



# North Lakes

● care ● education ● therapy

Our Targeted therapeutic and supportive interventions enable all our children to feel safe, recover, achieve and make progression. Our nurturing approach supports children & young people who may have Attachment Difficulties, ACES and Social, Emotional and Mental Health Needs.

# Warwick House

# Welcome to Warwick House

**We create and provide a safe place for the children to grow, develop coping mechanisms, learn emotional self or co-regulation, achieve progression and success as well as having access to opportunity including socialisation/leisure and learning life/independent skills that will prepare them for their future.**

We actively involve the children in shaping and enjoying their time with us. We seek to work together and staff are highly attuned and interested in the children and their life and growth.

We promote plenty of physical activity as this assists the children with sensory processing opportunities as well as keeping them fit, active and meeting their health and well-being needs. Physical activity and movement also helps us assist the children in building emotional

resilience and in allowing them to express their thoughts/feelings and emotions in our safe and nurturing environment.

Strong routines and structures support our children's day; the predictability builds up the security felt by a child. 1:1 staffing provides attachment-based care and the valued attention every child needs.

We work with the children in building and developing their skills including their life skills and independence as this supports any potential re-integration to foster care and/or a return to home.

We encourage and support the children to find, join and attend groups and clubs and to attend with the aim of allowing them to develop their social skills and have opportunity to build friendships.



## Our aspirations

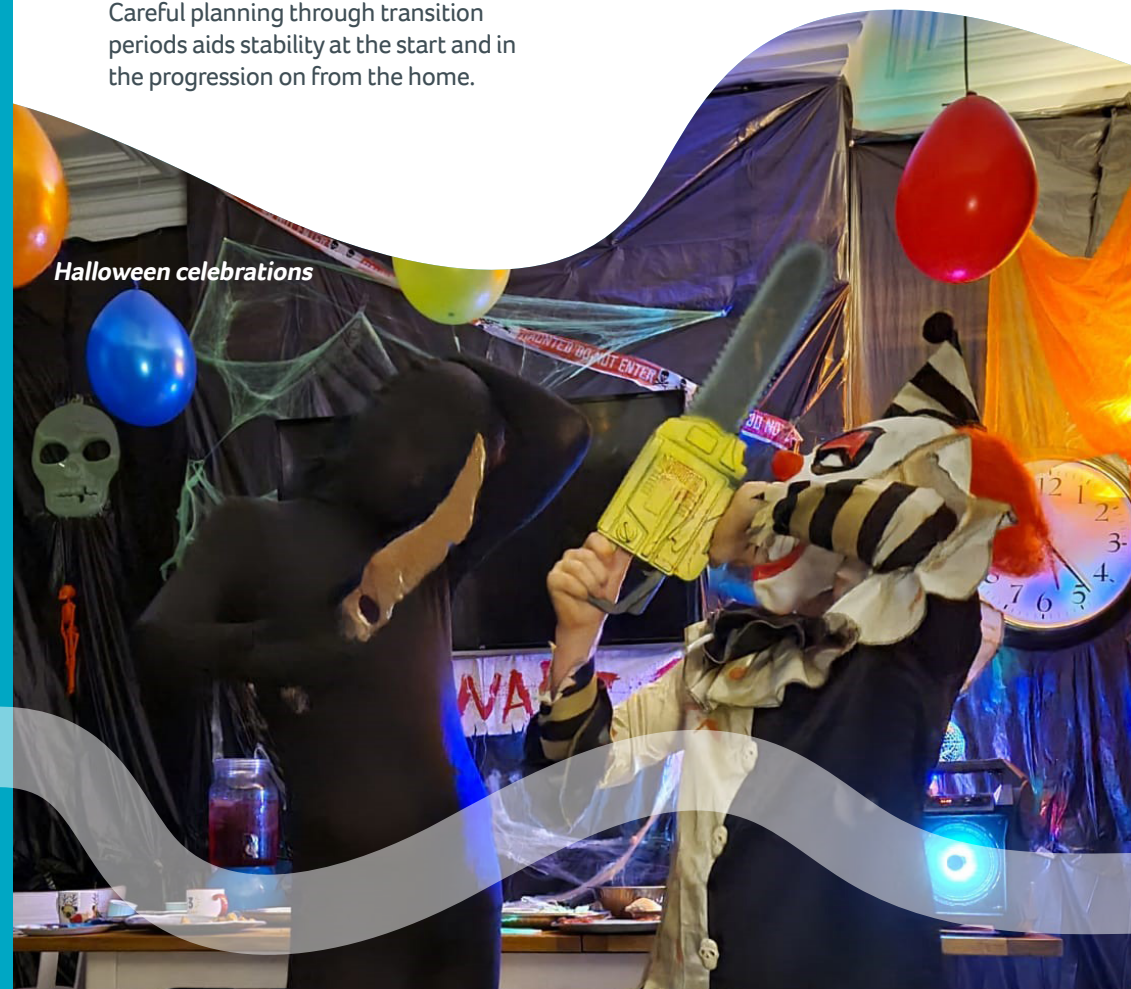
**To meet and exceed the placement aims, achieving great, healthy, sustainable outcomes for every young person: socially, emotionally and academically.**

To promote and facilitate where possible a re-integration to foster care/back home, taking into consideration all the work

Careful planning through transition periods aids stability at the start and in the progression on from the home.

Liaising with key family members and professionals promotes a shared understanding and commitment. We value this joined up way of working.

Transition work supports young people to learn the practical and emotional skills needed to cope with more independent living. Our expertise here has promoted: safety, reflection and personal accountability.





# An inviting home for boys aged 7+

- 3 living areas, that allows a wide range of options for the young people such as TV room, games consoles, arts & crafts room, safe access to the computer
- Individually decorated and personalised bedrooms
- Access to many sports clubs & leisure activities to support socialisation
- Town location offers opportunity to access Transport Links to support development of Independent Skills

**“Valued hobbies are supported and their talents are recognised and encouraged.”**

**“Each young person has an individualised plan in place to help staff understand their emotional responses and the strategies they should employ to support the young person.”**



Games room

## Therapy in the home

Forming positive relationships and providing safety are at the centre of our therapeutic care. From this nurturing foundation children can begin to see the world through a new lens to make positive and lasting changes in their lives.

All our care teams are trained in attachment and trauma informed care, meaning children's complex needs and behaviours are understood and addressed at an emotional and physiological level. These developmental deficits are worked with relationally within the care home environment.

We use a variety of therapeutic approaches and interventions within the home:

- Therapeutic relationships, safety, and trust.
- Recognising and working with attachment styles and patterns.
- Co-regulation to help children build the internal scaffolding they need to self-regulate their emotions.
- Therapeutic parenting.
- Routines and boundaries to increase predictability and decrease fear.
- An approach of Playfulness, Acceptance, Curiosity, Empathy (PACE) is used to help everyone understand what is happening in a nurturing non-confrontational way.
- Regular movement and sensory input to help the body and brain regulate.

Staff have a child centred approach which is open, warm, and reliable. Careful curiosity helps everyone open their perspective about what might be happening in the child's inner world. Staff then use high levels of empathic responses to demonstrate understanding and offer attunement. These insights help children develop self-awareness and understanding of themselves and their experiences.

Non-verbal communication and co-regulation are vital parts of the therapeutic care team's approach. We aim to provide the emotional framework from which children can restructure and develop their own more positive coping mechanisms.

Staff seek to engage the emotional side of the brain and link it with the logical side of the brain for learning and reflection, a whole brain integration approach. Creating a narrative through active listening and the use of open questions encourages self-awareness. Naming the emotion and the need helps the child link the feelings in their body to behaviour. This facilitates self-control and regulation of emotions, this is reparative.

# One to one Psychotherapeutic counselling

Whilst the daily emotional and psychological needs of the child's are attended to in the home each child also accesses weekly one to one psychotherapeutic counselling with an experienced and accredited child therapist. This is long term therapy in which the child is free to express and explore their inner world and experiences using play, non-verbal communication, creative and somatic modalities.



# Therapeutic assessment and Consultation

Each child receives a comprehensive therapeutic attachment-based assessment when they join us. This formulation considers the impact of early childhood and life history, their ability to regulate emotions and how this is expressed through behaviour. Staff are guided by our therapeutic consultant, receiving monthly clinical supervision and support with specific challenges as they arise.

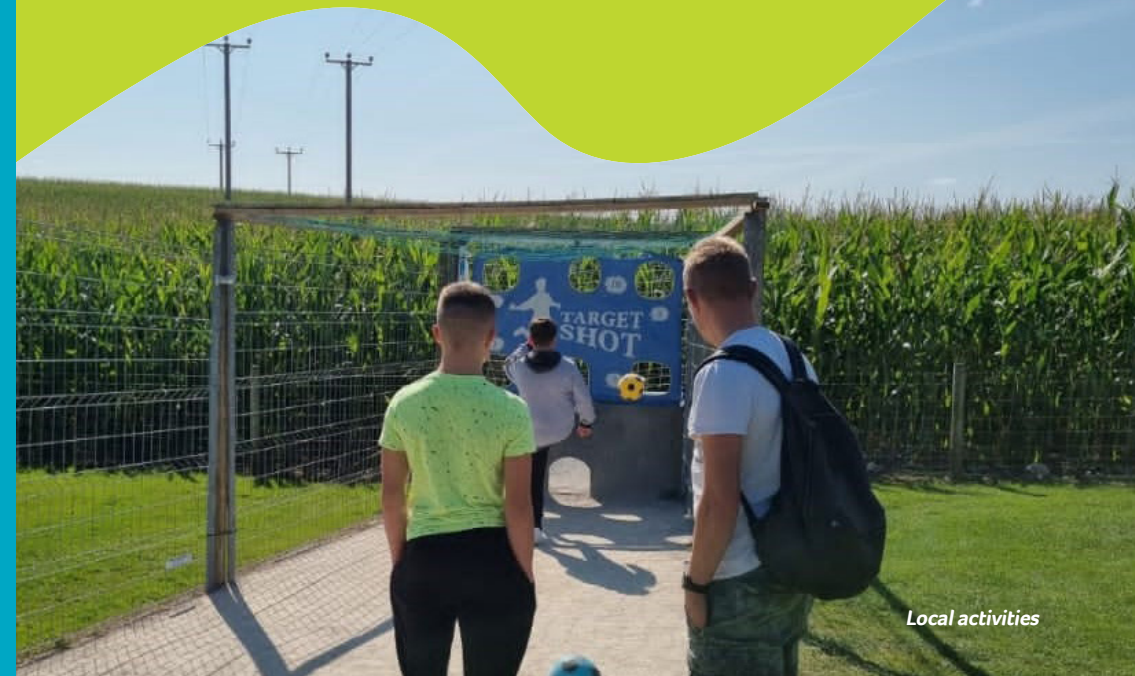
Our ethos involves parallel care with staff being well looked after and regulated so they can give and hold this experience to the children they care for.

Our therapeutic model encourages positive sustained changes on all levels, leading to healthier life choices and improved wellbeing.

Our attachment-based therapeutic parenting style informs our care plans, assessment reports and ways of working.

# Therapeutic outcomes:

- Attachment-based care to create a new positive template of relating to others.
- Feel safe and cared for.
- Understand the adaptive fight, flight, freeze and submit survival responses and how to regulate these.
- Process past trauma in a safe and contained way appropriate to individual needs.
- Release of unprocessed emotions and resetting of the nervous system.
- Develop self-awareness and change their behaviour.
- Deepen relationship skills and empathy.
- Self-regulation skills & emotional understanding.
- Integrate experiences throughout adolescence to develop a clear sense of self.
- Switch on the thinking part of their brain, to learn and make better choices.
- Value themselves and their lives.
- Be able to access and engage with positive life skills and opportunities.





## Contact us

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