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| **1:1 and Group Counselling Total Funding per annum: £300 000****To lead and support the provision of one;one and group counselling for young people in Fife Schools aged 10 and up across Fife.** |
| This service will increase the provision of counselling made available through Fife schools, enabling locally provided support to children and young people towards positive mental health and wellbeingThe focus of this commissioned service is to provide one:one counselling service for young people aged 10 and over who have been identified through the wellbeing pathway as requiring planned, additional counselling support to tackle emotional wellbeing issues which are preventing young people in attaining and achieving. This service sits within Additional and Intensive levels of Getting it Right for Every Child. |
| **How will this be delivered?**This service will be delivered in line with Fife Council’s Educational Psychology Service’s “Counselling in Schools: An approach to support effective implementation”, May 2019.Referral will be through the GIRFEC Wellbeing Pathway for school pupils aged 10 and above who the team around them consider would benefit from counselling in connection to their presentation in relation to mid to high levels of stress, anxiety and emotional distress, which is impacting on their day to day living. Counselling will take the form of one to one and group sessions. All Counselling and support sessions will be undertaken by suitably qualified practitioners as per the Standard Requirements outlined in this paper. Counselling sessions will on average be offered for between four to six sessions, with longer term sessions available if the need is evidenced and progress is being made. A session will last for a school period.Person centred conversation and coaching sessions can be undertaken over a shorter time period and on some occasions, outcomes achieved in one sessions; however it is intended that the period of engagement for these inputs will be client-needs led if assessed as suitable for this intervention.Counselling and support service are accredited by the British Association of Counselling and Psychotherapy (BACP). Due to this, all engagement with young people within Our Minds Matter process will be undertaken in adherence of the BACP ethical guidelines and best practice principles. Resource allocations will be based on a weighted school roll allocation across each of the seven Fife localities.Service providers will be required to report on impacts and service demand to the locality lead Health and Social Care group across a year.We anticipate that the counsellors working within this service will undertake training in Essential CAMHS. This will be co-ordinated and funded by the Local Authority in partnership with Fife Health and Social Care partners. |
| How will this be measured?The validated outcome tool YP CORE will be used for both for screening and as outcome measure (or equivalent).The YP CORE tool is short, therefore not too onerous, and focuses on feelings that young people are experiencing. The measure has eight negative and two positive items. It includes a single (negatively framed) risk-to-self item. Each item is scored from 0 to 4 on a Likert scale, with lower scores indicating lower levels of psychological distress.Service evaluation and feedback process will be used as an additional measurement tool for any group engagement offered.Quarterly reports will be produced highlighting; output, outcomes and additional information as required in printed form to the Our Minds Matter Steering Group via the appointed link officer.  |
| **Standard requirements:**Counselling organisations or individuals who apply for this brief must meet the following criteria:* Counsellors must have an appropriate counselling qualification and be experienced in working with children and young people.
* They must be recognised on an Accredited Voluntary Register and be working within an ethical framework such as the British Association for Counselling and Psychotherapy (BCAP), the Health and Care Professions Council for Counselling Psychologists, or the National Register of Psychotherapists and Counsellors UK.
* They must have appropriate clinical supervision arrangements in place.
* An identified model of counselling must be in place, demonstrating a knowledge of the evidence base for effective approaches to treatment.
* Appropriate plans for the provision of Continuing Professional Development must be in place.
* The counselling service is independent and separate from support provided by school staff, but at the same time must be integrated into existing school systems, to ensure a coherent pathway of support.
* The counsellor must be or must become familiar with relevant legislation and procedures, including informed consent about information sharing, confidentiality and Child Protection.
* In line with the Equality Act we require that this service ensures that it is accessible to all young people, including those with additional support needs.

In addition:A member of school staff will be identified to support the day-to-day management of the commissioned counselling service, including compliance with wider school policies, and overseeing the work, including:* Agreement of clear referral processes and prioritisation of referrals
* Protocols in place for working with and referring on to other agencies
* Information sharing between the counsellor and a young person’s key worker, including regular feedback on progress against the agreed aims, without any expectation of breaching confidentiality
* Record-keeping responsibilities of the counsellor, in line with GDPR
* Monitoring, evaluation and reporting procedure, in collaboration with Educational Psychology, including collation of data to be reported to the local authority for the purposes of reporting to the Scottish Government
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| **Service Bids**Please note as well as outlining the details of their model, services will be required to stipulate the following information in their bids:1. How many total hours will be provided across Fife, or within a locality, for direct clinical contact to young people.
2. Their supervision model and its associated costs.
3. Qualifications of Service Deliverers.
4. Expectations of communications into the Wellbeing Pathway
5. Administration and management costs within each year.

The funding of the service will be subject to compliance with Fife Council's Monitoring and Evaluation Framework which requires that all funding awards are reviewed on an annual basis as part of the council's on-going commitment to ensure that organisations are meeting the terms of their Service Level Agreement. A Link officer will be appointed to work closely with the organisation if the organisation does not already have an appointed Link Officer and the Link Officer will be supported by the Health and Social Care Service’s Monitoring Officer. |

