



Golygfa'r Dolydd

Daniel Bolton
Barney Huxtable



The Behaviour Clinic

24/10/2024

GOOD PRACTICE FORUM

Agenda

- Vision & Original Idea
- About Golygfa'r Dolydd
- BCBC Residentials
- The Therapeutic Model (TRIBE)
- Young Person Example
- Additional Lessons From The Data
- Commissioning & Cost Analysis
- Challenges & Successes
- Questions & Answers





Vision

BCBC recognised a critical need for specialist residential care tailored to children and young people with care experience. The goal was to create not just a physically safe environment, but a home where children can feel psychologically secure, enabling them to thrive and receive individualised, comprehensive care.

- **Experienced Leadership:** A highly skilled and experienced Responsible Individual (RI) and management team was needed to oversee operations.
- **Therapeutic Model Incorporating Evidence-Based Practice:** The residential care framework needed to be built upon evidence-based practice to ensure the highest standards of care.
- **Trauma-Informed and Integrative Approach:** All staff needed to be trained in implementing an integrative therapeutic approach, with a strong emphasis on trauma-informed care.
- **Onsite Therapy and Clinical Supervision:** Children needed to have access to a range of onsite therapies, as well as staff having access to regular clinical supervision to maintain quality therapeutic care and support.

Golygfa'r Dolydd



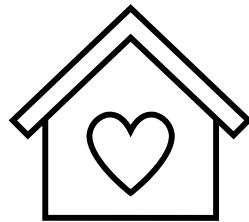
- Golygfa'r Dolydd is a purpose built 7 bedded children's residential home in Brynmenyn, Bridgend
- The service has two parts, a 4 bedded assessment home registered for placements up to 12 months (depending on assessment), and on the other side 3 emergency beds where children can stay for up to 28 days.
- Our goal is to work proactively with children to address stability issues and reduce the need for long term or specialist residential care (out of county, solo etc.)
- We can support children aged between 6 – 17 years old
- We deliver a Trauma Informed approach that is underpinned by Behavioural Science (TRIBE Model).

Other BCBC Homes

BCBC have set up four children's homes, and one home for care leavers using the same model.



Golygfa'r Dolydd
Assessment



Golygfa'r Dolydd
Emergency



Sunnybank
Long Term



Hillsboro
Pop up



Ty Mor
Care Leavers

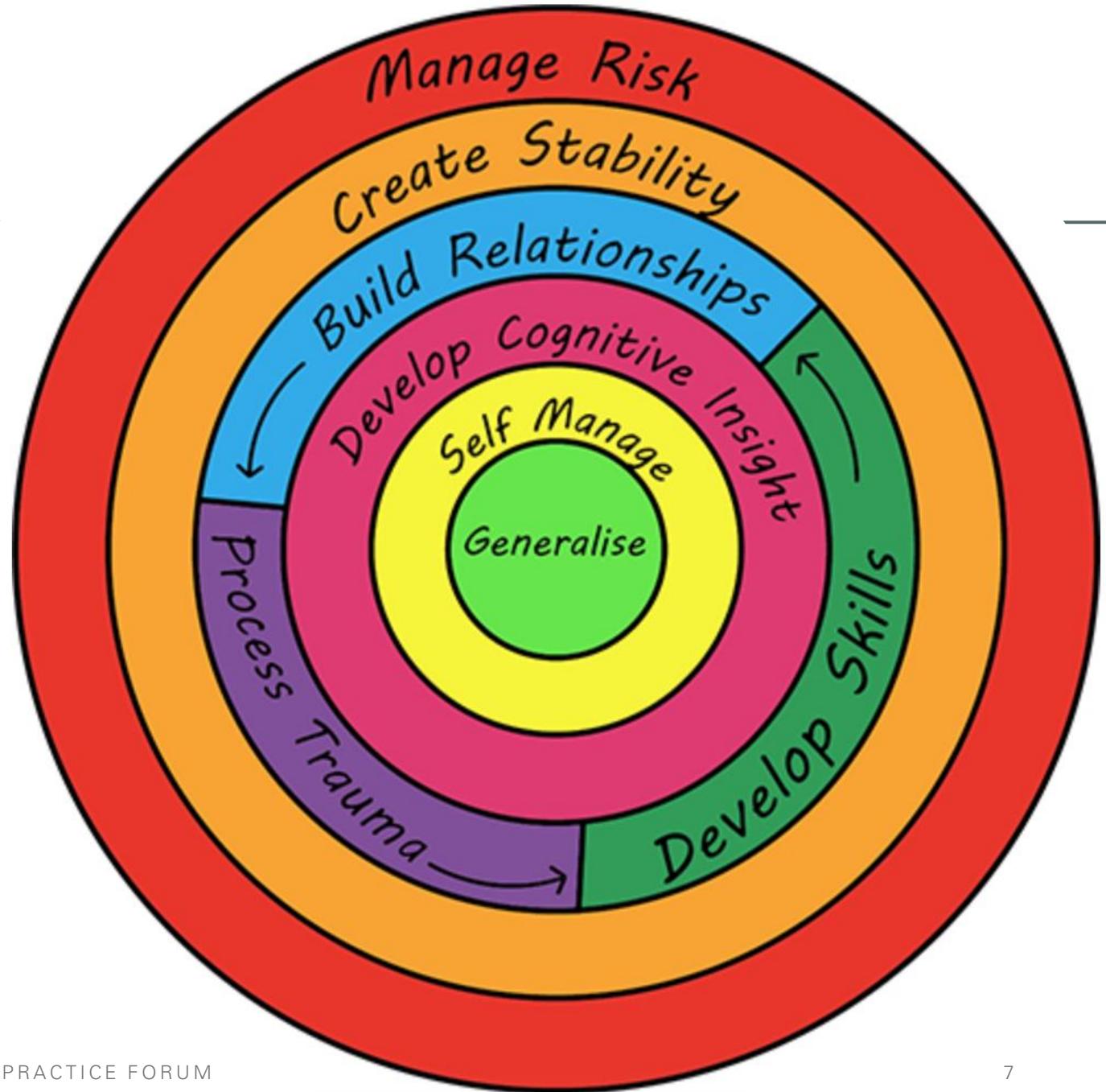
The Therapeutic Model

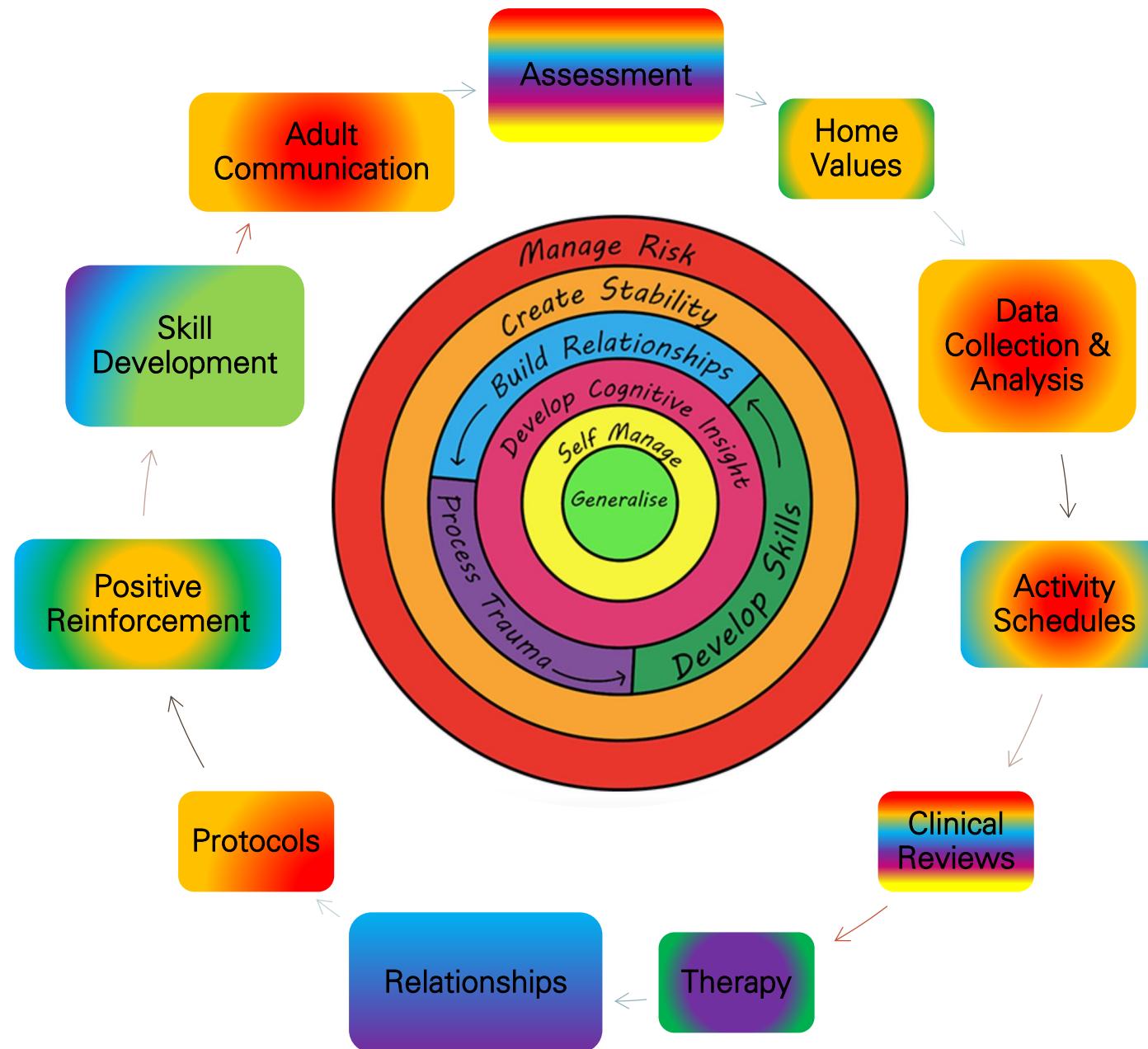


T
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TRIBE

Trauma Framework





Setting Up The Model

Started with two weeks of training

- All on-boarding residential training
- Five days of Trauma Informed Care specific training
- Many resources and general home-wide interventions were designed within the training

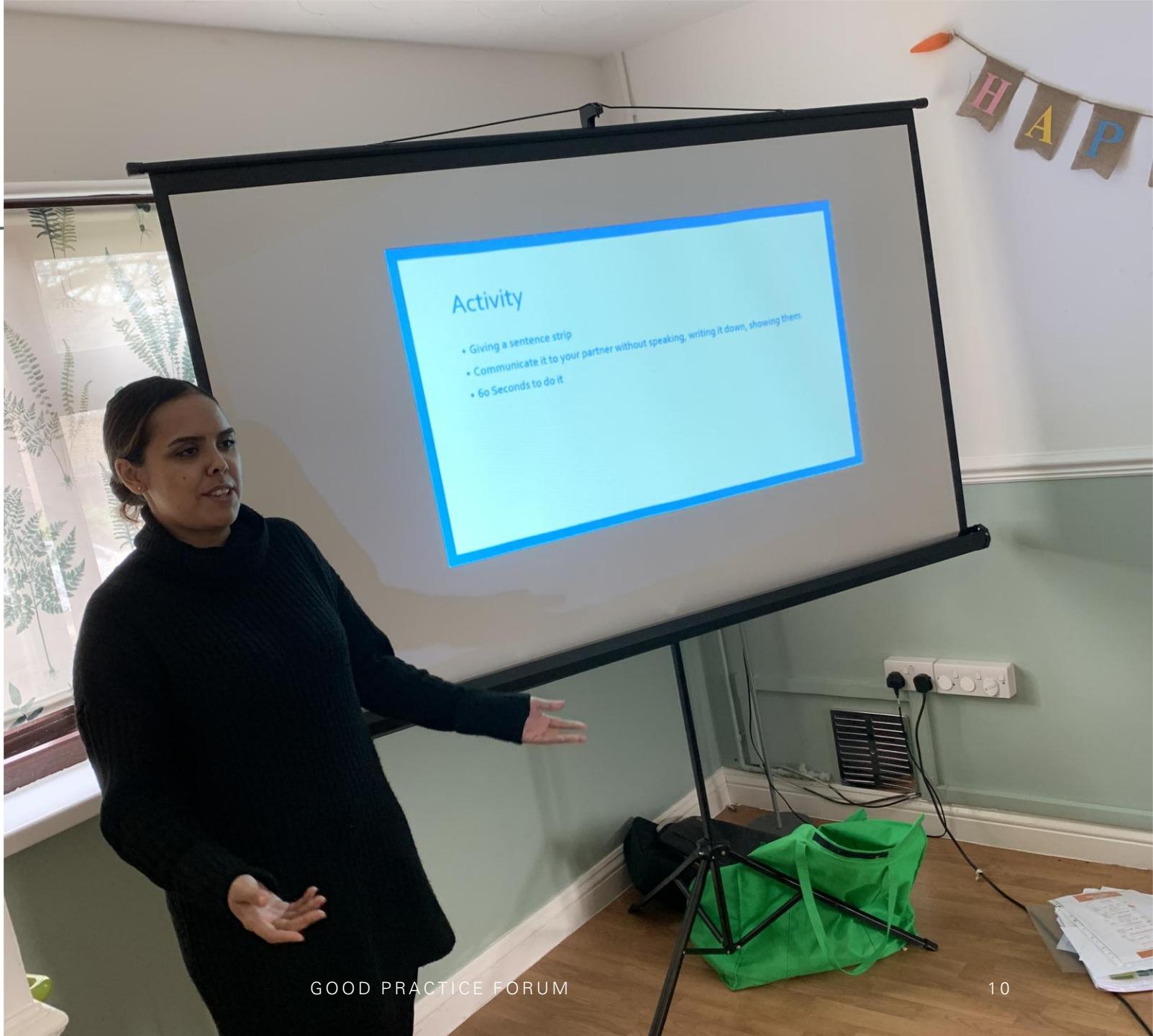
Positive feedback from staff

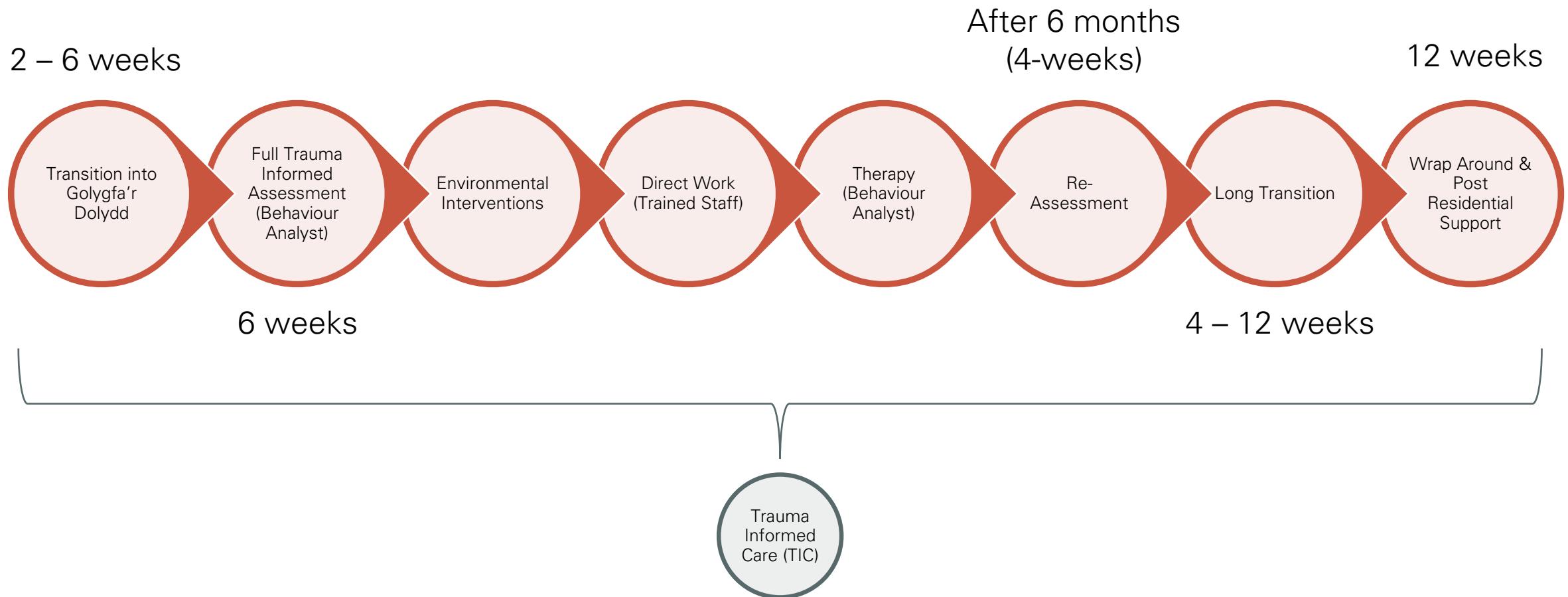


Onsite Support

Following all staff being trained in the model we provide on-going onsite support

- Hands on modelling of the approach
- Clinical review/supervision
- Continued evaluation and monitoring
- Continued development of strategies





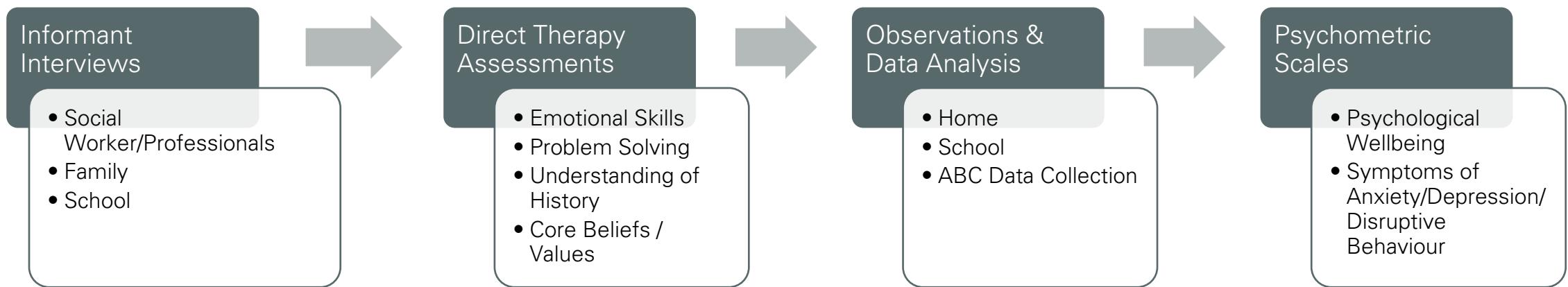


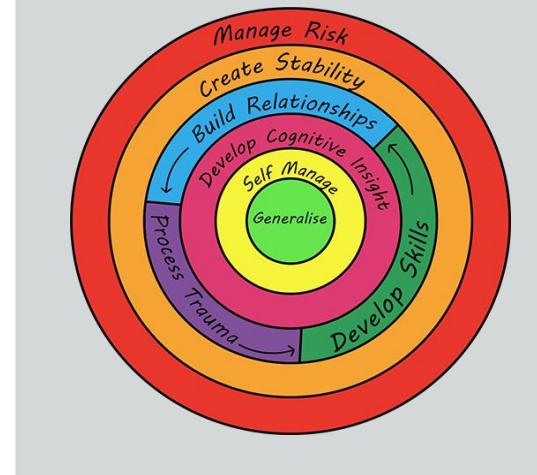
P's Story



Background Information

- Currently 8 years old; became care experienced when he was 4
- 5 foster placements prior to moving to Meadows View
- Significant complex trauma
 - Parental drug & alcohol use
 - Domestic abuse/violence
 - Parental mental health difficulties
 - Neglect
 - Numerous placement moves (MV being his 6th home and first residential home)
- Transitioned into Meadows View in September 2023
 - Day visits, pre assessment meetings, and visits with family.



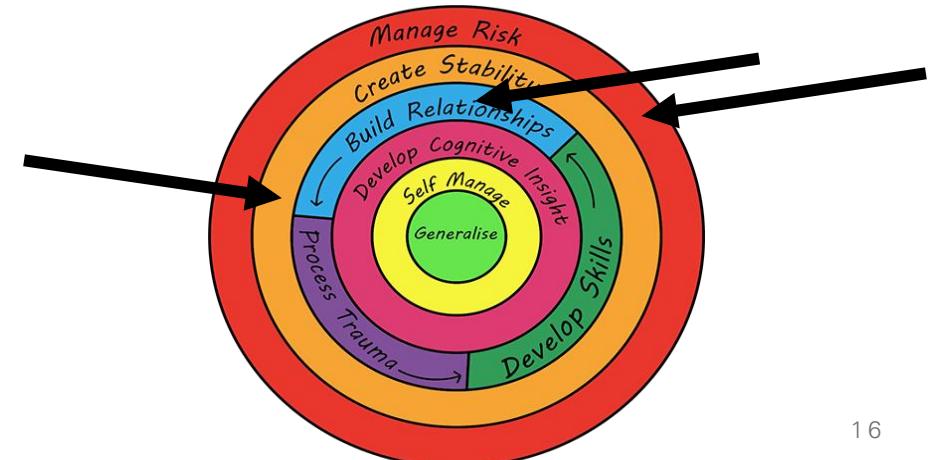
Placement	Direct work	Therapy	Trauma Framework
<ul style="list-style-type: none"><i>Initial 12 months of stability, therapy, and direct work at Meadow View</i>Option 1: Full Transition to a long-term foster or family placement (solo) following 12 months of specialist residential supportOption 2: Delayed transition to a long-term foster or family placement (solo), stay at MV until this can be found.	<ul style="list-style-type: none">Sleep routineOvernight bedwettingSharing adult interactionCommunicating his need for interactionPeer interactionsPersonal hygieneEmotional regulationPreschool Life Skills (PLS)<ul style="list-style-type: none"><i>Instruction following</i><i>Functional Communication</i><i>Tolerance skills</i><i>Friendship skills</i>	<ul style="list-style-type: none">Developing Emotional Understanding (awareness, comprehension, regulation)Therapeutic Life Story Work	<ul style="list-style-type: none">Managing Risk & Creating Stability 

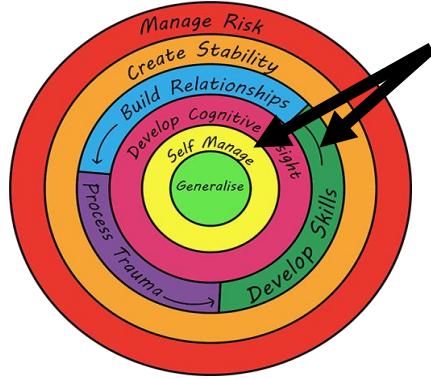
Proactive/Preventative

- Home wide values: *a set of values that staff frequently reinforce for P*
- Routines: *Consistent routines for specific times of the day E.G., morning, mealtimes, bedtime, school holidays*
- Token economy: *Incentive system to gain P's engagement*
- Function based protocols (proactive): *flow charts all staff follow to prevent escalation and support pro-social interactions and development*

Reactive/Responsive

- Function based protocols (reactive): *flow charts all staff follow to functionally responding to challenges promoting consistent responding*
- Debriefing: *with P and separately with staff*





- Bedtime routine / settling at night
- Sharing adult interaction
- Peer interactions

Initial Focus

Secondary focus

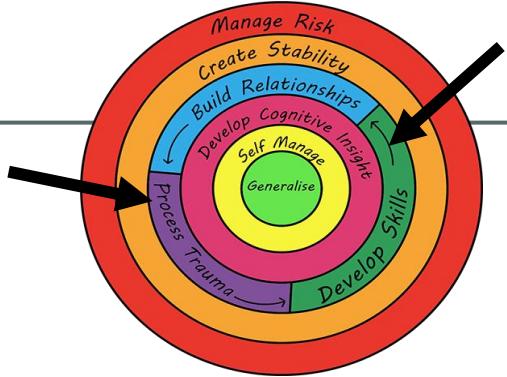
- Bedwetting
- Personal hygiene
- Emotional regulation

- Preschool Life Skills (Tolerance & Friendship)

Future

- Are the outcomes that have been achieved maintaining over time

Maintenance



Therapy

Developing Emotional Understanding

- Teaching P to label, become aware and regulate his emotions and apply these skills to trauma responses



Basic Psychoeducation (very basic)

- Teaching P to link his behaviour, thoughts, and emotions to his environment/history (age appropriate)

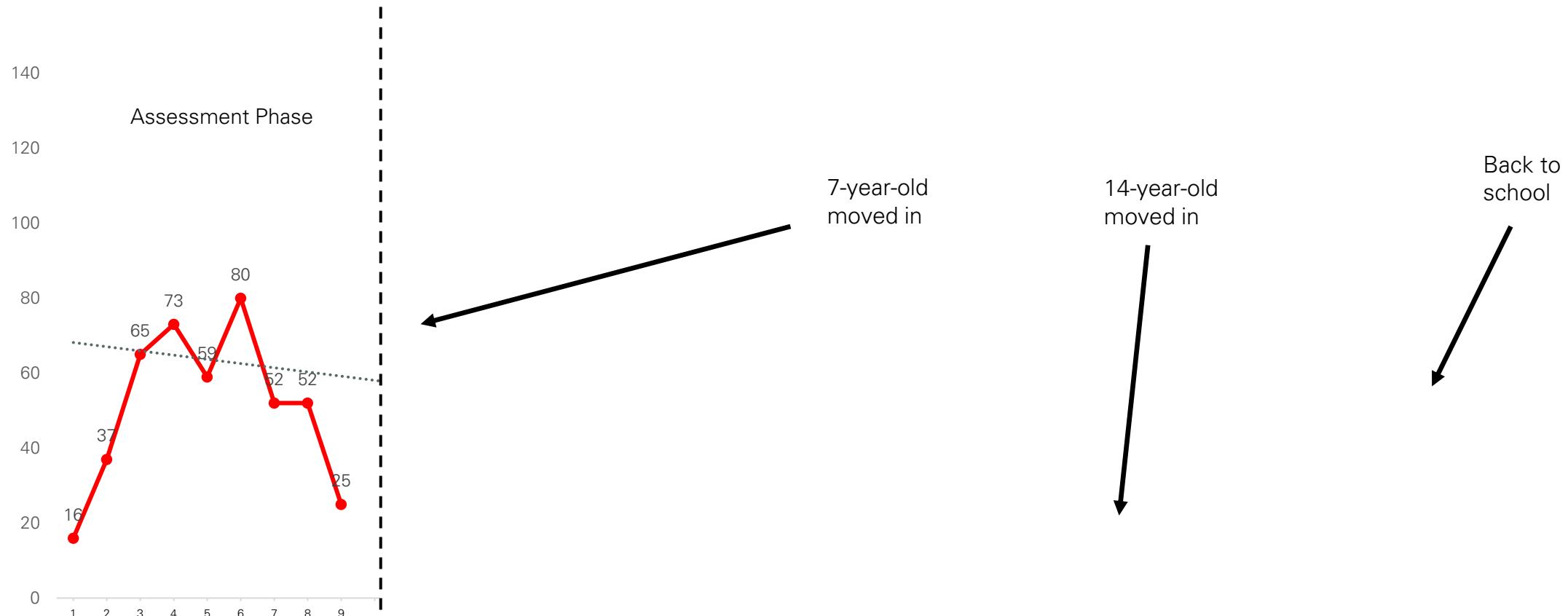


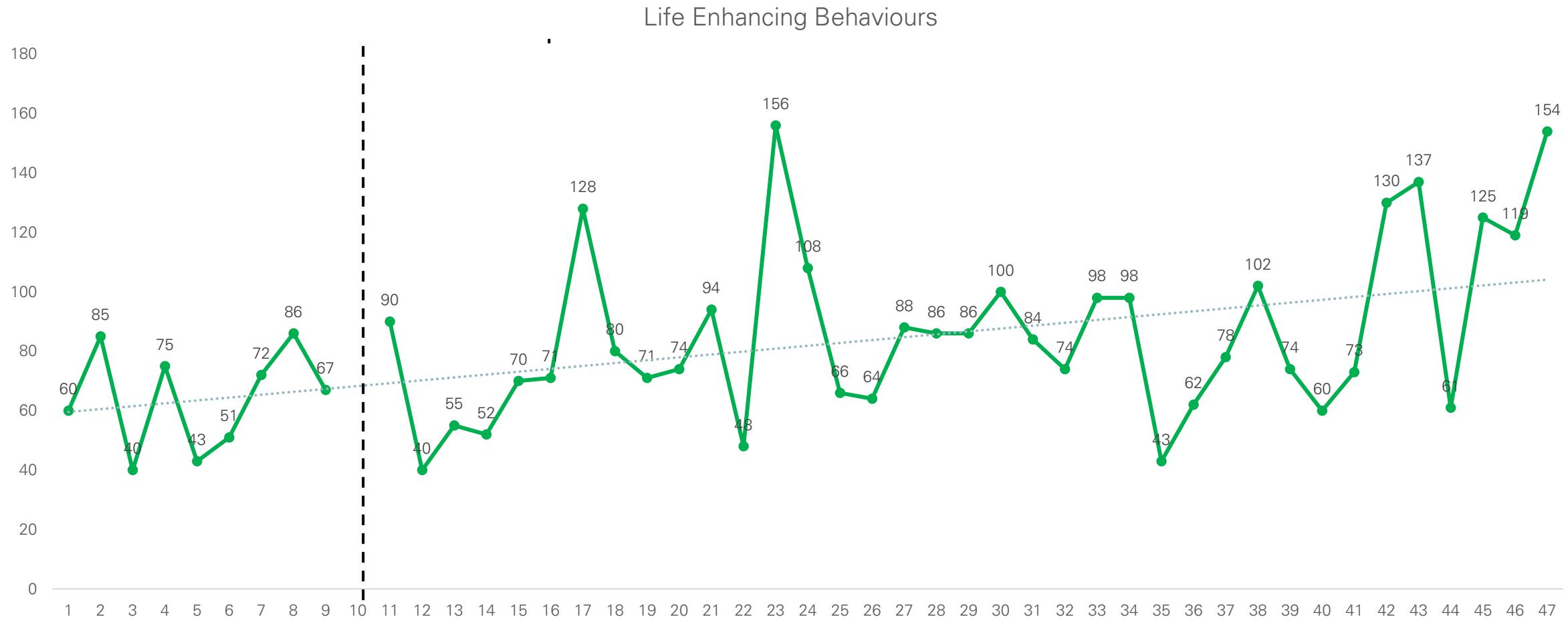
Therapeutic Life Story Work (TLSW)

- Reviewing P's narrative to support with processing ACE's.



Data Collection & Analysis

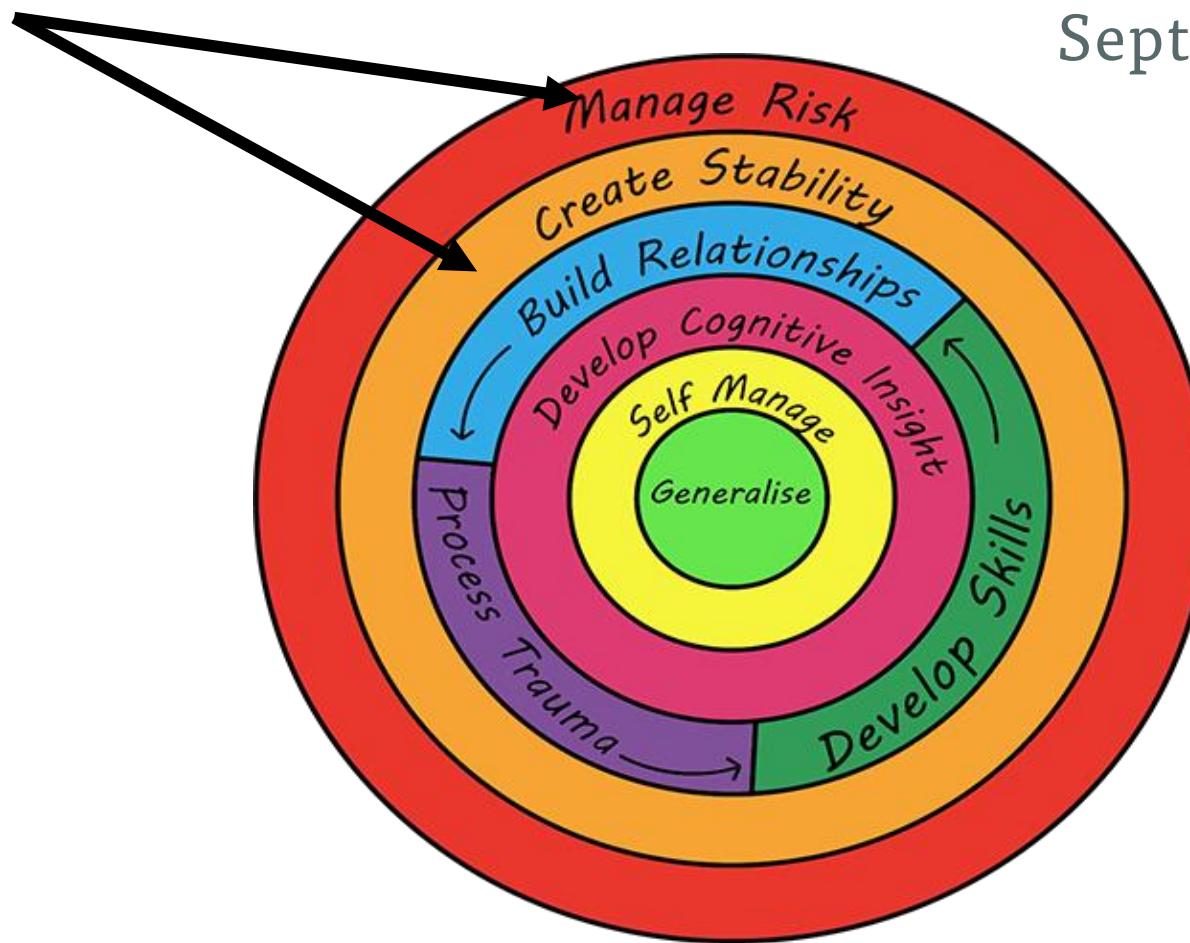




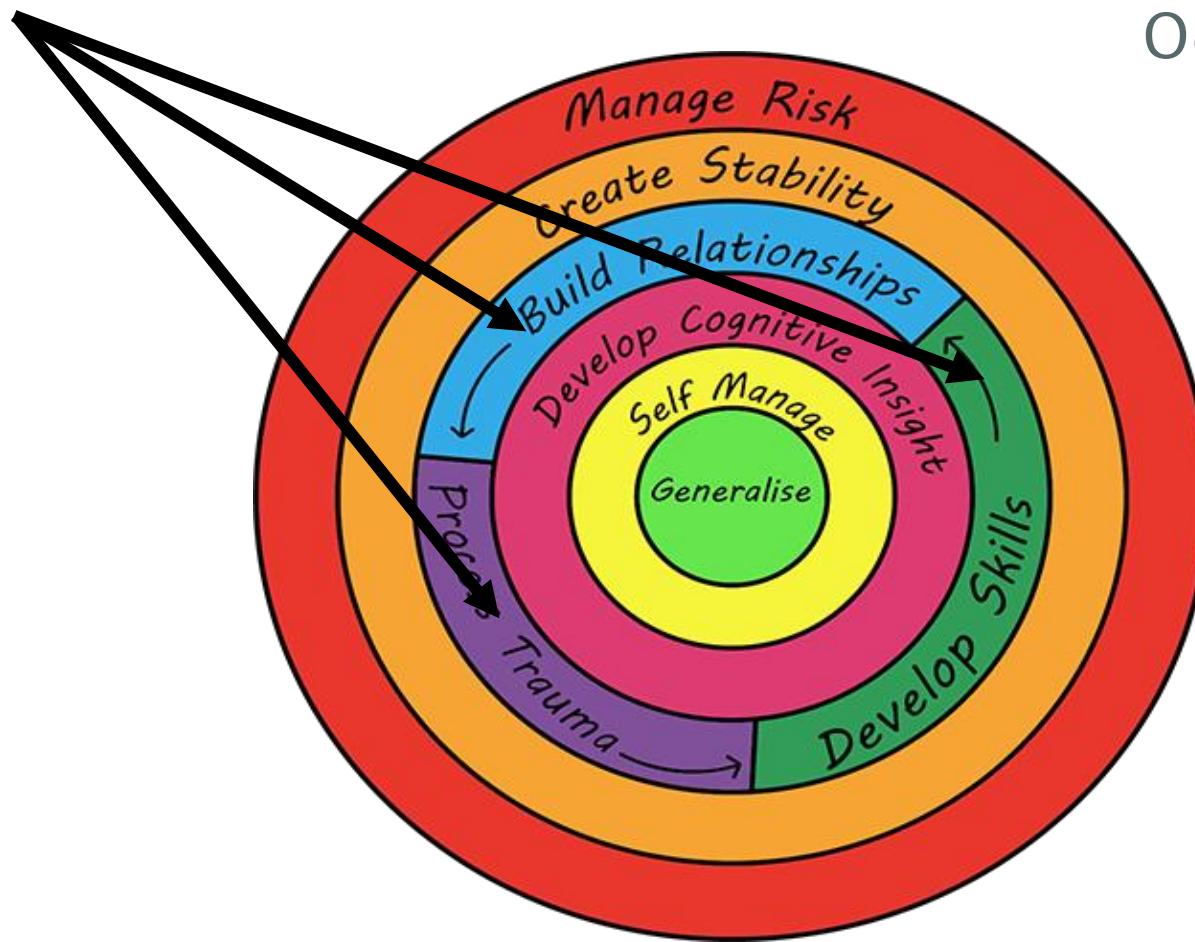
Data Collection & Analysis



September 2023



October 2024





Next steps

- Continue developing skills through guided direct work
- Continue Trauma Processing through TLSW sessions
- Re-test assessment measures
- Identify appropriate move on placement
- Train future carers
- Long term transition plan created and followed
- Wrap around support offered



More Information

- Average age of children: 10.5 (assessment unit), 12.6 (emergency unit)
- Average number of placement breakdowns before arriving: 5.5 (assessment unit), 6.3 (emergency unit)
- Average stay: 234.5 days (assessment unit), 72 days (emergency unit)
- Time to full capacity: 12 months (assessment unit), 3 months (emergency unit)
- Of the seven young people that transitioned from the emergency unit, only one has experienced a placement breakdown (due to carer illness). 1 Complex YP moved to Assessment.



Cost Analysis

- Golygfa'r Dolydd costs on average £4,674 per week, per child (£243,048 per year, per child)
- We have hypothesised that if Golygfa'r Dolydd is used correctly (early intervention) it will save the Local Authority **£1,294,004.44** (under-estimation) over the childhood of a young person with complex trauma needs

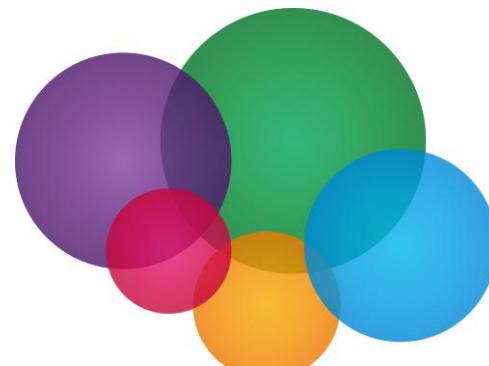
Challenges & Successes

Challenges

1. Increase construction costs & logistics
2. Design and registration
3. Culture
4. Move on sufficiency (foster placements)

Successes

1. Staggered integration of young people (transition & matching)
2. Partnership with therapeutic organisation
3. Zero turnover of staff
4. Feedback from staff and young people
5. Progress of all young people
6. Integration into community and education



Thank you for
listening

daniel.bolton@bridgend.gov.uk

Bridgend County Borough Council

barneyhuxtable@thebehaviourclinic.com

The Behaviour Clinic