

# East Ayrshire School Counselling Annual Report 2021-2022



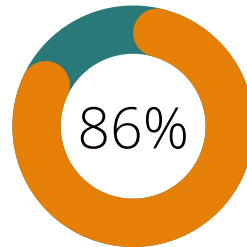
The Exchange

## Summary of Activities

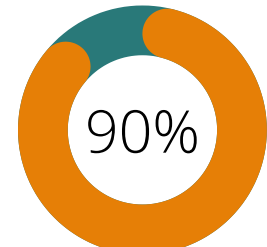
### covered in Academic Year

- **1130** C&YP recieved support
- **5909** 1-1 Counselling or psychological wellbeing sessions
- Group Supports in Primary and Secondary Schools
- Support now available for children **under the age of 10**
- Resilience framework delivered to **20 schools** in EA
- The Adventure Programme P7 transition programme training delivered to **28 Primary schools**
- Reflective Practice Groups for staff running in **2 schools**

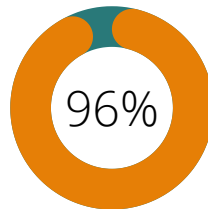
## Improved Outcomes



C&YP in Secondary schools registered a reduced clinical score in CORE-YP

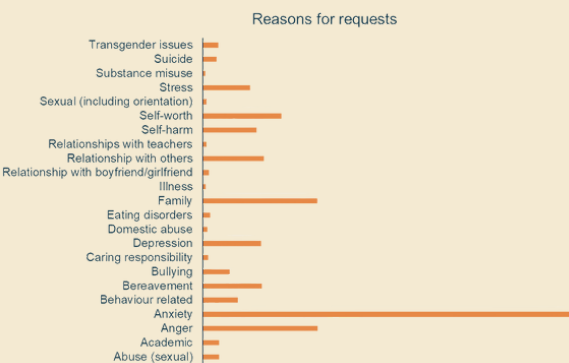


Children in Primary school registered an improvement in psychological wellbeing using CORS

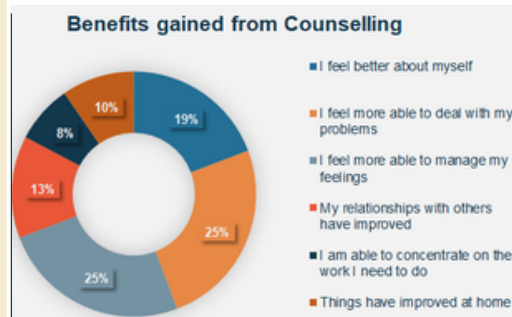


of parents reported improved outcomes at home using SDQ

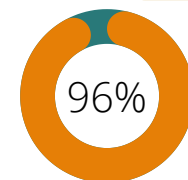
## Breakdown of Sessions by Theme



## Pupil Feedback



“It really helped me stay calm in times I got anxious and It was better being able to say my feelings out instead of hiding them.”  
**Primary Pupil.**

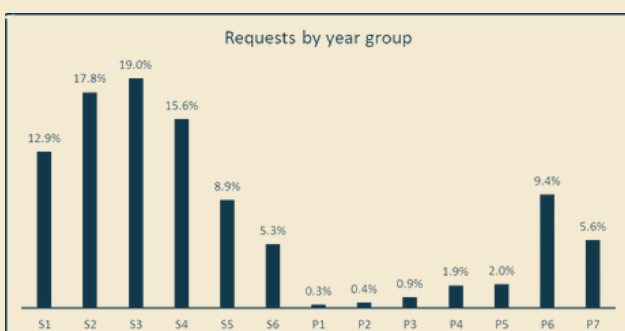


**Pupils found counselling helpful**

“I got given coping strategies to help me in my classes and it has helped massively. I still struggle with anxiety but I have learned that it is normal to feel like this and I've also learned to talk about my feelings with my family and guidance teacher.”  
**Secondary Pupil**

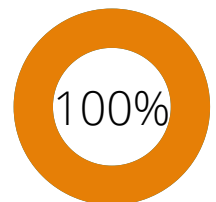
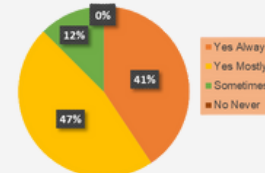
“It makes me feel happier inside and outside of school, it also helps my mental health, gives me reassurance that I have someone to talk to and makes me have a more positive attitude.”  
**Secondary Pupil**

## Breakdown of Sessions by Age Group



## Staff & Parent Feedback

Were Young People Seen Quickly by the School Counselling Service?



**Staff in schools who want to see Service continue**

“Since attending, My son seems a lot more happy and content with a lot less mood swings and grumpiness.”  
**Parent**

“Personally I have seen the service made a huge difference to pupil wellbeing, it is a service which is available to young people when needed - this reassures them that when they need support they should open up and talk about it.”  
**PT Pupil Support**