BHI Counselling Service in schools (Kusikia)
BHI- Counselling Service

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Introduction

BHI is a Community Engagement Organisation in Leeds working within communities for equal access to Health and Social Care Provision. We partner with service providers within health for disadvantaged and marginalized communities, equality of service and inclusion of all.

Within the last three years, BHI has developed bespoke programmes to ensure that the profile of health and wellbeing issues that disproportionately affect African Caribbean, African and Dual Heritage and other minority ethnic (BME) communities in Leeds are being raised.

Methodology

Referral Methods

- Schools
- Parents
- Self

Schools may refer pupils for one to one counselling session with a qualified counsellor. They are required to complete a specific referral form to the counsellors who assess the details and assign a counsellor to the young person according to their expertise.

Parents and pupils can also make a self-referral by accessing the BHI website (www.blackhealthinitiative.org). Once a referral form is submitted a counsellor will contact the person who made the referral and commence the process of initial assessment. The assigned counsellor will contact the client after the referral has been made and make arrangements for the sessions to commence.

Therapies Provided

Ku Sikia delivers Person Centred Therapy; this type of therapy is a gentle approach and young person friendly. It focuses on the young person with genuineness, empathy, respect and acceptance. Person centred therapy is based on the fundamental principle of Unconditional Positive Regard (UPR), which enables the young person to feel safe.
**Process**

BHI- Counselling service is available one day a week at Carr Manor High School. A sessional counsellor meets with three young people on the allocated day and each client receives a maximum of 12 hours of counselling.

The young people are referred to the service by the link teacher- Jan Foreman. However pupils can also make a self-referral if they wish to do so.

The aim of the counselling service provided is to offer support to Young People who may experience any of the following issues:

- Family and stepfamily relationships
- Bullying (perpetrator or victim)
- Bereavement/loss
- Emotional problems
- Aggressive / inappropriate behaviour
- Abuse (physical, sexual, emotional)
- Self-harming
- Suicidal thoughts and feelings
- Worry / depression
- Misuse of alcohol or drugs
- Low self esteem
**Client Demographics**

Between April 2010 and March 2012 the BHI Counselling service has had 21 clients. This figure represents the number of young people who completed their entire allocated sessions and who were able to partake in the pre and post evaluation forms.

Each client receives 12 x 1hr a week counselling sessions which take place in a designated safe space.

The client breakdown follows below:

![Gender data chart]

![Clients Country of Origin chart]
Evaluations

The counsellors monitor the progress achieved by each young person by using the Clinical Outcomes in Routine Evaluation (CORE) system, this is a self-assessment form that it completed with the young person at the beginning and end of the their sessions to make comparisons. The evaluations clearly show the difference of growth through their journey of counselling.

CORE data:
The data states that the negative emotional thoughts and feelings felt by the clients reduced once counselling was completed. The table data is derived from the mean average scores that the pupils ranked.

The clients are also given a non-clinical at the end of the sessions. The data below represents this:

![Client Feedback Chart]

Qualitative data was also collected on the non-clinical evaluation from. Below are some of the quotes from the young people. Those selected were reoccurring comments:

‘Am definitely happier in myself’ (aged 13)

‘I am slowly changing things in my life’ (aged 13)

‘I am doing much better in many directions’ (aged 16)

‘I wanted to manage work in school better and gain help, I can do this much better now’ (aged 15)

‘Counselling has helped me to communicate more at home’ (aged 15)

‘When I started I felt deflated and confused, now I feel like a million dollars’ (Aged 16)
Summary

The data clearly indicates that the BHI Counselling service has had a positive impact on the pupils, which means that it has had a positive effect on the school community. Counselling addresses the issues that are found in Maslow’s Hierarchy of needs triangle which are ‘social and esteem’ needs. These stages need to be satisfied within individuals to allow them to progress on to ‘self-actualisation’, which is where individuals can begin to concentrate on achieving their education, social and emotional potential (http://www.tutor2u.net/business/people/motivation_theory_maslow.asp).

Impact

The young people who have accessed and completed the counselling sessions have had an immediate positive impact on various areas of their life. This impact was recorded during the self-evaluation period with the clients. The impact has been recorded as:

- Increased self-confidence and self-awareness for the pupils
- Improved ability to build positive relationships with peers, teachers and parents
- Ability to manage pressure within school and at home
**Emerging Needs**

- Inability to communicate concerns to teachers as felt would not be kept confidential enough from parents due to school policies
- Culturally competent intervention around relationships, emotional needs and behaviour management that can misunderstood by teachers within the indigenous mainstream education system
- Impact on, carer and family members for additional support at the end of the counselling sessions
- Group sessions for family members in the same school to ensure that needs do not reoccur
- Sign posting to peer support groups to continue personal development progress and ensure that initial work is not left stagnant
- Co-symptomatic issues

**Needs based Recommendations**

- Individualised support packages in partnership within the school provision
- School to commission a counselling service to offer one to one support
- School to commission facilitators to coordinate small group work sessions where appropriate
- BHI to facilitate peer support group and train peer mentors from those who have already used the service
- Pastoral support and advice to be offered through appropriate agencies
- Restorative practice to continue in support of the progress the counselling has achieved.
References

http://www.tutor2u.net/business/people/motivation_theory_maslow.asp; accessed on 10/12/12

www.blackhealthinitiative.org