

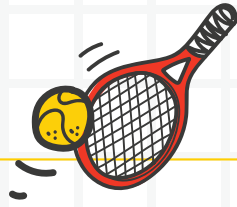
Sunbeams Key Worker Programme

for 13-16 year-old girls

Get in touch

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Aim of the program

The Key Worker programme aims to provide girls with a supportive relationship with a keyworker who will offer goal-based support to empower them to create positive change for themselves. Where appropriate, we also think about how parents and schools can support this process.

Referral process

Referrals are accepted from schools, parents and organisations but are only followed through once consent is received from both the girl being referred and her parents.

Who are the key Workers?

Key workers have experience in teaching, SEN, mentoring and pastoral roles at schools. They do not necessarily hold qualifications in mental health but have excellent insight and understanding of how to support girls who are facing challenges.

Key Workers will receive professional bespoke training towards this project before they begin and access ongoing supervision from our clinical psychologist.

Supervision

Key workers will be line managed by the Project Lead - Mrs Ruchi Ostreicher/Mrs Miriam Fogel and will also be offered support and guidance from the lead clinician at Sunbeams who is an externally contracted HCPC registered Applied Psychologist.

What kind of goals would girls work towards?

- To spend more time doing things that make me feel happy or give me a sense of achievement.
- To have school going better - being able to do my work and getting in less trouble.
- To have ways to calm down when I am feeling really stressed out or angry.
- To be able to do the things that are important to me, like doing my homework, without my worries getting in the way.
- To feel better understood and more confident in communicating with the people who are around me.
- To know of things I can do when I feel overwhelmed at home
- To get to know myself a bit better and feel more confident in who I am.

How often and for how long?

Sessions will take place for an hour on a weekly basis and will include a mix of discussion and activities. We expect most girls to be in the program to be in the program for approximately 6 months (24 sessions). When appropriate, a supported ending will take place with plans on how to encourage girls to 'keep things going'.

Confidentiality

Discussions during sessions will not be shared outside the team unless the girl gives permission or there is concern of significant risk or harm.