

We are pleased to recognise that  
**'Hopscotch' a CTS Home**  
 has been rated as **Outstanding** in their last **7 consecutive inspections**



## Our Residential Homes

### For children who have suffered from Complex Trauma

Cambian are specialists in providing therapeutic care for children typically aged between 4 and 12 years of age who have suffered complex trauma and have attachment difficulties. Everything we do is therapeutic in nature, allowing children to make the progress they need, and to prepare them for their next onward placement which would usually be a move into foster care or occasionally returning to their biological family where appropriate.

Our team are very child focused, understanding that our children will only thrive when they feel safe and secure. It is therefore essential to provide them with stability, consistency and continuity, ensuring at all times that the children's wishes and feelings are considered. Building positive relationships with our children is paramount; we achieve this through our parenting approach in which each child's key carer is critical.

The children and adults have lots of fun within our homes providing every opportunity to play, with events such as culture nights, pamper nights and themed evenings. We go on day trips that are of interest to our children and they are actively encouraged to attend community activities which can help with their social skills. We prefer to be outdoors having fun ensuring that we replace negative experiences with those that are healthy and enjoyable. Our residential homes look and feel like any other family home.

Our teams provide a relaxed and nurturing family environment with some of our homes also housing various pets; we support and enable children to reach their full potential, enabling them to grow and progress in all areas of their development.

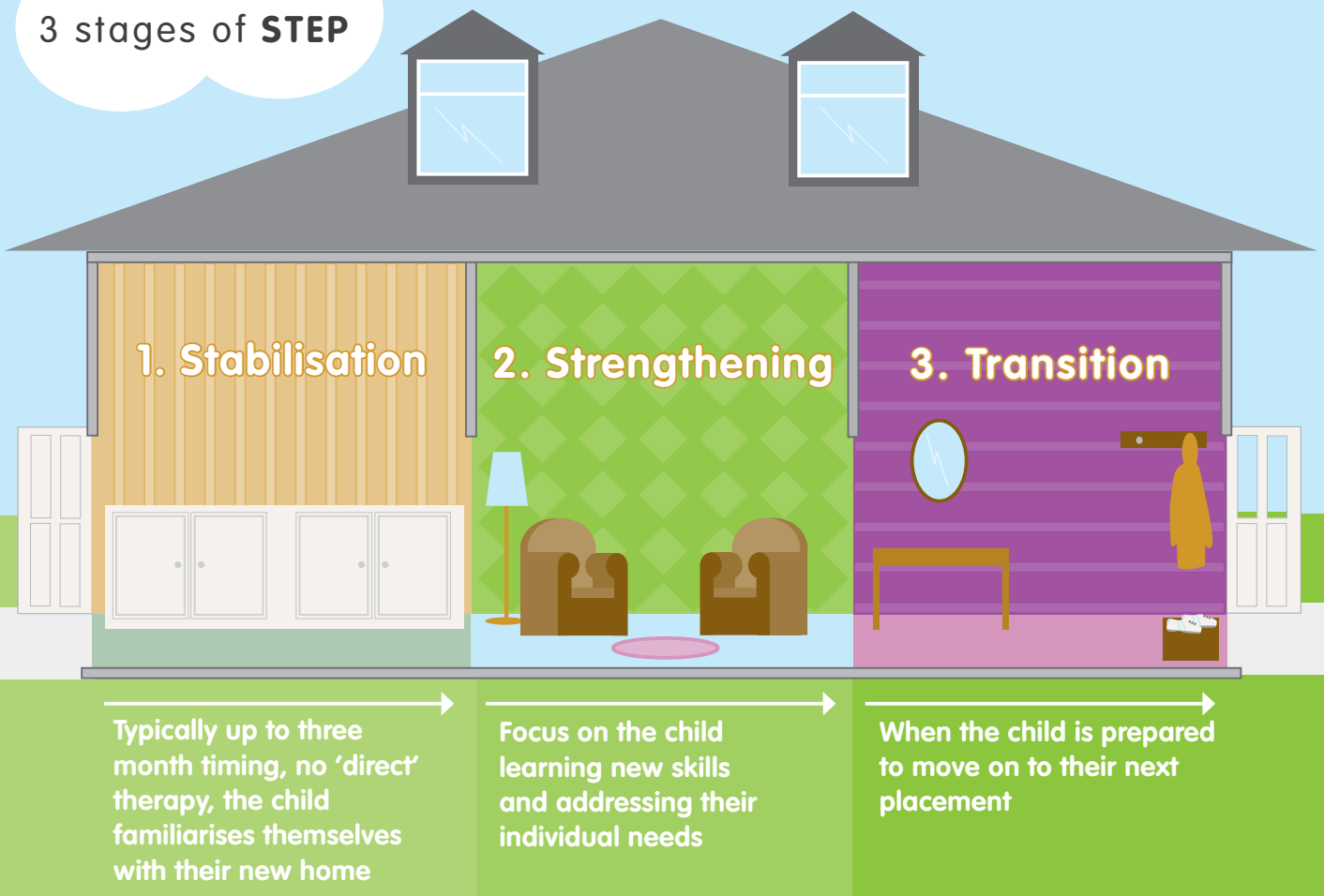
All of our homes adopt and implement elements of research based practise, these include P.A.C.E (Playfulness, Acceptance, Curiosity and Empathy) and DDP (Dyadic Developmental Psychotherapy). These research based models allow the 'adults' to focus on the whole child, not simply their behaviour, it allows children to build positive and secure attachments, whilst learning emotional regulation, gain emotional literacy and learn key skills needed for life. Our STEP (Sensory supportive, Totally inclusive, Enabling, Progressive) framework underpins our approach, as we support children through a three phased journey of stabilisation, strengthening and transition.



All the work carried out in our service is based on our therapeutic approach known as the **STEP** Framework.

**S** Sensory Supportive  
**T** Totally inclusive  
**E** Enabling  
**P** Progressive

There are 3 stages of **STEP**



Working closely with our clinical team, we provided direct and indirect input for our children according to their individual needs. The clinical team typically include; a lead Clinical Psychologist, Art Therapist / Mental Health Practitioner, Life Story Practitioner and Assistant Psychologist. There is also access to a Health Practitioner and Occupational Therapist.

The team offer consultations, fortnightly TAC (Team Around the Child) meetings, bespoke training and indirect and direct therapy. They will provide a 3 month clinical assessment and then monthly progress data and reports for LAC (Looked After Child) reviews to help children with the transition to their next successful placement.

The progress of all of our children is measured using CAP (Cambian Assessment of Progress) and collected in a monthly progress report which tracks progress across 4 domains; education, social and life skills, general health and emotional and psychological well-being.

Our Care and Clinical teams work closely with our education colleagues to ensure that each child has a joined up care and education plan to support their progress.

Our staff team are diverse in their beliefs, religions and cultural background and each bring something different to support our children, providing an accepting and welcoming environment for all. It is recognised that a child's ethnicity, religion, culture, sexuality and language are crucial to his/her self image and self esteem. The children are fully supported to develop their self identity.

All staff are trained to be therapeutic parents, and receive ongoing high quality training in:

- Therapeutic parenting (PACE, DDP and Play)
- Complex Trauma
- Understanding mental health (Dissociation, Self-harm and Separation and loss)
- Reflective practise
- Emotional regulation
- Assessing risk
- Child Development
- 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