

BOSS SERVICE

Professionals 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**

BARNARDO'S

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?

Therapy with children and adolescents can be very different compared to traditional adult therapy, therefore, different therapeutic approaches may be required when working with children and young people.

Equal power in a counselling relationship is vital if we are to enable young people to feel empowered whilst building self-esteem and resilience.

We cannot remove past experiences for children and young people. By accepting thoughts and feelings formed from these experiences, it can enable change in how a child views and processes these powerful emotions, whilst also enabling them to move forward.

As a mental health trauma informed service, we work with neurodiversity, behavioural, and additional needs where a mental health issue is indicated.



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.camhsthelensreferrals@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 how we encourage our practitioners to develop their own 'CSSO in a nutshell' description for each principle.

Child-Young Person Directed

A Child Directed approach puts the child or young person in the 'driving seat', rather than a specific counselling model or method. The therapeutic alliance is a central tool for change. Interventions are shaped by a young client's 'theory of change' and their preferred counselling approaches.

System Focused

Systems Focused work links with neurobiological research on the centrality of attachment relationships in buffering adversity and building resilience. CSSO counsellors connect with the Key Adults in a child's system, promoting relational health to ensure the context can support and sustain positive change.

Strengths Based

Research from Positive Psychology informs the Strengths Based Principle. It highlights the importance of focusing on a child or young person's resources in building a foundation for problem-solving and resilience.

CSSO counsellors listen to presenting difficulties, but they balance this within a 'what's right with you?' approach.

Outcome Informed

Research demonstrates that service user feedback dramatically improves counselling effectiveness. CSSO uses a standardised feedback system known as Partners for Change Outcome Management System (PCOMS). Each session young people give feedback on their level of well-being and the therapeutic alliance. Evidence shows that both these elements have a major impact on positive intervention outcomes.



Scan the QR code
or contact us

📞 01744 753238

✉️ emwbinfo@barnardos.org.uk

📍 @barnardoswellbeingsth

barnardos.org.uk/what-we-do/services/boos



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BOSS SERVICE

In partnership with



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