

**Ar Trac is able to provide one-to-one specialised support work to children and young people between the ages of 5-16 who have experienced or witnessed domestic abuse and, who are exhibiting difficulties with their families and peer relationships.**

# One-to-One Support Work

Using the Outcome Star, the support worker will work collaboratively with the children and young people in order to shape and manage how their support will look. The child's/young persons voice is key in this type of support, and we encourage them to use it in order to facilitate the individual support they need to build resilience.

The Star is an outcomes tool that enables us to measure and summarise changes made by a range of children and young people with different needs. It is also a keywork and coaching tool that helps children and young people make changes by providing them with a clear picture of their journey, enabling them to take manageable steps and plotting their progress along the way. The Outcome Star is a child centred tool used to aid our successful one-to-one support, that allows the young people to have complete control of their support which allows them to gain self-efficacy, confidence and self-esteem.

We use creative methods to engage young people in their support work.

This support work is child led. Sessions last between 45-60 minutes.

Sessions are carried out in a safe environment (school, office).

Support usually lasts anything between 10-14 weeks depending on the individual needs of the child (but can last longer in some instances)

Support work will be carried out by the same support worker.

The child or young person is able to participate in group work after their support has ended if they want to or feel that they need more confidence or support in other areas.

**→ To refer into the service or make an enquiry in Neath Port Talbot and Bridgend:**

**Calan DVS**

Neath

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