

PUPIL THERAPY & WELLBEING OFFER



**TEES VALLEY
EDUCATION**
www.teesvalleyeducation.co.uk



The Link

The Link is a Community Interest Company. Rooted in the belief that nobody should have to face emotional distress alone, the Link provides a variety of therapeutic services, activities, training and events to support children, young people and families who are facing challenges in relation to mental health.



My Sisters Place

Working with the wider community through education and community involvement to create a cultural shift in a zero tolerance of domestic abuse; to better equip families to protect one another.



Speech & Language Therapy (NHS)

Specialist therapists and therapy assistants work with children with speech, language and communication needs in the following areas: autistic spectrum disorders, learning disabilities, physical disabilities (including communication aids), dysphagia (swallowing), specific speech and language impairments, dysfluency (stammering), voice disorders, cleft lip/palate, speech and language delay and hearing impairment.



The Junction

The Junction is a local based charity which exists to make a difference to the lives of children, young people and their families. Working with young people to empower them to deal with the challenges they face, preventing escalation into crisis.

Supporting young people with complex needs who are in crisis to achieve stabilisation, enabling them to begin to build a foundation to move on from.



Trust Counsellor

Trust counsellor provides 1:1 sessions, by referral, to children who present with a range of SEMH needs. Parents and staff receive feedback to help inform next steps and other referral pathways.



The Bungalow Partnership

Targeted support for children who have emotional, social or behavioural needs.



CAMHS (NHS)

Child and Adolescent Mental Health Services (CAMHS) is the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties. Support covers depression, problems with food, self-harm, abuse, violence or anger, bipolar disorder, schizophrenia and anxiety.



Headlight Project

A local mental health charity working with young people and adults, providing support and help in collaboration with other organisations, to deliver emotional resilience workshops, and one to one counselling.



ELSA (Emotional Literacy Support Assistant)

Teaching Assistants trained in ELSA support. Aimed at developing pupils social skills, emotions, bereavement, social stories and therapeutic stories, anger management, self-esteem, counselling skills such as solution focus and friendship.



Trust Educational Psychologist

Employed across the Trust 2 days per week, working with staff and children on a range of cognitive and behavioural assessments, parent consultations, referrals to external agencies, pre-EHC pathway reports which detail the support and strategies required to help the child reach the desired outcomes.



Occupational Therapy (NHS)

Occupational therapists (OTs) and therapy assistants provide assessment, treatment and advice to children and their families, in a range of locations including home, school or hospital clinics. OTs assess and treat children who have long term health needs or problems with movement and coordination, fine and gross motor skills.



Barnardo's Bridgeway Project

Bridgeway provides assessment and therapeutic interventions for families affected by all aspects of abuse. This includes pre-trial therapy, play therapy, individual and group counselling. Bridgeway also provides risk/safety assessments prior to behaviour management and change interventions with young people who have displayed sexually harmful and abusing behaviours. The work takes place in individual, family and group work settings.



HeadStart programme

HeadStart is aimed at improving resilience and emotional well-being in young people in order to improve emotional well-being, improve engagement in school and academic attainment, reduce the onset of diagnosable mental health disorders and reduce engagement in 'risky' behaviour.



Positive Handling / de-escalation

All Trust employees have undertaken both theory and practical based training on understanding the verbal, and physical behaviours, some children display when they feel they have reached crisis point. Staff use proven de-escalation strategies, allowing the child to develop alternative and more appropriate coping mechanisms.



Physiotherapy (NHS)

Paediatric physiotherapists help children to achieve their optimal physical development. They have specialist knowledge in the movement, development and conditions that are likely to affect a child. This may involve soft tissue massage, mobilisation, stretching, specific therapeutic exercises and posture education.



Educational Psychologist LA

Local Authority EPs work in a range of different ways to help children, this includes intervention and support and often involves observation and assessment of children; with pre and post follow up work with parents/carers and school staff.



Tree Tops Sensory Occupational Therapy

Tree Tops are an established service with an outstanding reputation for children's occupational therapy and sensory integration. Working in partnership with families, schools and health professionals to make a difference to children's lives by improving their ability to achieve.



Aquatic Therapy

Children with identified needs are offered block sessions of aquatic therapy, using local hydrotherapy pools. Higher ratios of staff are required to deliver bespoke aqua therapy programmes.



A Time 4 You (Counselling)

A local based trained team of counsellors and psychotherapists working with schools and focusing on building and strengthening the natural resilience inherent in young people.



Academy therapy resources

Our academies are richly resourced with therapy, soft play and movement suites. Using the latest technology and resources, children receive bespoke therapies tailored to their individual sensory diet. Each academy has a core offer which illustrates these areas.



Harbour

Harbour give children and young people who have suffered abuse an opportunity to have someone listen to their experiences and help them to deal with their feelings. Each child or young person's support is different as the content is tailored to meet individual needs. Using play, art, drama, sport and discussion during our sessions.



Understanding Children and Young People's Mental Health (Level 2)

All academy SLTs and Pastoral leads have completed the Level 2 certificate in Understanding Children and Young people's mental health.