



Cambian

# Complex Trauma Services

## Cambian Complex Trauma Services

We aim to address the immediate and long term consequences of children's exposure to maltreatment and other multifaceted traumatic experiences. Exposure that results in a loss of core capacities for self-regulation and interpersonal relatedness.

Children in our services have typically suffered more than seven of the following "Adverse Childhood Experiences"

- Physical abuse
- Sexual abuse
- Emotional abuse
- Physical neglect
- Emotional neglect
- Intimate partner violence
- Mother treated violently
- Substance misuse within household
- Household mental illness
- Parental separation or divorce
- Incarcerated household member

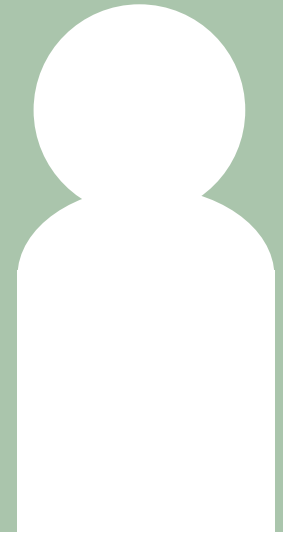
The Impact of Complex Trauma:

- Disrupts the integration of Mind – Body – Emotions – A child's social skills
- Projects their trauma onto everything – everything is a threat
- Defence mechanisms are taken over by their trauma
- Disrupts their attachment style, play and exploration, sociability, sexuality

Cambian Complex Trauma Services support the recovery of children through our integrated care, therapy and education service

## Our Specialist Residential Therapeutic Children's homes work with children who:

- are typically under 12 years old
- have already experienced significant trauma in their lives
- have difficulty with attachment and the ability to form positive and trusting relationships with adults
- often present as aggressive
- can exhibit inappropriate / problematic sexual behaviours (lack of understanding of appropriate touch, lack of understanding of healthy relationships with adults and peers, lack of understanding of consent)
- may often have a history of foster placement breakdowns



Our specific aim to is to work with these children to stop the cycle of placement breakdowns, to ensure that they have a clear road to recovery with the aim that they can live happy and successful lives back within a family environment.

# Why place a child in residential care instead of fostering?

The children that we care for have often suffered such significant trauma that they can find it increasingly difficult to form positive and trusting relationships with adults. This means that it is very difficult for them to settle and function within a fostering environment.

Many of the children that come to us have often been isolated and research has shown that they can thrive from group living. Our homes create a safe family life environment, which is underpinned by a clear therapeutic framework, supported by highly skilled care and clinical teams, where our children can learn how to form appropriate and positive adult attachments.

Ultimately our aim is see the child progress so that they can safely and positively transition either back to their family or into a foster care placement when the time is right for them to do so, knowing that we have enhanced their lives and that they will go on to have a more positive life experience.

# Our Approach

We understand that it will be a traumatic time for a child being away from family and/or their usual surroundings, on top of the trauma they may have already experienced.

Our homes have a sense of family and within this it is natural that children and staff fall into general family roles. The children themselves often form sibling type bonds within the home and it is very inspiring and rewarding to see them develop and progress with a sense of respect and self worth.

We provide a complete therapeutic approach encompassing care, clinical and education services which meet the specific needs of each child.

**This is achieved with our all inclusive service of three teams:**

## CARE

The care team is made up of over 150 staff across our 11 Specialist Residential Care Homes, who are all trained in therapeutic approaches and complex trauma.

## CLINICAL

Our holistic therapeutic package is informed and supported by a dedicated clinical team, comprising of Clinical Psychology, Psychotherapy, Art and Drama Therapy, Occupational Therapy and Life Story Work.

## EDUCATION

Our education team offer access to Cambian SEMH school's within each locality.



## Our Clinical Team



We have a multi-disciplinary team at Cambian which consists of many different practitioners who offer a wide range of skills, all of which are specifically trained to work with children who have experienced trauma.

What makes our team unique is that we offer both direct and indirect work. We believe that every interaction with our children should be therapeutic in nature and all of our clinicians foster this approach. We achieve this through direct training, reflective practise and close collaborative working with the homes managers and wider team to look at each individual and how best to support their needs. We further support the home by providing therapeutic skills to staff which help them in working with the children on a day to day basis.

Direct work is considered following an assessment in order to clarify the individual's therapeutic needs. We are aware that sometimes children are not ready to engage with direct work and we therefore look at more creative ways in which we can provide this therapeutic care. As well as Clinical Psychology we are able to offer direct therapy through our Psychotherapists, Art and Drama Therapists and Occupational Therapists. Our therapists each posses unique skills, which allow us to provide the relevant care of each child.

# Training

**We have a strong emphasis on continuous training for our staff including:**

## **An introduction in the therapeutic practice**

- Attachment theory
- House model of parenting
- STEP Model
- DDP
- PACE
- Play
- Therapeutic Parenting
- Complex Trauma
- Working with children who display inappropriate / problematic Sexual Behaviours (lack of understanding of appropriate touch, lack of understanding of healthy relationships with adults and peers, lack of understanding of consent)
- Understanding Mental Health, Disassociation, Self Harm, Separation and Loss

## **Reflective Practice**

- Facilitated opportunities to understand improve practice from daily experiences
- Learning how to put working with trauma into practise
- Reflective practise and emotional regulation

# Our Therapeutic Model

We provide a complete therapeutic approach encompassing care, clinical and education services which meet the specific needs of each child.

All of the work carried out in our service is based on our therapeutic approach known as the **STEP Framework** (this framework aims to be Sensory Supportive, Totally Inclusive and Enabling to facilitate personal positive Progression).

The STEP Framework recognises and encompasses 4 key domains: **Social, Educational, Emotional and Psychological**, within three specific phases that each child will go through.

These phases are:

- |                      |   |
|----------------------|---|
| <b>Stabilisation</b> | Typically up to three month timing, no 'direct' therapy, the child familiarises themselves with their new home. |
| <b>Strengthening</b> | Focus on the child learning new skills and addressing their individual needs.                                   |
| <b>Transition</b>    | When the child is prepared to move on to their next placement.  |



# STEP

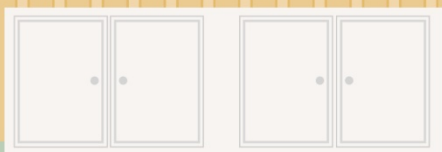
Sensory Supportive  
Totally inclusive

Enabling  
Progressive

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There are 3 stages of **STEP**

## 1. Stabilisation



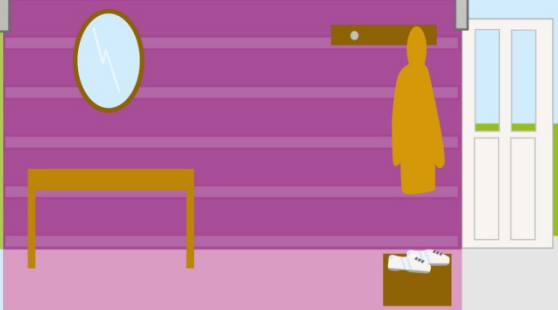
Typically up to three month timing, no 'direct' therapy, the child familiarises themselves with their new home

## 2. Strengthening



Focus on the child learning new skills and addressing their individual needs

## 3. Transition



When the child is prepared to move on to their next placement

# Our STEP approach is used to ensure each home is:

## Sensory Supportive

- Personalised welcome to understand and meet their sensory needs
- Sensory box given to the child
- Separate warm home. Soft furnishings, child can choose bedroom decoration
- Stable and safe 'family' home environment
- Warm, quiet home with warm and calming colour and soft furnishings

## Totally Inclusive

- Involving each child in the home
- Each child is involved in their care planning
- Encouraged to help in decision making where suitable
- Provided with some responsibilities around the home
- They take the lead on child meetings

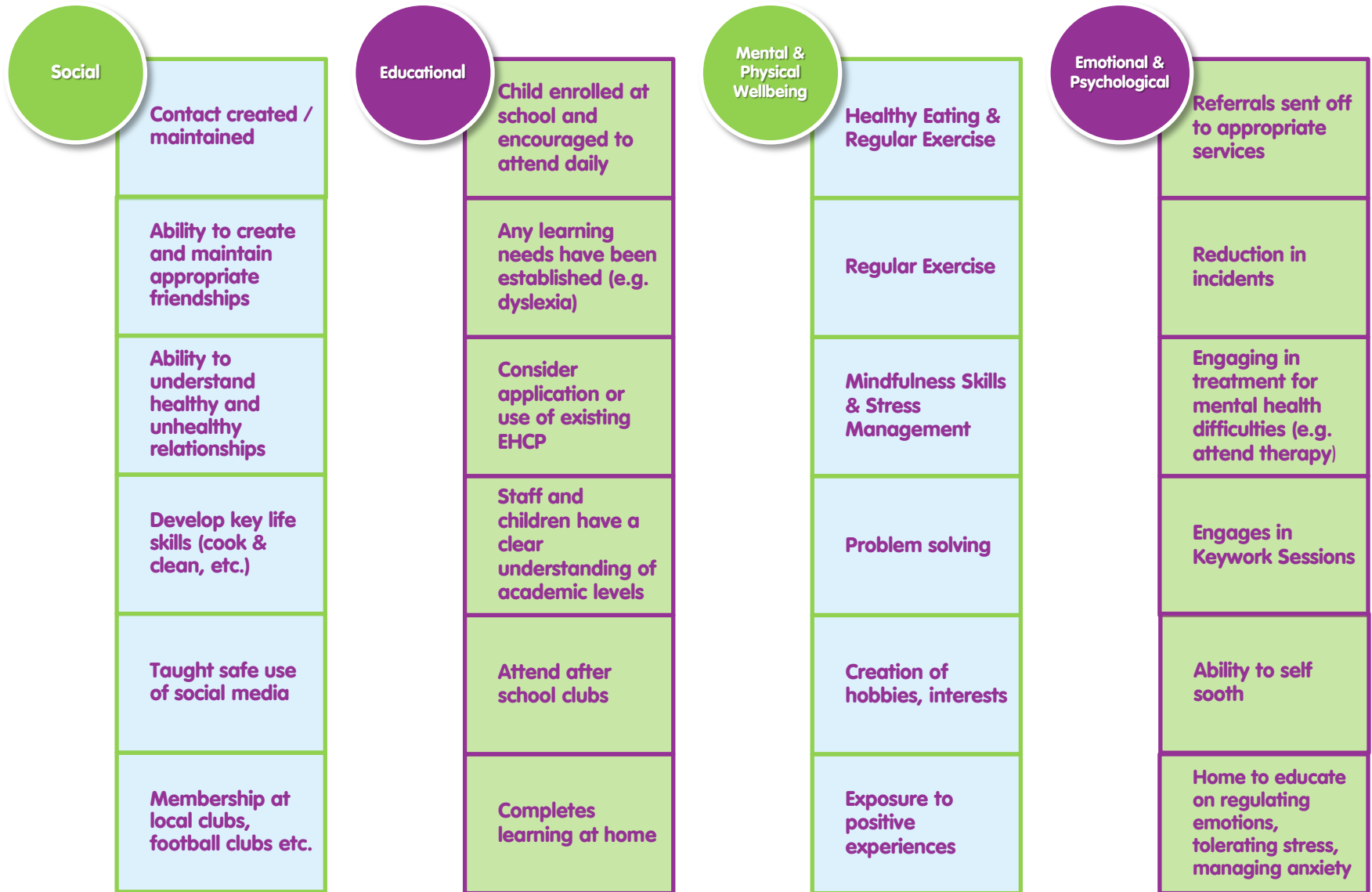
## Enabling

- The home enables each child to achieve their personal best
- Attending school and developing key life skills
- Ensuring all medical needs are met
- They are able to go on trips and experience typical childhood events such as birthdays and Christmas
- Allowed to experience aspects of childhood that they could not before

## Progression

- The child is constantly progressing whilst in the home
- Their progression is in line with their adolescence and peers
- The child does not simply exist in our home.
- They are to grow and become more resilient from their nurturing environment
- The main goal is to get to a point where we can consider fostering or transitioning back to a family member

# Focussing on progression in 4 domains



## Through a series of stages...

	Stabilisation	Strengthening	Transition
Social and Functional	Orientation to boundaries, relationships, expectations of the house	Work on boundaries, safe and positive relationships, communication and social skills, life skills	Independence in managing safe relationships and life skills
Emotional and Psychological	Understanding the life history, understanding the risk, understanding the needs for staff and child	Working with risk, working with emotional management (resilience, self-regulation, self-soothing), processing trauma and attachment if appropriate	Self management of risk and emotions
Education	Initial engagement with education and PEP	Help engage, achieve and participate in education/25 hours	Transition positively to next educational placement
Mental and Physical Wellbeing	Check in with the GP, If needed with CAMHS, Record any physical and psychiatric diagnosis and medication	Help them understand their diagnosis and health and medication	Working on early warning signs, independence with appointments and medication, relapse prevention plan

# Transition

- **Our approach enables the children to gain achievements and offers them positive progression**
- **We constantly ensure the child is progressing towards transition out of the home or out of the care system**
- **Children will leave our homes with skills, achievements and positive experiences which will help them for the rest of their life**

