

# WINDMILL FARM CHILDREN'S HOME

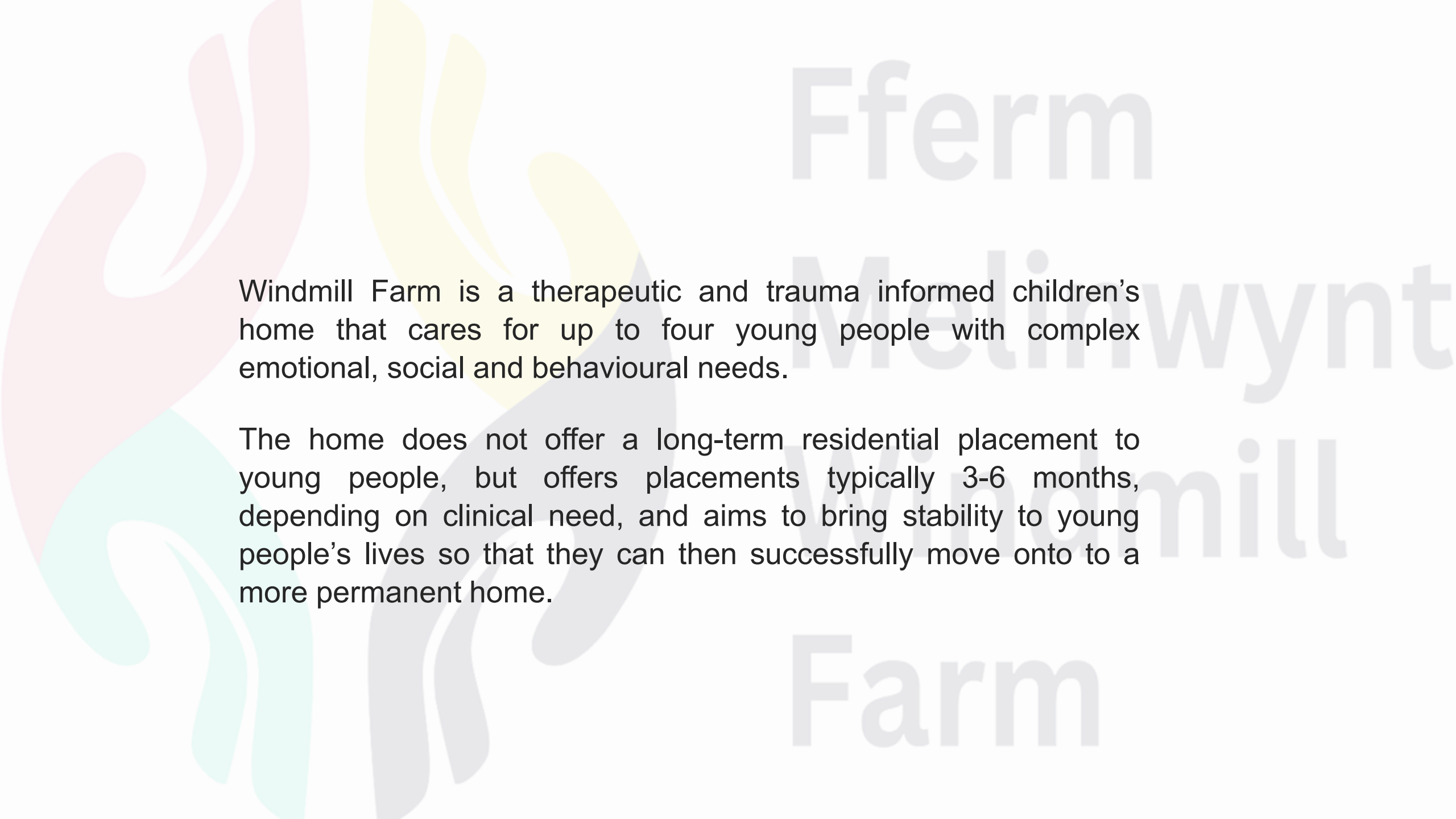


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Windmill Farm is a therapeutic and trauma informed children's home that cares for up to four young people with complex emotional, social and behavioural needs.

The home does not offer a long-term residential placement to young people, but offers placements typically 3-6 months, depending on clinical need, and aims to bring stability to young people's lives so that they can then successfully move onto to a more permanent home.













## OUR THERAPEUTIC MODEL

### CHALLENGE

*What is different about a short term home compared to a permanent residential placement?*

TYPICAL OVERARCHING THERAPEUTIC GOAL IN A LONG TERM HOME – IS TO BUILD SAFE, TRUSTING CONNECTIONS BETWEEN YOUNG PERSON AND CARER

*What can be meaningful goals in a 6 month placement?*

A SIX MONTH CONNECTION CAN MAKE A DIFFERENCE BUT IT DOESN'T OFFER PERMANENCY AND LASTING SECURITY

# CONNECTED CARE THERAPEUTIC MODEL



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## FOUR STRANDS OF CONNECTION

1. Connection with young person within the home
2. Strengthened or developing connections with the child's birth family
3. Building collaborative connections with the child's professional network
4. Building connections within the child's community



## CONNECTIONS WITHIN THE HOME





## CONNECTIONS WITH THE BIRTH FAMILY

- Where appropriate, how can we scaffold and develop family connections?
- Updates often with photos, esp showing the parent the child's successes and strengths
- Weekly meetings with parents if helpful to they feel included and their voice heard
- Direct work if needed to help develop parents knowledge and skill

## CONNECTIONS WITH THE NETWORK

- Weekly or fortnightly network meetings
- Collaborative, co-produced formulations and goals developed with all WF team and network after one month
- Goals can include those for the home and those for the network e.g. is an OT assessment needed, is a medication review required, is the child receiving adequate education etc,
- Based on the Secure Stairs framework
- [Independent Evaluation of the Framework for Integrated Care \(SECURE STAIRS\)](https://d1uwldikibnh8j.cloudfront.net)





## CONNECTIONS WITHIN THE LOCAL COMMUNITY

- Our connections aren't lasting plus the influence of unhealthy peers and spending time with people and places linked to contextual safeguarding concerns can often maintain young people's struggles
- How can we develop healthy connections which offer a place of belonging, positive role models and opportunities to build a sense of self-worth?



## TRAUMA INFORMED CARE

- Access to clinical psychologist in house 3 days a week
- Delivering training to all staff on attachment, developmental trauma and principles of DDP
- Strong focus on PACE
- Care staff have line management (deputy manager) and clinical supervision (clinical psychologist)



# NEURODIVERSITY

Two distinct referral groups

- 1) those with complex trauma, adversity and care experience
- 2) those with complex neurodevelopmental needs

To respond to the second group, a trauma informed approach is often still helpful, but the team also need a strong understanding of autism, PDA and ADHD and the overarching model is more informed by their neurodevelopmental needs.

Challenge is equipping the staff team with expertise in both these populations and we are still evaluating if we are more successful with one group over another





## PLACEMENT LENGTH

- Originally 3 mths and now up to 6 mths and as clinically indicated
- Pace of work feels different for many carers who have previously worked in long term homes
- Need to constantly consider move on plan and v regularly review goals and progress
- Time goes quickly!

## WORK TO DO ...

- Majority of our young people are not in education or receive minimal education (typically 4 hrs only)
- How do we work with the LEA to create a long term solutions where suitable education settings are available to meet the young peoples' specific needs?
- In the short term, how do we ensure we offer the structure and routine our children need during the day but also have realistic expectations of our care staff?
- Example of creative ways we have tried to respond to the lack of education inc developing our own forest school, linking in with Princes Trust and looking to potential deliver their Achieve Programme, Street Games ...



## 1 YEAR EVALUATION

- 9 children during first year
- Clarify referral criteria
- Improved communication
- Training and development of the team
- Review referral process
- Review 12 week model
- Improve education timetable
- Consider the physical environment
- Quality assurance systems

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## REWIND

- Amended rota pattern
- Robust furniture is worth the outlay
- Utilise those with experience in designing services
- Invest in protected time with your team
- Review, be honest, be brave

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# Any Questions?

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