



REPARATIVE CARE TEAM 2020 ANNUAL REPORT

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1. Introduction to our service

The Children & Young People's Plan 2017- 2022 outlines the way in which the Children & Family Community Services will meet the requirements of 'the Children Law' (2008). The Reparative Care Team forms part of the Corporate Parenting Strategy and Children & Young People's Plan in line with the 2020 vision. Additionally the Adoption Reform Law will require a legal framework around adoption support services provided to adopters, adopted children, their siblings and close birth family members. The Adoption and Children (Guernsey and Alderney) Law, 2020 is now in draft and is expected to be implemented in the early part of 2021.

The Reparative Care Team provide direct therapeutic services to Looked After and Adopted children and their families. We also provide services for children whose carer's are in receipt of a Residence Order allowance. Additionally The NSPCC 'Letting the Future In' therapeutic programme is provided through the Reparative Care Team for any child in Guernsey who has experienced child sexual abuse.

In 2020 the Reparative Care Team was joined by two new members of staff Rosy and Alison who were appointed as Therapeutic Practitioners and they bring a wealth of experience in therapeutic interventions. Pippa also joined the team as a therapeutic support worker and she has been pivotal in co-ordinating the implementation of Theraplay. Theraplay Level 1 training

took place in March which has enabled various team members to incorporate elements of this model into their work with children and families.

The team were also fortunate to be offered additional therapy space at the Duchess of Kent and acquired a further four rooms.

This last year has been impacted by Covid 19 alongside all other services and the Reparative Care Team worked creatively during lock down to continue providing direct therapeutic sessions to those accessing the service wherever possible. Unfortunately Theraplay Level 2 Training and Foundation Level Non Violent Resistance Training (NVR) were postponed due to the pandemic and are in the process of being rescheduled for 2021. In addition, the Reparative Care Team training calendar was significantly impacted by COVID with our two new training courses, "Developmental Trauma" and "Therapeutic Parenting" being postponed until 2021.

New Service developments include a trial of creating life story books for all adopted children as part of the matching process and will be fully implemented as of January 2021. Reparative Care Team Systemic Reflective Meetings were also developed during the latter part of the year and began to be trialled in November 2020.

Despite the impact of COVID-19 the team have worked really hard to maintain relationships and offer therapeutic services throughout the year whilst continuing to develop service areas and offer training to support their colleagues in other service areas.



Team Manager, Reparative Care Team
Report completed January 2021

2. Reparative Care Team Composition

In the year of 2020, the Reparative Care Team comprised of:

- | | |
|-----------------------|---|
| • Jo Ogier | Team Manager |
| • Nigel Humphrey | Clinical Psychologist |
| • Claire Hennessy | Principle Therapeutic Practitioner |
| • Rosy Corbin | Therapeutic Practitioner (part time) |
| • Alison van Heerden | Therapeutic Practitioner (part time) |
| • Favienne Drew | Therapeutic Support Worker |
| • Philippa Cordall | Therapeutic Support Worker |
| • Martin Whitwam | Senior Social Work Practitioner |
| • Jenny-Rae Merritt | Senior Social Work Practitioner |
| • Julie Bowditch | Senior Social Work Practitioner (part time) |
| • Sharon Le Galloudec | Social Work Practitioner |
| • Vicky Leadbeater | Senior Social Work Practitioner and Adoption Support Services Advisor (part time) |

3. Mission Statement and Vision Statement

Our Mission Statement: We recognise that children traumatised within family relationships require exceptional re-parenting to heal and recover and this is best achieved when they experience safety. Our work with children and young people living away from their birth parents supports the parent/carers and networks around each traumatised child to help them feel more secure in order to improve their emotional well-being.

Our Vision Statement: To create healthier family environments by addressing early childhood trauma. The Reparative Care Team aims to fully consider and embrace the following concepts:

- That every child is unique.
- That the child, family and the systems around the child are experts on their own experience and crucial to our understanding.
- That relationships are central – children have the right to have a contextual and developmental understanding of their distress explored through building therapeutic relationships.
- That it is often far more effective to work with the adults proximal to the child, than direct one to one therapy. Growth and change happens through relationships.

4. Aims and Objectives

The Reparative Care Team aims to provide the following:

- To offer a response to children and their carers where placements are in crisis or where a placement is in jeopardy of disruption. Generally this will initially include an assessment of therapeutic support needs to determine the most appropriate course of intervention.
- Where applicable attendance at relevant meetings with the aim to provide a therapeutic perspective to support children and their families/carers.
- The Team provides consultations to social workers, residential workers, adopters, foster carers and Residence Order carers regarding emotional and social well-being of children who meet the criteria of intervention.
- Training is provided and facilitated by the team to eligible professionals, families and carers to promote required re-parenting.
- A post adoption support service is provided for adopted children, adopters, birth parents and adult adoptees. Additional information is outlined in latter parts of this report.
- The team provides the specialist NSPCC Letting the Future In Programme for any child in the community who has experienced sexual abuse.

The Reparative Care Team's primary objectives are:

- To promote a greater understanding for carers of the impact of developmental trauma.
- To assist in the care planning processes for looked after and adopted children, with a particular emphasis upon assessment, planning and reviewing of therapeutic care needs.
- To provide evidenced-based therapeutic interventions as outlined in the latter sections of this report.

- To provide training and reflective practice workshops for foster carers, adopters, Residence Order carers, residential staff and social workers.
- To promote stability of placement for looked after, adopted children, Residence Order children by providing relevant consultations and training to carers to equip them in caring for this cohort of children.

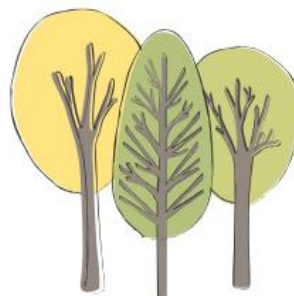
5. Our Standard of Care

We ensure that our practice has a safe equitable governance structure. The Reparative Care Team aims to be fully compliant with all legislation governing the provision of services. We have robust quality assurance mechanisms in place and seek regular feedback from those accessing the services, including children, carers, birth families, social workers and the professional network. Observation of direct therapeutic interventions take place; regular clinical supervision internally and externally is undertaken, staff receive supervision and appraisals. Review of service delivery takes place on a regular basis to ensure current and future practice is identified and adhered to.

6. Overall Service Provision

The Reparative Care Team has implemented evidenced-based interventions to improve the overall emotional, mental health and well-being of looked after and adopted children and children on a Residence Order with an aim to reduce instability within placement. Training, consultation and support will also be provided to carers of this vulnerable group of children.

The team also provides all children in Guernsey with a specialised intervention programme, 'NSPCC Letting the Future In' for those who have experienced sexual abuse. Additionally the team are able to provide a bespoke therapeutic programme for this cohort of children who do not meet the eligibility criteria for 'Letting the Future In'.



7. Training

The Reparative Care Team believe that children deserve the best possible care and this is achieved by having well supported and well trained carers and professionals around them. The Team aims to provide training to carers of Looked After and Adopted Children and those children on a Residence Order as well as professionals working with children and young people in the course of their employment.

2020 Reparative Care Team Training

ACEs & Trauma - Adverse Childhood Experiences (ACEs) can significantly affect both physical and mental health across the lifespan. Research has shown that ACEs are relatively common and far more prevalent than we thought a decade ago. The seminar will explore the long term effect of Adverse Childhood Experiences as well as explore the Neurosequential model of brain development as outlined by Bruce Perry.

Attachment: The Wonder and Value of Connection – A look at how early life experiences of relationships shape our view of ourselves and the world, and how attunement, relationships and connections can help children recover from these early relational traumas.

Discovering the Child's World is a bespoke workshop provided to residential carers and the wider Team Around the Child upon request to help the team have a deeper understanding of the children in their care and how to best meet their needs. The workshops include training on developmental trauma and takes a deep dive into the life story of the child and their experiences and how these link to the child's current behaviour. We focus the training sessions on therapeutic parenting and PACE techniques in order to create 'safe base carers' for a child.



Lunchtime Talk: Letting the Future In and Harmful Sexual Behaviour – a one hour overview of the sexual abuse programme provided by the Reparative Care Team and plans for future service provision in this area.

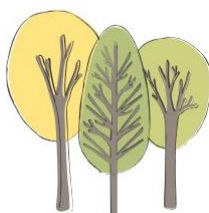
Lunchtime Talk: Life Story Work– a one hour overview of the various forms of life story work, how workers can implement this important work in to their day to day interactions with children, and resources for further in-depth life story work.

Shame: Parenting children who have experienced toxic shame - Shame is a complex emotion that is part of normal development. Many children in care have experienced toxic shame that has impaired their emotional development and led to a sense of self as bad, worthless or stupid. This course explores the importance of regulating the shame the child experiences in order to build attachments and improve a child's sense of safety thus increasing development of empathy.

Specialist Fostering Reflective Practice Groups provide support and guidance to specialist foster carers within a closed group format which includes some theoretical content with the aim of increasing understanding of emotional and behavioural needs and explore ways of applying this using P.A.C.E.

The group also aims to:

- Focus upon reflecting on the day to day experiences of parenting these children.
- Encourage therapeutic parenting by developing a culture of safety and care for group members, enabling self-reflection.
- Increase skills and confidence of foster carers.
- To provide a collaborative atmosphere that builds trust between members to encourage peer support.



8. Our Therapeutic Interventions

These evidence-based models of intervention aim to help children, young people and their carers overcome the impact of abuse, trauma and or/neglect.

Art Psychotherapy is a form of psychotherapy that uses art media as its primary mode of expression and communication. Within this context, art is not used as diagnostic tool but as a medium to address emotional issues which may be confusing and distressing for children and young people.

Eye Movement Desensitisation and Reprocessing Therapy (EMDR) is a specialised procedure for resolving trauma and is a well-researched psychotherapy treatment for trauma related treatment. The therapist guides the client in concentrating on a troubling memory or emotion whilst applying bilateral stimulation through either eye movement or tapping. It is used to treat post traumatic stress in addition to attachment difficulties, depression, anxiety and phobias. It can also be used to enhance emotional resources such as confidence and self-esteem.

Psychological Assessments including Neurosequential Assessments, Cognitive Assessments, Trauma and PTSD Assessments also form part of the services provided within the Reparative Care Team where required which are completed by the Clinical Psychologist.

Solution Focused therapies aim to empower children and young people accessing our service by helping them envisage future goals for themselves, and identify positive directions in their lives. A key tenet in solution-focused therapy is that causes of



Direct Work...

92

BETWEEN JANUARY TO DECEMBER 2020 RCT SUPPORTED 92 CHILDREN AND THEIR CARERS, FAMILIES OR SUPPORT NETWORK. OF THESE, 27 WERE NEW REFERRALS .

Who we have worked with:

4

CARE LEAVERS

ADOPTED CHILDREN

27

35

CHILDREN IN CARE

10

CHILDREN FOR LETTING THE FUTURE IN

CHILDREN ON A RESIDENCE ORDER

9

Other types of referrals:

4

Plus... **42** Professional Consultations on cases which are not open to an RCT worker or do not meet service criteria.

problems are often extremely complex, but usually their solutions do not need to be. By helping find positive direction and identify practical solutions to difficult problems, children and young people will feel less helpless, hopeless, and more able to actively address difficulties head-on.

Cognitive Behavioural Therapy (CBT) helps improve a child's moods, anxiety and behaviour by examining confused or distorted patterns of thinking. CBT helps to teach children that thoughts cause feelings and moods which can influence behaviour and during CBT, a child learns to identify harmful thought patterns.

Therapeutic Life Story Work can help children and adolescents not living with their birth parents who are struggling with the impact of their past. It is an intervention designed to strengthen the relationship between the child and their carer through exploring together the child's history. It aims to help the child make meaning of their lived experience by exploring, questioning and understanding the past events of their lives, giving them a deeper understanding and acceptance of their life history and more positive and healthy self-identity.

Non-Directive Creative and Play-Based Work – Many children may find it difficult to talk about their experiences, but play and the creative arts are usually a comfortable way for them to express themselves. This intervention uses the relationship to create safety between the child and the worker in order to create a therapeutic space for healing work to occur.

Dyadic Developmental Practice (DDP)-informed Consultations - The Reparative Care Team have been providing consultations to those carers and professionals who are part of a child's network of support. DDP specifically aims to help carers and professionals make deeper emotional connections which can be particularly hard for children and young people who have difficulties trusting and relying on adults due to their past experiences. Understanding developmental trauma is a key factor during consultations to assist with exploring how a child's development has been affected. In consultations we think together about the child or young person's psychological, emotional and developmental needs, and how these can be met.

Systemic Reflection Meetings - The aim of these meetings is to assist the network in thinking and developing a multi-services approach to weave together a helpful network of care provisions, focused on understanding and caring for a child in an integrated context. These offer a Therapeutic space for a group of professionals whose aim is to enhance psychological understanding and knowledge of a particular child. It will offer the opportunity for therapeutic insight into a child's history and ideas on possible structures of a child's inner world. New insight and change can emerge, supporting planning and actions but also enhancing relationships between members of the network.

Theraplay® is an interactive child and family therapy, designed to enhance attachment, self-esteem, trust in others, and joyful engagement. Parents or care providers are central to the therapy. Theraplay promotes the kind of play between children and their caregivers that nurtures a lifelong capacity to relate to others. Theraplay activities are geared to the child's emotional needs and capacity to self-regulate. Because attachment is formed during the early months when the right brain is dominant and co-regulation is essential, efforts to change negative patterns must be interactive, direct and emotionally focused. Theraplay uses the nonverbal language of the right

brain to provide appropriate responses of stimulation to the areas of the brain that are involved in affect regulation.

Play therapy is a psychotherapeutic approach primarily used to help children explore their lives and freely express repressed thoughts and emotions through play. Therapeutic play normally takes place in a safe, comfortable playroom, where very few rules or limits are imposed on the child, encouraging free expression and allowing the therapist to observe the child's choices, decisions, and play style. The goal is to help children learn to express themselves in healthier ways, become more respectful and empathetic, and discover new and more positive ways to solve problems.

9. Post Adoption Support Services

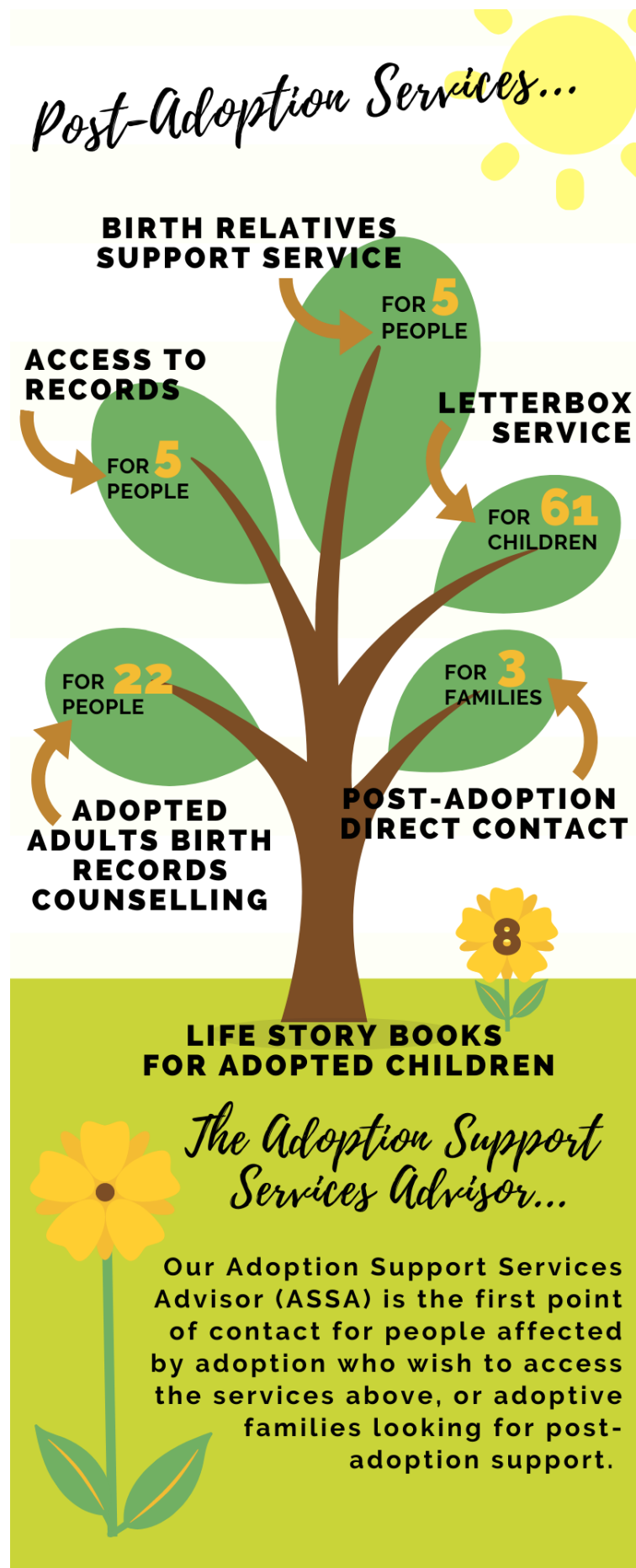
The provision of a range of adoption support services is provided by the Reparative Care Team in conjunction with other agencies and forms part of the Adoption Reform Law requirements. This Service requirement is based on the recognition that pre and post adopted children and their families are likely to require support at different stages of parenting. Adoption Support includes any support likely to be required for an adoptive placement to endure through to adulthood. This is applicable to existing and new situations both pre and post Adoption Order.

Who is eligible?

Adopted children, adopters and birth parents and close relatives who have been affected by adoption are eligible to access adoption support services as requested.

How does it work?

Delivery of service will be formulated through an Adoption Support Plan. Adopted adults are also entitled to an assessment of need and this service is provided via the Access to Records Service.



10. Child Sexual Abuse Therapy

‘Letting the Future In’ is a service designed by the NSPCC for children aged 4 to 17 years who have been sexually abused. Letting the Future In helps children come to understand and move on from their past experiences through activities such as play, drawing and painting and storytelling. Parents and carers are also offered support to move on from the impact of finding out about the sexual abuse and to help their children feel safe.

Letting the Future In is a structured therapeutic intervention with children affected by sexual abuse and is grounded in an understanding of trauma, attachment and resilience. It is largely psychodynamic in nature and emphasises the therapeutic relationship of the practitioner to the child’s emotional responses to abuse, which typically include betrayal, powerlessness, shame and traumatic sexualisation. It sees the therapeutic relationship between child and practitioner as ‘core’ and employs creative therapies with work on the awareness and management of feelings. It also draws on other methods including counselling and socio-educative approaches.

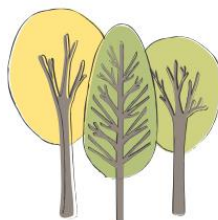
Children receive up to four therapeutic assessment sessions followed by up to 20 intervention sessions, extended up to 30 if necessary. At the same time, their safe carer is offered up to eight sessions to help them process the impact of discovering that their child was sexually abused, and to support the child in their recovery.

11. Monitoring and Evaluation of the Service

The service will be regularly monitored by an Annual Service Report being provided to the Committee for Health & Social Care and Head of Service for Children & Family Community Services.

In addition, the quality of the work will be monitored by regular file and electronic audits, service user feedback, regular clinical and staff supervision, staff appraisals and direct observation of practice.

Evaluation of therapeutic work and group interventions will be conducted by the Reparative Care Team Clinical Psychologist and Principle Therapeutic Practitioner.



12. Feedback about RCT Services

"The Life Story Work Lunch Time session was particularly interesting as it gave a lot of information in a short time about life story work. One learning point that rung true was the need for social workers or whomever to keep accurate and descriptive records as well as factual ones so that a child gets the opportunity to have a picture painted for them in later life if they do want to explore life story work or read their records." - Professional

"Excellent (Attachment) training both informative and interesting. I liked the use of different forms of communication media to get the points across. I will use this in my work with families and at least have an awareness of this in my day to day work. I like how you reminded to keep one child in mind when thinking about this subject. Made it come to life for me." - Professional

"She said she really enjoyed the session with you and thinks it has really helped!" – Professional, re: Birth Relatives Support

"The RCT worker has been a great support and it is also worth noting that he is building a good rapport with the child." – Residential Manager re: Non-Directive Work with a child

"My favourite session is about my life, my story." – Child, Therapeutic Life Story Work

"It has helped her find out about her past and address some of the issues of her past experiences. She has looked forward to the sessions and has thought a lot about what she is feeling about things. It has generated a lot of conversations after the sessions." – Foster Carer, re: Therapeutic Life Story Work

"The carers have said you have been fantastic in the support you have given them." – Professional, re: DDP-informed sessions

"Thanks for the Child's World workshop it was brilliant and I think seeing the children's story in more detail had a profound effect on all of us as individuals and will help the team manage the difficult times with a greater understanding." – Professional

"The sessions really helped me because the sessions we did they just helped me a lot." – Child

"[The sessions] have been an eye opener. My child has clearly made progress, but I have also gained an insight to how she is thinking and coping in different situations – invaluable!" – Foster carer, re: work based on Theraplay principles

"I love working with my RCT worker and I don't want to leave, I love my sessions!" – Child, re: Life Story Work

"This has been a godsend. I don't know how we could have done without all you have done. You have been amazing and my daughter thinks the world of you. I can't find the words to thank you enough." – Parent, Letting the Future In

"The sessions with my RCT worker helped a lot. They helped me with my feelings." – Child, Letting the Future In

"She wanted to feedback how inspired and positive she was after attending your training last night. She felt that your team were hugely knowledgeable and inspiring and she was just very impressed with the service as it develops!" – Adopter feedback