

ANNUAL IMPACT REPORT FOR THE TIME 4 ME COUNSELLING SERVICE

2021 - 2022

Time 4 Me
School-based Counselling
and Resilience Support

Time 4 Me: Increasing Emotional Wellbeing to Improve Learning Potential
- Using our award-winning CSSO Model to deliver individual counselling, parent and staff consultation, drop-in and resilience services to schools throughout Northern Ireland

SCHOOLS
WORKED WITH



CHILDREN REFERRED FOR
COUNSELLING



PARENTS RECEIVING
CONSULTATION



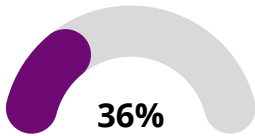
STAFF RECEIVING
CONSULTATION



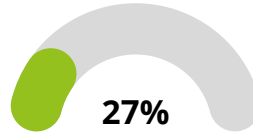
Top 3 counselling referral reasons this year

Please note referrers can select more than one referral reason

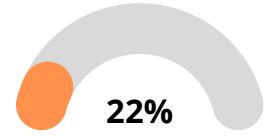
Emotional Regulation



School Anxiety

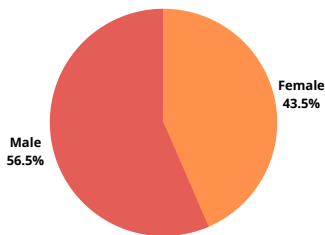


General Anxiety

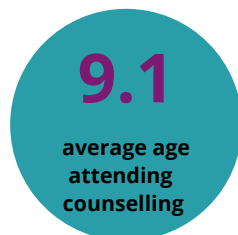


of the children who accessed support this year had a disability

% Gender breakdown



Average Age



BOUNCE Resilience Workshops



BOUNCE pupil workshops teach pupils about resilience and how to cope with the 'ups-and-downs' of life. Staff seminars help staff think about their own wellbeing and self-care as a pre-requisite for supporting pupil resilience.



Drop-in Sessions



13 schools chose to offer a drop-in service in 2021-22. Key Stage 2 pupils can self-refer for support and guidance on 'low intensity' issues such as friendships, transfer test anxiety and transition to post-primary school.

Total accessing Time 4 Me in 2021-22



Believe in
children
Barnardo's
Northern Ireland

Qualitative Feedback



Here is some feedback from those who accessed Time 4 Me in your school this year. The comments are direct quotes from our *Experience of Intervention Survey* which we administer at the end of each counselling intervention.



'My son is now a lot more independent. He is now sleeping in his own bed, and he is much happier going to school. No more tears in the mornings! Time 4 Me has given me confidence about how to approach things with my son. I know what to say now and how to help him understand what needs to happen.' *Parent Feedback*

'Some of the changes were so quick and have become so normal so quickly that it is sometimes hard to remember how bad it used to be, for example, the issues with her coming into school. I was confident that [my child] would get a lot of help coming to you, but I didn't realise how much this would help me too. I feel like I have learnt to be a better parent! You have been so approachable, and I felt very comfortable talking to you about really sensitive issues. I never felt embarrassed or judged and it made me know how important [my child] was to you too.' *Parent Feedback*

'I got so worried about my pupil. They went from being a happy, confident, cheery, humorous pupil to all of a sudden really worried, sad withdrawn and isolated in class. I had spoken to Mum but we couldn't work out what had gone on. My pupil talked to our school Counsellor and within weeks I could see the difference. She regained her confidence, her smiles and her amazing humorous personality! I was struggling to understand what had happened. The Counsellor was great in helping keep me informed and helping me to understand and support my pupil. I dread to think what would have happened or how far this could have escalated without the intervention and support from Time 4 Me. I can't thank the Counsellor enough for the difference she made in this child's life! This service is very much needed in our school community.'

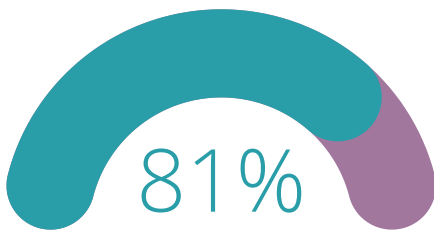
Teacher Feedback

'I came because I wanted to get help with my feelings, and bad dreams, and Mummy and Daddy. I liked the art, stories, colouring-in, and play-doh. Looking at feelings helped. Now things are good, happy and better. The bad dreams have stopped. I'm not scared of the dark anymore. In school I'm learning new things. I can concentrate on my work more now. In the future I will remember if you get mixed up in your feelings, it is good to talk to someone about it. Draw your bad dreams and throw them away - it helps.' *Pupil Feedback*

'I had lots of COVID worries and things felt scary. Basically, everything has changed for me after counselling and home is much more fun. I know how to calm myself down. I breathe and I talk to my worries. I feel much happier now.' *Pupil Feedback*



Service-Wide Outcomes



of children showed a significant improvement in their levels of overall wellbeing.

Across all our Time 4 Me schools in 2021-22 children's weekly feedback from the *Child Outcome Rating Scale* showed that 81% who began their intervention with a score in the 'clinical distress' range had moved to 'normal' range at the end of their intervention.

