

RESTA AP · 1:1 support for children out of school

# A trusted adult, and a way back to **learning**.

When school has become too much, everything can feel stuck. RESTAAP gives your child one trusted adult, a RESTA Specialist, who works with them 1:1 in the community. We build safety and confidence first, so learning can start again at their pace.



## Could it be right for my child?

- They're out of school, or on a reduced timetable
- School feels overwhelming, or anxiety stops them going
- They find it hard to trust adults right now
- They have an EHC plan, or are being assessed for one
- They're in Year 5 or above

## What it costs

|                    |             |
|--------------------|-------------|
| Initial assessment | <b>£150</b> |
|--------------------|-------------|

|                                 |             |
|---------------------------------|-------------|
| Each 1:1 session, up to 3 hours | <b>£250</b> |
|---------------------------------|-------------|

|                                  |               |
|----------------------------------|---------------|
| Minimum programme of 28 sessions | <b>£7,000</b> |
|----------------------------------|---------------|

Usually funded by the local authority or a personal budget. See overleaf.

*"For the first time in two years, he has somewhere he actually wants to go."*

**PARENT**

## Relationships come before results.

Your child meets the same RESTA Specialist 1 or 2 times a week, for up to 3 hours, somewhere they feel comfortable: a library, a café, a community centre or outdoors. Over at least 28 sessions, they work through five steps, in this order.

1

### Feeling safe

*"I feel safe enough to engage."*

2

### Belonging

*"There is a place for me here."*

3

### Knowing who they are

*"I know who I am and what I bring."*

4

### Making choices

*"My choices matter."*

5

### Planning ahead

*"I can see a future I want."*

### What your child gets

- The same trusted adult every week
- A digital portfolio of their work
- AQA Unit Awards, recognised certificates of achievement
- Three sessions to help them move on to school, college or their next step

### Keeping you involved, and your child safe

- We share what's working, and what isn't
- If your child doesn't arrive, we contact you straight away
- Every Specialist is DBS checked, trained and supervised by an Educational Psychologist
- Every venue is risk assessed before first use

## How it can be paid for

Most families don't pay themselves. RESTAAP is usually funded by the local authority, or through a personal budget in your child's EHC plan.

### STEP 1

#### Talk to your caseworker

Ask whether RESTAAP could be part of your child's support.

### STEP 2

#### Ask for a personal budget

You can ask when the EHC plan is being drafted, or reviewed after an annual review.

### STEP 3

#### We send a quote

A clear costed quote, at £250 a session, to share with your caseworker.

### STEP 4

#### The local authority decides

Once funding is agreed, we match your child with a Specialist.

### GET IN TOUCH

## Let's talk about your child.

No pressure and no commitment. We can also help you work out what to ask your caseworker.

[Get in touch →](#)

Email

[referrals@resta-ap.co.uk](mailto:referrals@resta-ap.co.uk)

Phone

+44 7718 246 640

Web

[resta-ap.co.uk](http://resta-ap.co.uk)

# The psychology practice behind it all.

Founded in 2022, Brimstone Psychology is a team of Educational Psychologists, Assistant Psychologists and Specialist Teachers. We work systemically and collaboratively, using a consultation-first, strengths-based approach to help schools, colleges and families understand children and young people – and support meaningful change, not just describe difficulty.

## OUR VISION AS A TEAM

### To work systemically

We apply psychology to understanding children and young people and the organisations that support them. We use a strengths-based, solution-orientated and positive psychology approach to empower the system supporting a child or young person.

### To use a consultation model

We use consultation first to help those supporting young people to facilitate change.

### To be person-centred

We use a range of assessment methods tailored to suit individual need to deliver high-quality, responsive and timely intervention, training and support.

### To be trauma-responsive and resilience-focused

Our team are responsible for the development and delivery of the Resilience Support Teaching Assistant (RESTA) and Resilience Support Organisation (RESO) programmes (see [restasupport.co.uk](https://restasupport.co.uk) for more information). Our interventions and training have a strong focus on supporting and promoting a holistic approach to children and young people's wellbeing.

## WHO IT'S FOR

Schools & colleges · Families & carers · Local authorities

# Support built around a consultation model.

Brimstone's Educational Psychologists help you understand a young person's needs and plan what happens next, alongside RESTA AP or on its own.

## Assessment

A clear picture of a young person's strengths and needs, with a written report.

## Advice

Psychological advice to inform EHC planning, reviews and next steps.

## Consultation

Working with the adults around the young person to help change happen.

### Flexible Support · Educational Psychology time

#### Educational Psychologist

Per hour

**£160**

Half day

**£475**

Full day

**£900**

#### Senior Educational Psychologist

Per hour

**£180**

Half day

**£550**

Full day

**£995**

**Lead Educational Psychologist** · systemic & strategic work, from **£1,150 per day**

## ASSESSMENTS

### Educational Psychology Assessment & Record of Involvement

Focused assessment, feedback and a concise written record with next steps.

**£825**

per child

### Enhanced Educational Psychology Assessment

Broader assessment and consultation, with a detailed written report.

**£1,095**

### Comprehensive Assessment & Report

For complex or longstanding needs, including advice to inform EHC planning.

**From £1,795**

**Get a quote** →

**Brimstone Psychology**

01473 350 846 · [info@brimstonepsychology.co.uk](mailto:info@brimstonepsychology.co.uk)

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# Get in touch.

Whether you need assessment, staff training, whole-setting change, professional development or 1:1 provision for a young person, we'll help you find the right route.

|                                 |                                              |                     |
|---------------------------------|----------------------------------------------|---------------------|
| ● <b>Brimstone Psychology</b>   | Consultation, assessment & training          | <b>From £160</b>    |
| ● <b>RESTA</b>                  | Training TAs as resilience practitioners     | <b>From £1,000</b>  |
| ● <b>RESO</b>                   | Embedding resilience across a whole setting  | <b>From £2,555</b>  |
| ● <b>RESTA AP</b>               | 1:1 alternative provision                    | <b>£250/session</b> |
| ● <b>Resilience Foundations</b> | Two-year accredited professional development | <b>On request</b>   |

## GENERAL ENQUIRIES

### **Brimstone Psychology**

01473 350 846

[info@brimstonepsychology.co.uk](mailto:info@brimstonepsychology.co.uk)

## REFERRALS

### **RESTA AP**

+44 7718 246 640

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[brimstonepsychology.co.uk](http://brimstonepsychology.co.uk)

[restasupport.co.uk](http://restasupport.co.uk)

[restasupport.co.uk/reso](http://restasupport.co.uk/reso)

[resta-ap.co.uk](http://resta-ap.co.uk)

