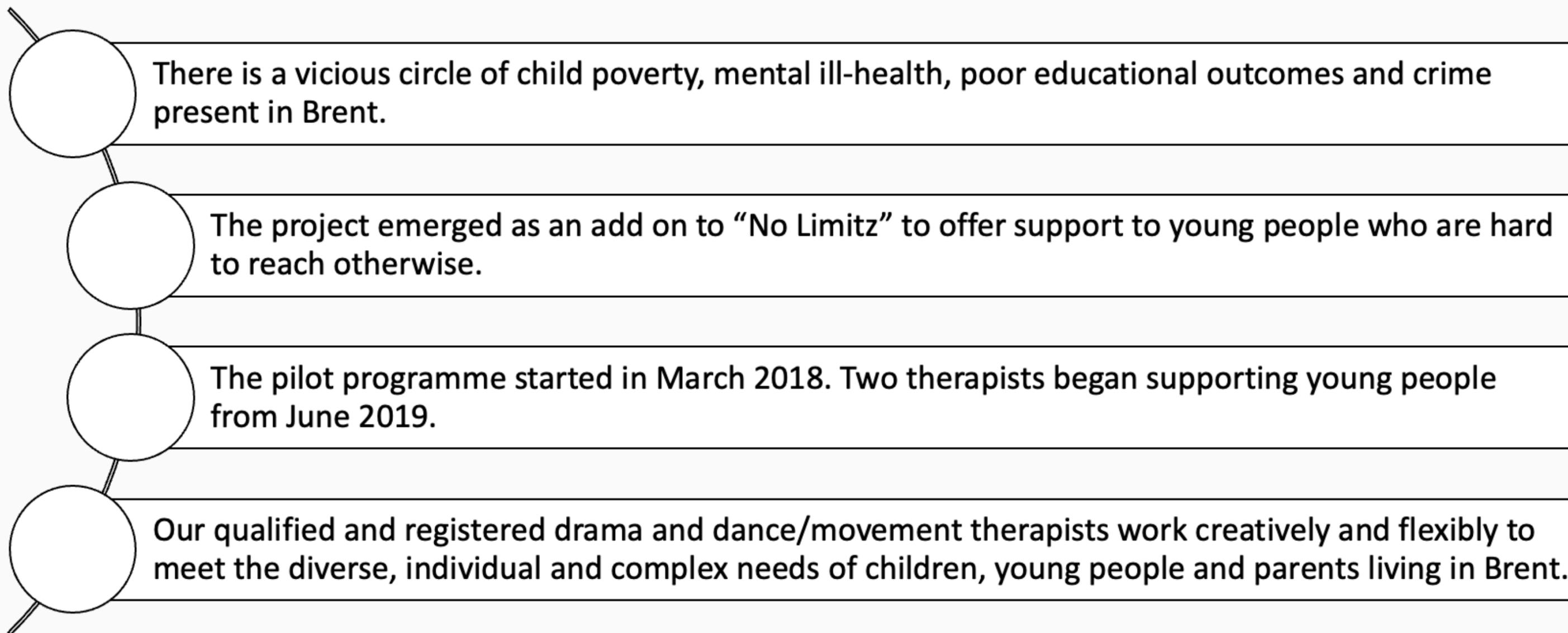


# CREATE CHANGE

Creative Therapy for children and young people in Brent

# Create Change addresses the need for creative therapy in the Borough.



# Eligibility

- Aged 8- 16 years old
- Lives or goes to school in Brent
- Mostly mild to moderate mental health and behavioural concerns; we also work with more complex cases, regularly liaising with Social Workers, Family Solution Workers and School Staff.
- Not accessing therapy elsewhere



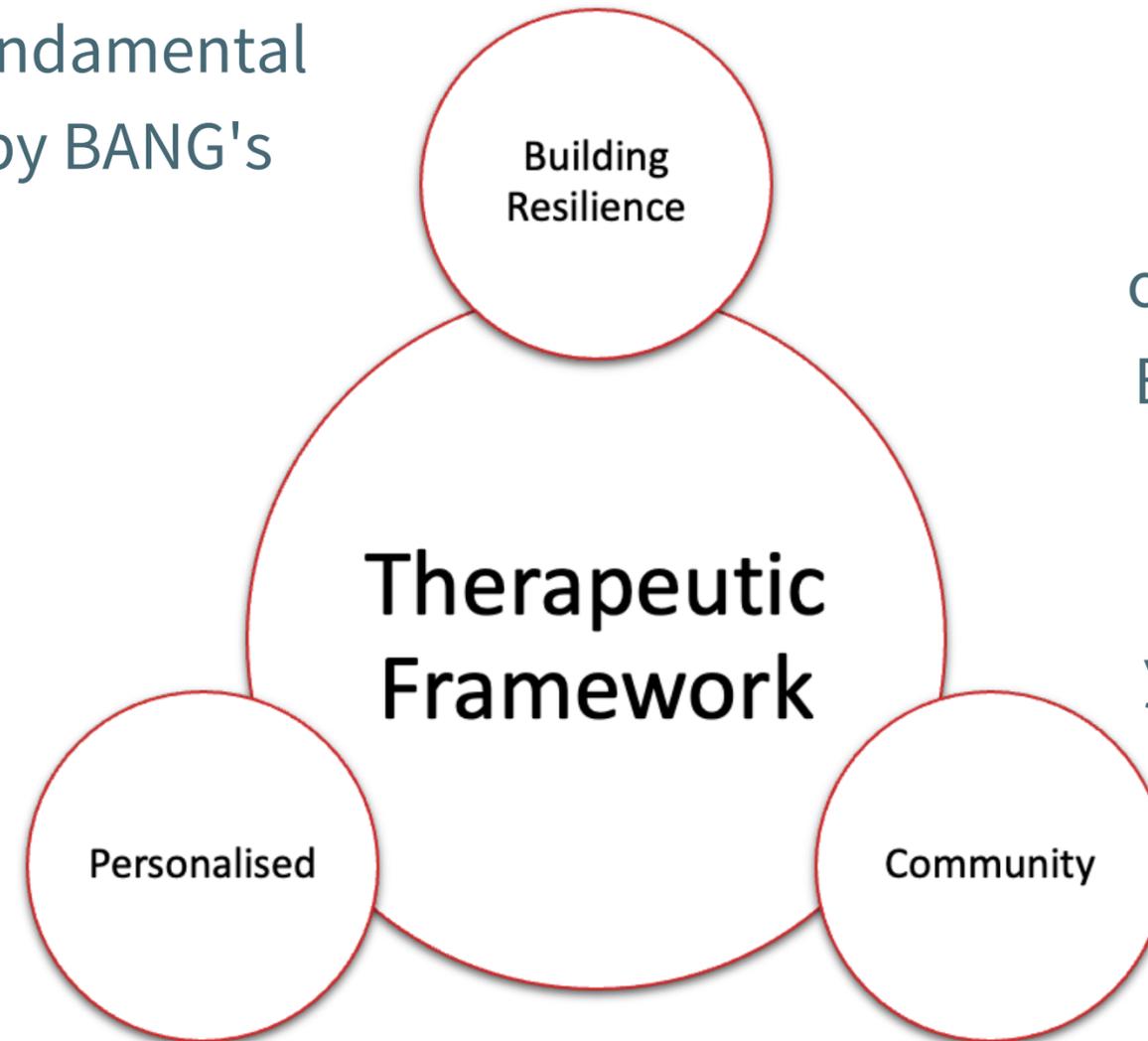
## Forms of Support:

- One to one creative arts therapy (music, drama, dance/movement and art)
- Group therapy
- There are also therapeutic opportunities to support parents and carers

# Therapeutic Framework

**Building Resilience** is a fundamental aim for those supported by BANG's therapy service

A **Personalised**, person-centred approach is given to all those supported by BANG's projects.



**Community** is at the heart of everything BANG is and does. BANG is both embedded within the community and is a community where employees, young people and families feel safe and held.

# Structured and Flexible Process



## Referral

- Risk assessment
- Initial Contact made
- Parent Meeting
- Other documentation
- Led by Project Officer



## 4-Week Assessment

- Building a therapeutic relationship
- Setting therapy goal(s)
- Case meetings
- Review Meeting
- Led by Therapist



## ~ 12 weeks of Therapy

- Regular and consistent therapy sessions
- Review Meetings
- Moving forward strategy
- Led by Therapist



## Follow Up

- Monitoring and Evaluation
- Referral to other BANG services
- Led by Project Officer and Therapist.

# For Each Young Person:

**12 hours**

**Minimum**

Weekly arts  
therapy session

**3 hours**

**Minimum**

Parental support  
meetings

**2 hours**

**Minimum**

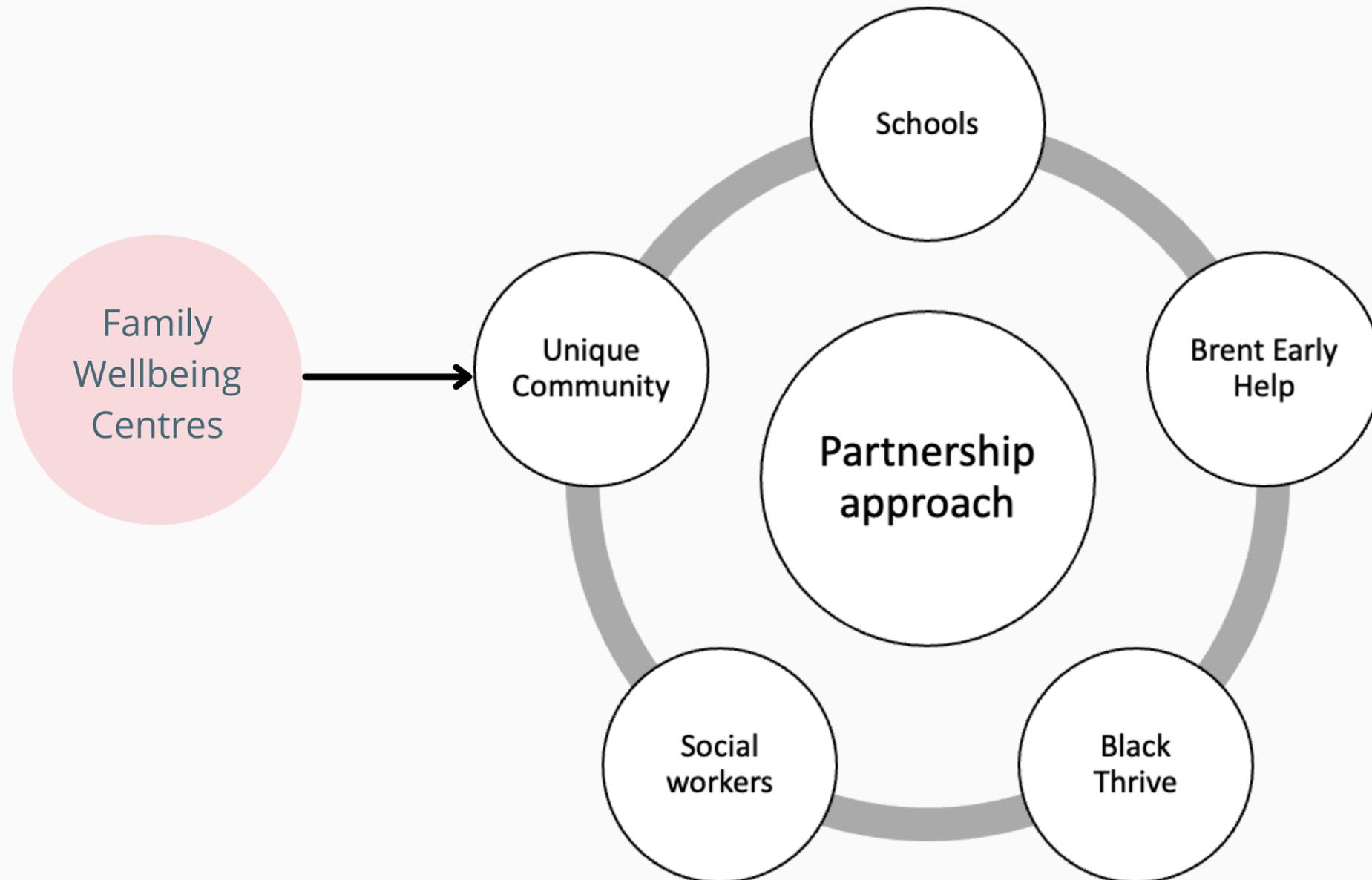
School meetings  
with staff

**1 hour**

**Minimum**

Multidisciplinary  
meetings with  
statutory  
services e.g.  
social workers

# Working in Partnership



# At St Raph's:

One day a week,  
members of the  
**Create Change team**  
will work **with**  
**community members**  
and **staff** across the  
FWC network

## Parents Hub

- Creche
- Variety of therapeutically underpinned activities and sessions
- **Supportive** of the challenges parents and carers may face in engaging

## Children and Young People

- Group sessions
- Variety of therapeutically underpinned activities
- **Supportive** of the challenges children

**Reducing** Isolation  
**Building** Relationships  
Provide **a Safe Space**

# Positive Feedback

**“I would like to thank you and Bang Therapy for the wonderful work you did with \*\*\*. Thanks to your work and commitments \*\*\* is more confident. He has gained self-confidence, greater awareness of his needs and his value. \*\*\* has changed beyond recognition when it comes to his return from school and going to school. He cries less and even if he had a bad day at school, he can tell me about it.”**

**- Mother of an 8-year-old boy**



# Positive Feedback

The work carried out by the BANG Edutainment team alongside some of our most vulnerable young children here at \*\*\* has been outstanding. Their commitment and dedication is second to none and they have endeavoured to not only work alongside schools and parents to maintain great lines of communication but also in partnership with multi-agency professionals including, but not limited to CAMHS, the social care team and early help team. As a school, we have found that the provision they offer recognises the importance of emotional well-being, mental health and works effectively to target these areas in improving outcomes for students.“

*- Assistant Head Teacher & SENDCo*

