

## **PARENT / CARER INFORMATION**

### **WHO ARE WE**

As part of North Staffs Mind, our Schools Team offer counselling within educational settings. We adhere to the established policies and procedures of North Staffs Mind. Commissioned by your child/young person's school, we offer up to six one-to-one sessions, during the school day.

In certain circumstances, it may be that we can work longer term. This has to be agreed by the school, counsellor, your child/young person (client) and only when the work remains ethical and therapeutic.

If you have any questions about your child's referral, please contact the school's designated person who oversees the counselling service.

### **HOW WE WORK**

We offer a range of therapeutic interventions, tailored to meet the needs of our clients. This may include creative working and solution focused strategies. We offer a safe space to discuss any difficulties that they may be experiencing and to build a trusting therapeutic relationship.

### **CONFIDENTIALITY**

We do not inform the school or parents/carers of any content of our sessions unless a disclosure regarding safeguarding is made. In this instance, we will inform the relevant person in the school, who will act upon any safeguarding concerns, according to the school's safeguarding policies and procedures.

It may be that our client feels that some information would be useful for you to know. In the first instance, we will encourage them to speak to you directly. However, we may speak to you to discuss this information on the client's behalf. We will do this, only with their permission.

### **PARENT INITIAL CONSULTATIONS**

We offer Parent Initial Consultations to all clients under the age of 11. We will speak with you to discuss your concerns about your child to gain further understanding of how we may be able to help. Your counsellor may call you from a withheld number.

We do not offer Parent Initial Consultations to clients age of 11 and over.

## **GDPR**

Our Privacy Statement can be found at: <https://nsmind.org.uk/privacy>

## **CONSENT**

We need at least one parent to consent to the referral if your child is under the age of 13. However, there are exceptions to this under Gillick Competency.

Gillick competence refers to the recognition that the capacity of a child to make serious decisions about his/her/their life will increase as does the age and understanding of that child.

The principle behind Gillick competence is based on the idea that as children grow older, they acquire the maturity and autonomy to make informed decisions about their own healthcare.

## **ONWARDS REFERRAL**

We may work with Deliberate Self Harm and Suicidal Ideation depending on risk factors. A safe plan will be completed. When working with a client, it may become apparent that a referral into CAMHS is necessary. This will be based on our experience of our client. This may include presentations of Deliberate Self-Harm, Suicidal Ideation or Neurodiversity.

We are not a diagnostic service, we will not diagnose conditions such as Autism, ADHD etc.

## **WHAT IF YOUR CHILD LEAVES THEIR EDUCATIONAL SETTING**

Should a client leave the school that we are working in, we will end with them. If they move to another one of our commissioned schools, they may be able to continue to access our service should the new school agree to this. However, this will not be with the same counsellor.

## **COMPLIMENTS & COMPLAINTS**

Feedback forms will be sent once therapy has ended.

Should you wish to leave a compliment or make a complaint, you can visit our website: [www.nsmind.org.uk](http://www.nsmind.org.uk)