

REFERRAL FORM INFORMATION

(IMPORTANT: PLEASE READ BEFORE COMPLETING)

ACE supports children and young people aged 10 -25 to help improve their mental health and emotional wellbeing and build resilience following **A**dverse **C**hildhood **E**xperiences (ACE's). ACE offers varying levels of support depending on the individual's age and needs. We therefore request that the referral form be fully completed as incomplete referral forms can delay the referral process. Once complete please return to confidential@a-c-e.org.uk
If you have any questions, please call 07468600903

ACE currently offers the following interventions...

Early intervention: Emotional Health Practitioners (EHP) support 10-25 year olds who have experienced a lower number of or less impactful ACE's such as parental separation, short-term bullying, and relationship challenges. These challenges can, for example, result in low confidence and mood, anxiety, panic attacks, and school avoidance. Our EHP's can help build the children or young person's confidence, self-worth and resilience through talking and engaging in creative solution-focused activities and supporting the development of coping strategies .

Trainee Children and Young People's Wellbeing Practitioner (CYWP): assess and support children and young people between the ages of 10 and 18 years of age with low level mental health problems. They specialize in mild to moderate symptoms of anxiety, depression and behavioural difficulties. They offer a range of low intensity interventions that are based on cognitive behavioural therapy and guided self-help. They aim to help CYP and their parent/carers in self-management of recovery.

Senior Emotional Health Practitioners: Offer a range of methods to support the young person to improve their mental health and better manage their symptoms. They work with low to medium levels of anxiety and depression, self-harming behaviours, sleep disturbances, poor self-image and relationships

1:1 Counselling: Counselling offers a non-judgemental holding space for 18-25 year olds, where challenges and issues can be explored. This is a 'non-directive' therapy meaning the client has full autonomy in what they talk about. Counselling can help people release and soothe their distress whether this be related to the past, present or the future. Note: We have both qualified and student counsellors at ACE.

Interventions at a higher level:

Cognitive Behavioural Therapy (CBT): Our CBT therapists support children and young people aged 12-25 years. This talking therapy focuses on the connection of thoughts, feelings and behaviours resulting in unhelpful thinking styles, or fear-based avoidance. CBT can help with anxiety, depression, OCD, panic disorders and insomnia along with a variety of other mental health disorders and challenges. CBT is an 'active' therapy meaning there will often be additional work to do outside of the sessions. Note: Our student CBT therapists can only work with clients over 18s.

Trauma-Focused Counselling: The 3-phased trauma model of safety and stabilization (working on coping strategies), processing the trauma memory (telling the story in a safe way), and consolidation and integration (bringing it all together to live a healthier, happier life) supports 10-18 year olds to work through traumatic experiences in a safe, collaborative space. Types of ACE's which could relate to trauma work may include witnessing or experiencing abuse and/or neglect, being involved in an accident, familial incarceration, or substance/alcohol abuse.