



DEVELOPING AND SUPPORTING OUTSTANDING RESIDENTIAL CHILDCARE

OVERVIEW



INTRODUCTION

CPA has an exceptional track record of developing and supporting best practice in the highly specialised sector of residential childcare. We work across the UK in homes of all sizes and with a wide variety of Statements of Purpose. Our clients include large national providers, as well as regional and local organisations. Our psychological support improves placement stability and outcomes for young people. Beyond this, however, it adds tangible value for local authorities, enhances staff skills and retention, and contributes significantly to tender and approved provider processes.

Residential care is the necessary placement of choice for some young people because they have particularly complex needs, resulting largely from their early life experiences. However, by working therapeutically with these young people, we can build their resilience and help them to reverse or greatly reduce the impact of previous trauma on their behaviour, self-esteem and emotional and social development. And by supporting staff teams in an inclusive and collaborative way, we can ensure they work confidently, effectively and consistently with the young people in their care – including those who are experiencing serious mental health problems or displaying risky behaviours such as absconding, sexualised behaviour, substance misuse or self-harm.

Harnessing CPA's psychological expertise, residential care providers can transform the life chances of young people by engaging and supporting them in the most effective ways, and by empowering the carers, decision-makers and family members in their wider system.

OUR SPECIALIST TEAM

- All highly qualified, chartered and registered with the HPC
- All employed directly by us for consistency and quality (not associates)
- Available at locations across the UK
- Experienced in measuring outcomes and providing evidence to Ofsted
- Use a range of evidence-based approaches that are consistent with NICE guidance

OUR PSYCHOLOGICAL SUPPORT

- Provides evidence for National Minimum Standard 6
- Improves placement stability and delivers measurable outcomes
- Supports tender and approved provider processes
- Enhances staff knowledge, skills and retention
- Demonstrates value for money to placing authorities



CREATING A SERVICE SPECIFICATION THROUGH CONSULTATION

The starting point for CPA's work with any organisation is to undertake a detailed analysis with its leaders and managers so we can identify their precise needs and expectations. Our own senior team combines extensive experience of delivering clinical services with the operational management of childcare (across both the statutory and independent sectors). This allows us to hold informed discussions through which organisations can pinpoint exactly where quality can be enhanced and value added.

Following this, we explore the range of working methods we can potentially apply, and determine the optimal combination for each individual residential home, service or region. We then create a specification for our input in a genuinely collaborative way, which is crucial in terms of identifying the expected outcomes and how these will be measured, evidenced and formally reviewed. It also enables us to demonstrate our effectiveness and value for money, not only to our clients but also to local authorities, regulators and other relevant agencies.

Depending on the needs of each service, our psychological support can include any combination of the following components:

- Psychological assessment
- Care plan development
- Court and other reports
- Team around the child
- Support for schools
- Direct therapeutic work
- Behaviour management
- Skills training for staff
- Liaison with CAMHS
- Evidence for Ofsted
- Clinical oversight
- Risk assessment
- Team consultation
- Family work
- Support with tenders
- Outcomes monitoring

DELIVERING EXPERT PSYCHOLOGICAL SUPPORT

When we start supporting an organisation, we work within its existing framework and culture. Through introductory workshops with the managers, staff and other key individuals who are involved in placements, we ensure that everyone in the system understands the role of the psychologist and what to expect from their input. This process also focuses everyone's thinking on how the young people, staff and organisation as a whole can make best use of the psychologist's clinical expertise and so derive the maximum benefit from it.



The level and frequency of our psychological support will always be determined by the size, scope and breadth of the organisation that commissions it. For example, in larger residential homes it could include: weekly consultation to the staff team; focused case reviews where there are particular concerns or anxieties; planned training events to address specific knowledge gaps that are identified; direct therapeutic work with those young people who need it; and attendance at internal and external meetings, either for case discussion or service development.

Our psychological support draws on a range of evidence-based therapeutic approaches, including:

- Attachment theory
- Cognitive-behavioural therapy
- Psychodynamic psychotherapy
- Narrative therapy
- Solution-focused therapy
- Play and creative arts therapies
- Webster-Stratton parenting training
- Systemic and family therapy

Crucially, we ensure that for every organisation we support, there is a clear evidence trail of our psychological input for Ofsted, funders and other key stakeholders.

WORKING IN ACCORDANCE WITH THE EVIDENCE BASE

Every member of our team is a highly qualified Clinical or Counselling Psychologist who is chartered with the British Psychological Society and registered with the Health Professions Council. This ensures that our working practice is underpinned by clear theory, research and evidence.

We recommend consultation as the primary method of working in residential care because there is a very strong evidence base for its effectiveness in this context. Expert consultation provides staff with the support and guidance they need to recognise and meet the emotional needs of the young people in their care. It also empowers them by building their knowledge and confidence, and showing them how to apply psychological skills and techniques directly in their day-to-day work with young people. Moreover, consultation enhances the group dynamics within residential homes, and prepares staff members for the changes that occur every time a placement ends or there is a new admission.

Standard 6: *Children live in a healthy environment where their physical, emotional and psychological health is promoted and where they are able to access the services to meet their health needs.*

(National Minimum Standards for Children's Homes)

"It is essential that each residential setting has a clear theory and philosophy that guides its practice, focusing on the fine detail of children's needs and ways of addressing them using individual and group methods."

(National Centre for Excellence in Residential Childcare)



Contact us today to discuss your specific requirements.

(t) 0161 834 4662

(e) enquiries@cpa-ltd.co.uk