



Safe Space

Counselling & Art Therapy

Mentoring

Safe Space we have been providing therapeutic support to children and young people across Hertfordshire for over 23 years.

We are part of Children's Services at Hertfordshire County Council.

We are a team of 21 counsellors, 7 self-employed Art Therapists and counsellors, and a central office team of 6.

We provide Counselling and Art Therapy to young people aged 5 -19 years.

We work on a 12-session basis, with sessions being 40-50 minutes long, once a week and taking place on the same day and time each week, term time only.

We typically see our young people in school during the school day, but if they are not attending, we can try to make arrangements (where possible) to see them at another appropriate space or online.

We are a traded service meaning **there is a cost attached to the provisions we provide**. If there is no funding available, we are commissioned to accept a small number of referrals each month from Single Point of Access (SPA) which means you may be able to access support at no cost. We also provide funded CRISIS support when there has been a traumatic incident.

Schools can purchase either short term or annual contracts from Safe Space:

Short Term Contracts

Short term contracts (a block of 12 sessions for x1 CYP) can be purchased on an ad hoc basis as and when required. These referrals are added to our waiting list and allocated when a therapist becomes available.

Annual Contracts

Annual contracts typically run April to March alongside the financial year and can be for as many number of sessions a week as you require. We have contracts for 1 session a week, to our largest annual contract which is currently for 15 sessions a week.

With an annual contract you have your allocated therapist for the duration of your contract and can liaise with them directly to discuss the needs of your children / young people.



Commissioned Service: Single Point of Access (SPA)

Parents/carers, schools and other professionals can refer children and young people to Single Point of Access (SPA) for therapeutic support.

Such referrals may get triaged to Safe Space to provide up to 12 sessions of support at no cost.

If Safe Space receives a referral from SPA, this will be reviewed by our Clinical Manager to ensure suitability, and if we're happy to proceed, the child / young person will be added to our waiting list and allocated to a therapist at the earliest opportunity.

At the end of the work, the therapist will produce a Summary of Intervention document which is then passed onto parents/carers.

Commissioned Service: CRISIS Support

When a serious or traumatic incident occurs, we may be able to provide funded CRISIS support to your children and young people and/or staff members.

Such incidents include bereavement: sudden death of a family member or of a pupil at your school or member of school staff; a traumatic incident that occurs on school premises or that pupils witness.

In the event of **CRISIS support being required for multiple individuals** at your school, you can **contact your local Ed Psych team for support** and advice in the first instance.

Safe Space work in partnership with the Ed Psych department to provide a short to medium term response and may be called upon to offer 1-1 or group therapeutic support to pupils and/or staff members in need.

Mentoring

Our Mentoring programme is a **free* to access service for secondary aged young people 11 – 19 years** (up to age 21 for Care Leavers and up to 25 for YP with LDD) across Hertfordshire.

*If a school wishes to make several referrals at once there may be a cost incurred to ensure there is fair and equal access to the programme for all young people in the county.


We have around 60 Mentors who are all volunteers from a range of backgrounds, careers, and life experiences. All Mentors have gone through a thorough selection and recruitment process, training programme and Enhanced DBS check.

Mentoring

Typically, a **mentoring relationship lasts for around 6 months** and involves the YP and their mentor meeting for an hour or so a week in a public place such as a café or coffee shop or engaging in a social activity.

It allows the YP an opportunity to talk about anything they wish to discuss or want advice or support on from an unbiased adult separate from family or school.

Referrals must be made by a professional and we ask that you contact the mentoring team in the first instance to discuss the YP and their needs before completing a referral form.

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