

# The Exchange - Primary Schools Referral Criteria

**The Exchange Resilience Based Support Service can support children who:**

- Display mild to moderate emotional distress (sadness, anxiety, fear)
- Have difficulties with coping skills or emotional regulation
- Struggle in social interactions (making friends, conflict)
- **Show willingness to participate in 1-1 or group support**

**Goal of this type of support:**

- Develop emotional resilience through techniques such as coping strategies
- Build social-emotional skills (empathy, communication, confidence)
- Enhance feeling of belonging and peer connections (group work)

**Another service may be more applicable, if:**

- The child displays severe behavioural challenges, like physical aggression, frequent defiance etc
- There are significant disruptions at home/school setting due to challenging behaviours
- There have been minimal responsiveness to prior interventions at home/school

For children who fit with the above criteria, we would recommend a service that can provide a longer term support and/or a service that can work directly with the whole family:

- To address the underlying causes of challenging behaviours, such as unmet needs or trauma
- To provide intensive, individualised support to reduce harmful behaviours