

Witherslack Group Clinical Services

Aspirational futures through inspirational education and care

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About us

We are Witherslack Group, the leading provider of specialist education and care in the country, built on a foundation of sector leading Ofsted judgements and a long track record of success.

Our specialist schools and learning centres offer truly inspirational environments and life changing opportunities to our children and young people. We also offer endless advice, support and expertise to parents, carers and professionals, helping them find hope, direction and understanding for the best way forward for their child and their family.

This document details the offer of our embedded Clinical Services who support our children and young people across the UK.



To find out more visit www.witherslackgroup.co.uk



How we support children and young people

We believe that therapeutic support should be embedded throughout all the work we do with children and young people to enable them to overcome challenges and reach their full potential.

Our Clinical Services Team is based across our schools enabling each child or young person to access support, assessment, and direct programmes, which are then woven into their daily activities. The staff are well known to the child or young person and will continuously work to establish and develop their trust.

Our Therapeutic Approach

Our therapeutic model aims to support children and young people to live healthy and happy lives, establish meaningful relationships and achieve their full potential.

Areas of Therapeutic Focus

Understanding how our brains develop sequentially, we recognise that until all our children and young people actually 'feel' safe living and learning with us, they will not be able to begin to explore the possibility of developing new connections and relationships and ultimately attachments. These are the foundations from which they will develop the ability to regulate and process their emotional worlds, and the capacity to access opportunities for learning and further development.

Witherslack Group's Internal Team Around the Child

Across all of our schools, the model we implement is our 'Internal Team Around the Child (ITAC)' approach.

This approach ensures that young people have access to cohesive services and all the relevant practitioners concerned with an individual child or young person meet regularly. This ensures the services delivered are integrated, prioritised, coherent and achieve their intended outcomes.

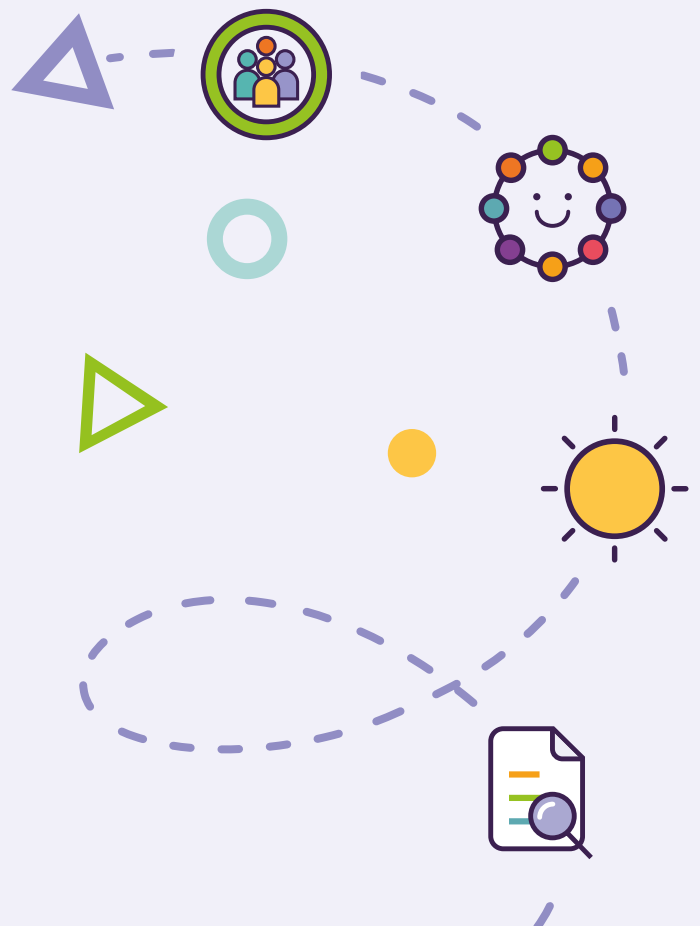
Each half term we review the young person's provision through the 'Internal Team Around the Child' coming together to evaluate progress, plan next steps and evidence change in emotional wellbeing, mental health, behaviour and learning.

The team is made up of professionals from across different disciplines to ensure there is a holistic approach to meeting each child or young person's needs.

Child-centred Meetings

Our ITAC Model is further enhanced for children living within our residential settings through our Child Consultation & Reflective Practice Meetings. Bringing together the Team Around The Child and facilitated by members of the Clinical Team.

Child-centred meetings are helpful to both the child/young person and the team around them. The meeting aims to help the team to understand the child/young person's presenting needs in the context of their history and provide some ideas for both direct (e.g. therapeutic interventions) and indirect (e.g. working through families, carers, teachers) support. The meetings ensure that the whole team have a shared understanding of a child/young person's needs and help them to work together consistently in support of them.



Witherslack Group's Therapeutic Practice Model

Stage 1

Safety & Containment

Our first therapeutic focus with all our children and young people is to re-establish or indeed establish a feeling of physical & emotional safety and containment. We do this by:

- Providing specialist therapeutic living and learning environments
- Creating an atmosphere of safety, security and nurture around each child
- Establishing trust, routine and boundaries
- Adapting the physical environment to the individual's needs
- Personalising the curriculum and learning approaches
- Implementing our Internal Team Around the Child (ITAC) meetings
- If appropriate, providing advice and guidance to the child's parent/carer

During this settling period we undertake an initial clinical assessment which will help identify individual needs, areas for further assessment and shape our initial therapeutic goals.





Stage 4

A Platform to Achieve

This unique approach to supporting young people provides them with the platform to achieve uniquely outstanding outcomes, which in turn enables each young person to go on to realise a future filled with aspiration and achievement.



Stage 2

Relationships & Connections

Once Stage 1 is achieved and the child feels a sense of stability, safety and support our therapeutic focus moves to the development of engagement, connections and relationships with others. We do this by:

- Supporting children and young people to communicate their emotions and regulate their behaviour
- Helping them identify and reduce unsafe or unhelpful behaviours
- Delivering clinically supervised key worker sessions
- Implementing clinically developed and monitored support programmes
- Providing targeted small group work and parent engagement, where appropriate
- Delivering child focused and reflective practice meetings

During this time some children may have further assessments, but as relationships, understanding and trust are built, we can now start to accelerate the support and in turn each child's progression and development.

Stage 3

Experiences & Learning

Now that we have built stronger relationships and levels of trust, our children & young people will be able to begin to engage in new therapeutic experiences and learning opportunities.

We do this by:

- Identifying and removing any remaining barriers to learning
- Offering bespoke and individualised therapeutic support as they engage further with their education
- Constantly reviewing progress and behaviour and adapting our focus to changing needs
- Providing group therapy and targeted family work, as appropriate
- Supporting through one to one interventions, as required
- Conducting targeted and ongoing clinical assessment to inform future support

Stage 3 will continue to adapt and respond to both the individual's needs and progress.



Witherslack Group's Three Waves Model

This holistic therapeutic support and intervention service provided by our multi-disciplinary teams can be mapped onto the **Witherslack Group's Three Waves Model**.

Wave 1: Clinically Informed & Supported Specialist Living & Learning Environments

- Therapeutic Milieu
- Whole school/home developments and focus
- Curriculum adaptations and class initiatives
- Staff training
- Internal Team Around the Child meetings
- Generic parental advice and guidance



Wave 2: Targeted Clinically Led Therapeutic Intervention

- Clinically supervised keywork sessions
- Clinically developed and monitored targeted programmes
- Targeted small group work
- Targeted parental engagement
- Child/young person specific training sessions
- Child focus and reflective practice meetings

Wave 3: Direct Clinical Engagement

- Individual Therapy
- Group Therapy
- 1 to 1 Direct Interventions
- Targeted family work
- Targeted clinical assessment



Support from an expert team

Essential to Witherslack Group's Therapeutic Support is our Clinical Services Team who work alongside the wider multidisciplinary team to provide an integrated provision of therapeutic intervention, care and education.

Each of the children's living and learning environments is supported by a designated and bespoke team of clinicians which includes:

Therapists, Psychologists, Speech & Language Therapists, Occupational Therapists and Assistant Psychologists.

Therapists

Our therapists practice a range of modalities which may include Creative Therapy - Art, Play, Music, Dance & Movement, Talking therapy counselling, CBT, Psycho-education.

This means we are able to respond to each child or young person's individual therapeutic need.

All therapists are registered with the HCPC or their registering body.

Psychologists

All are HCPC Registered Clinical, Educational or Forensic Psychologists. Working under the supervision of our qualified psychologists is a team of assistant psychologists, all with a psychology degree and experience of working with young people with autism and/or SEMH needs.

Speech and Language Therapists

Speech and Language Therapists support all aspects of a child or young person's communication. All are qualified as speech and language therapists and HCPC registered.

Occupational Therapists

Occupational therapists enable our children and young people to participate in daily life and activities. All are with the Health and Care Professions Council (HCPC). The team are also able to offer specialisms in sensory integration programmes.

Getting the best outcomes for children and young people

Every child's journey is different but our unique approach ensures that the outcomes remain the same - inspirational achievements and stories of success.

We're committed to never giving up on any child that lives and learns with us and we've created a dedicated section on our website to highlight the transformations of our young people.



To find out more take a look at our case studies section
www.witherslackgroup.co.uk/case-studies



Get in touch

If you want to find out more about our therapeutic offer, or how we can help a child or young person, we'd love to hear from you. Please get in touch with a member of the partnerships team below:

 admin@witherslackgroup.co.uk  0800 304 7244

www.witherslackgroup.co.uk/clinicalservices