

Schools and Colleges Early Support Service

Young Person Support Offer 11-15



Information for parents and carers

Who are we?

The Schools and Colleges Early Support Service provides guided support for young people experiencing mild to moderate mental health difficulties such as stress, anxiety and low mood. We provide a range of services to support young people 11-25 and the key adults in their lives; school/college staff and parents and carers.

What is our Young Person Support Offer 11-15?

Our Young Person Support Offer 11-15 is delivered by a team of practitioners to support young people across England and Wales with their wellbeing and mental health. All our support is delivered remotely by a practitioner online.



We work with young people who feel anxious (for example, worries about school or in social situations) or young people who are experiencing low mood (for example, they might be feeling tearful or having difficulty sleeping).



The young person will meet with the same practitioner every week at the same time for between 6-8 sessions via a secure online platform. Each session is 45mins. They can access the sessions at school or at home depending on the time of their regular sessions.

What can young people expect from the sessions?

The sessions are based on guided self-help and cognitive behavioural principles. Practitioners use a structured model of guided self-help with goals being agreed with the young person.

In the first session we will ask you and your young person to complete the Revised Children's Anxiety and Depression Scale (RCADS), which help the practitioner to understand the problems the young person may have been experiencing.

The other measure that we will ask the young person to complete is a Goal Based Outcome (GBO) measure. This asks them to identify goals, that they would like to work on during the sessions.



How to refer your young person

Referrals for the YP Support Offer 11-15 are made through a key contact we have been provided from your school/college, so please speak to someone at your school/college about making a referral. Before submitting the referral, the school/college will need to receive your consent as the parent or carer.

What to expect once a referral has been made

The parent or carer listed on the referral will receive a phone call from one of our practitioners to discuss the reason for referral provided by the school/college and to speak about the young person's experiences from their perspective as the parent or carer.

Our practitioners will try and call 3 times, after this we close the referral due to disengagement.

Following the screening call, if our Service is deemed to be the right kind of support for your young person, based on their experiences, they will have sessions scheduled for the following 6-8 weeks on the same day and time.

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Parent and Carer Consultation



For parents and carers who have a young person in support sessions, we offer a 45-minute appointment via phone or video call with a practitioner. There is also the option of having one follow up appointment.

Parents and carers are welcome to use this session to bring worries and concerns about their young person and/or the parenting relationship.

Parents and Carers can contact the practitioner working with their young person to ask for a parent consultation session.

Additional support for parents and carers

Parent and carer webinars

Throughout the academic year we offer webinars for parents and carers on a range of topics chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psychoeducational, strategy-based and solution focused. The webinars cover the following topics:

- Anxiety in adolescence
- Low mood
- Adolescent self-harm
- Strong teen emotions
- Building resilience
- Managing teen behaviour
- Emotional based school avoidance
- Impacts of bullying
- The adolescent brain



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Anna Freud