

# Talk Together Levels 2 and 3

For those with more complex needs, Talk Together Levels 2 and 3 is available.

**Level 2** provides support for families who have experienced past trauma in addition to current concerns and require a longer-term approach.

**Level 3** provides long-term support for families where there are issues impacting several members of the family. Space is given to process complex issues and build resilience.

## What happens next?

Referral for support is made

Kids Inspire will call parents directly for a phone assessment

Screening against criteria

Care plan written for early or long-term support

Delivery of 10-weeks of 'early support' or long-term support for 'complex needs'

Please note, a plan of care will be made during the first three sessions along with a decision around delivery.

## How to make a referral?

Health care professionals, teachers, parents/ carers, or the young person themselves can call to discuss concerns and make a referral

📞 01245 348 707

✉ [clinicaladmin@kidsinspire.org.uk](mailto:clinicaladmin@kidsinspire.org.uk)



## Mental health support for children, young people and families

Early Support - 🧩 Talk Together Level 1

Help with complex needs - 🧩 Talk Together Levels 2 and 3

🎨 Creative therapy ★ Trauma therapy

❤️ Family therapy 🧑‍🎓 Mentoring ⚽ Coaching



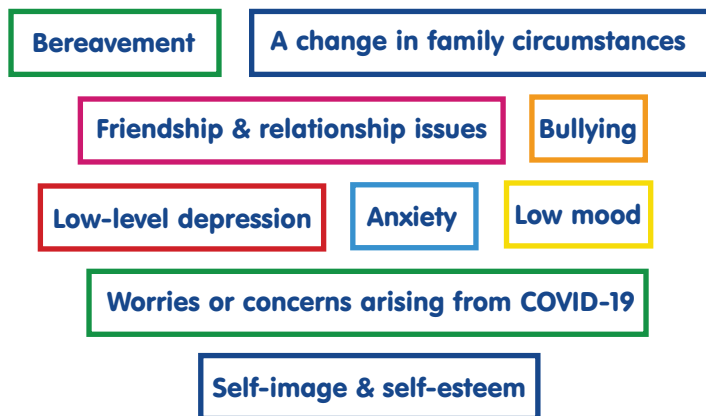
[kidsinspire.org.uk](http://kidsinspire.org.uk)

# Talk Together Level 1

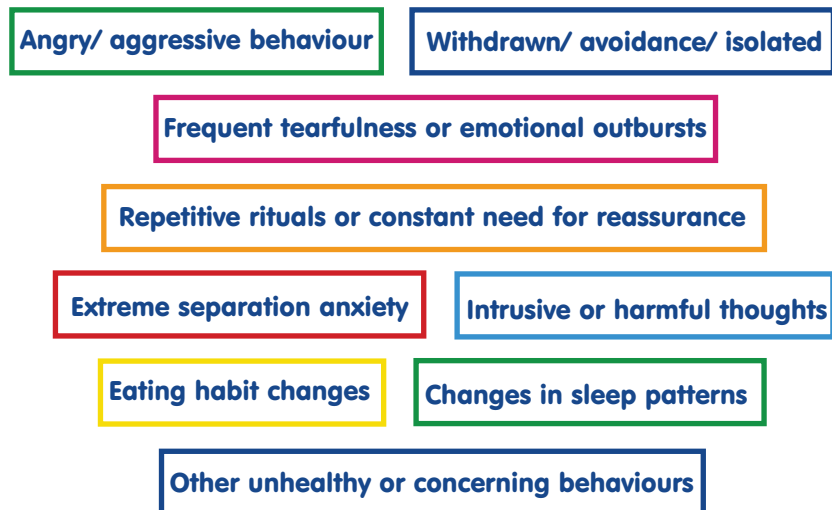
The earlier that practitioners can share the tools of stabilisation and regulation with children, young people and families the sooner they will start building their own resilience.

## When to consider a referral for 'early support'?

If you have recently noticed a child or young person's mental health being negatively impacted by issues such as:



Or the child or young person may present any of these symptoms:



To meet the criteria for early support these behaviours will have been happening between 1 to 12 months.

One size of Mental Health service does not fit all:

- The child up to 18-years is always at the centre of a care plan
- To achieve the best outcome for the child, if needed, families will also be given bespoke support
- Support may be offered online or face-to-face, depending on the assessment of needs.

Early support outcomes aim to...

Help children/ young people and their parents/ carers to:

- Have healthy inter-parental and family relationships
- Be emotionally healthy, happy and resilient
- Make behaviour choices that promote safety and wellbeing
- Be socially connected and resourceful.

## Max's early support story

During lockdown, Max experienced fear for the wellbeing of his family and others. Fear that if something happened he may be taken into care. His survival response was expressed through anger, leading to aggression, which his parents struggled to manage as they were on the verge of burn-out due to demanding jobs. Alongside Max's face-to-face creative arts therapy, his parents were supported online and given parenting strategies to understand and help regulate Max and his response to COVID-related fear. Talk Together offered Max tools for self-regulation through creative therapy, empowering him to process fears and worries, avoiding escalating aggression. Recently, Max told us that he feels proud of himself for having made it through a challenging journey.