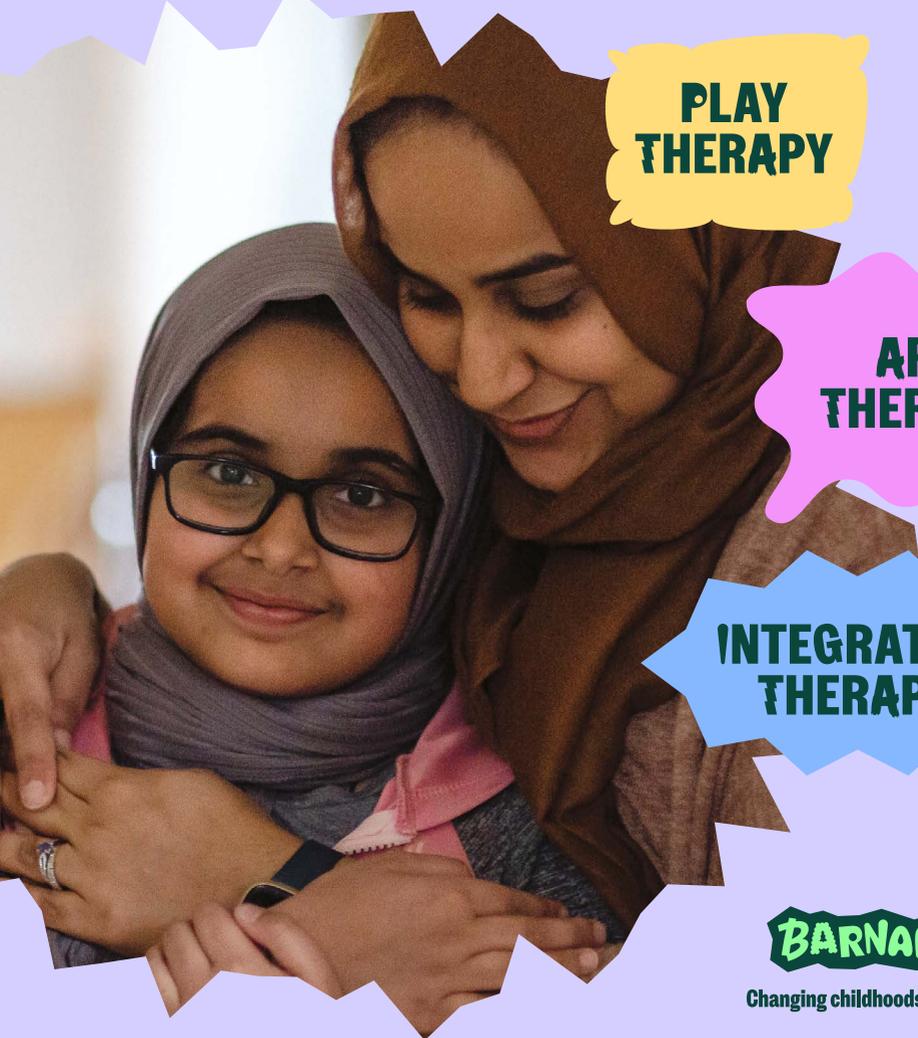


BOSS SERVICE

Parents leaflet

An Emotional Health and Wellbeing service that works alongside St Helens CAMHS using the Thrive model of care for all children in the borough.



**PLAY
THERAPY**

**ART
THERAPY**

**INTEGRATIVE
THERAPY**

BARNARDOS

Changing childhoods. Changing lives.

The Barnardo's BOSS Service offers short-term therapy for children and young people struggling with their mental health and wellbeing. We support ages 0–19 and up to the age of 25 for those with additional needs. We deliver play therapy, art therapy and integrative counselling.

What counselling we offer:

PLAY THERAPY

Using play to help children understand and express their thoughts and feelings when they can't put their feelings into words. Play therapy gives them the tools they need to express themselves and build positive relationships with others.

ART THERAPY

A form of expressive therapy that uses a creative approach to encourage and support children to express and understand their emotions.

INTEGRATIVE THERAPY

A combination approach that brings a range of therapies together to suit the child's needs, treating each child as an individual. An integrative therapist will use a range of models such as person centred, solution focused, CBT, Motivational interviewing, helping the child to explore their emotions build on strengths and set achievable goals to improve their mental wellbeing.

What is counselling?

There may be times when your child seems more upset following a counselling session, and this may be because they have been talking about painful feelings or deep-rooted emotions, with time this will become easier for them to talk about them.

The counselling relationship is very private and personal, and each child will respond differently, some children may wish to talk about their sessions, whilst others, especially teenagers may wish to keep it to themselves. It is important to be guided by the child and to respect their right to privacy, it is a difficult but important balance. We will not share without your child's consent what they have done or spoken about in therapy unless we felt a child was in danger or if we felt someone else may be in danger or at risk of harm, we would then share this information appropriately.

Things you can do to help your child:

- Enable them to access sessions at the allocated time – not shifting sessions.
- Avoid, if possible cancelling sessions.
- Give space and time after sessions (through to the evening if needed).
- Offer them time to talk if they wish to.
- Accept feelings which may come up, such as sadness and anger
- Help them understand that there are no 'bad' emotions.
- Help them to understand the difference between emotions and behaviours.

Referral process and criteria

Please send completed **emergency** referral forms to:
mcn-tr.camhs-referrals@nhs.net or

Please send **completed routine** referral forms to:
mcn-tr.camhssthelensreferrals@nhs.net

You can contact the BOSS team direct on: **01744 753238**

We accept referrals from professionals and self-referrals from families and young people via CAMHS.

The young person must be registered with a St Helens GP.

The referral will initially be assessed by CAMHS.

If the referral is appropriate for the Barnardo's BOSS team, you will receive an acceptance letter through the post containing further information.

The CSSO

In BOSS Service we work within the CSSO model, this is broken down into 4 key parts and describes the way we work with children, families and schools.

Child Directed

Being child directed means giving children the 'driving seat' in their counselling. We work closely with each child to agree the changes they want and to find out which counselling methods work best for them.

System Focused

Being system focused means working with key adults as well as individual children. Parents/carers can be a buffer during tough times and build their child's resilience for the ups-and-downs in life. We want to support parents and other key adults to feel more confident in understanding and responding to their child's needs.

Strengths Based

Being strengths based means focusing on the positives in your child and family. When tough things are happening it's easy to forget about the strengths you have to make good changes. CSSO Counsellors don't ignore difficulties, but we try to hear the whole story of what's right with you', as well as what is hard and challenging.

Outcome Informed

Being outcome informed means listening to feedback from children and adults. Each week children use a short questionnaire to show how things are going in relation to their counselling goals and how the session went. Parents/carers and class teachers give feedback at the start of counselling, at the review and at the end. Feedback makes sure we are using the right kind of support for a child and that the counselling is working and making positive changes for everyone.

Scan the QR code
or contact us

☎ 01744 753238

✉ emwbinfo@barnardos.org.uk

📷 [@barnardoswellbeingsth](https://www.instagram.com/barnardoswellbeingsth)

[barnardos.org.uk/what-we-do/services/boos](https://www.barnardos.org.uk/what-we-do/services/boos)



BARNARDOS
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**BOSS
SERVICE**

In partnership with

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services