

THE MINDSPACE SERVICE

WORKING IN TEN BARNSELY MAINSTREAM SECONDARY SCHOOLS

THE MINDSPACE TEAM

Director of MindSpace

3 Mental Health & Wellbeing Practitioners

1 Parent Counsellor

1 Family Liaison Officer

1 Emotional Health Support Worker

EMPOWERING ALL YOUNG PEOPLE & FAMILIES

The Emotional Health Support Worker offers group sessions, one hour weekly sessions over 6 weeks. The topics range from

Transition

Anxiety

Self harm

Exam stress

Risk and consequences

Understanding and managing anger and much more

MENTAL HEALTH & WELLBEING PRACTITIONERS

The Mental Health & Wellbeing Practitioners offer six one hour sessions across the 10 secondary schools, (face to face, virtual & telephone) offering a range of evidence based interventions, the practitioners spend a full day in each school, working with 5 young people each day, reasons for referrals range from

Anxiety

Low mood

Self-harm

Bereavement

Anger

Depression

Young people with a range of mental health issues who have a diagnosis of ASD or waiting for a diagnosis.



FAMILY LIAISON OFFICER & PARENT COUNSELLOR

Family Liaison Officer works with parents/carers for 12 sessions, providing a range of interventions. Empowering parents to understand their past insecure attachments and trauma and how this impacts on their parenting. Using the evidence-based mentalisation based treatment training.

Also working with parents who struggle to manage/understand behaviours when their child is diagnosed with ASC/ADHD, including strategies to manage the impact of social media & gaming in the family home plus much more.

Working closely with schools to support EHA.

Parent counsellor offer 12, sometimes 16 sessions.

Close working relationships with all adult and children's services.

Signpost to other services where appropriate

HOW TO REFER

hello@wearemindspace.com

By post – MindSpace @ Digital Media Centre County Way Barnsley S70 2JW

Changes and updates to the website including the final stages of the MindSpace app which is due to be tested w/c 7th December

Both will be launched w/c 1st to 8th February 2021 for Children's Mental Health Week.

MindSpace offer a 'no wrong door' policy in line with the I-Thrive model.