Referral Criteria for 121 Support Sessions

These criteria are to be used when reviewing applications for 121 support. They give guidance on how to make selection and ensure that support is allocated where it can be best utilised with the resources available.

Whilst resources are limited in terms of coaches available the program is focusing support on confidence and self-image rather than more complex symptoms which require longer term support i.e. self- harm, eating disorders etc. The coaching program for Roaring 4 Life is based on a 6-week set of 50 minute appointments. Any follow up or further sessions will be discussed before the end of the 5th session.

The program placements are open to all young women from any background, culture or social groups. Selection is made purely on the boards view of how well the individual in question will benefit and the overall impact of the program for their future.

Initial Review

1. 121 Support is offered to young women aged 12 – 17.

2. Reason must be given as to why the young person would not be able to benefit from private practise support.

3. The young person should be an individual who requires support with one or some of the following: Self Esteem (confidence in self), Self- Image, Social Confidence, Peer Group Challenges.

4. The referral must be backed by a relevant adult sponsor – i.e., teacher, guardian, GP, social worker who will be able to give details as to why the referral is needed and benefits they will gain. This person will be a point of contact (POC) for the assigned coach from the Foundation during the program itself.

5. Parental Consent will be required or from an acting Legal Guardian.

6. Details must be available as to why this young person should be allocated a place and how they expect it to be of benefit.

7. The young person should also be prepared to give their own view of why this placement will be of benefit to them.

8. If applicable the young person will need to be in the appropriate area or organisation that is being supported by the funding supplied.