

# **Therapeutic and Counselling Services**

## **For Children and Young People**

A Directory for Calderdale



**Emotional Wellbeing Project**

Children and Young People's Services, Calderdale Council

## Introduction

A directory for professionals in schools, children's centres, school nurses, GPs and other agencies working with children and young people in Calderdale between 5-19 years old.

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February 2015

## What is this Directory for?

This Directory aims to help professionals to identify children and young people who are vulnerable or at risk, and to determine where intervention and counselling would be useful.



## Using this Directory

Section 1 provides details on a range of services.

Section 2 provides guidance on employing a counsellor or bringing in a service to school.

Section 3 provides information about many other services and details of some other key organisations. It also offers links to Calderdale Families Information Service website.

[http://www.calderdale.gov.uk/education/childcare/  
familiesdirectory/](http://www.calderdale.gov.uk/education/childcare/familiesdirectory/)

## Omissions and Errors

### The Children and Young People's Services (CYPS) Emotional

Wellbeing Project is aware that this may not be a comprehensive list of services providing therapeutic interventions in Calderdale. If you notice any omissions or errors, please let us know.

All organisations have provided information about their safeguarding and governance protocols; however these are services independent of the Council.

## Important Notes for Directory Users

CMBC are adopting the Strengths and Difficulties Questionnaire as a standardised screening tool. ([www.sdq.info.com](http://www.sdq.info.com))

All professionals working with vulnerable children and young people are encouraged to use an appropriate mental health assessment tool.

# **Therapeutic and Counselling Services**

For Children & Young People

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## **Branching Out Lifeline**

- Calderdale Wide -



### Contact

Kate Hetherington  
Tel: 01422 510000

@

[kate.hetherington@lifeline.org.uk](mailto:kate.hetherington@lifeline.org.uk)

www

[www.Lifelineproject.org.uk](http://www.Lifelineproject.org.uk)

Age Range  
10 – 21 years

Office Hours  
Monday - Friday  
9.30am - 5.00pm

### Accessibility

Drop in to the town centre building, call on the number provided or search Lifeline Young People on Facebook, sending a direct message.

### Funding

All services are free.  
Commissioned by  
CCG/ CMBC.

### Location

11 Wards End, Halifax  
HX1 1BX

**Branching Out** is a confidential alcohol and drug service for Young People in Calderdale aged up to 21 years. We work with young people who are using alcohol, drugs or solvents at any level, and those at risk of using substances.

Branching Out offers a flexible, holistic service to young people with a wide range of services on offer, providing honest and accurate advice and information and supporting young people to achieve their goals. This includes one to one support, positive activities, clinical treatment, advocacy, C-card, Chlamydia screening and signposting.

We provide GP support and key working to young people who may require substitute prescribing/detoxification, or have health concerns related to their use of substances and access to Hepatitis A&B vaccinations.

**Family Worker** – Providing information and support to parents who may be affected by their child's substance use, training and awareness for parents who want to know more.

**Education and Training Worker** – Providing information and training to professionals working with young people and awareness to young people across Calderdale.

Contact [Jill.norman@lifeline.org.uk](mailto:Jill.norman@lifeline.org.uk) for bespoke substance misuse training.

### Referrals

Referrals can be taken over the phone. Confidential advice and guidance if you're unsure can also be given over the phone. Please make sure you have the young persons consent before referral.

### Information and Consent

Consent must be gained from a young person to make the referral. Confidentiality is explained to all young people on initial assessment and consent to share information with family and/or other professionals is encouraged where appropriate. Frazer guidelines are applied for under 16s.

### Assessment and Feedback

All young people are comprehensively assessed on all areas of their life to ensure safeguarding and appropriate packages of care are put into place.

### Staff, Volunteers & Training

All staff are fully trained around: ITEP Mapping, CBT, Motivational Interviewing, basic counselling skills, advanced substance misuse training, Safer Injecting, C-card, Chlamydia Screening, Safeguarding, Mental health first aid. All Staff have enhanced DBS checks.

## **Child and Adolescent Mental Health Service (CAMHS)**

- Calderdale Wide -

Tier 2 Contact

Mick Mesa

[mick.mesa@leedscounselling.org.uk](mailto:mick.mesa@leedscounselling.org.uk)

Tel: 01422 300001

@

[contactpoint@calderdalecamhs.org.uk](mailto:contactpoint@calderdalecamhs.org.uk)

WWW

[calderdalecamhs.org.uk/](http://calderdalecamhs.org.uk/)

(Contains service details, criteria and referral forms for Tier 2 and Tier 3, plus useful information guides and resources).

Age Range

3 – 18 years

Office Hours

Monday - Friday  
9.30am - 4.00pm

Tier 2 CAMHS Location

9 Clare Road, Halifax  
HX1 2HX

**CAMHS** in Calderdale provides an evidence-based, comprehensive service to children and young people aged up to 18 years who are experiencing emotional and mental health problems. The service is provided by Leeds Counselling (Tier 2 CAMHS) and South West Yorkshire Partnership Foundation Trust (Tier 3 CAMHS) and the two organisations work closely together.

The CAMHS service offers direct work to children and young people and their families, both on an individual and group basis, and offers mental health expertise across children's services, providing consultation, training and advice to carers/families and other professionals. Professionals are now able to refer directly to the most appropriate CAMHS service (Tier 2 or Tier 3).

CAMHS may be able to help when emotional or mental health problems which significantly affect a child's daily life have persisted for longer than 6 months, despite a preventative or universal services intervention.

Referral to CAMHS should be considered in the following cases:

- Serious deterioration in self-care
- All/most family members highly distressed
- Non-school attendance as a result of mental health presentation
- Serious deterioration in academic attainment related to mental health presentation
- Social withdrawal (e.g. no contact with friends)
- Relations with peers leading to serious risk-taking

CAMHS can also provide consultation to help and support other professionals working with complex cases.

**Tier 2 CAMHS** helps parents and professionals to address concerns about the emotional or mental health of a child or young person up to age 18. Tier 2 CAMHS may become more closely involved if there is evidence that the concern is continuing despite efforts to address it by those who currently know the child, and if it appears that a brief therapeutic intervention would be helpful.

**Referrals to Tier 2** can be made via a secure on-line referral form (at [www.calderdalecamhs.org.uk](http://www.calderdalecamhs.org.uk)) or by downloading and completing the [referral form for Tier 2 CAMHS](#) and sending it to Tier 2 CAMHS, 9 Clare Road, Halifax, HX1 2HX.

Consider referring to Tier 2 CAMHS when:

- emotional or mental health problems which significantly affect a child's daily life have persisted for longer than 6 months, despite a preventative or universal services intervention AND
- the criteria for Tier 3 CAMHS (see below) are not met

Referrers are encouraged to call the Contact Point with any queries, or to discuss potential referrals. The contact point duty worker will support callers who have concerns about a child or young person. They will also signpost callers to sources of support outside CAMHS where appropriate, and advise callers how to make appropriate referrals to CAMHS (both Tier 2 and Tier 3) where necessary.

## Child and Adolescent Mental Health Service (CAMHS)

- Calderdale Wide -

Tier 3 Contact  
Joanne Spinks

Team Manager  
Tel: 01422 261332

@  
[contactpoint@calderdalecamhs.org.uk](mailto:contactpoint@calderdalecamhs.org.uk)

[www.calderdalecamhs.org.uk/](http://www.calderdalecamhs.org.uk/)

(Contains service details, criteria and referral forms for Tier 2 and Tier 3, plus useful information guides and resources).

Age Range  
10 – 18 years

Office Hours  
Monday - Friday  
9.30am - 4.00pm

Tier 3 CAMHS Location  
Broad Street Plaza  
51 Northgate  
Halifax  
HX1 1UB

**The Tier 3 CAMHS** service team consists of; consultant psychiatrists, psychologists, family therapists, art therapists, nurses, social workers, occupational therapists and support workers. Pathways have been set up within the service for Looked After Children, Diagnosis of ADHD, Diagnosis of Autism and Eating Disorder.

If a referral for ADHD is made to the service the pathway requires the school to complete an ADHD pack. Once this has been received by CAMHS it will then be screened and processed.

If a request is being made for an Autism diagnosis the referral has to come from educational psychology, speech and language or a pediatrician. If it is not from one of these sources it will not be processed as the referral does not meet the requirements of the Autism pathway.

All other presentations require a referral being made to the Tier 3 team. Referrals are accepted for the following mental health presentations;

- Depression, where severe or has not responded to earlier intervention
- Anxiety i.e. panic attacks and phobias or where earlier intervention has not been successful
- Obsessive compulsive difficulties/behaviours
- Eating Disorders with significant risk or impairment i.e. Anorexia nervosa or bulimia
- Self Harm and suicide attempts. **Please note that superficial cutting will not be accepted in isolation unless there are other symptoms which meet the Tier 3 CAMHS criteria**
- Somatoform disorders; where unexplained physical symptoms are persistent and have not resolved with appropriate pediatric management
- ADHD that requires Tier 3 intervention following diagnosis
- Prolonged adjustment difficulties i.e. abnormal grief reactions
- Persistent post traumatic reactions (PTSD)
- A range of neuropsychiatric conditions including Tourette's syndrome

### Referrals to Tier 3

A referral form for Tier 3 CAMHS is available to download. Referrals should be posted to Tier 3 Child and Adolescent Mental Health Service, Broad Street Plaza, 51 Northgate, Halifax HX1 1UB.

Telephone 01422 261332 Duty team (please note that telephone referrals will not be accepted except in urgent and acute cases)..

**EPS** is a specialist service to change the educational, social and mental health outcomes for children and young people aged 0-25 who may be vulnerable, at risk, or have special needs. It provides support and advice across the community, including children and young people, families, schools, support services, early years settings, youth and other community services, voluntary agencies, parent groups and other community members. EPS operates in all Calderdale schools and educational settings, and will assess every child undergoing a statutory assessment of their special educational needs. Offers bookable Local Consultation Sessions in a range of community settings.

### **Enquiries**

Anyone living or working in Calderdale who has an interest in the well-being and development of young people may contact by telephone, however, it is necessary for an EPS Enquiry/Consent Form to be completed. New enquiries are considered at regular allocation meetings and responses are needs-led. EPs can respond using a number of different approaches from 'light-touch advice' through to 'intensive involvement'.

### **Information and Consent**

EPS can only become directly involved with children and young people with written consent from parents or from young people themselves. Calderdale Council's guidance on confidentiality and information sharing.

### **Assessment and Feedback**

Regular user questionnaire surveys and feedback from service users.

### **Staff, Volunteers & Training**

One Head of Service, seven Educational Psychologists and two Administrators. All EPs are fully qualified and are registered with the Health & CareProfessions Council (HCPC).

All staff have enhanced DBS checks and all staff participate in Peer Supervision. EPs receive formal supervision from a senior member of staff.

### **Additional Notes**

EPS offers training to schools and professionals on a number of topics including Peer Buddying, Therapeutic Stories,

Kids' Skills, Early Years, and Developmental Coordination Difficulties.

Some workshops are delivered in specific settings, usually schools, while others are delivered in a central location and can be accessed by a wider range of professionals.

Please contact EPS for further information.



## **Calderdale Educational Psychology Service (EPS)**

- Calderdale Wide -

### **Contact**

**Min O'Hara**

Principal Educational  
Psychologist

Tel: 01422 392592

@

[alison.alexander@calderdale.gov.uk](mailto:alison.alexander@calderdale.gov.uk)

**www**

[calderdale.gov.uk/advice/parents/educational-psychology](http://calderdale.gov.uk/advice/parents/educational-psychology)

### **Age Range**

0 – 25 years

### **Office Hours**

Monday - Thursday  
9.00am - 5.00pm

Friday

9.00am - 4.00pm

### **Funding**

Centrally funded

Workshops delivered at schools/  
settings - chargeable

### **Location**

### **Children & Young People's**

Services, Educational  
Psychology Service,

PO Box 33, Northgate House,  
Halifax HX1 1UN

## Family Intervention Team (FIT)

- Calderdale Wide -

### Contact

Sharon Field

Tel: 01422 392658

@

[Sharon.field@calderdale.gov.uk](mailto:Sharon.field@calderdale.gov.uk)

### Age Range

0 - 19 years

(25 if young person has disability)

### Office Hours

Monday - Friday  
7.00am – 7.00pm

Saturday and Sunday  
when required

### Accessibility

Most of our work is carried out through home visiting.  
Appointments are made, early morning, throughout the day, evening and weekend when necessary.

If necessary we will take the service to a locality near the **child's/young persons or family** home, e.g. Childrens Centre, Youth Centre or School

### Funding

Funded by CMBC

### Location

4th Floor Northgate House,  
Halifax HX1 1UN



**FIT** delivers a responsive and efficient service of Intensive Family Support across the borough of Calderdale.

We deliver support to children, young people and families when they have been identified as having additional needs that cannot be met within Universal Services, (Tier 4/5 on the Continuum of Need CoN). The emphasis is on early intervention and prevention of escalation into statutory services.

### Referrals

Referrals to the FIT are encouraged from any statutory or voluntary agencies that are aware of a family that meet the **criteria. The family's referral will then be considered at the Early Intervention Panel.**

**Priority 1:** Needs of child are described and evidenced at Tier 5, children are on the edge of being taken into care. Parental capacity and environmental factors may also be at a high level. Safeguarding procedures will apply.

**Priority 2:** Needs of child are described and evidenced at Tier 4, Child In Need, parental capacity is also high.

**Priority 3:** Needs of child are described and evidenced at Tier 3 but are not in need of safeguarding. These cases are likely to be less urgent. (There will have to be evidence that a Child and Family Single Assessment has been undertaken, regular TAC meetings have taken place and shown no signs of improvement).

The service use a range of specialist and evidence based assessment tools to assess, plan, intervene and review support plans. A whole family assessment is completed at the start of any intervention; social risk factors are recorded and scored in accordance with the CoN.

### Staff, Volunteers & Training

The Family Intervention Team has a varied skill and qualification base and all receive an intensive induction package. Staff are trained around safeguarding, evidence based parenting, brief interventions, mental health first aid, substance misuse and International Treatment Effectiveness Project (ITEP) mapping.

FIT adheres to Calderdale supervision policy that enables staff to receive monthly formal supervision.

**Insight** offers a non-stigmatising recovery focussed service for young people aged between 14 and 35 years who are experiencing a first episode of psychosis, or who are suspected of being at risk of one developing.

Insight works with people for up to 3 years. If people are **assessed by us and it's found that Insight is not the most appropriate service for that person's difficulties, then they** are given support to move to the most appropriate provider of care.

### **Referrals**

18 + go through Single Point of Access (SPA)  
Tel 01422 222888, at Calderdale Royal Hospital (Dales)

These referrals can be made by parents, GPs college youth worker etc. and will be assessed within 14 days. If referrals are of a more urgent nature but not requiring admission to hospital we will negotiate an assessment within 48 hours.

Under 18yrs can be referred to Insight directly. Any urgent referral for people under 18yrs will be assessed in 4 hours

### **Information and Consent**

Insight expects young people aged 14 and 15 to have consent from an appropriate adult and 16-18 if the risks of harm to self or others are significant.

We try to encourage family involvement for all our young people including those under the age of 18 but understand this is not always possible.

Client confidentiality is respected unless there are issues of risk to self or others. Consent has to be agreed for information sharing unless there are risk/safeguarding issues.

### **Assessment and Feedback**

Insight is currently trialling an exit interview to gather views of service users, and to assess if they felt we made a difference.

**Outcomes are measured by quality of life post Insight's** intervention, and whether they are in training, education or work. We assess using the Comprehensive Assessment of an At Risk Mental State (CAARMS) if not psychotic and other tools as appropriate. There are also other monitoring assessments required by South West Yorkshire Partnership Trust regarding healthy living and risk assessment procedures.

### **Staff, Volunteers & Training**

There are six full time and one part time care coordinators who are all RMN trained.

There are two full time support time and recovery workers who are not formally qualified but have been given significant in house training and have extensive experience working in this area. All staff have had enhanced DBS checks, and receive regular appraisal and clinical supervision.

## **Insight: Early Intervention in Psychosis**

- Calderdale Wide -

### **Contact**

Lesley Whiteley  
Tel: 01422 425101

@

[lesley.whiteley@swyt.nhs.uk](mailto:lesley.whiteley@swyt.nhs.uk)

### **Age Range**

14+ years

### **Office Hours**

Monday - Friday  
9.00 am - 5.00 pm

### **Funding**

Commissioned  
currently by CCG

### **Location**

1-5 Britannia Works,  
Garden Street North  
Halifax HX3 6AE

## Noah's Ark: Counselling centre

### Contact

Sarah Peck

Counselling Manager

Natalie Wilkins

### Young People's Service

Coordinator

Andrea Turpin

Rainbows Coordinator

Tel: 01422 300457

@

[counselling@noahsarkcentre.org.uk](mailto:counselling@noahsarkcentre.org.uk)

www

[noahsarkcentre.org.uk](http://noahsarkcentre.org.uk)

### Age Range

Rainbows: 4 - 10 years

### Young People's Service:

11 - 21 years

### Office Hours

Monday - Thursday

9.30am - 8.00pm

Friday

9.30am - 5.00pm

### Funding

NHS/CCG, Client Donations  
and grant making trusts.

### Location

322-326 Ovenden Road,  
Ovenden, Halifax HX3 5TJ



**Rainbows:** Support for children (4-10 years of age) who have suffered loss. Groups run for 12 weeks (during term time) on a Tuesday and Thursday (3:15 to 4:30pm).

**Young People's Counselling service:** One to one counselling for 11 to 21 year olds.

### Referrals

Referrals are accepted from a multitude of agencies, both statutory and voluntary, as well as self-referrals. We take over the phone referrals and usually can arrange an initial assessment within two weeks. Clients are then placed on our counselling waiting list.

### Information and Consent

The 11-14 year olds are usually accompanied by a parent/carer to initial assessment and parents/guardians sign a consent form (unless individual circumstances do not permit). Generally, clients over 14 years of age can attend without parental involvement if they wish. Every child and young person has the right to **confidentiality, unless Noah's Ark Centre considers they could be at risk and/or harm.**

### Assessment and Feedback

Outcomes measured through the Young Peoples Core system, this enables us to look at clinical severity scores to determine if changes have taken place. Evaluations are completed by the **Young People to help Noah's Ark evaluate the service we provide.**

### Staff, Volunteers & Training

We deliver our counselling service with 3 counselling coordinators and a manager. We currently have 30 Active Counsellors, both qualified and trainees.

All staff are enhanced CRB/DBS checked. Counsellors receive regular appraisals, peer groups and clinical supervision. We are registered with British Association for Counselling and Psychotherapy (BACP) and all Counsellors are members of the BACP.

**Time 2 Talk** is a confidential counselling service delivered by Relate for children and young people who are feeling unhappy, anxious or worried because of difficulties in their family, school or personal lives. Based at Clare Road, Halifax with counsellors at various schools in Calderdale.

### **Referrals**

Self, family, school and other agencies. The young person must want to access counselling for themselves.

### **Information and Consent**

Parental consent is required for primary school children or those classed as non Fraser competent. Fraser is used in judging whether a young person is mature enough to make a decision.

Strict confidentiality and information sharing policies.

**Confidentiality will only be broken if someone's safety is at risk.**

This is made clear to the young person at the first appointment.

### **Assessment and Feedback**

Strengths and difficulties questionnaires are completed before and after counselling. Evaluation of service questionnaires are completed at end of counselling.

### **Staff, Volunteers & Training**

We have five fully qualified Time-to-Talk counsellors who are highly experienced practitioners who receive regular professional supervision and work strictly within the ethical framework of the BACP. All have enhanced DBS checks.

### **Additional Notes**

Relate offers a wide range of training courses and personal development work for children, young people, parents, volunteers and professionals.

Our most popular course, normally delivered to professionals such as teachers, social workers and primary care staff is a 22 hour training in basic counselling skills.

Other popular courses, normally delivered to parents, include '**Riding the Storm**' and '**Parents Apart**'.

Riding the Storm is designed to help parents manage their relationships with teenage children more successfully; Parents Apart looks at the ways in which parents who are separating, or already living apart, can best help their children to cope with the situation and remain emotionally secure and healthy.



## **Relate: Time 2 Talk**

- Calderdale Wide -

### **Contact**

Diane Huck

Nick Shillito

Tel: 01422 363845

**@**  
[halifaxoffice@relatepkc.org.uk](mailto:halifaxoffice@relatepkc.org.uk)

**www**  
[relatepkc.org.uk](http://relatepkc.org.uk)

**Age Range**  
5 - 25 years

**Office Hours**  
Tuesdays, Wednesdays  
& Thursdays  
9.00am - 9.00pm

**Funding**  
Client Donations

**Location**  
38 Clare Road, Halifax  
HX1 2HX

## The William Henry Smith School

- Calderdale Wide -

### Contact

Martin Gibson  
Vice Principal

Sarah Ayache  
Head of Therapy  
Tel: 01484 710123

[www.  
whsschool.org.uk](http://www.whsschool.org.uk)

**Age Range**  
7 - 19 years

**Office Hours**  
Monday to Friday  
9.00am - 9.00pm

### Accessibility

Young people will be offered an appointment within 5 working days of receiving a referral.

### Funding/Fees

Our therapists are self employed and professional fees are dependent on the individual practitioner and the type of provision required.

### Location

Boothroyd, Brighouse,  
West Yorkshire HD6 3JW

With experience of working with students 7-19 years, **William Henry Smith** offers a flexible approach to accommodate sessions both during and outside of normal school hours.

Our services include Speech and Language Therapy, Occupational Therapy, Counselling, NLP, Play, Drama, Art, Music and Horticultural Therapy as well as Family Counselling and support.

In addition, we also offer a range of bespoke training packages relating to Behaviour Management, Mental Health and Emotional Well-Being.

### Referrals

Open

### Information and Consent

All work is undertaken with the informed consent of those with parental responsibility.

All therapists work to a strict code of ethics in relation to confidentiality in compliance with the Data Protection Act 1998; however as a school we adopt a philosophy that ensures that therapeutic work is not undertaken in isolation and professionals liaise closely and share information in agreement with clients' wishes.

### Assessment and Feedback

We use an evaluation package that provides data for a variety of stakeholders. Our main tools are the SDQ and HoNOSCA which are administered to give an indication of overall outcomes but we also utilise a range other psychometric testing. As a means of measuring service users (young person's) views we use the School Children's Happiness Inventory and also assess the impact of our interventions on parents via the Parenting Stress Index.





## The Turning Point Counselling Service

- Calderdale Wide -

### Contact

Tel: 07718 218700

@

[info@turningpoint-brighouse.org.uk](mailto:info@turningpoint-brighouse.org.uk)

www

[turningpoint-brighouse.org.uk](http://turningpoint-brighouse.org.uk)

### Age Range

14 - 65+

### Office Hours

Monday - Friday

9.00am - 5.00pm

(appointments)

### Funding

Voluntary organisation:  
Small amount of church funding  
and client contributions.

### Location

16 Church Lane,  
Brighouse HD6 1AT

**The Turning Point** exists to offer help to those who need someone to talk to, someone who will listen and understand, someone specially trained, someone they can trust.

Though the project is Christian based, you do not have to be a Christian to use the service. Issues of faith and spirituality are discussed only if you raise them.

### Referrals

Open to all including professionals and other agencies but those being referred must want to be supported with counselling.

### Information and Consent

Strict confidentiality and information sharing policies in place. Confidentiality will only be broken/information shared if there is a concern in regard to the safety of the individual or to those around them. This is made clear to the young person at the first appointment.

### Assessment and Feedback

An evaluation questionnaire is completed at the beginning and end of the counselling sessions. Client feedback forms are also completed. Various professional scales and assessments are used throughout the counselling process.

### Staff, Volunteers & Training

Report to a board of trustees. 9 counsellors and one Psychotherapist. A group of additional volunteers also assist the service.

All counsellors have at least Level four or five counselling qualifications. Staff and volunteer training is constantly under review and relevant courses participated in.

All staff are DBS checked and have undertaken the appropriate safeguarding training.

## **Children and Young People's Domestic Violence Support Service**

- Calderdale Wide -

### Contact

Ruth Jones  
Jayne Hand  
Leanne Freeman

Tel: 01422 386501

[www.womencentre.org.uk](http://www.womencentre.org.uk)

### Age Range

5 - 18 years

### Office Hours

Monday - Thursday  
9.00am - 5.00pm

Friday  
9.00am - 4.00pm

### Funding

All services are free.  
Commissioned by  
CMBC.

### Location

WomenCentre Calderdale,  
23 Silver Street Halifax  
HX1 1JN



### **The Children and Young People's Domestic Violence**

**Support Service** is open to any child or young person who is affected by domestic abuse. The service offers confidential befriending and support to children and their non-abusing parent or carer.

Support offered may include: exploring feelings, safety awareness and safety planning, self esteem and confidence building, exploring healthy and unhealthy relationships and developing coping strategies. The service aims to strengthen the relationship and improve communication between the child and their non-abusing parent or carer.

We use play and creative activities with children and support mothers with parenting when they may need to build their confidence following abuse.

### **Venue for the work**

WomenCentre Calderdale, family home or safe venue (often school).

### **Referrals**

Professionals must refer via the Early Intervention Panels (E.I.P) although informal discussions can take place with the team regarding suitability of referrals. Parents can self refer if there is no other agency supporting them. Self referrals are accepted for 14 years and above.

### **Information and Consent**

We do not work with a child or mother without their agreement. Young people also have to consent. Fraser Guidelines for young people under 16 years.

We encourage young people to involve their parents/carers if it is safe to do so.

**SENDAIASS** provides legally based, impartial, confidential and accessible information, advice and support for parents of children and young people with Special Educational Needs or Disabilities about education, health and social care.

The IAS (Information, Advice and Support) Service is able to offer face to face, telephone and electronic information advice as well as casework and representation when needed. They will work impartially and confidentially with parents and children / young people together but will also ensure through the Independent Support Coordinator that they are able to provide a service directly and separately to children and to young people should they request it.

### **Referrals**

We accept referrals from any source provided we have parental permission.

### **Information and Consent**

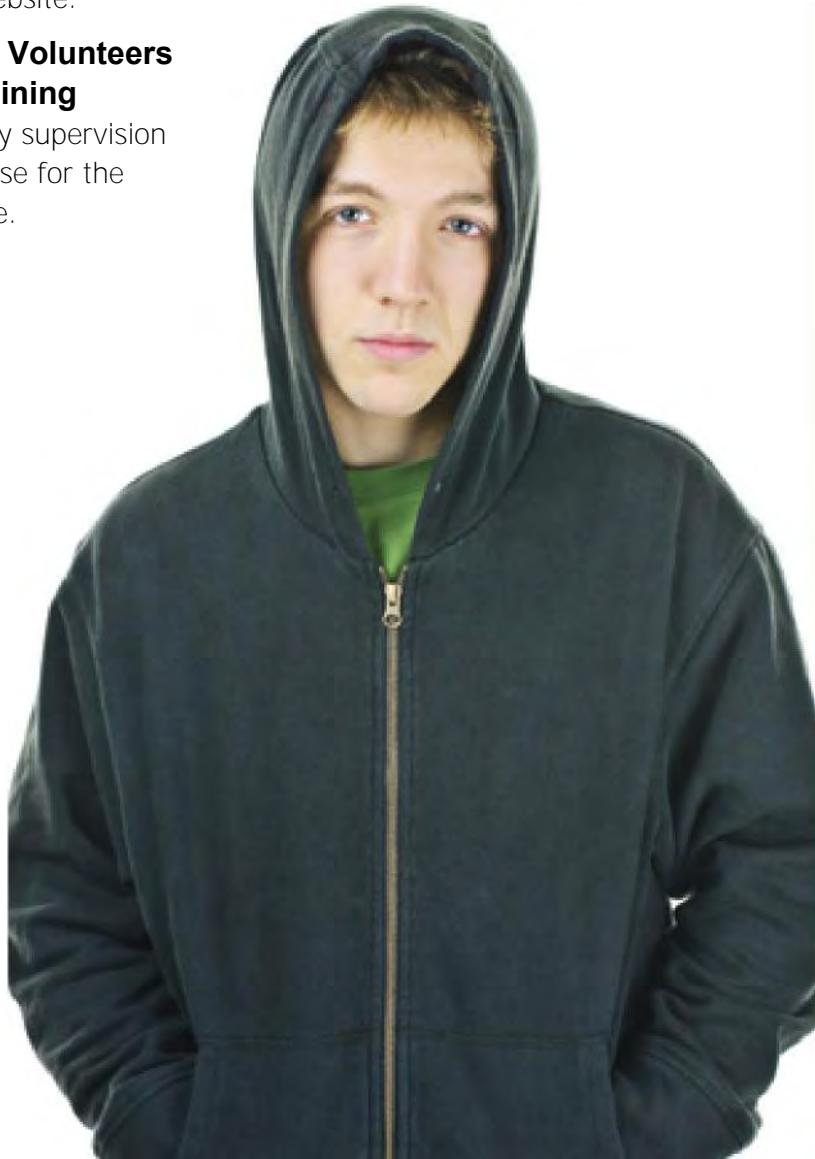
Consent is required before disclosure unless there was Child Protection, Illegal activities or harm to self or others.

### **Assessment and Feedback**

Evaluation forms and feedback from clients throughout the process. Feedback on the service can also be given through the website.

### **Staff, Volunteers & Training**

Weekly supervision in house for the service.



## **SENDAIASS: Special Educational Needs and Disabilities Information, Advice and Support Service**

- Calderdale Wide -

### **Contact**

Jo Grenfell, Coordinator  
Tel: 01422 266141

@

[joanne.grenfell@calderdale.gov.uk](mailto:joanne.grenfell@calderdale.gov.uk)

### **www**

<http://www.calderdalesendiass.org.uk>

### **Age Range**

0 to 25 years

### **Office Hours**

Monday - Friday  
9.00am - 5.00pm

### **Fees**

Counselling sessions  
-12 weeks  
and ongoing sessions  
Dyslexia screening

Statutory assessment training.

Contact Us for fees.

### **Location**

Westgate House, Westgate,  
Halifax HX1 1PS

## Young People's Service

- Calderdale Wide -

### Contact

via YPS  
administrative team

Tel: 01422 288276  
: 01422 288232

### www

[www.yoyo.calderdale.gov.uk](http://www.yoyo.calderdale.gov.uk)

### Age Range

11 - 25 years

### Office Hours

Monday - Friday  
9.00am - 5.00pm

### Funding

Council budget;  
specific external funding  
for projects

### Location

Hoover Building,  
21 West Parade,  
Halifax HX1 2TE

**The Young People's Service** delivers a range of opportunities and support across the borough of Calderdale, taking a youth work approach to informal learning and personal development.

The service works with young people aged 11-25, with its main emphasis on 13-19 year olds. Our work is done through:

**Open access youth provision** (youth clubs and centres), offering activities, discussions, support and advice. These are spread across **the borough**. In areas where we don't have a building, we use detached youth work, and also mobile youth work units (vans), in order to contact young people. We offer a range of holiday time provision. Young people use this provision to 'chill out' as well as to take part in activities.

**Specialist provision**, which includes the Mixenden Activity Centre, through which we offer a range of opportunities through activity, including climbing, mountain biking, canoeing and team building. The centre offers alternative education provision and programmes for NEET young people (currently delivered at Queens Road Neighbourhood Centre). The service offers Duke of Edinburgh Award and National Citizen Service.

**Targeted provision**, which includes the Youth Works project based in the Orangebox in Halifax town centre. Youth Works offers detached youth work, drop-in provision through which young people access support, advice and group work, and one-to-one case work which offers in-depth work around a range of issues. These might include self harm, relationships, CSE, self esteem, for example, as well as housing, education and access to services. Young people can self refer, as well as being referred by agencies.

Targeted provision also includes **Key Work**, which is undertaken by area based staff, who work with young people referred by the Early Intervention panels. This work encompasses re-engagement with education, behaviour, relationships, personal support, and is sometimes undertaken alongside other interventions, for example, Family Support.

The Service hosts the **Voice and Influence Team** which supports young people in giving their views on services, and leads on specialist groups such as the Children in Care Council. We also host the **Children's Rights and Advocacy Service**.

The Service contributes to a range of strategies for young people, some relating to the prevention agenda: substance use, teenage conception, bullying and anti-social behaviour are included in this.

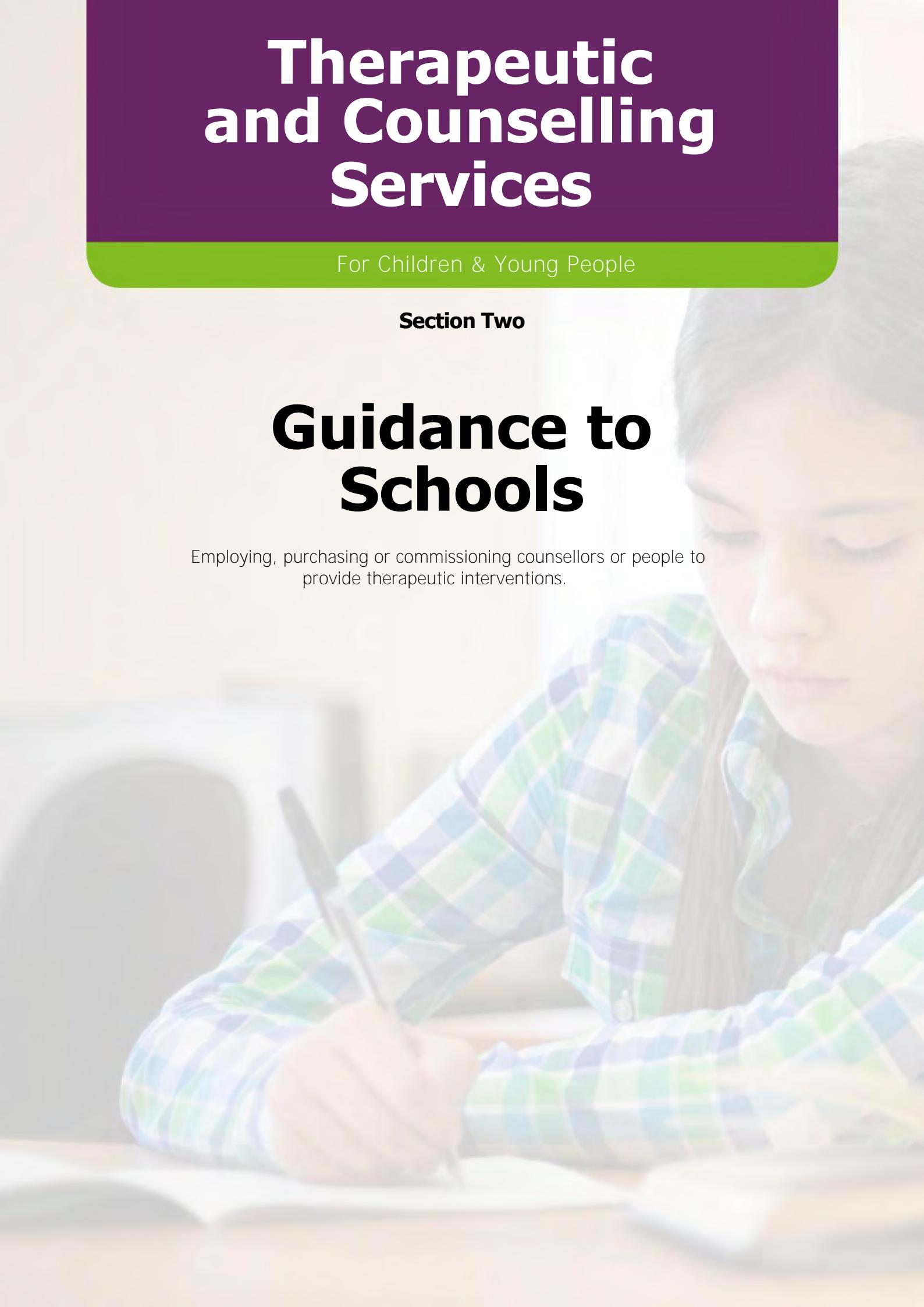
# **Therapeutic and Counselling Services**

For Children & Young People

## **Section Two**

### **Guidance to Schools**

Employing, purchasing or commissioning counsellors or people to provide therapeutic interventions.



It is recommended that before your school employs counselling or support, you consult with other schools in your area to see if this can be coordinated and also seek advice from CYPS Commissioning Team.

### **Additional Information**

Guidance for schools on emotional wellbeing and mental health available from CHIMAT, the national public health data centre.

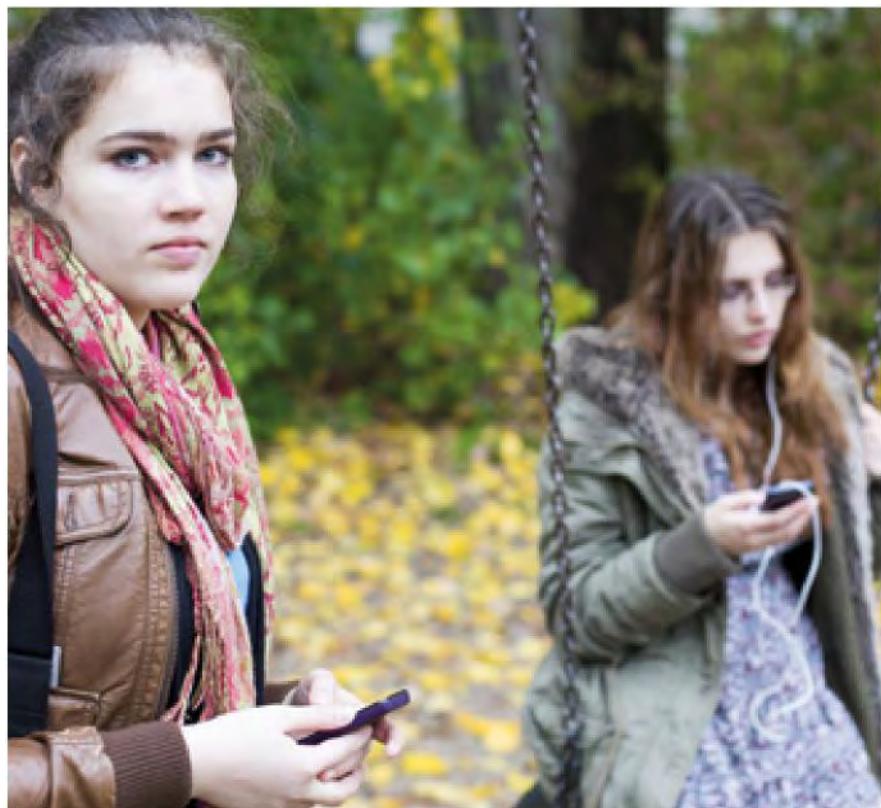
[http://www.chimat.org.uk/  
camhs/schools](http://www.chimat.org.uk/camhs/schools)

Good Practice Guidance for Counselling in Schools, 4th Edition available from BACP  
[http://www.bacp.co.uk/media/  
index.](http://www.bacp.co.uk/media/index)

MindEd, an online service to provide guidance and training on child mental health for teachers, police, health professionals and other people working with children.

# **Top Tips**

- Ensure that you have sufficient funding for the desired service or intervention
- Employ professionally qualified counsellors, therapists or staff who have experience of working with young people, who access or can access appropriate clinical supervision with experienced supervisors and who take part in regular relevant professional development



- Make sure that there is a room in the school which is private, safe and can be confidential and nurturing. Ideally this should be dedicated comfortable and soundproof and which can be accessed discreetly by young people
- The service should be seen non stigmatizing by the school community and integrated into the school community
- The service should be monitored and evaluated by someone in the school with experience of this area of work. You can approach CYP Commissioning Team for help with this, our contact number is 01422 392439
- Calderdale Council is adopting the Strengths and Difficulties Questionnaire (SDQ) as a tool for screening and assessment. Schools are advised that counsellors and therapists based in school should use these as an indicator of need and a way to assess outcomes and progress. These should ideally be triangulated and carried out both before and after interventions

- The service should comply with current legislation and guidance and offer confidentiality within ethical and safeguarding limits.
- Please make sure that there are protocols in place for sharing information with other agencies and that these are communicated
- Counsellors and therapists must work to agreed protocol with the school and agency managing the service if applicable. They should work to Calderdale policies and be familiar with **Calderdale's continuum of need, procedures. They should also provide information to multi** agency meetings as appropriate within the bounds of maintaining confidentiality and ideally with the consent of the young person
- Please inform other relevant organisations, for example those listed in this directory, that you have set up this service
- Please employ counsellors who are members of a recognised professional body that has an established ethical framework and a complaints procedure. Counsellors should have personal qualities and skills which mean that they are approachable, excellent listening skills and a way of working which encourages a climate for safe and trusting relationships
- It is advisable that counsellors should have completed an adequate number of training hours as part of their counselling training. BACP accredited courses have a minimum of 450 hours teaching time. In addition to training counsellors should have a minimum of 100 hours supervised training
- The job title of the applicant may not be an indicator of competence; so counsellors should be members of BACP or equivalent.
- Ensure that appropriate professional liability insurance is in place



# **Therapeutic and Counselling Services**

For Children & Young People

## **Section Three**

### **Other Useful Contacts**

## **YoYo Calderdale**

[www.yoyo.calderdale.gov.uk](http://www.yoyo.calderdale.gov.uk)

**YoYo Calderdale** is an online resource supported by Calderdale Children & Young People's Service, dedicated to young people in Calderdale. It links young people to activities and resources throughout the region.

## **Calderdale Parent and Carers: 01422 343090**

Hanson Lane Enterprise Centre, Halifax, HX1 5PG

[www.parents-and-carers.org.uk](http://www.parents-and-carers.org.uk)

This is a professional organisation including parents and carers of children with a wide range of special needs and disabilities. The council works with those who provide services for disabled children and their families to help plan and improve the quality, range and accessibility of all available services.

## **Calderdale School Nursing Team**

[www.learning.calderdale.gov.uk/cmbc/services/\\_health-services/nurses/Pages](http://www.learning.calderdale.gov.uk/cmbc/services/_health-services/nurses/Pages)

Qualified nurses who have done additional training can offer advice and support on a wide range of health issues. The service supports all children and young people between 4-18 who attend a school in Calderdale. Each school has a named school nurse, who works from a local health centre. **For advice or support about children's health or development, contact the school or your local health centre.**

## **Calderdale Therapeutic Services: 01422 392339**

The Previously Looked After & Adopted Children Health team support children at T2/T3 with emotional well-being. Keyworkers working with vulnerable young people in care or on the edge of care via one to one work and assessments.

## **Calderdale Young Carers Service: 01422 261207**

Children & Young People's Services, Council offices, Elland HX5 0ER

[www.calderdale.gov.uk/advice/\\_youthsupport/youngcarers](http://www.calderdale.gov.uk/advice/_youthsupport/youngcarers)

This project aims to link with families where a parent, sibling or grandparent has a physical or learning disability, mental health, drug or alcohol problem and a child or young person is helping to care for that person. The services include: Information and advice, group sessions - weekly activities to give a break, social events, short projects to work on specific topics and opportunities to talk about how the service can be improved; Advocacy – to give young carers and their families a louder voice; Individual support - time to talk and to work on particular problems.

## **Disabled Children's Team: 01422 394091**

Northgate House, Halifax HX1 1UN

**Support and advice around a child's disability. Assessment and planning for a child's health and social needs which could include:** Support in the home with the care of a disabled child, short breaks - during the day or overnight, community based leisure activities, support and training to provide health care at home, assessment, advice and guidance relating to challenging behaviour, including training and support for parents & carers, assessment and advice for home adaptations and equipment.

## **First Response Team: 01422 393336 (8.45am - 5.00pm) 01422 288000 (out of hours)**

Northgate House, Halifax HX1 1UN

[www.calderdale.gov.uk/socialcare/family/childprotection](http://www.calderdale.gov.uk/socialcare/family/childprotection)

**Calderdale's Multi Agency Screening Team.** Contact only when there are concerns of safeguarding and children are at risk of significant harm. For other issues refer first to preventative services.

## **Halifax Opportunities Trust: 01422 342552**

[regen.org.uk/family-support/facilities](http://regen.org.uk/family-support/facilities)

**Children's Centres, giving parenting advice and support.** They are a local hub for many services to parents and children. Examples include: benefits advice, baby massage, access to training and employment, safety equipment, dads groups and speech and language drop-ins.

Available at: Beech Hill, Boothtown, Hebden Vale, Jubilee, Little Stars (Parkinson Lane), Little Stars (Warley Road), New Road, Siddal, Southowram (Withinfields), Sunshine (Mount Pellon), Todmorden.

## **Healthy Minds: 01422 345154**

[email: tara@healthymindscalderdale.co.uk](mailto:tara@healthymindscalderdale.co.uk) [www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk)

**Calderdale's only service**-user led mental health charity. Provide a support group project and an anti-stigma project. The anti-stigma project provides workshops free to students and staff in schools in Calderdale. These workshops are aimed at raising awareness and reducing the stigma surrounding mental health.

## **Identity: 07870 382440 / 07867 644696 / 07768 278474**

[email: identitylgbtgroup@hotmail.com](mailto:identitylgbtgroup@hotmail.com) [www.identitylgbtgroup.com](http://www.identitylgbtgroup.com)

IDENTITY is a LGBTQ group situated in the Halifax area (formally known as GALYIC).

The group itself offers 1:1 confidential support and advice to all young people regarding sexuality, home and school concerns and any other issues or worries a young person may have. The group itself is run by qualified members of staff and volunteers that are all hand selected by the young people and that are all qualified to deal with and provide advice on any sexuality issues. We regularly partake in activities which include; coming out stories, getting to know you activities and self run youth council groups to discuss upcoming matters and events. Group sessions are Thursday evenings between 5.30pm - 8.00pm. Please contact first to arrange a meeting point.

## **Mosaic II: 01274 734561**

[www.mosaic2.org.uk](http://www.mosaic2.org.uk)

Mosaic II work with children 14+ and their families who have been affected by or who are survivors of sexual abuse. No charge, open ended sessions.

## **North Halifax Partnership (Sure Start): 01422 251090**

[www.nehalifaxchildrenscentres.org.uk/](http://www.nehalifaxchildrenscentres.org.uk/)

**Children's Centres, giving parenting advice and support.** They are a local hub for many services to parents and children. Examples include: benefits advice, baby massage, access to training and employment, safety equipment, dads groups and speech and language drop-ins.

Available at: Ash Green (Mixenden), Creations (Ling Bob), Elland, Field Lane, Holywell Green, Illingworth (Whitehill), Innovations, Kevin Pearce, Northowram and Shelf, Wellholme Park.

## **Youth Offending Team: 01422 368279**

[www.calderdale.gov.uk/advice/youthsupport/\\_youngoffenders](http://www.calderdale.gov.uk/advice/youthsupport/_youngoffenders)

The Council, Police and Health Services work jointly with the Probation Service to provide a service to young people who have become involved with the criminal justice system, and to their families.

