

Site

East of England NPS (S. Essex)

Name of project / initiative

Student Counselling Service

Overview

A course of free counselling sessions provided by fully vetted student counsellors to probation service users. Student are on placement from local university or college – 15 students in year 1, 21 in year 2. 820 hours of counselling were delivered to CRC and NPS service users in year 2. Counselling through this service can be offered to service users more quickly than via mainstream services, and the employed Counselling Co-ordinator ensures service users are appropriately matched to student counsellor. The Counselling Co-ordinator also recruits counsellors and provides operational oversight.

Longevity

Started in May 2019. Counselling service has continued through Covid-19 pandemic, using tele/video phone contact when face to face were not possible.

Benefits

Service users find it very hard to access counselling – this is a free and highly beneficial service for an especially challenging and hard to reach group.

Uniqueness

This is now being rolled out more widely across Essex and the wider region.

Applicability

It could really be done anywhere. Probation services can make links with nearby educational establishments that offer counselling qualifications.

Requirements

Relationships with local colleges / universities, some management oversight, and standard vetting of the counsellors. Clinical supervision for counsellors is required, and is either self-funded or funded by educational establishment.

For more information:

Denise Stevens, Counselling co-ordinator - denise.stevens@justice.gov.uk

See also: <https://www.theknowledgeexchange.uk/wp-content/uploads/2021/07/East-of-England-NPS-attach.pdf>

Submitted by:

Martin Lucas, Director Essex CRC - Martin.Lucas@probation.sodexogov.co.uk