



Therapeutic Hubs

PROSPECTUS FOR SCHOOLS



The changing mental & emotional health needs of children

At TLG, we've spent over 25 years providing therapeutic support to children who are struggling. Across all four nations of the UK, we are **currently providing weekly support** to children and young people in more than **250 schools**.

While the core needs of belonging, safety, and hope remain unchanged, the challenges children face have become much more complex.

Today's children navigate pressures like family breakdown, social isolation, and mental health struggles. Digital life adds another layer – while social media can connect, excessive use is linked to changes in brain development, especially around emotional regulation and learning.

Last year, over 900,000 children and young people were referred to Child and Adolescent Mental Health Services.

– CAMHS

The average wait for an initial assessment is now 392 days, with some children waiting over two years.

– YOUNG MINDS & RETHINK

“Lily has been shown some different techniques to try and deal with her anxiety which we use at home when things are tough. TLG has been a game changer for us, it has given Lily back her confidence and drive and I am so grateful of the chance to partake in this coaching.”

– Lily's Mum



Why TLG?

Becoming a TLG partner school is a unique opportunity to draw on our 25 years experience working therapeutically with struggling children. We believe healing begins with consistent, caring relationships.

TLG's Early Intervention programme has delivers weekly, in-school support to more than 700 children. 91% of children show improved coping skills, confidence, and school engagement. There's also a 53% drop in the likelihood of permanent exclusion.

In response to the growing mental health crisis, we have developed **TLG Therapeutic Hubs**: a long-term, bespoke solution for your whole school community. You'll have a dedicated TLG Therapeutic Professional; an accredited coach or qualified counsellor, on-site for up to four days each week to deliver trauma-informed interventions chosen to meet your school's needs.

We partner with mainstream and Alternative Provision schools to support pupils facing emotional, relational, and mental health challenges. These may show up as disengagement, outbursts, withdrawal, or leaving school without permission.

"I've been a headteacher for seventeen years and I have never seen a child turned round in the manner that this has happened!"

– Alison, Headteacher

These trauma-informed Therapeutic Hubs create a safe space for children, staff, and carers to explore the impact of past experiences, current challenges and the contexts needed for helpful change. It equips everyone involved to care for themselves and their relationships, and to move forward with hope.



The underlying trends: Which children will benefit?

One in five children and young people – around 2.8 million – are experiencing a probable mental health condition

– NHS DIGITAL

Half of all adult mental health problems are established by age 14.

– KESSLER ET AL

TLG Therapeutic Hubs will provide specialist help for pupils who experience:

- Anxiety
- Emotional regulation challenges
- Relational difficulties
- Mental Health conditions
- Traumatic events, including bereavement, personal loss, instability at home, and change

The average age of onset for mental health disorders is age 14, with many children experiencing significant difficulties much earlier. This places the distress right in the middle of your school community, with schools and parents/carers alike increasingly needing to work out how to best support children.

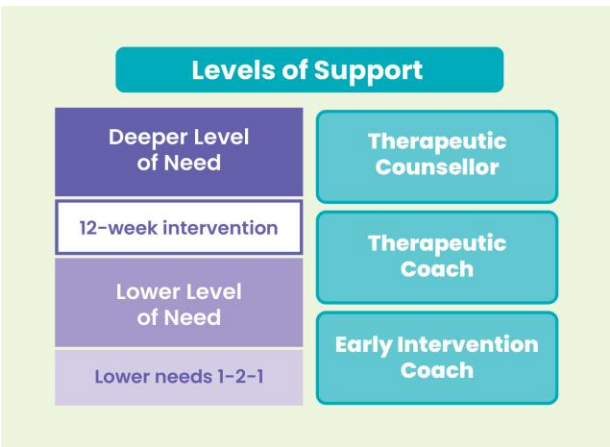


Wider community support for families

Building on TLG's Christian ethos and values, TLG Therapeutic Hubs are delivered in partnership with local churches who are typically supporting struggling children and families in other ways through initiatives like foodbanks, debt counselling, and befriending. A volunteer **Family Champion** is trained by TLG to be a support and key contact for the family. This important aspect of the Therapeutic Hub model, enables direct support to families, connection for them to wider community-based support, and helps empower them for greater engagement with the needs of their children and young people.

What TLG Therapeutic Hubs offer

TLG Therapeutic Professionals will provide up to 6 sessions per day of up to 50 minutes each, half of which will be one-to-one Therapeutic Support, and the remainder tailored from a menu of options.



One-to-One Therapeutic Support

One-to-One Therapeutic Support - 12 week programme

For children where stabilisation work to support their emotional regulation and management is a central focus; where offering them a reflective space to be heard, valued and understood is a primary aim of the work.

Where we are able to provide TLG Therapeutic Support through a qualified Counsellor, in addition to the lower-level intervention offerings, there is the option of the following:

One-to-One Therapeutic Support - 24 to 36 week programme

For children where emotional regulation and the processing of traumatic experiences can enable greater wellbeing, relational connection and engagement in learning.



Small Group Therapeutic Support

12 week programme for a minimum of 3 and a maximum of 6 pupils meeting weekly

The therapeutic focus will be around understanding emotions and how to express them in a safe and permitted way. We will give space for questions, opinions and experiences to be shared. We will offer through PACE*, a way for them to be heard through safe, interactive expression in an understanding and confidential space. The TLG approach to group work will be:

- Problem solving without judgement
- Peer encouragement & confidentiality
- Building an understanding of what's happening emotionally for children (Psychoeducation)
- Self-care and regulation
- Developing resilience through a toolbox of resources

Themes could include:

- Bereavement & loss
- Exam stress buster
- Anxiety & worry
- Managing Peer Relationships
- Change and transition

**Dr Dan Hughes PACE approach – Playfulness, Acceptance, Curiosity & Empathy*

Group Reflective Care or One-to-One Supervision

Reflective Care is a safe space, weekly or bi-weekly, to explore possibilities and solutions for the particular challenges adults are experiencing, whilst keeping the needs of the child central.

For Teachers and Support Staff

The significant increase in levels of need and complexity experienced by more pupils, particularly since the pandemic, has the potential to impact the well-being, morale and longevity of the teaching and support staff.

Group Reflective care, or one-to-one supervision, offers space for teachers and support staff to explore possibilities and solutions for the particular challenges they are experiencing, whilst keeping the needs of the child central.

For Parents/Carers

Reflective Care is a weekly safe space for a group of parents/carers to explore possibilities and solutions for the particular challenges they are experiencing, whilst keeping the needs of their child central. It's important to acknowledge that supporting children takes a lot of energy, patience, time and heart. This space will support regulation, understanding, and connection for parents/carers, helping them to be better connected to the educational journey of their child. The Family Champion will support these sessions and be the contact point for access to community support and activities.



An example day for a TLG Therapeutic Professional

6 x 50-minute sessions between 8.30am - 4.30pm	
School Day	Intervention
Session 1	One-to-one Therapeutic Support
Session 2	One-to-one Therapeutic Support
Session 3	One-to-one Therapeutic Support
Lunch	
Session 4	Small Group Thematic Support <i>e.g. Coping with Anger & Frustration</i>
Session 5	Reflective Care for Parents/Carers Group
After School	
Session 6	Reflective Care for Teachers and Support Staff

Unpacking things further

The provision of 6 sessions is based on the needs of the school. This would be reviewed if there are more complex needs involved. In certain circumstances, when appropriate, group interventions for 24-36 weeks can be designed.

“Before I had coaching I had no one to talk to about my feelings. I used to let all my anger out on my family, but I know that wasn’t fair. But once I had Helen, I could actually talk about what was going on.”

- Child

Next Steps

To find out more about this opportunity,
please get in touch with us at:

TherapeuticServices@tlg.org.uk

*"I would say that TLG
has helped me a lot. It's
given me someone to
talk to about what I felt
and my emotions.
I'm much more calm
and my teachers have
noticed that I'm doing
well!"*

- Child