



**The Centre for
Adoption Support**

Early Support Package

The Centre for Adoption Support (CfAS) recognises the need for robust support packages for those families who adopt. This bespoke support package is uniquely adapted to each individual family's needs and aimed at encouraging positive bonds between parents and children, as well as encouraging healthy relationships between siblings.

Early support packages are tailored to the family's individual needs but in general consist of ten one hour long sessions which are carried out by a therapeutic social worker from the Centre for Adoption Support. Therapeutic parenting support is provided in addition to the support offered by the assessing and placing social worker. The sessions are both reflective and psycho-educational, and are informed by PACE (Dan Hughes' therapeutic parenting approach based on Dyadic Developmental Psychotherapy) and the Nurtured Heart Approach. Dyadic Developmental Psychotherapy (DDP) is based upon and brings together attachment theory, understanding about developmental trauma, and the neurobiology of trauma, intersubjectivity theory and child development. The Nurtured Heart Approach® (NHA) is a relationship-focused methodology founded strategically in 'The 3 Stands™' for helping children (and adults) build Inner Wealth® and use their 'intensity' (which could be interpreted as challenging behaviour in other approaches) in successful ways. Within the package consideration can be given to supporting the family via Video Interaction Guidance. VIG is a therapeutic relational, strengths based intervention which incorporates the use of video-feedback to enhance family thus supporting positive long-term outcomes for adoptive children within the sessions the family will be supported by the therapeutic social worker to identify priority outcomes. Progress towards these outcomes will be measured at different points of the intervention.

Feedback on early support packages shows that families value having regular sessions with a therapeutic social worker who they experience as independent from the assessment and placing processes. The sessions enable parents to reflect on their developing therapeutic parenting skills as well as on the changing dynamics within the family. As part of the package 1-2 therapeutic parenting sessions could be used if the need is identified to reflect with parents and extended family members on therapeutic parenting approaches.

www.adoptionmatters.org/cfas

Tel: 01925 982 243

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 **adoption
matters**



Registered Charity No. 512892

Early Support Package

Multi-Professional Approach

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Where appropriate, as part of the Therapeutic Parenting sessions, families could have access to two Sensory Processing sessions with an Occupational Therapist (one of whom is Theraplay trained). The reflective sessions aim to help parents have a better understanding of sensory processing issues, provide information about how to better understand their own child's sensory challenges and develop helpful strategies to help regulate their child.

Support into schools - pre-schools and nursery settings

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Attachment and the Long Term Effects of Early Trauma School Staff Training

The training session for the whole school and/or nursery staff team is aimed at increasing educators' knowledge and understanding of the impact of early trauma on child development, including the development of the brain. The training session includes discussion of a range of strategies which have proven useful in reducing children's levels of anxiety and associated challenging behaviours in school settings. Feedback from this session shows that teachers appreciate the opportunity to explore children's emotional development and behaviour in a trauma context and that this results in a greater empathy with adopted children and their parents, as well as a greater motivation to implement positive changes in the class room.

Reducing Anxiety Management Plan (RAMP)

Where appropriate, individual Reducing Anxiety Management Plans (RAMPs) will be completed for each child in the sibling group. These plans are formulated in a meeting attended by school staff and parents/carers and are facilitated by a therapeutic social worker. The main purpose for completing a RAMP is to capture all the understanding and knowledge developed about a child's different levels of anxiety, as well as the different strategies that have been identified as useful in helping them to calm from different levels of heightened anxiety.

An added bonus of the RAMP is that it tends to improve or strengthen the relationships between home and school, which may be particularly valuable in the early stages of a new placement. RAMPs are reviewed after three to six months to support the new school or nursery's developing understanding the child(ren) as well as the developing relationship between home and school.

136

Families accessed our
Therapeutic Support in 2021-22

29

Reducing Anxiety Management
Plans were delivered in Schools
across the North West in 2021-22

Early Support Package

Consultations



In addition to any bespoke early support packages, the family has access to four consultation sessions each year (six consultations for those families with larger sibling groups).

A consultation session 60-90 minutes in duration and is carried out by a therapeutic social worker virtually or when restrictions allow in venues in Hale, Warrington, Chester, Durham and Leeds. When necessary, other venues may be offered.

A consultation offers the opportunity to reflect on and explore adoption specific issues with a trained and experienced practitioner. The aim is to gain greater understanding, gain greater acceptance or to formulate a plan of further action, depending on the nature of the issue discussed.

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It was really positive and I believe those who attended had a much greater understanding of the effects of trauma in children and particularly how this has impacted on [my child's] life.

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Feedback from an adoptive parent on RAMP

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Things have been much improved since we saw you. Thank you so much for your insights, so helpful and felt like a refresher course in a way!

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Feedback from an adoptive parent on consultations

Peer to Peer support



Families can access peer support and a listening ear, either remotely, in person or via telephone/Skype. The service is facilitated by experienced adoptive parents who have accessed extensive training on attachment and trauma related issues. The peer to peer support service is overseen by an assessing social worker and a therapeutic social worker to ensure that the support offered is tailored to each family's individual needs.



1120

people enrolled onto our
workshops in 2021-22

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Early Support Package

Workshops/Webinars



Families are encouraged to access our workshops/ webinars. Our training programme is ever changing to meet the needs and demands of our adoptive families. Below is a selection of what we currently offer to families;

- **Therapeutic Parenting** - an interactive day including Theraplay, DDP & Nurtured Heart® Approach.
- **Nurtured Heart®** - The Nurtured Heart® Approach for parents & professionals at entry level.
- **Brain to Brain Connection** - DDP and PACE principles in parenting.
- **You and Your Support Network** - Helping family and friends to understand why adoptive parenting may differ from a more conventional approach.
- **Sensory Processing** - Exploration of two types of sensory processing challenges; over sensitivity (hypersensitivity), which leads to sensory avoiding and under sensitivity (hyposensitivity), which causes children to be sensory seeking. Parents will receive expert advice and experienced parental insights, learn strategies to use at home, and information on best support for child at school.
- **Theraplay® 4 Day Training Course:** Four day Parenting Programme focused on attachment-based parenting techniques proven to strengthen family bonds. The cost for this programme is £695 per person and can be covered by Adoption Support Fund (ASF) Funding.
- **Communication** - Early Years (0-5 years); Social Communication (5 years+) run by a speech and language therapist.
- **Lifestory** - Helping adopters understand their child's background and prepare for sharing information about their life.
- **Child to Parent Violence and Aggression** - for families managing physical and verbal and emotional aggression at home.
- **Parenting Siblings** - exploring how therapeutic parenting strategies can be adapted for families adopting more than one child.

All Adoption Matters families and families we are commissioned to work with, have access to all of the Centre workshops/webinars and training free of charge. For extended families and families approved by other agencies, our pricing ranges from £15 per person per webinar.

The Adoption Support Fund (ASF) can be used to fund specialist therapeutic support for your family. Most of our services fall within the remit of the ASF. In order to access the fund you will need an assessment of your by your responsible local authority/regional adoption agency (RAAs) to access the fund. The assessment will indicate which support services are likely to be the most helpful. We have worked with many RAA's and local authorities in ensuring that this process runs as smoothly as possible.



“My husband and I were incredibly apprehensive about this course. However, we did not need to be at all. The content and delivery were thorough and we have practised many elements that we learnt and it has been very beneficial to the parenting of our children.
Thank you”



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Early Support Package

Social Events

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Families have full access to any social events organised by the Centre for Adoption Support, such as an outdoor activity day at the Rock n' River centre; den building and forest activities at Brockholes and activities at indoor activity centres (past events have included indoor climbing and trampolining).

Furthermore, we run an established Choir group for adopted children and their parents, which meets at our Warrington base on a regular basis. Feedback on the choir: "The children arrived with trepidation and reluctance, but with support from the team and the choir leader, we left feeling like pop stars. This two hour session is as valuable as any therapy session". We also run Music Matters a project where children can meet with peers and learn to play musical instruments, sing, and DJ.

The choir have recorded some cover songs that are available to listen to on our website by visiting:
www.adoptionmatters.org/video/cfaschoir/

***All face to face events are subject to the current Covid-19 guidance in place at the time, our events were delivered digitally during lockdowns and restrictions.**



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Early Support Package

Early Support Package Costs



Funding is required via the Adoption Support Fund (ASF)

Ten (10) Therapeutic Parenting Sessions £2,688.00

includes: preparation time, direct work liaison and recording

RAMP and Review £685.50

includes: meeting time, reports to parents and school and review

Funding via Pupil Premium

Attachment and Trauma Training £262.75

All above subject to additional travel costs.

All Centre for Adoption Support webinars are priced from £15 per person, webinars are **free of charge to all Adoption Matters approved families and families who we are commissioned to work with**. Please refer to our website for our menu of webinars and up to date prices: www.adoptionmatters.org/cfas

Therapy Services



Working together with the Centre for Adoption Support, the Adoption Matters Therapy Service provides personalised therapeutic interventions based on a structured assessment. The assessments include a specialist assessment conducted by a clinical psychologist as well as therapeutic assessments which are the starting point of a therapeutic intervention and provided by all the therapists. The assessments include sessions with adopters, the child, school and other professionals as appropriate.

Adoption Matters therapy service provides a wide range of interventions. All of the therapists have specialist skills and experience of working with adopted children and their families. The approaches are informed by the latest research on what works for adoptive families incorporating developments in neuropsychology, brain development and sensory integration. Therapists are registered to practice and have ongoing clinical supervision from a Consultant Clinical Psychologist and Specialist Supervisors depending on the specific approach. The work is evaluated and written reports made available.

The cost of therapy will depend on each families individual requirements and will vary according to the duration of therapy and type of intervention. All of our therapy services are covered by the Adoption Support Fund (ASF) The assessment will provide clear recommendations regarding a way forward.

For detailed costings, contact our Therapy Service Co-Ordinator, Kerry Pitt, via email at:

kerry.pitt@adoptionmatters.org or Tel: 01244 390 938.

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