



Young Person's Therapeutic and Positive Attachment Service

Supporting the emotional well-being and mental health of young people through a person-centred approach

What do we do?

The Powys Young Person's Therapeutic and Positive Attachment Service provides essential support to young people across the county of Powys. We provide therapeutic and trauma-informed support to young people and families who are experiencing difficulties with adverse childhood experiences and trauma.

Our support is holistic, person centred and trauma-informed, tailored to each individual's needs.

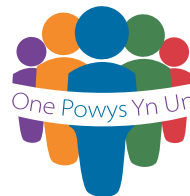
We also provide any other support that may be required by neurodiverse individuals.

Who do we support?

We support young people and their families in Powys. Our team members are flexible to meet in a place of your choosing, whether at home, school, or at our site in Builth Wells. We can also support professionals working with young people through consultation and training.

This service is delivered in partnership with:

Bwrdd Partneriaeth
Ranbarthol Powys
Iechyd a Gofal
Cymdeithasol



Powys Regional
Partnership Board
Health and
Social Care

How do we do it?

Our staff collaborate closely with young people to identify their strengths, resources, and goals, co-create personalised treatment plans. We promote positive change and empower individuals to overcome challenges.

Direct therapeutic work may involve a combination of individual counselling sessions, family therapy sessions, crisis intervention, psychoeducation, skill-building exercises, relaxation techniques, and behavioural interventions.

Referrals

The service is available to young people **up to 18 years old**, who live or attend school in Powys.

To access this service please email
YPPATS@adferiad.org

or call

01982 448 090

If you would like further information about any of Adferiad's services please contact us on **01792 816 600**, or visit our website.

www.adferiad.org

Adferiad Recovery is a registered charity and company limited by guarantee

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