



YOUR SPACE- Providing Schools with Therapeutic Services

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WHO WE ARE



- Qualified and registered therapists with BACP/HCPC
- Experienced Clinicians in schools, third sector and independent practice
- Managing and developing clinical services
- Areas of therapeutic expertise- Attachment, trauma, abuse and exploitation, parental engagement, working with complex hard to reach families, tailored groupwork

YOUR SPACE ETHOS



- Working with a young person/child in isolation is not an option
- We work within a 'whole system' approach
- Not a one size fits all model , we are curious about all aspects of the child's life not just attending to the presenting behaviour
- Attending to a young person's emotional needs will impact on their lifelong learning.
- Join the dots between home and school
- We impart and embed knowledge and skills to school staff
- Empower staff and young people to develop and sustain relationships.
- Provide impact reports for evidence based practice-quantitative and qualitative data.
- We care and invest in peoples lives

YOUR SPACE MODEL



One/Two/Three day service comprising of the following-

- 1-1 work with children/young people(including assessment and evaluations)
- Lunch time self-referral drop in (can be targeted to year group in secondary)
- Groupwork- whole class or targeted intervention
- Parental engagement
- Dyadic- parent and child together
- Consultancy – Senior Leadership, teaching staff
- Training- bespoke

IMPACT



- Impact report provided by Your Space termly; themes, observations, case studies plus attendance statistics (year group etc)
- Annual impact report with quantative data from SDQ/YP Core
- Responsive to need; reduction in waiting time for therapy
- Consultancy can promote self care/reflection and effective working practice in staff

Examples



S1- Low mood, loss, family issues/parental separation (equal weight)

S2- Medical issues/illness and School issues (equal weight)

S3- Loss, medical issues/illness, bullying, anger, school issues (equal weight)

S4- Low mood, then self-harm, sexual abuse/exploitation

S5- Schools issues, relationships, family issues/parental separation

S6- Low mood, family issues/parental separation, friendship issues

S4 was the year group most attended with the most significant causes of concerns (sexual abuse/exploitation, self-harm and suicidal thoughts/ideation). This highlights the emotional and physical vulnerability of this year group. It is a positive that the young people have access to the specialist support of Your Space around self-harm and suicidal thoughts as this is an area that if handled clumsily, could have a detrimental effect on the young person's wellbeing.

EXAMPLES OF LUNCH TIME DROP IN



- S4 self referred
- Wrong choice, family impact- conversation opened the door to discuss emotional symptoms
- Eating issue was discussed
- Collaborative approach- Your Space, Head of House, Pupil Support