

Frequently Asked Questions

Who or what is Safe Space?

Safe Space is the umbrella name for Counselling in Schools (including Art/Drama/Play Therapy), Brief Therapy and Mentoring services. The name Safe Space reflects exactly what is at the core of our work – offering young people a creative, confidential and safe space to explore any issues affecting their everyday lives.

Counselling in Schools

We provide Counselling, Art, Drama and Play Therapy to Primary and Secondary schools across Hertfordshire. The service works with children and young people aged 5-19 years (up to 21 years with care leavers) within educational establishments across Hertfordshire. If the child/young person is not attending school or college, arrangements can be made to see them in an alternative, appropriate space.

Sessions last 50 minutes and we usually work with the child/young person for a minimum of a term (12 sessions). This can be longer or shorter depending on the client's needs.

We are a traded service which means funding is needed in order for the work to go ahead. The majority of work is funded by schools direct, however depending on the circumstances of the child or young person, alternative funding may be available to support the work.

Brief Therapy

Offers a focussed and positive approach, enabling the client to build change in their lives in just a few sessions, while acknowledging their strengths and resources to deal with problems they may encounter.

Brief Therapy is currently a free service but will become a traded service from 1st April 2017.

Mentoring

Mentoring is available to 11-19 year olds (up to 21 for care leavers and 25 years for young people with learning difficulties/disabilities) across Hertfordshire. Mentoring involves the young person meeting with a volunteer mentor for an hour or so a week, in a public place such as café or library or engaging in a social activity, to give them the opportunity to talk about anything they wish to discuss or want advice on.

Typically a mentoring relationship lasts for 3-6 months however this can be longer or shorter depending on the young person's needs.

Quality Assurance

Safe Space offers the following Quality Assurance Standards:

- All our Counsellors are qualified to Diploma level and beyond and Arts Therapists to Masters level
- All our therapists have a valid Enhanced Disclosure Barring Service (DBS) check
- All Counsellors and Arts Therapists access regular clinical supervision in line with BACP, BAAT and BADth requirements
- All Counsellors are accredited or working towards accreditation with the British Association of Counselling and Psychotherapy (BACP)

- All our mentors go through a thorough recruitment process, 2-day training and have a valid Disclosure and Barring Service (DBS) check.

Confidentiality

A key feature of any quality assured Counselling provision is that it is confidential. Counselling gives a child or young person a safe space to share their fears worries or concerns, and it is vital that they are able to develop a trusting relationship with the therapist if the work is to be successful.

When a child or young person sees a counsellor or therapist for the first time they enter into a contract that makes clear that the only time confidentiality would be broken and a discussion shared is if the child or young person is considered to be at risk of significant harm to themselves or others. If this were to be necessary, the therapist would look to obtain a child or young person's permission to share the information where possible. Any decision that is taken by the therapist with regards to breaking confidentiality will be done in the best interests of the child or young person. To encourage a child young person to feel more in control of their situation, a therapist will work to empower them to feel able to share issues that they are experiencing with school, family or social worker if they have one.

Within the boundaries of confidentiality our therapists will look to share strategies and information that does not compromise the integrity of the work that is being carried out.

Referrals

Referrals to Safe Space may only be made with the consent of the child or young person. To refer in to Counselling in Schools and Brief Therapy a single service request (SSR) form should be completed and returned to the Safe Space team.



Single Service
Request Form (SSR).|

The Mentoring service has a specific referral form which should be completed and returned to the Safe Space Mentoring team. Any referral should be discussed with the mentoring co-ordinator before being made.



Mentee referral form
2016.doc

Referrals for all services can be sent through to Safe Space via Herts FX, Schools FX or internal post. Providing a secure email is used (in accordance with the HCC data protection guidelines), referrals may also be made via email to the appropriate Safe Space shared mailbox:

Counselling in Schools - counsellinginschoolsmailbox@hertfordshire.gov.uk

Brief Therapy – brieftherapymailbox@hertfordshire.gov.uk

Mentoring Service – mentoringmailbox@hertfordshire.gov.uk

Referrals are assessed on a case by case basis. It is possible to work with a child or young person if they are already accessing another service (i.e. CAMHS), dependent on the type of other intervention taking place.

If you are unsure which service is required, or would like further information about the services offered, please contact the Safe Space team on 01992 588796 and we will be more than happy to assist.

Venues

Safe Space operates across the whole of Hertfordshire. The Counselling in Schools and Brief Therapy services work in a variety of confidential, safe spaces. This ranges from educational establishments to community spaces such as one stop shops, libraries and children's centres. Sessions for the Mentoring service must take place in a public space such as coffee shops or cafes or in an educational setting.

Safe Space is not an outreach service and as such we are unable to offer home visits.

Costs

Counselling in Schools is a traded service meaning funding is needed for work to go ahead. Brief Therapy and Mentoring are both currently free to access services*

We offer a variety of contracts; for the latest prices, please contact Safe Space on 01992 588796 or at counsellinginschoolsmailbox@hertfordshire.gov.uk

*Subject to change from 1st April 2017