

Introduction to “Reaching Communities”



Lottery-funded Project for 11-18
years Counselling Service

Why are this age group being looked at separately from the children's service as a whole?

- Because they have different needs.
- Because staff time did not allow for all that we wanted to do regarding this age group.



Additional staffing includes...

- *Two Counsellors* with specialist skills for working with young people.



- *One Youth Liaison*
Support
Liaise
Promote
Monitor...
11-18 service

What we've been looking at so far...



Communicating with young people in the way they communicate with each other...
...by developing a strategy for greater use of Digital Media.



Leading to...

- A designated website for Young People which gives some idea of what they can expect from Counselling



We have also looked at...

A complete rebranding of
the 11-18 counselling service
leading to the development
of our new title Logo...



#4ME

ROOM TO EXPLORE

Also under consideration are...

Alternatives to traditional counselling

Developing social cohesion through...

Activities

Peer Mentoring Volunteers

Website community.

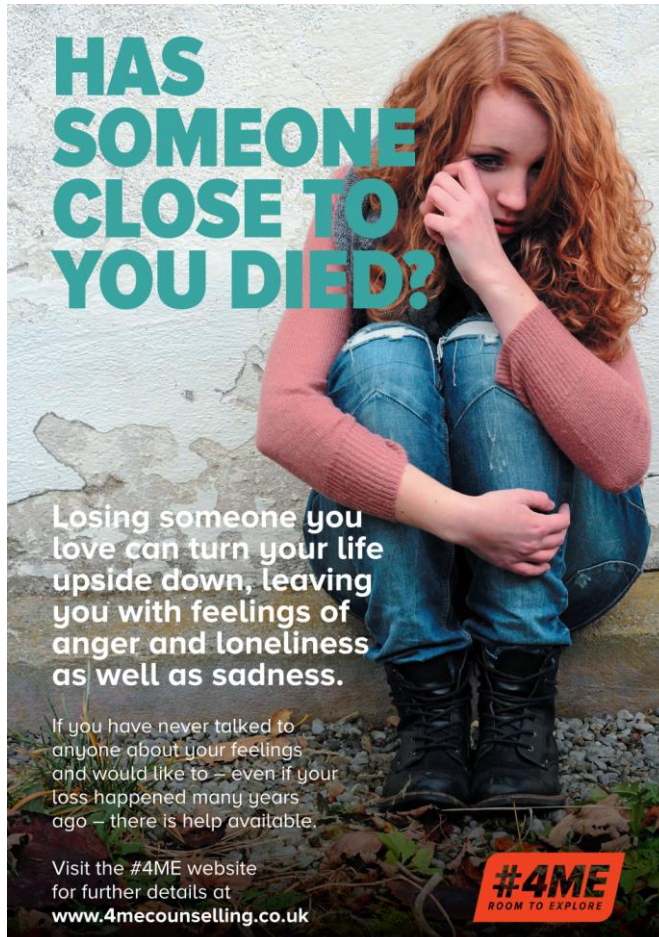


So far we have produced....

A #4ME Website ...

<https://www.4mecounselling.co.uk/#home-1>

Plus Posters and Leaflets for general distribution...



**HAS
SOMEONE
CLOSE TO
YOU DIED?**

Losing someone you love can turn your life upside down, leaving you with feelings of anger and loneliness as well as sadness.

If you have never talked to anyone about your feelings and would like to – even if your loss happened many years ago – there is help available.

Visit the #4ME website for further details at www.4mecounselling.co.uk

#4ME
ROOM TO EXPLORE



WE ARE #4ME

We are a registered charity offering a quality and confidential counselling to local people of all ages. Our #4ME project is especially for young people aged 11–18 struggling with issues around a bereavement. We offer a short programme of confidential counselling sessions with a trained and experienced counsellor. These sessions can be held at your school (we arrange this with them) or at our Brentwood or Hornchurch counselling rooms out of school hours.

HOW DO I GET IN TOUCH?

You can phone our office yourself. If you don't feel up to making the call you can ask one of your teachers, your parents, or anyone else who you know can do it for you.

WHAT HAPPENS?

We will book your first appointment and you will be given the name of your counsellor. We will ask you how you are and we will help you to put your feelings into words. Our process is gentle and will be led by you and how you are feeling. You will not be told what to do, but will be guided in thinking about what is concerning you and we will find the words to talk about it, together.

SHALL I GET IN TOUCH?

This is totally up to you, but if you are unsure, you can talk in confidence to our Young Person's Liaison by simply texting the word 'enquiry' to **07516 403 088**.

Someone will then text you back to arrange a good time to call and talk about how #4ME can help you.

Visit the #4ME website for further details at www.4mecounselling.co.uk

#4ME
ROOM TO EXPLORE

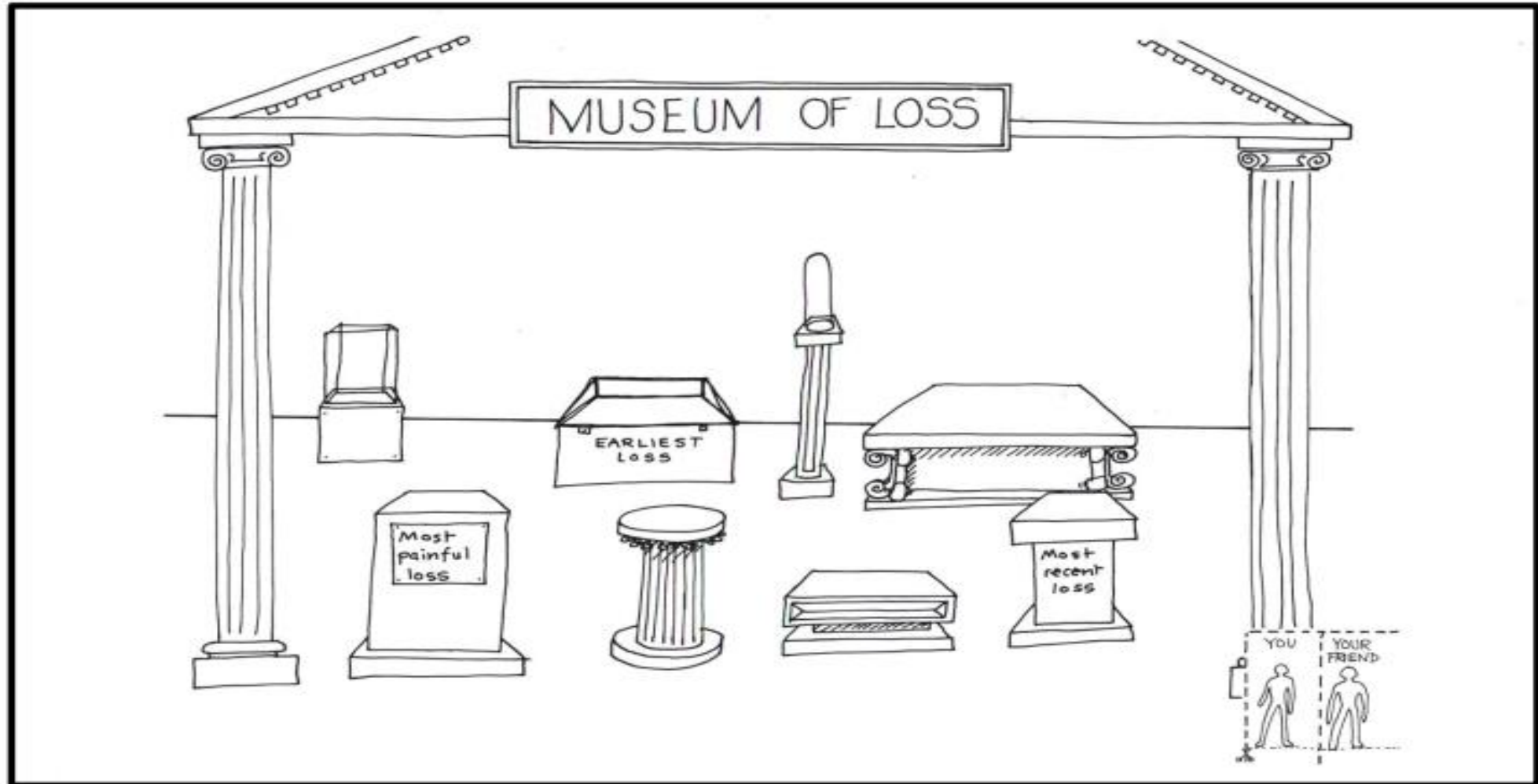
And now...

Any questions so far?

Followed by...

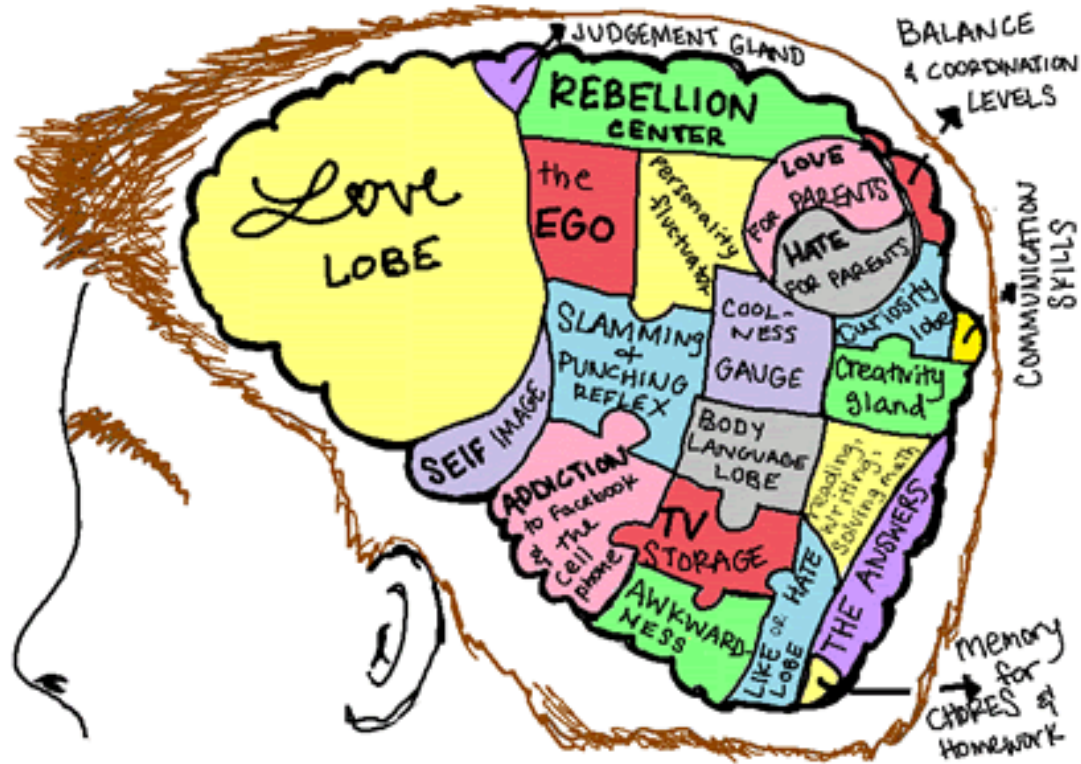
- Reflective Activity
- Explanation of adolescent brain development

Museum of Loss



Brain development and the adolescent brain...

THE AVERAGE TEENAGE BRAIN



Developmental Stages as Strands

Each comes online
sequentially and remains
in play throughout life



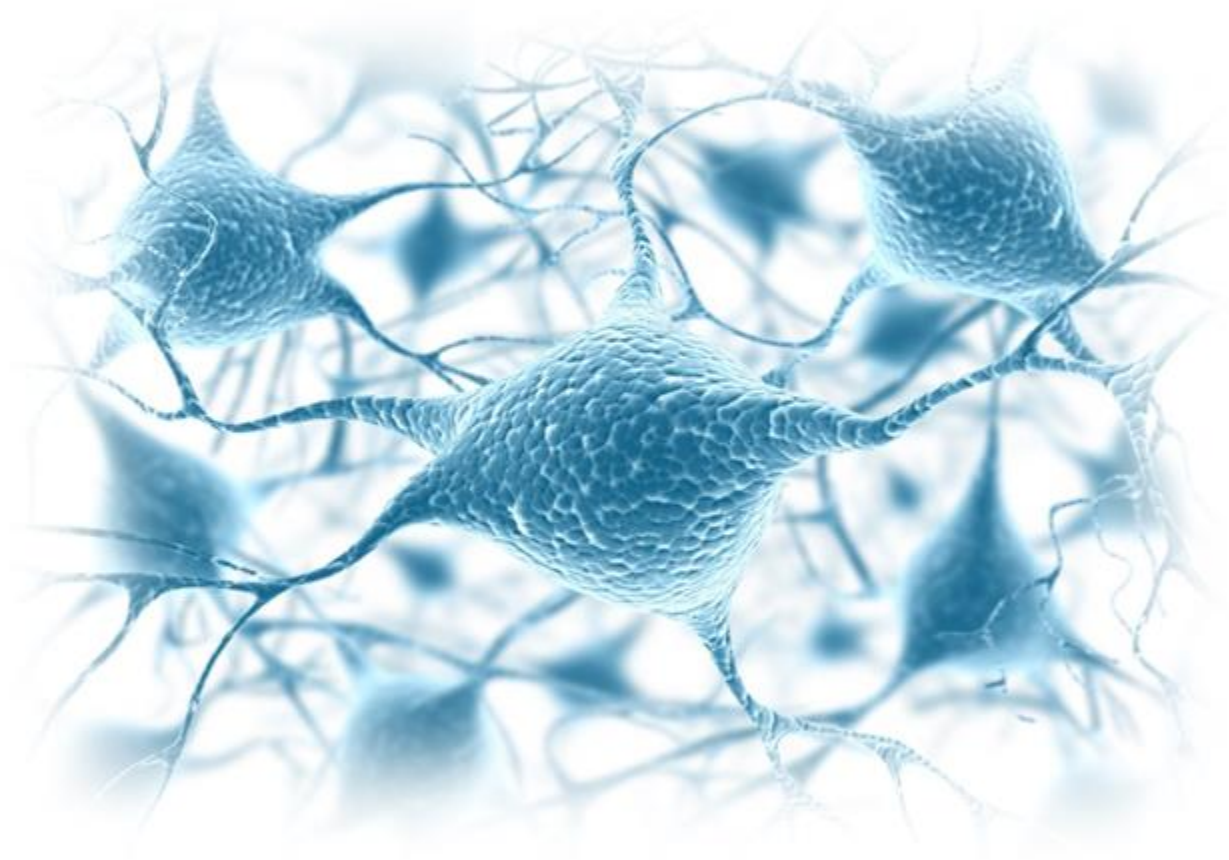
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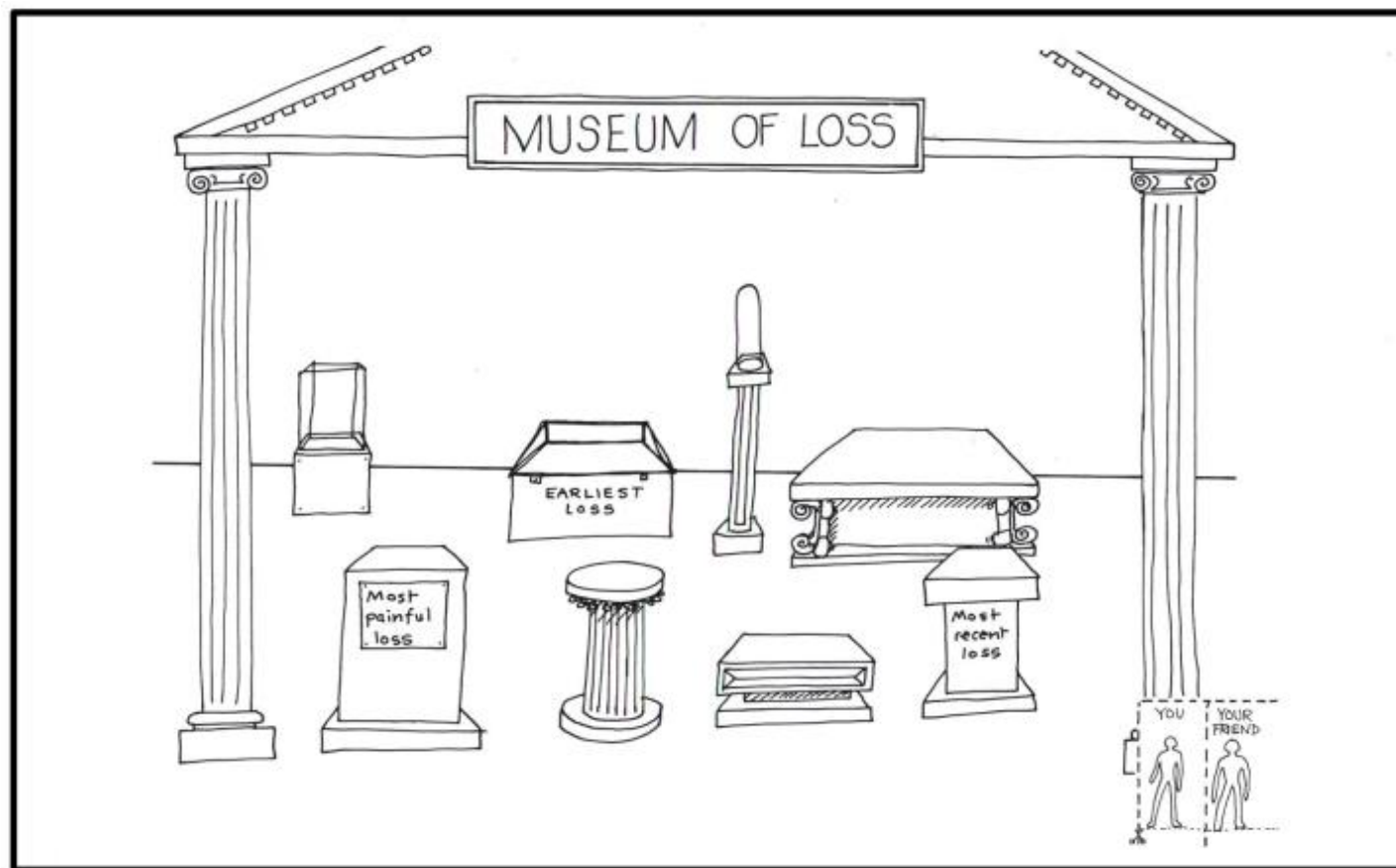
0 – 6 months BEING	6 – 18 months DOING	18m – 3 years THINKING	Power and Identity (3 -7)	Skills and Structure (7 – 11)	Separation and sexuality (11 – 18)
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Early Development of Neuronal Pathways



Holes in Our Emotional Development

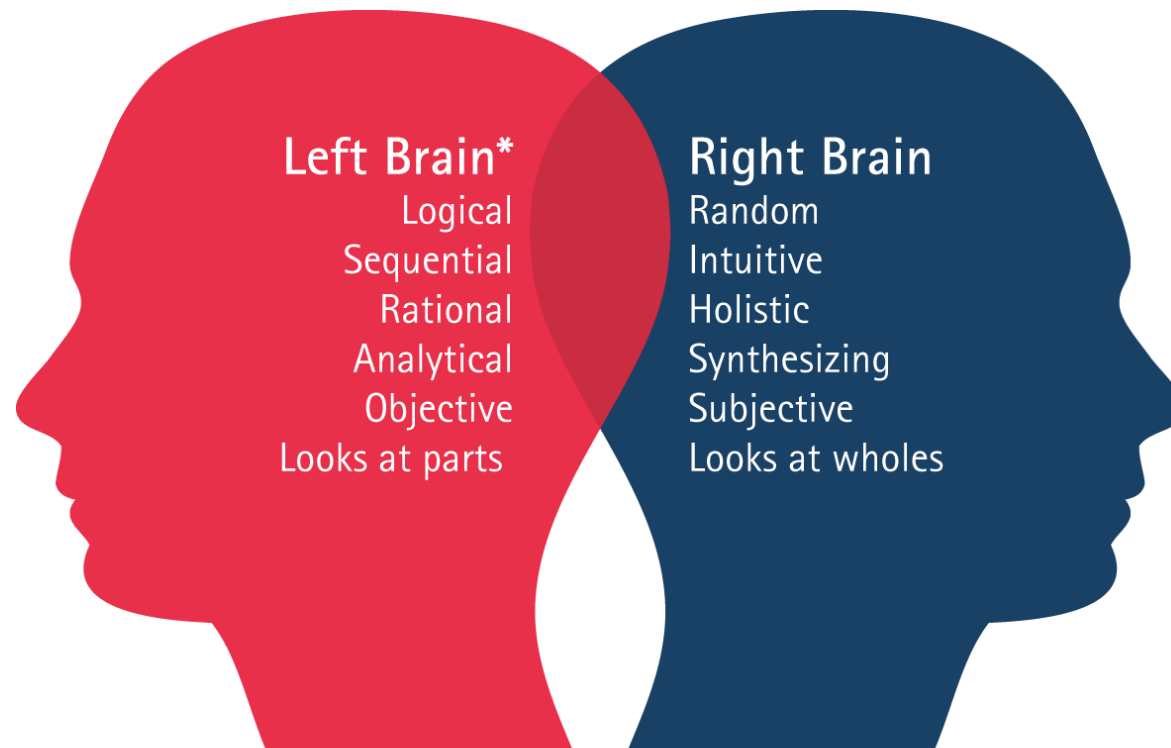




Unprocessed losses ...

- Are at the root of many troubling behaviours
- Can lead to mental health problems
- Can be the underlying cause of underachievement
- Can make young people feel isolated without knowing why
- May render them unable to fully participate in life.

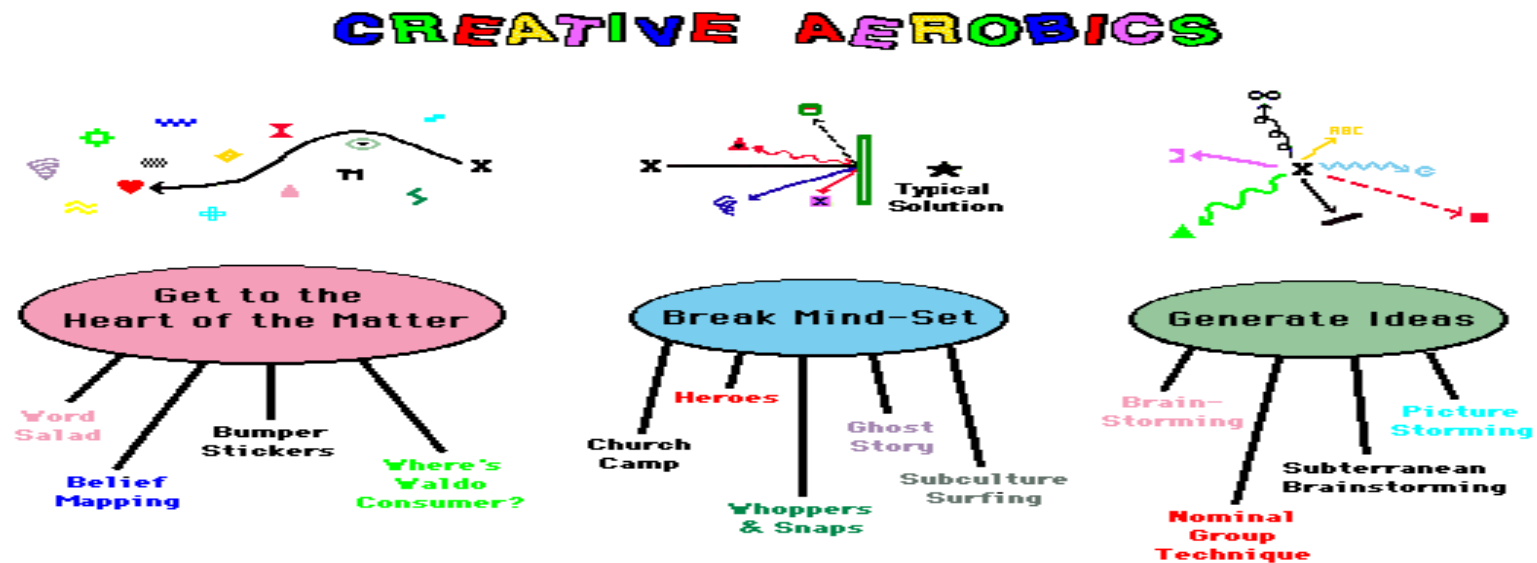
How we can help...



*Source: Funderstanding.com, Inc., New Jersey

How does our young person counselling help?

- Working with youngsters creatively as our counsellors do...



Helps young people to access their memories and emotions

- To process them
- To wrap language around them in order to express them
- And healthily integrate them within their person and life story
- Leading to greater emotional stability for our young clients...



And the ability to enjoy life once more...

