

Current Counselling Service

Children Our Ultimate Investment UK (COUI UK) was established in 2001 to provide mental health services for young people at risk of - teenage pregnancy, social exclusion and deprivation through abuse, disability, challenging families and disadvantage.

The COUI UK's counselling service currently operates in secondary schools as part of COUI UK's Teens & Toddlers projects which has been endorsed by the DfES, DoH and Social Exclusion Unit as an effective youth development and teenage prevention intervention suitable for vulnerable and at risk young people.

Young people using the counselling services present a variety of issues. Often, young people find it difficult to admit that they are having problems and to reach out for help. COUI UK's counsellors are skilled at putting young people at ease, enabling them to form a trusting relationship in which they feel safe enough to open up.

COUI counsellors focus on interventions that enable clients to identify areas of worry and concern, to think through choices and to support them to make behavioural changes that maximise positive outcomes.

Contact Details

COUI UK
The Stage Building
47 Bermonsey Street
London SE1 3XT

Phone: 020 7089 6180

Stacey Millichamp
Clinical Services Director

staceymillichamp@hotmail.co.uk

Kimali Allnut
Clinical Service Manager

Kallnutt@teensandtoddlers.org.uk

Sarah Hall-Craggs
Business Development Manager

Scraggs@teensandtoddlers.org.uk

Registered Charity No: 1099782

For more information please call COUI UK and ask for any of the people named above

Website
www.teensandtoddlers.org.uk

Children Our Ultimate Investment School Counselling Service

COUI UK is offering a range of School Counselling Services tailored to meet school populations and circumstances:

One-to-one sessions, short term, solution focused.

Group work, focused around specific themes that might be relevant to particular challenges facing them. For example, anger management, bullying, domestic violence etc.

Peer mentoring, which enables young people to develop personal and social skills that are practically applicable to their immediate environment and their future employment. COUI counsellors are uniquely placed to offer peer mentoring, as they possess the necessary psychological skills to support students in developing the capacity to support each other. Students can sign up to achieving a National Award in Interpersonal Skills, Level 1

The Role of COUI UK

COUI will recruit, orientate, manage and supervise the counsellors placed in the school. We would generally recommend two counsellors are placed per school, each offering a day of five or six counselling sessions.

Counselling sessions usually lasts for one period so as not to disrupt classes, and the counsellors will work with each child to ensure that they rotate their session times in order to minimise disruption to any particular subject.

A counsellor will be responsible for liaising with the school around student referrals, and any child protection issues that might emerge. COUI are keen to promote good communication between counsellors and school staff so that there is a mutually beneficial information sharing loop that increases understanding of a particular child's circumstances and needs.

COUI will provide Enhanced Criminal Record Bureau checks for each counsellor.

Some of the issues that the young people have been supported through include:

- Bullying
- Conflicts at home
- Being young carers at home
- Depression
- Self-harm
- Eating disorders
- Aggressive behaviour at school
- Excluding themselves from school
- Poor performance at school
- Low self-image and life goals
- Anger management
- Cultural challenges and inability to integrate successfully
- Struggles with abuse and neglect
- Inability to communicate
- Struggles with sexual identity



Parental Involvement

COUI will negotiate with each school in what way client and parental consent is gained.

Should a parent wish to be involved in their child's counselling, they are welcome to meet with the counsellor to discuss their child's situation (taking in to account the client-counsellor confidentiality agreement), occasionally it may be beneficial for the counsellor to offer a session with child and parent where communication problems would benefit from a mediating intervention.

Potential numbers reached

Two counsellors, offering two days of counselling would provide up to 200 sessions of counselling per academic year.