

## Procedure Required for Receiving Grief Support for Within Schools

One of Balloons' objectives, when possible, is to enhance communication around bereavement and grief between family and support units. Therefore, we are mindful of ways to encourage and empower young people to voice their feelings and needs outside their sessions with Grief Support Workers (GSW's). Sharing part of their sessions - with either their parents/carers or teachers etc - and asking questions are all ways of doing this.

Some young people choose to have support at school instead of in their home environment. Sometimes this may be because they wish the service to be confidential; however, this is not always the case. Whatever their reason is, it is important that the young person has a say in the explanation given to peers about them leaving and returning to class. Appointments too close to the end of the school day should be avoided as the young person may require time to settle before going home.

If you are making a referral to Balloons for support to occur in a school it would be helpful if you would familiarise yourself with the following

Balloons GSW's will require...

- a named contact with whom the appointments should be made through
- a private, (preferably consistent) non-interruptive space for the support to take place in
- a named person (NP) to bring the young person to each session and then collect them
- for the NP to be able to spend 15 mins or so with the young person if they are not ready to return to class immediately

The above is usually confirmed with the school before the service is agreed to go ahead. Once the initial appointment is in place...

- the NP will require the GSW's contact details in case of student absence/exams etc

The first meeting arranged needs to cover the following...

- NP to meet with the GSW and view the proposed support space. If this space does not meet balloons needs, i.e. it is not confidential or appropriate, then another space needs to be agreed
- once the support space is established, the NP will introduce the GSW to the young person and the young person will be shown the space
- the GSW (in front of the NP) will explain what balloons can provide and the extent of confidentiality that accompanies the service



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- the GSW will ensure that the young person is in agreement to receiving support and will arrange the next two appointment dates.

When all this has been covered, the GSW will spend an agreed amount of time alone with the young person to begin to get to know them and build some rapport before their next meeting

- NP will then accompany the young person back

Contacting the GSW when the young person is unable to make their session is extremely beneficial to the charity, as it prevents the GSW spending time to make an unnecessary trip and stops the charity incurring the cost of travel.

Balloons appreciates your cooperation to ensure grieving young people receive a proficient service.



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