

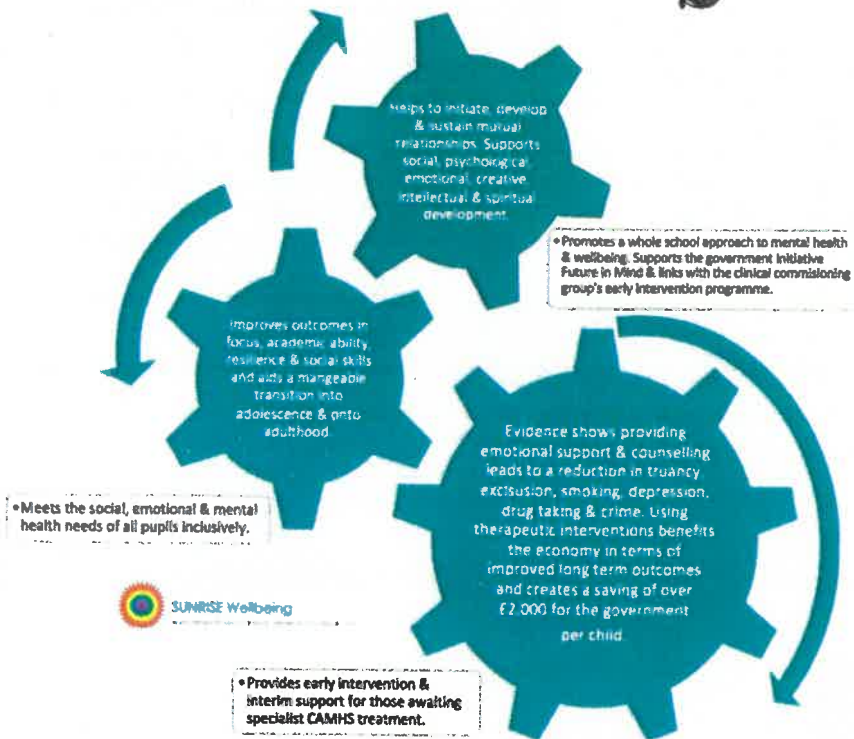


SUNRISE Wellbeing

Holistic therapeutic support service for children, young people & adults



As a student member of the British Association for Counselling and Psychotherapy (BACP), I am committed to sustaining and advancing good practice and building an ethical therapeutic relationship. I have completed up to date safeguarding training, maintain regular clinical supervision, hold a current DBS check and am covered by indemnity insurance.



time to change

let's end mental health discrimination

- Mental health problems affect approximately 1 in 10 children and young people (3 in every classroom)
- Children with diagnosable mental health disorders are between 2 & 4 times more likely to be identified as having a Special Educational Need
- It is estimated that 45% of looked after children will be diagnosed with a psychiatric disorder
- 70% of young people who experience a mental health problem have not had appropriate interventions at a sufficiently early age
- Children and young people are waiting up to 18 months to access mental health treatment through CAMHS
- A fifth of 14-year old girls in the UK have self-harmed
- Suicide is the biggest killer of men under the age of 50



Contact Shelley Smith
on 07789 000 307
or email
hello@sunrisewellbeing.co.uk
for a FREE consultation on
how I can support you

Therapeutic Support:

All interventions are either 1:1 or group based & are tailored to meet the individual's needs, with assessments before and on completion

Integrative Counselling & Psychotherapy following a Person Centred, Attachment & Cognitive Behavioural Therapy (CBT) modality

Creative emotional support interventions supporting feelings, self-regulation, relaxation, behaviour management, building resilience & social skills.

* 1:1 sessions with a child 4-11 yrs

* 1:1 sessions with a young person 11-19 yrs

* 6-week group work programme with up to 4 children/young people

* Workshops for 8-10 parents/carers on a specific focus eg. anxiety, bereavement, stress

* 1:1 session with adults/parents/carers

Sessions can take place in school/college or at my private practice within a wellbeing centre

Please visit www.sunrisewellbeing.co.uk for more information

SUNRISE Wellbeing is an independently owned and controlled social enterprise to further maximise the wellbeing and potential of children, young people & adults.



SUNRISE Wellbeing

Holistic therapeutic support service for children, young people & adults



Creative Emotional & Therapeutic Interventions to support the Mental Health & Wellbeing needs of Children, Young People & Parents/Carers through a Whole-School Approach

Shelley Smith – Founder of Sunrise Wellbeing/Therapeutic Practitioner

- o Post Graduate Certificate in Integrative Counselling & Psychotherapy (Accredited by the British Association for Counselling & Psychotherapy)
- o Foundation Degree (FdA) in Children, Families & Community Health
- o Certified Emotional Literacy Support Assistant (ELSA) & Youth Mental Health First Aid Champion (MHFA England), Accredited Parent Facilitator
- o Over 20 years' experience of working in education across Primary, Secondary & College provisions – roles include Wellbeing Officer, PSHE & RSE Co-ordinator, Parent Support, ELSA, Trainee Counsellor, Assistant Special Educational Needs Co-ordinator in Primary & Secondary, Higher Level Teaching Assistant, Special Educational Needs & Disability (SEND) Teaching Assistant and Recruitment & Admissions Officer
- o Experience of working with children, young people and parents/carers with SEND, implementing support interventions, assessing progress, assisting them to understand their difficulties/diagnosis, finding strategies to meet their own learning style
- o Supporting children, young people and adults with emotional needs & current difficult circumstances improving their mental health & wellbeing
- o Devised an extensive emotional support service in a primary setting with recognition from Ofsted & the charities Headstogether & Place2Be
- o Created successful mindfulness and emotional support-based clubs & activities improving mental health & wellbeing across the whole school
- o Vast development training in Art Therapy & Emotional Literacy, Autism, Attachment, Dyslexia, Cognitive Behavioural Therapy, Loss, Self-Harm & Suicide Awareness, Bereavement, Behaviour, Self-Regulation & Resilience

- ◇ Are you a school/college seeking therapeutic support for a child or young person with social, emotional or mental health needs?
- ◇ Do you require early intervention or interim support for a pupil who is awaiting specialist therapeutic care?
- ◇ Would you like to offer a workshop to parents/carers with a specific focus?
- ◇ Are you a parent/carer of a child who is going through a current difficult situation: low self-esteem, anxiety, frequent worry, recent parent separation, self-harm, bereavement or struggling to regulate emotions?
- ◇ Is a learning difficulty or special educational need impacting on your child's academic ability or mental wellbeing?
- ◇ Would you benefit from talking about your own worries, thoughts, fears or anxieties?

What I can support with:

- Adverse Childhood Experiences (ACEs)
 - Anger
 - Anxiety
 - Attachment
 - Bereavement
 - Body Image & Self-Esteem
 - Calming Strategies
 - Depression
 - Emotional, Physical or Domestic Abuse
 - Families
 - Feelings - recognising & understanding
 - Friendships
 - Loss
 - Mental Health & Wellbeing
 - Neglect
 - Parent Separation
 - Resilience
 - Self-Harm
- Special Educational Needs & Disability (SEND)
 - School Readiness
 - Self-Confidence
 - Self-Regulation
 - Sensory Needs
- Social & Communication Difficulties
 - Thoughts, Feelings & Behaviour
 - Transition
 - Worries



Sunrise Wellbeing supports Public Health England's 8 principles to a whole school & college approach – Promoting children & young people's emotional health and wellbeing

FUNDING for this service could potentially be accessed through Pupil Premium provisions particularly for disadvantaged pupils. You may also have the flexibility to use the SEND notional budget to fund this service, specifically where you have identified pupils with emotional, social and mental health needs or as a requirement of their Education, Health and Care (EHC) plan.