



Helping children cope with Coronavirus change

Covid-19 is affecting us all, but there is a significant impact on young people in particular.

We know that children who recognise change as stressful, and who problem-solve and seek support, often cope better than those who deny or avoid the emotional impact of a transition¹. But for many children and young people, the unprecedented impact of Covid-19 is exceptionally challenging.

Our Quarterly Practitioner Survey found 76% of our staff are supporting families affected by school closures, with key concerns around this being:

- Disruption to routines
- Disruption to learning
- Reduced social interaction
- Worries about children and young people falling behind/being unable to catch up with education
- Worries about grades/disruption to exams
- The uncertainty of the situation (e.g. when schools will reopen)
- School transition
- Impact on mental health and wellbeing
- Children and young people adjusting back to school

<https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/school-based-risk-factors/transitions/>

Evidence shows two in five pupils in the UK fail to reach expected academic progress after transitioning to secondary school.² This is in the context of a planned and managed transition. School closures as a result of Covid-19 were not planned or expected and may have a much more significant impact on children, young people and families.

As children experience significant transitions: going back to school, changing year groups, moving schools, all services will need to work even harder to make sure such changes are well supported and well managed to prevent negative impacts on children's wellbeing and academic achievement.

Transitions Support Worker Role

As a result, Barnardo's has developed a specialist Transitions Support Worker role to help school-aged children and young people struggling emotionally or mentally with the specific area of 'transition' during and after lockdown. 'Transition' includes but is not limited to:

- Returning to school once school closures are lifted
- Moving between schools/years groups
- Returning to activities in the community, post-lockdown

The Transitions Support Worker will take a trauma-informed approach to:

- Provide a universal service supporting school-aged children and young people by using a multi-agency and partnership approach
- Provide support to children and young people on a one-to-one and/or group basis
- Prepare resources and materials around key transition topics suitable for different ages, stages and abilities
- Engage all key agencies to help schools prepare for and cope with change, and help children and young people build resilience, self-confidence and self-esteem
- Provide specialist consultation to professionals
- Deliver presentations and training to staff across all agencies

Intended impact and outcomes

- Help children and young people to build their resilience, increase confidence and self-esteem, fulfil their potential and academic achievements
- Prevent referrals into CAMHS and support with earlier identification of needs
- Help schools/services prepare for and cope with change
- Expand reach, scale and spread of this type of transitions support

Commission Us

Barnardo's can offer a dedicated worker deliverable at a price reflecting services tailored to your individual needs. If you are interested in commissioning us to provide this service, please contact your local Barnardo's representative.



About Barnardo's

Barnardo's is the UK's largest charity serving children, young people, families and communities. For over 150 years we have been providing quality services to enable young people to thrive.

Mental health and wellbeing

Promoting mental health and wellbeing has always been at the heart of our work and is now explicitly a core priority in our new Ten Year Strategy, as we continue to measure our impact, learn, influence and innovate.

Since launching our first specialist bereavement counselling services nearly two decades ago, we are now commissioned to provide mental health and wellbeing for thousands of children and young people throughout the UK, operating right across the

spectrum of prevention, early intervention, targeted and specialist support.

We provide a range of mental health and wellbeing services to children, young people and their families across a variety of disciplines and settings. These include universal wellbeing and resilience, early intervention and prevention, targeted support, counselling, therapeutic adoption and fostering provision, specialist services for highly vulnerable groups and integrated CAMHS services. Our staff take a trauma recovery informed practice approach.

At Barnardo's we believe children and young people should grow up feeling happy, resilient and confident to take on life's challenges. No child or young person should have to experience a mental health crisis because they didn't have the help and support they needed earlier.



Our Clinical Governance

Barnardo's has robust governance arrangements in place to ensure that the charity delivers services safely and effectively. Barnardo's Clinical Governance Strategy sets out our commitment to delivering the highest quality of services to our service users, through a clear focus on the safety, effectiveness and the experience of that care and interlinks closely with the following:

- Barnardo's National Counselling Services Forum (NCSF) Minimum Standards for Counselling-based Services – these ensure safe, effective and ethical counselling practice within the organisation across the UK. These standards are based on current national guidelines within the counselling professions and apply to all Barnardo's services providing specialist support as a primary service or as part of the broader mental health and wellbeing offer.
- Barnardo's organisational membership of the British Association of Counselling and Psychotherapy (BACP) and the requirement for all relevant staff to be registered with the relevant professional body and working towards accreditation, if eligible. Additionally, there are minimum qualifications set out in the NCSF minimum standards for counsellors/therapists and managers of counselling services.

Clinical supervision

As outlined in Barnardo's Supervision Policy, clinical supervision is required for the relevant personnel to ensure professional standards are being met. Depending on the service and therapist, clinical supervision might be provided internally by qualified counsellors, or sourced from external professionals and should be delivered in line with BACP guidelines. All counsellors delivering services for Barnardo's work in line with Barnardo's arrangements and commitment to quality.

