

SUTTON EDUCATION WELLBEING SERVICE MENU

We are here to provide therapeutic support for children, young people, parents and school staff and to work systemically with you to improve whole school well-being.

OUR SERVICE

The Sutton Education Wellbeing Service adopts a whole-school approach within its Early Intervention service. We therefore tailor our service thinking around the child/young person and their school and/or home environment.

OUR TEAM

We cover a range of mental health specialisations and collaborate within a multidisciplinary team consisting of two Mental Health Practitioners, a Dramatherapist and an Art Psychotherapist. We are part of Cognus' Educational Psychologist team and work with an NHS team of Emotional Wellbeing Practitioners and a Clinical Psychologist.

TRAUMA- INFORMED WORKSHOPS

Workshops created for staff to fully understand the nature of trauma and how it can impact on the wellbeing and behaviour of students. How we support these young people is key and sessions will also consider how to work safely as practitioners.



TREE OF LIFE WORKSHOP

Tailored to groups: children, parents or staff, these narrative therapy workshops provide a space for individuals to speak about their lives in hopeful and resilient ways, reflecting on and exploring the past, and identifying strengths and hopes for the future.

EVERY CONVERSATION MATTERS WORKSHOP

Offer support to all school staff in opening up conversations when there are concerns around students wellbeing or mental health and how this can then best be supported.





STAFF TRAINING

Topics surrounding mental health and emotional wellbeing are becoming more prevalent, especially in Domestic Violence, Self-harm, Anxiety, Bereavements and working with families. We can provide more knowledge and understanding on those topics and more.



DROP-IN SESSIONS

Drop-in sessions during allocated times and locations for staff, young people and parents to have a chat, de-brief or discuss any wellbeing or mental health concerns and take the next appropriate steps.



PARENT SUPPORT SERVICES

For parents who are worried about their child or young person's mood, feelings or behaviour or would like some support with parenting:

- Parent Drop in's
- 1:1 parent work / coaching
- Parent workshops on topics such as sleep, eating, behaviour, managing your anxious child.
- Parent Groups



DRAMATHERAPY

Weekly 1:1 and group sessions targeted for early intervention, offering a safe space in which to express and explore using a variety of creative mediums.



CREATIVE ARTS THERAPY GROUPS

A combination of art and drama therapy tailored to accommodate specific themes, metaphor and narratives. Groups can range from 6 to 8 students with overlapping mental health presentations.



ART THERAPY

Weekly 1:1 or Group sessions that play with visual art media – using this as a way of communicating or exploring the inner workings of the mind that cannot always be put into words. Previous experience or expertise in art is not a requirement.

KINTSUGI-INSPIRED GROUP

A group of 6 to 8 young people for 6 weekly sessions. Co-facilitated by the Art Therapist & Dramatherapist. This group is inspired by Japanese form of art, Kintsugi – involving the creating and repairing of pottery with ‘gold’.

COGNITIVE BEHAVIOURAL THERAPY (CBT)

What we think can influence how we feel and how we behave. CBT looks at how this works in your particular situation and helps you identify ways to make the changes you want in your life.

DEMYSTIFYING EXAM STRESS

This group hones on students who seemingly struggle with exams and/or school, by uncovering/unmasking what is truly disorienting perceptions of exams and more importantly shining a light on the self.



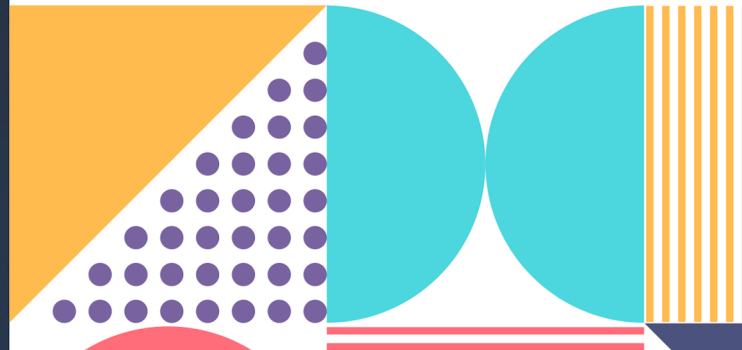
MAGIC

A programme for young people providing an opportunity to develop skills in Motivation, Assertiveness, Goal Achievement, Intuition and Confident Communication. It is well suited to young people who may not be meeting their potential and may be disaffected, lack 'agency' or motivation.



REFLECTIVE GROUPS FOR STAFF

A creative space to 'refuel' and develop ideas, while contextualising current issues that provoke, inspire and challenge your mental health. Past topics brought discussions on social justice, secondary trauma, play and self-regulation. Groups can run either monthly, mid-or term-timely.



DYADIC PARENT-CHILD ART THERAPY

A supportive space in observing and working with the relationship between parent and child directly. It facilitates connection in a creative and playful way between parent and child. Both parent and child enhance their sensitivity and skills to help attune to each other's needs through reflection, engagement and within a safe space.

MHST MENU

| SERVICES | PARENT | STAFF | STUDENTS |
|--------------------------------|--------|-------|----------|
| Trauma-informed Workshop | | ● | |
| Tree of Life Workshop | ● | ● | C/YP |
| Every Conversation Matters | | ● | |
| Staff Training | | ● | |
| Parent Support | ● | | |
| Dramatherapy | | | C/YP |
| Art Therapy | | | C/YP |
| Creative Arts Group | ● | ● | C/YP |
| Kintsugi-Inspired Group | ● | | C/YP |
| Cognitive Behavioural Therapy | | | YP |
| Demystifying Exam Stress Group | | | YP |
| Magic | | | YP |
| Reflective Groups | ● | ● | C/YP |
| Dyadic Art Therapy | ● | | C/YP |

