22.50
<b>12</b>	<b>£10,260</b>	£22.50
<b>13</b>	<b>£11,115</b>	£22.50
<b>15</b>	<b>£12,825</b>	£22.50
<b>18</b>	<b>£15,390</b>	£22.50
<b>20</b>	<b>£17,100</b>	£22.50

### Bespoke Service

We also offer a bespoke service which is invoiced per client. This is charged for an initial 8 sessions at £240 and then at £30-00 per session after that. This service can also be utilised by school staff.

## Evaluation Packs

As part of our commitment to our venues and our clients we collate evidence of our work and provide you with a pack at the end of the school year with this information.

This provides:

- Statistical information
  - Number of counselling sessions, how many clients were seen, presenting and secondary issues.
- Feedback from assessments.
  - During the process the client completes two self-assessments. This information produces a star graph which shows the areas of change the client has undergone in through the process of counselling. The graphs are not named so all information is kept confidential and therefore may be used for Ofsted or future funding potential. See page 12 for an example report.



## Primary School Support Package

The primary school support package is a five hour per week contract, delivered on one specific day, throughout the 38 weeks of the academic year.

This contract provides a suitably qualified and experienced counsellor within the school to provide counselling and group support work to effectively manage the emotional health needs of the school.

The counsellor will adopt a supportive role engaging with staff to ensure the best possible emotional health for the students. The five hours of the contract can be split between counselling support and group workshops and allows the flexibility to prioritise the needs of the school. This package typically includes:

**1-to-1 Counselling** support for ages 6 and up that enables children and young people to deal with, and overcome, issues that are causing them pain or making them feel uncomfortable.

### **Workshops for students:**

*The Healthy Living Game* - this is a creative way of combining the skills of listening and communicating in a floor game activity that focuses on health, knowledge, making choices, keeping safe and emotions. This workshop takes around 30 minutes and would be delivered to all students in years 5 & 6, in groups of ten.

*Nurture Group* - the aim of these groups is to help participants understand themselves and others better through the use of fun activities designed to build good self-esteem. It is delivered over six 50-minute sessions to a maximum of 6 students.

**Drop in Space** – this is an informal drop in space available for young people to meet with a counsellor to find more out about counselling. For more information, please see page 11.

### **Workshops for school staff**

*What is Counselling?* – an introductory 50-minute workshop for teachers and teaching staff that provides an overview of counselling and aims to increase understanding of the process.

### **Talks for Parents and Carers**

We can meet briefly with parents and carers to provide an awareness of the counselling process; the counsellor will not disclose any information regarding the client.

The package of support to primary schools is organised and delivered around the specific needs of each school. The counsellor will liaise closely with the school to deliver a flexible programme of emotional support. Regular feedback will be provided and you will be given an end of year evaluation pack covering all activities delivered within the year.

**The cost of the package for the 38 weeks is £4,750.**

### **Additional Services**

We also provide a counselling service for parents/carers and teachers/school staff. For more information, please get in touch with us.



## Secondary School Support Package

The secondary school's support package is a five hour per week contract, delivered on one specific day, throughout the 38 weeks of the year.

This contract provides a suitably experienced counsellor within the school to provide counselling and group support work to effectively manage the emotional health needs of the school.

The counsellor will adopt a supportive role engaging with staff to ensure the best possible emotional health for the students. The five hours of the contract is split between counselling support and group workshops and allows the flexibility to prioritise the needs of the school. This package typically includes:

**1-to-1 Counselling** support for that enables young people to deal with and overcome issues that are causing them pain or making them feel uncomfortable.

**Drop in Space** – this is an informal drop in space available for young people to meet with a counsellor to find more out about counselling. For more information, please see page 11.

**Group Work** – this counsellor-led safe space for small groups to come together and explore specific topics of shared concern such as anxiety and anger.

### **Workshops for school staff**

*What is Counselling?* – an introductory 50-minute workshop for teachers and teaching staff that provides an overview of counselling and aims to increase understanding of the process.

The package of support to secondary schools is organised and delivered around the specific needs of each school. The counsellor will liaise closely with the school to deliver a flexible programme of emotional support. Some of the workshops could be delivered in single hour sessions or delivered at a set time over a number of weeks. Regular feedback will be provided and you will be given an end of year evaluation pack covering all activities delivered within the year.

**The cost of the package for the 38 weeks is £4,750.**

### **Additional Services**

Additional services can be brought in to supplement the support package and details of extra workshops can be found in the Workshop Guide.

We also provide a counselling service for parents/carers and teachers/school staff. For more information, please get in touch with us.

## Drop in Sessions

As part of CASY's services, we are now able to offer drop in sessions for when there is a space or if a client is absent from school. Drop in sessions can also be used for parents to find out more about what counselling is and for staff to find out about the referral process and who can be referred.

In order that you get the most of our counsellor's time in school and are able to utilise our services to the fullest, you may find these helpful.

Drop ins are to be used in two ways:

- The first is to allow a potential client to learn more about the counselling process, and to find out some information for themselves to make a more informed decision on whether counselling is the right option for them.

Perhaps someone has suggested counselling but they aren't sure, or they want to take some leaflets home with them to discuss this with their family before committing to the process. This can take anything from 10 to 20 minutes, and is a fact finding mission for them – no counselling is to take place during this time.

- The second way this space can be used is to check in with an old client – they may want to let the counsellor know how they've been getting on since they last saw them, and it might be a good way for them to check on what they gained from their counselling sessions. Again, this is not a counselling session.

No referral paperwork or parental consent is required for drop in sessions. As such, drop in sessions are not suitable for students who are in emotional crisis. If a student is really struggling, then it might be more appropriate for a referral for counselling to be made instead.

Should you need any more information or have any questions regarding drop in sessions or any of our services then please call CASY on 01636 704 620.

## Example Client Feedback Report

### Client Ending Summary Report

Client agreed for report to be shared with the pastoral lead? Yes

Initials: AT

Gender: Female

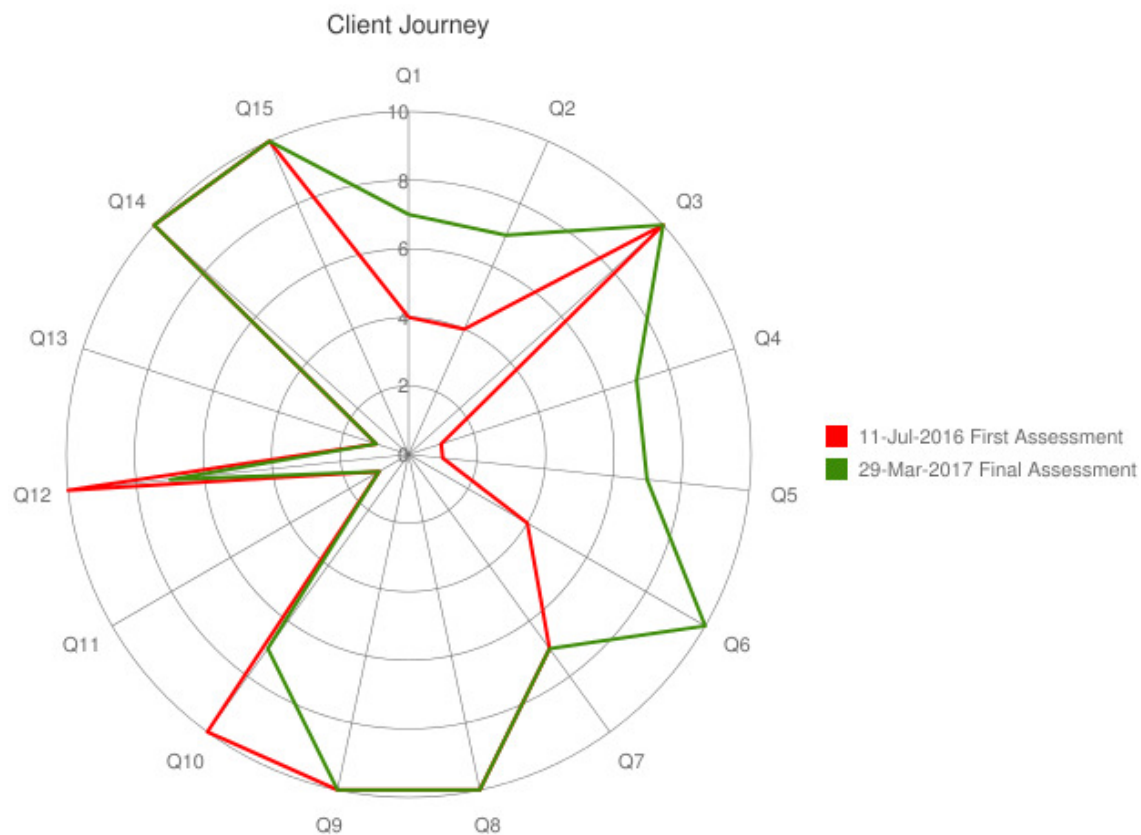
Age: 13

Presenting Issues (at time of referral): Behaviour Problems, Stress, Family Relationships

Number of sessions: Cancelled: 1 Attended: 12 **TOTAL: 13**

Counsellor: Mabel

Outcomes:



#### Star Chart

**Q1** I can make myself feel better when I feel upset

**Q3** When I have a problem I feel it in my body

**Q5** I have too many bad days

**Q7** I feel comfortable around other people

**Q9** I have people I can turn to

**Q11** I get bored easily

**Q13** My best is good enough

**Q15** I worry that I won't reach my goals

**Q2** I worry about what other people think of me

**Q4** I feel sad

**Q6** I like myself

**Q8** I care about the people in my life

**Q10** I find it hard to concentrate

**Q12** I enjoy the things I do

**Q14** I feel a sense of achievement

**Ending Summary:**

AT said it has been 'good' coming for counselling, 'a lot of fun and I have learnt things about myself.' She said it had felt better to know she had somewhere to come/someone to turn to each week when he had problems.

She feels her behaviour has improved lately and that she doesn't get into as much trouble and he also feels less angry.

The client said she now knows of activities she can do to help her relax and memories/people/hopes which make her feel happy during tough periods. She also said she's aware of her support network, and that she can return to counselling in the future if she feels she needs further support.

**Further Support:**

AT said she feels supported by school, saying 'they're always there for me' and knows she can talk to Miss Wilson if Mrs McKenzie isn't available.

AT also says she knows the counselling service is available to her again in the future and she knows she is welcome to pop her head around my door during a lunch/break time, or drop-in session on a Wednesday if she wants to say a quick hello - and she identified this may help her with the transition and recognising I haven't disappeared or 'left.'

She said that there are occasions in lessons when she finds it very difficult to be in the room and some teachers recognise this so that when she asks to go to see the student progress leaders they let her. However, she says some teachers say no and then she feels his behaviour deteriorates. She is aware she can't do this regularly but he feels that a brief period of time out when things have got too difficult for her to stay would enable her to return and manage the rest of the lesson.

## Testimonials

### What our clients say about us

*“The Counsellor was very easy to talk to and encouraged me to talk; it was nice to feel I had someone special to talk to and not feel pressurised”*

*“It has been of such value to me, I have been able to rebuild my life and learnt the true value of it... if this service only helps one more person like me it’s a worthwhile cause, thank you for taking the time to listen”*

*“I think it has improved my life and has helped me on what to do when I get upset or offended”*

### What Schools Say About Us

*“I am writing to say what a truly valuable service CASY provides for the needs of our students. The students find the sessions very beneficial where issues can be explored in confidence.”*

*“CASY provide a vital service to our school. Students who have accessed the service have shown an increase in their confidence, self-esteem and most importantly their ability to cope with very difficult life situations.”*

*“The CASY counselling service has proved very useful for the children in our school. They have enjoyed the one-to-one time with someone who is there to support them, without feeling intimidated.”*



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BACP organisational member no: 120517. As an organisational member of the BACP we are bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy and are subject to the Professional Conduct Procedure for the time being in force.

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