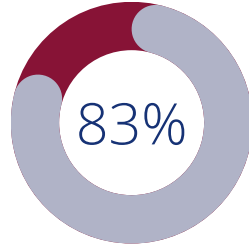


East Ayrshire School Counselling Annual Report 2023-2024

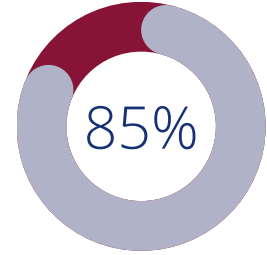
Summary of Activities covered in Academic Year

- **1204** C&YP recieved support
- **7140** 1-1 Counselling or psychological wellbeing sessions offered
- Group Supports in Primary and Secondary Schools
- DEXY app launched. Over 7000 views of resources. Over 100 users were from East Ayrshire and booked online sessions.
- P7 online transition sessions delivered and in -person programme running over summer
- Bespoke transition programme delivered for YP with ASN at Park school

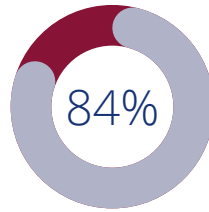
Improved Outcomes



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

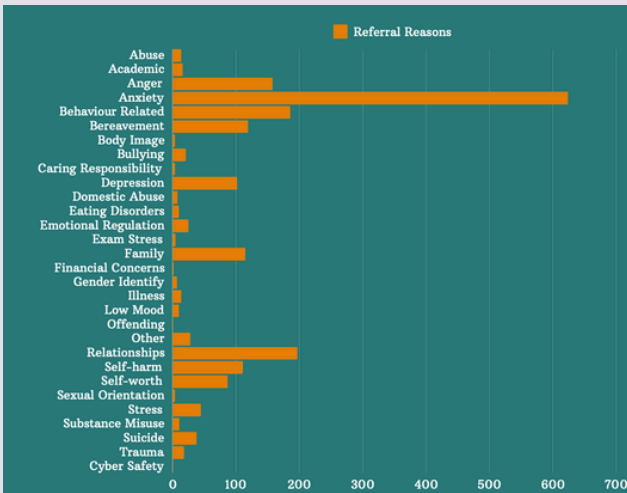


Children in Primary school registered an improvement in psychological wellbeing using CORS



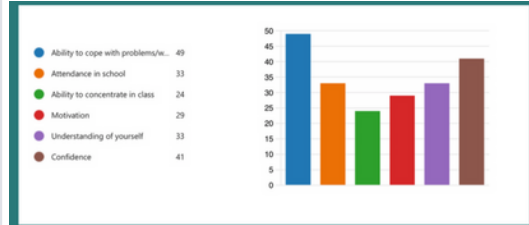
of parents reported improved outcomes at home using SDQ

Breakdown of Sessions by Theme



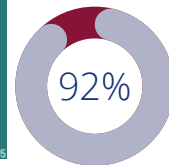
Pupil Feedback

Do you think attending counselling sessions has had a positive effect on any of the following? Please tick all boxes that are true for you.



“ I like it because its made me understand that my feelings are normal”

Primary Pupil.

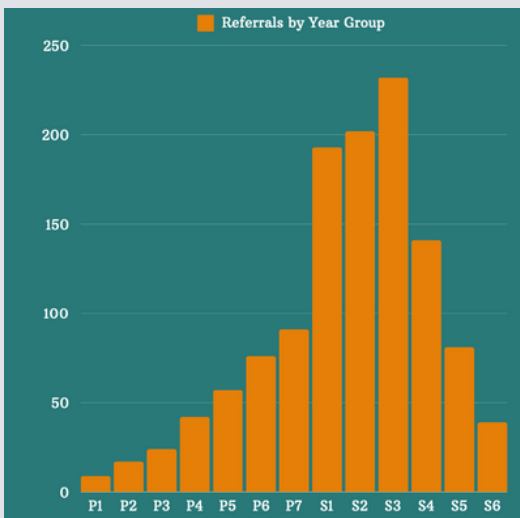


of C&YP Want to see the service continue in their school

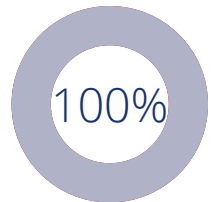
“ It gave me somewhere to let my emotions out and let my mind ease”
Secondary Pupil

“ It helped me open up to people i trust and help gain trust with others”
Secondary Pupil

Breakdown of Sessions by Age Group



Staff & Parent Feedback



Staff in schools who want to see service continue

“ Extremely valuable, as a parent there will always be things that you can't always help your child deal with. That is where the counselling stepped in, in my case and helped me too help my child better”

Parent

“ We REALLY value this service and cannot state strongly enough how much it is needed by pupils, parents and staff to support our young people.”

Primary HT