



Great Minds Together

Services

- FICS (Families in Crisis Support) & Outreach Services
- Tier 3.5 Therapeutic Intervention Programme

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1. WHO USES OUR SERVICES?

Great Minds Together support children and young people with special educational needs and social, emotional and mental health needs as well as their families and the professional networks around them. The age range of the young people we can support is 0 - 25 years old. There is no age range for support to their families.

2. ETHOS, AIMS AND OBJECTIVES

Our ethos encompasses providing individually tailored therapeutic intervention plans that are bespoke to the needs of the young people and their families and which are reviewed and updated on a regular basis, in partnership with our young people and families.

Our organisation exists to prevent one of the three following elements:

- Wrongful hospitalisation
- Unnecessary Police Intervention
- Where possible, prevention of children entering the care system by supporting families in an intensive way to ensure positive outcomes

3. FICS (FAMILIES IN CRISIS SUPPORT) & OUTREACH SERVICES

Great Minds Together is a not for profit organisation that aims to deliver better outcomes for children and young people, particularly those with social, emotional and mental health needs and/or special educational needs and disabilities.

We have a multidisciplinary team that consists of psychologists, therapists, social workers, teachers, family wraparound co-ordinators and skilled mentors who are specifically trained to work with young people and their families to support their social and emotional skills and wellbeing.

Our Family Wraparound Co-ordinators are staff that are specially trained to support parents and carers to navigate the complex special educational needs systems and help to identify need and signpost to organisations already in place to support with different aspects that can impact on daily life, such as; Housing, Benefits, Education, Financial, Social Care and Health. Their role is to co-ordinate and link services together to ensure a true multiagency approach is adopted around the family to enable robust support and prevention of crisis.

Our mentors are both paid staff and volunteers who work alongside their young person and their parents/ carers, supporting and encouraging them to best reach their potential, a successful post-16 destination and a positive pathway into their future.

Some families have both a Family Wraparound Co-ordinator and a Mentor (sometimes multiple mentors for different members of the family if required).

Who can refer to our outreach service?

- Families can self-refer (The service is free)
- CAMHS
- Social Care
- Schools
- Other services

The team deliver 1:1 intervention's, bespoke to each individual young person whilst also providing crucial wraparound support for their families. By assisting and befriending families Great Minds Together are able to build relationships with people who may otherwise struggle to access or engage with services, including those living in areas of high deprivation and poverty and families involved with children's social care. As well as signposting to statutory, public and community services, our Great Minds Together Wraparound Co-ordinators work closely with services, organisations and community groups in order to coordinate available support for young people, ensuring consistent and appropriate information sharing with the involvement of and consent of the young person (where appropriate), with a plan focused around their individual aspirations.

The 'Great Minds intervention programme' is a multi-model approach bespoke to the needs of the individual. It is dynamic and flexible and can consists of:

- Growth Mindset programme (1:1 intervention)
- Cognitive behavioural based therapies (where appropriate)
- CPD certifications for young people that are not likely to achieve academic grades (Visual online learning certifications with mentor support)
- Assistance into work-based learning experiences
- Practical and emotional wraparound support for the young person's family
- Training and support for key professionals that work with the young person in order to help them understand how to best support the young person and their family, in order to promote better outcomes.
- Therapy - we have different types of therapy available dependant on need

FICS & OUTREACH SERVICES CONTINUED...

- Families do not pay for this service, it will always be free for parents, carers and young people. We have a number of funding streams, and some local authorities and/or schools can commission our Outreach programme for their families

Our interventions for young people with SEND (Special Educational Needs and Disabilities) and/or SEMH (Social, Emotional and Mental Health) needs are bespoke to every young person. The young people can also access a large number of CPD courses as part of our intervention programs to increase their personal and/or professional development and self confidence. This is usually good for young people who are struggling to engage in the national curriculum or may not be able to complete enough GCSE's to access further education.

OPTIONS PROGRAMME

(Opportunities, Pathways & Training Inclusive Of Neurodiversity & SEND)

We have an OPTIONS Programme which is also free to young people and their families. This is an evidence based dynamic programme to help young people increase their confidence and has proven to help increase attainment and engagement in more formal education settings. This can be delivered in the home, community or school depending on what is right for the young person.

In some schools we are able to set up a nurture hub for students that may be struggling with the environment, and here we are able to triage them and ensure they (and their families) have the relevant support they need around them. All of our interventions come with the option of our free wraparound support service for families. This is to ensure that services are integrated and there is effective sharing of information across services to schools. We can also provide the OPTIONS Programme for more than one student within a setting. The OPTIONS Programme is free for young people and their families. School's and Local Authorities can commission this programme individually and the costings for this are bespoke and based on need and budget, as all settings and services are different. Our aim is to ensure these programs are cost effective and not extensive due to available funds being low (or non-existent) in these areas across the country. Depending on the locality, there may also be other funding available in order for us to provide these services to some low income schools for free.

4. TIER 3.5 THERAPEUTIC INTERVENTION PROGRAMME

Learning Disability, Autism and Trauma informed Care Intervention Model

The Great Minds Together Tier 3.5 Programme is a specialist therapeutic intervention specifically delivered to prevent wrongful hospitalisation and unnecessary police intervention / wrongful criminalisation (or tier 4 step down).

This is a commissionable service that provides a specialist team to deliver an intervention where a child or young person has been accommodated by the local authority or may be in a hospital setting at risk of being sectioned as a result of their behaviours.

The evidence based model is specifically developed for young people that may have:

- Experienced trauma and/or may be presenting with attachment difficulties
- Have additional needs and/or learning difficulties
- Autistic young people
- Young people with mental health difficulties
- Young people with unmet and/or unidentified needs

The model we have developed is underpinned by psychological theory in order to understand young people with trauma and/or additional needs that may be unmet and/or unidentified.

The aim is to understand their needs effectively and then upskill their families and the professionals networks around them to be able to effectively meet their needs.

The outcomes of our Tier 3.5 intervention have been extremely positive, resulting in support from NHSE and Health Education England.

All our interventions are fully evidenced based, to ensure that they effectively meet the individual needs of the young people we are supporting. Although our interventions follow a six-phase format, they are flexible, adaptable, and bespoke. Most importantly they are child centred, non-prescriptive and always adopt a therapeutic, non-demanding approach.

Our programme is specifically created to understand the young persons needs and support those around them to be able to meet their needs effectively as opposed to condition their behaviours.

The evidence of our model has shown that a therapeutic approach that fully understands the young person's needs, has a positive impact on presenting behaviours and progress. As a result of this, what we usually see is a reduction in trauma-based behaviours and the young people developing the ability to understand themselves and their own needs as well as being able to communicate using their words rather than their behaviours when empowered and skilled to do so.

We have successfully transitioned a number of young people home to their families and others where this may not be appropriate to step down residential providers as a result of the bespoke intervention and specialist team.

Who can refer to our Tier 3.5 service?

We can receive referrals from:

- Local Authority Social Care and Commissioning Departments
- The local ICB (Integrated Care Board)
- NHS England

5. YOUNG PEOPLE'S THERAPEUTIC CARE

Our model is a holistic model of support that adopts a therapeutic approach.

A therapeutic approach is the theory by which we frame how we view human relationships and interactions as a result of the difficulties people occur throughout their lives, such as neurodiversity and/or trauma experiences (including trauma from unmet needs).

A therapeutic approach does not mean that 'therapy' is delivered by sessions from particular people. It is more so an adopted approach delivered by the whole team consistently to ensure a holistic, adaptable and understanding view is taken and delivered in line with the person's needs.

As part of the evidence base of our work, we gather significant data to allow for psychoanalysis to support the young people to help make unconscious thoughts conscious, and a large part of this intervention is delivered by their direct specialist staff team, with oversight and direction of our Social and Psychology team. The data collected then helps to formulate a truly bespoke intervention in line with the individual needs of the young person and their wider family, where possible, as well as the professional network, as we help to upskill those around them to effectively meet their needs.

Our intervention package utilises one or more of six major theoretical categories: humanistic, cognitive, behavioural, psychoanalytic, constructionist and systemic.

The approach is to understand how the young person see's themselves, and the world, their thoughts, feelings and behaviours, as well as the underlying patterns of why they do the things they do. It is to help them also understand and provide a nurturing and supportive environment to help them work through their trauma and towards their aspirations. The evidence base helps to understand which elements of behaviour are 'environmental' and which elements are 'cognitive' or 'behavioural'.

Complementing our commitment to ensuring the health and safety of the young people we support, is our belief in the effectiveness of therapy as part of providing the best overall treatment for each child. In providing therapy we place the child and the adult at the centre of our thinking and equip the therapy team with the ability to offer a safe, quiet and uninterrupted space. If deemed appropriate, our Therapy Services will receive a referral, usually during the first six weeks of a placement, an allocation meeting will then take place. It is at this point that the therapist will be allocated to the child and their key worker.

The child's allocated therapist will then contact the young person's school and social worker to discuss ways of working together and to gain a mutual understanding of the child and his/her case. Within this six week 'settling' in period there will be a team meeting with the allocated therapist to enable the intervention team to express how the child is settling into the home and to share any concerns.

5. YOUNG PEOPLE'S THERAPEUTIC CARE CONTINUED

Therapy Services planned structure aims to provide the most appropriate and beneficial therapeutic care for each individual child and the best support for significant adults who have the child in mind. The 'settling in period' offers the child a period of clinical assessment of up to six weeks. This will be conducted on an individual basis with the child and most appropriate professional adults i.e. care staff, education and therapist. The Strength and Difficulties Questionnaire (SDQ) will form the basis of this assessment which will then be regularly evaluated and will support the individual Child's Care Plan. Concurrently we may also request a Clinical or Forensic Psychological Assessment, dependant on the presenting needs of the child. These assessments taken together enable the therapist to establish realistic expectations of the child's future progress, but also formulate what frequency and length of intervention would be most appropriate for the child.

The therapist would then offer where appropriate:

- Individual sessions to the child
- Sessions with the child's direct staff team to help support and understand their needs effectively
- Joint key worker(s) and child therapy sessions
- Individual with key worker only sessions (for up to 6 -12 weeks)
- Therapy

In providing therapy we place the child at the centre of our thinking and equip the therapy team with the ability to offer a safe, quiet and uninterrupted space.

Great Minds Together recognise the need for children to experience the world around them i.e. for the child to have an opportunity to develop and sustain relationships outside the home setting. All staff will undergo PACE training (Playfulness Acceptance Curiosity Empathy), understanding that this will encourage and help each young person to gain a sense of confidence in their aspirations and ideas, it also helps to strengthen their self-belief that they have something positive to offer to the world.

Positive feedback is essential for personal growth and particularly in adolescence it is vital to help establish a good sense of identity. Without positive reinforcement children are likely to grow up without a good sense of self or identity. At times it may be felt appropriate to provide constructive feedback to a young person, and this will always be delivered in a sensitive manner, helping to establish new ways of looking at a situation and broadening our views.

Consultation with Staff

Great Minds Together have an allocated therapist that provides consultation meetings to care staff if they require this service. The application of the psychotherapist's knowledge and understanding in the residential setting is of considerable value and there are different forms that this can take:

- Providing individual psychotherapy
- Providing consultation to individual staff
- Providing consultation to a staff group

A consultation meeting offers everyone directly caring for young people, the opportunity to come together and talk about their experience. Consultation aims to allow a voice to everyone attending. Therapists are there to help staff team members identify specific difficulties in their day-to-day work with individual young people or in a group setting.

5. YOUNG PEOPLE'S THERAPEUTIC CARE CONTINUED

This consultation process is ultimately for the benefit of the young people in our care but also offers an opportunity for care staff to consider how their own ways of interacting could impact on their work with the young people and their relationships. Working with young people who have emotional and behavioural difficulties can be challenging and it is important that staff think together about the impact of the work on them as individuals and as a team.

Our current Lead Therapist is:

Kirsty Edgson

All of our Therapists are registered with BACP (British Association of Counselling and Psychotherapy).

6. REFERRALS TO OUR SERVICES AND ADMISSION CRITERIA

FICS & Outreach Service referrals and criteria

To refer to our outreach service you can do so for free via our website referral form:

<https://greatmindstogether.co.uk/referral-form>

Criteria for FICS & Outreach referrals:

- The young person will have an identifiable need and/or mental health difficulty
- Diagnosis or EHCP is not required in order to refer to our service
- Age range must be between 0-25 years

Tier 3.5 Therapeutic Intervention Programme referrals and criteria

To refer to our Tier 3.5 programme please email:

tier3.5@gmt.team

Please provide the following information at point of referral:

- Anonymous placement referral form

If we have capacity to potentially accept your referral we will then require the following information:

- Detailed social care chronology
- EHCP (If appropriate)
- Any associated assessments from within the last year
- Most recent care plan
- Initial meeting with the allocated social worker

Criteria for Tier 3.5 referrals:

- The young person will have an identifiable need and/or mental health difficulty
- They will be at risk of wrongful hospitalisation and/or unnecessary police intervention