Stepping Stones

FOR LOCAL AUTHORITIES

Therapeutic Offering

Trauma and attachment informed residential care, built around The Steps Model and delivered alongside our Clinical Team.



Built for Belonging

steppingstonescare.com

At Stepping Stones Care, we want to give our Young People the best chance possible to become successful, confident adults. With varied childhoods that have resulted in their arrival in care, it is up to us as a provider to offer them the support and nurturing environment they require.

Our Model of Care

All our homes follow our own Model of Care, The Steps Model

S Seek to understand.

T Thoughtful care.

E Enabling meaningful relationships.

P Progressing beyond trauma.

S Successful transitions.

Working alongside our Clinical Team

All our homes work alongside our Clinical Team, who are experienced in working with those who have Attachment Difficulties and Developmental trauma.

They are involved from pre-admission stage, providing clinical consultation in appropriate matching alongside the needs of the home. Following 12 weeks in the home, the Clinical Team, in conjunction with a Child's Key Adults, will complete a clinical assessment of the young person; this will then be formulated into a child's therapeutic support plan.

The staff meet with the Clinical Lead or a member of the Clinical Team for clinical group consultancy and reflective practice, where there is also a clinical review and oversight of risk assessments and behaviour support plans, to ensure that we are meeting the child's psychological needs and managing behaviours.

The Clinical team will then hold a review of the child's therapeutic support plan every twelve weeks, with all relevant professionals, incorporating the Steps Model and evaluating progress or challenges.

Pre-admission
Clinical consultation on matching

12 weeks
Clinical assessment and therapeutic support plan

Every 12 weeks
Plan reviewed with all relevant professionals



Therapy

Individual therapy is also available for our children – this will include a range of modalities, but always led by the child. This may include supporting them with trauma, abuse, anger, anxiety, depression, family difficulties, self-harm, low self-esteem, communication and social skills, substance misuse difficulties, although this list is not exhaustive.

Bespoke therapeutic support plans

All our homes create bespoke Therapeutic Support Plans informed by our clinical team and assessments that have taken place. All the staff will be trained in the Stepping Stones model; this will involve trauma and attachment informed care underpinned by theory delivered by our Clinical team of Therapeutic Practitioners.

There will be outcome measures that are tracked and worked towards with graphs and charts highlighting the process. Key workers will be the lead person in a child's journey with us, as their primary attachment figure and with ensuring that their care is monitored. This is underpinned in the training through our attachment and trauma informed sessions.

Everyday practice in our homes

We will continue to assess and plan throughout the Child's time living in the home with a Seek to Understand meeting taking place every 12 weeks. These meetings will act as the catalyst for thoughtful care and ensure that we are focused on ensuring we are a Child's last residential placement.

The routines and structures of the home will follow a very clear and predictable pattern that is replicated throughout our homes. Each will be nuanced to meet the individual needs of the child and each child will have their own individualised routines. The two hands of parenting will be implemented ensuring that we use connection before correction and follow an approach that is embedded with PACE and DDP principles.



To find out more about the Stepping Stones Care Therapeutic Offering

Visit **www.steppingstonescare.com**

Email **Rachel.loosemore@steppingstonescare.com**