

Adoption and Special Guardianship Support Funded Specialist Therapeutic Service



Information for parents, carers and referrers

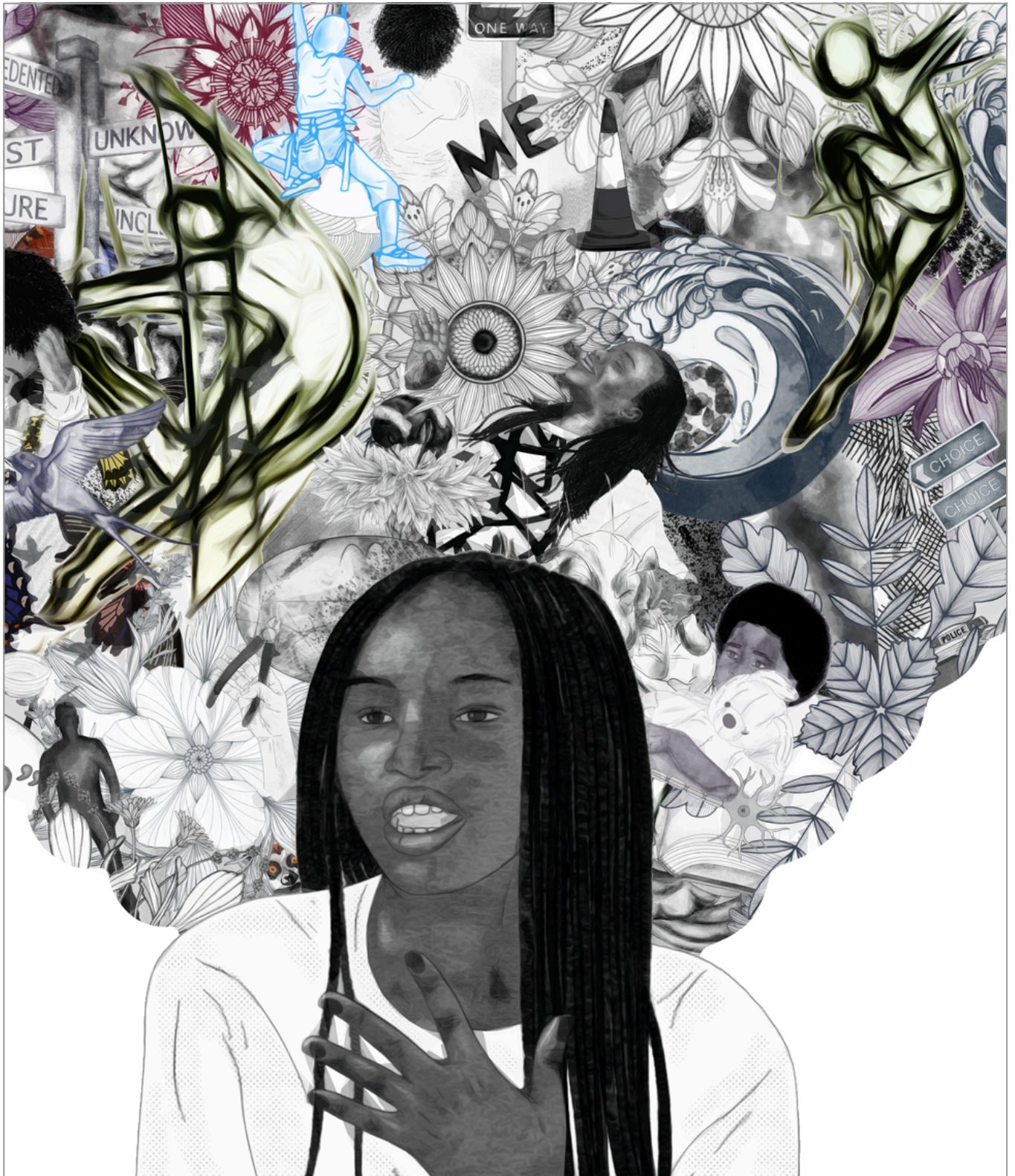
Specialist therapy funded by the ASGSF

At Beacon House the £3000 Fair Access Limit allows for 15.5 hours of therapeutic intervention per financial year, per child.

If a child or young person has not had a therapeutic needs assessment, we will use an initial 3-6 hours of funding (dependent on need) to identify your therapeutic priorities and develop an initial understanding of your family's needs. This helps us to plan your therapy in a more purposeful way.

Due to the complex, long-term therapeutic needs of children and young adults eligible for ASGSF funding, we are not currently offering individual therapy for children and young people – unless there is additional funding to top up the ASGSF.





Therapeutic Interventions

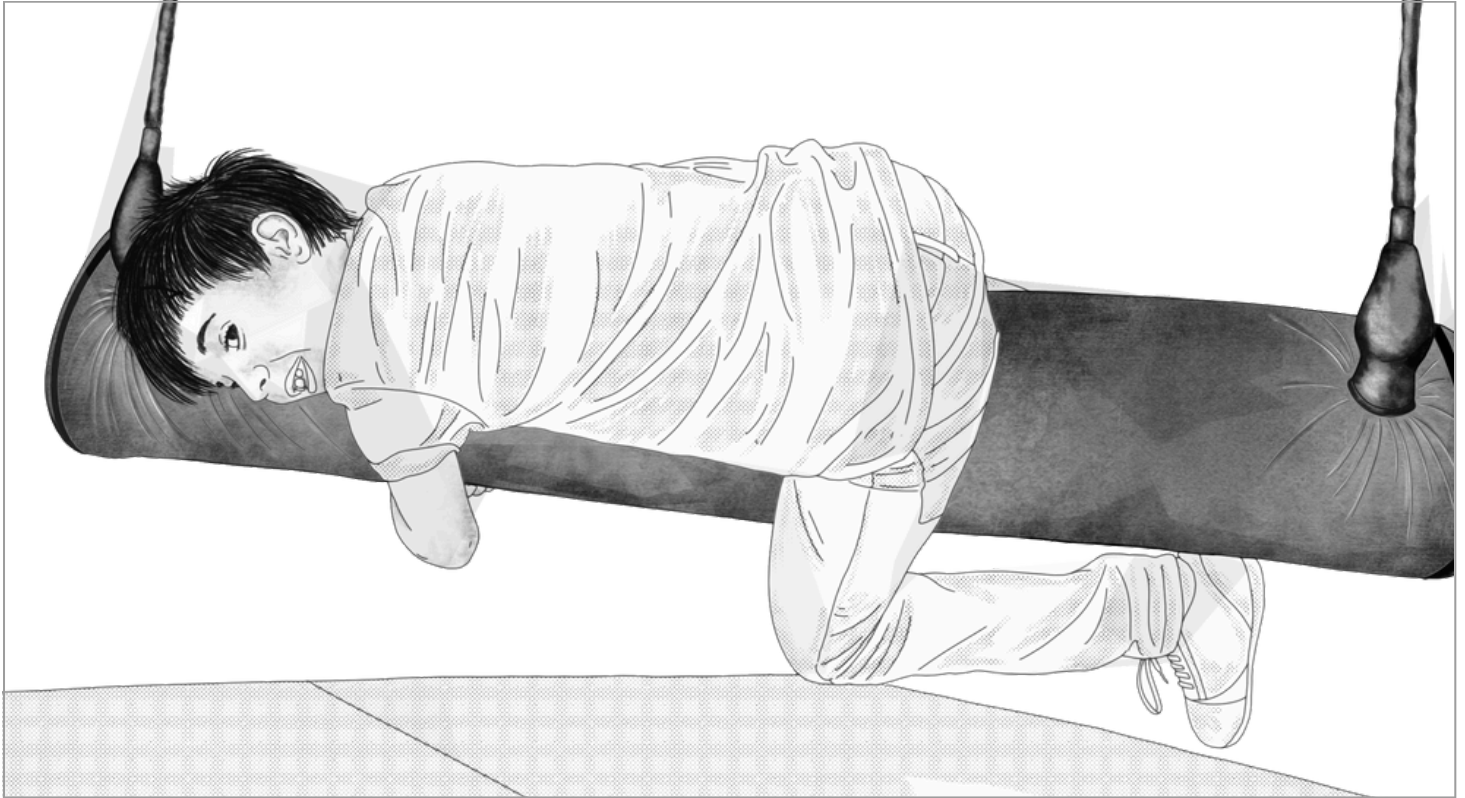


Therapeutic parenting with parents and carers

Parenting children who have experienced early loss, separation and trauma can be both deeply rewarding and deeply challenging. Experience has shown us that often the quickest growth and healing can come for children when we work with you directly as parents/carers.

Through a 1:1 therapeutic parenting intervention with Beacon House, we will work with you to:

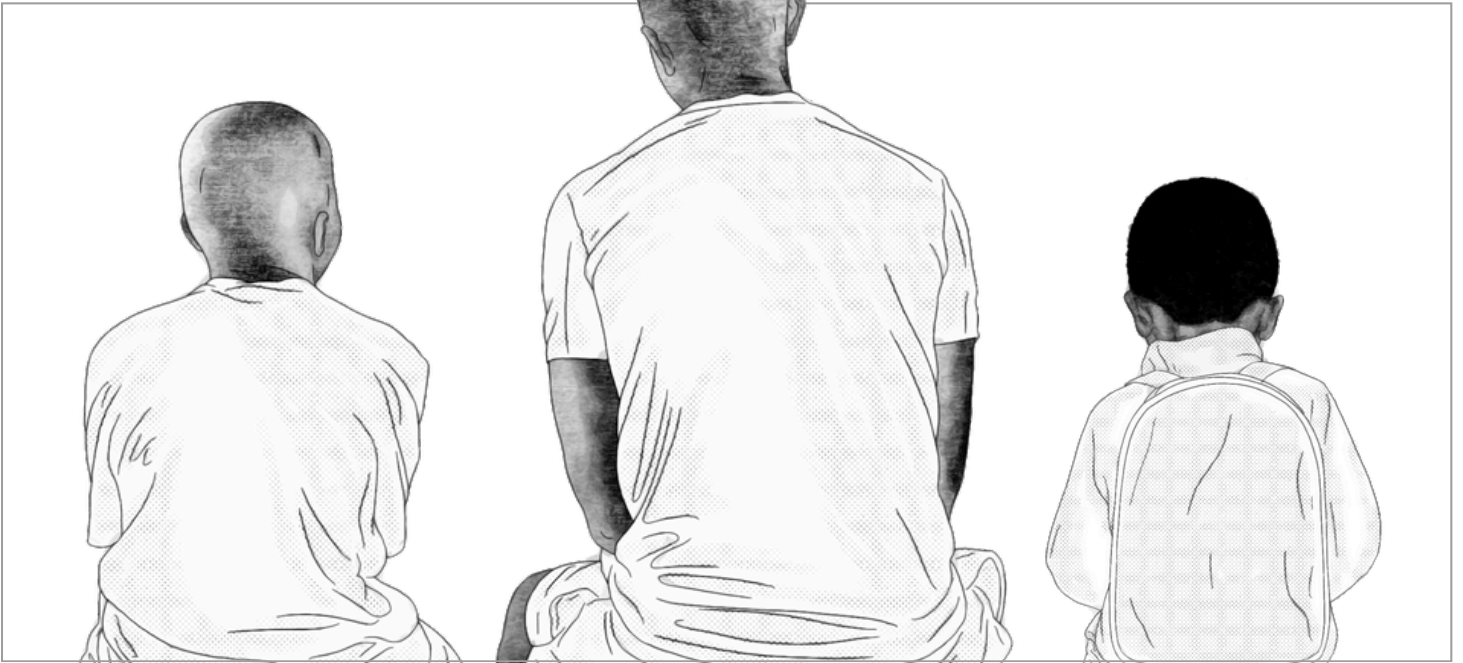
- Build opportunities for your child to feel more emotionally regulated through their relationship with you
- Strengthen your child's attachment with you
- Increase moments of safety, structure and attunement at home
- Support opportunities for you and your child to process traumatic memories through the safety of relationships
- See progress in how they behave through the power of connection



Sensory Attachment Intervention (SAI) with an Occupational Therapist

Our Occupational Therapists work with children and their parents to support them to:

- Understand how the child's over or under-sensitive sensory systems impact their day-to-day life at home and school
- Learn strategies and activities to develop and strengthen their sensory systems at home and school
- Use sensory activities to help regulate the child's levels of arousal so that they learn over time how to feel calm in their bodies
- Strengthen the parent-child relationship to support the child to feel soothed and regulated.

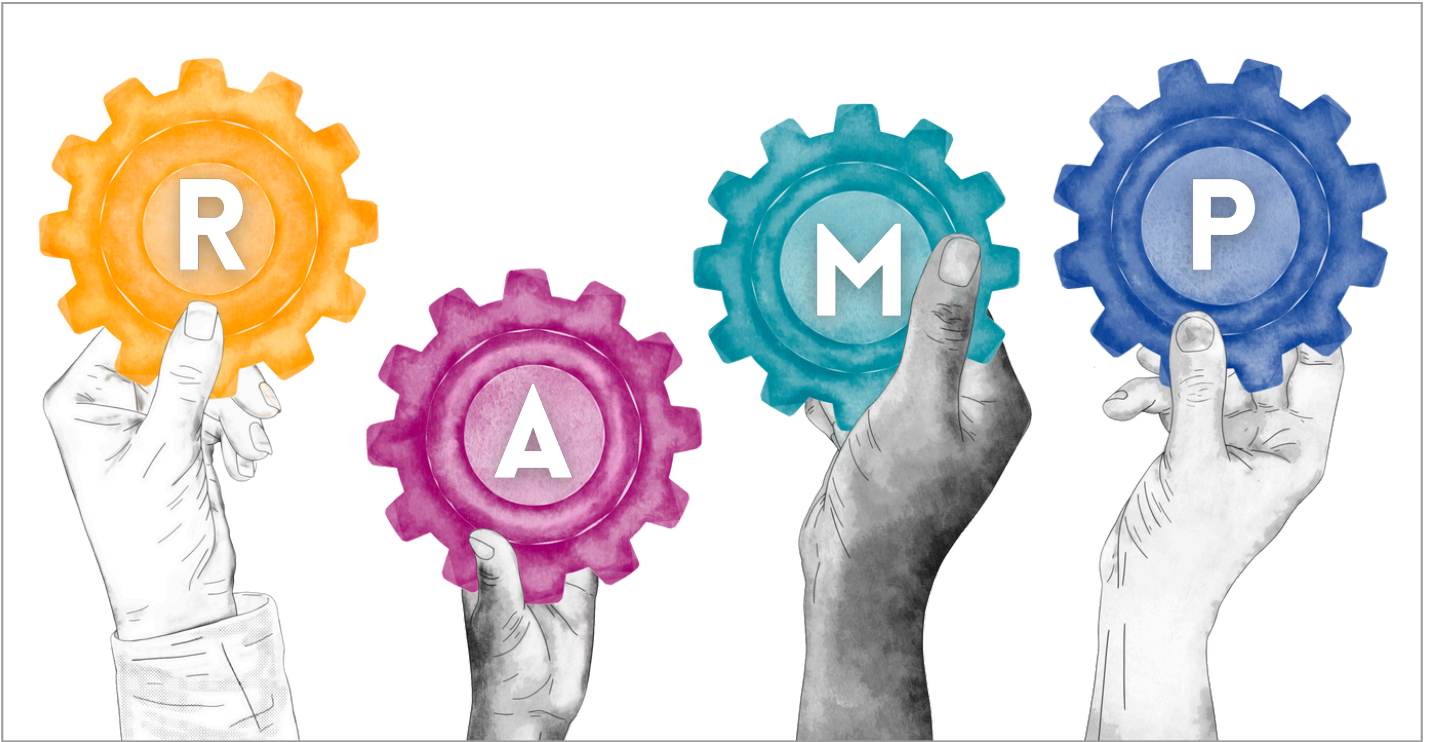


Systemic Family Work

When we are able to combine the Fair Access Limit for two or more siblings within a family, we are able to work with the whole family moving between child-only, parent-only and family sessions.

Working creatively and systemically in this way can support children and their parents through working on goals that are a priority for them. This may include:

- Strengthening relationships across the family
- Building the skills for emotional regulation in all family members
- Improving communication, understanding and listening within the family
- Making sense of past traumas, loss and grief



RAMP: Reducing Anxiety Management Plan

A Reducing Anxiety Management Plan (RAMP) is a tool to help schools to support children who find it difficult to self-regulate, possibly struggling with peer relationships, and who may be emotionally and behaviourally younger than their chronological ages as a result of early experiences of trauma and abuse.

Each RAMP will be individualised and tailored to the needs of the child or young person taking into account some important key principles:

- Collaborative working
- A formulation approach
- Empowering the young person
- Focusing on meaningful change

CLICK HERE

[To find out more about RAMP](#)



Specialist parent–carer therapeutic groups

Parenting a child who has experienced early trauma can be an isolating experience. At Beacon House we offer the opportunity to join one of our 5 specialist parent-carer groups. Each group provides both therapeutic input from two specialist psychotherapists/psychologists and also provides the experience of community, as you work together with other parents/carers who are on a similar journey.

The groups are...

Therapeutic Parenting for Adopters

Location: Chichester and Cuckfield



Group Goals

- How can I settle and soothe my child when they are dysregulated?
- How can I understand and respond to the communication that is 'underneath' my child's tricky behaviour?
- How do I find the words to talk to my child about sensitive subjects that they would rather avoid (e.g. painful experiences, school, setting boundaries)
- How do I stay calm myself when my child says or does something hurtful or harmful and my feelings start to overwhelm me?

Therapeutic Parenting for SGO, Kinship Carers

Location: Cuckfield



Group Goals

- How can I settle and soothe my child when they are dysregulated?
- How can I understand and respond to the communication that is 'underneath' my child's tricky behaviour?
- How do I find the words to talk to my child about sensitive subjects that they would rather avoid (e.g. painful experiences, school, setting boundaries)
- How do I stay calm myself when my child says or does something hurtful or harmful and my feelings start to overwhelm me?

Transition into adulthood group for parents/carers

This group is for parents and carers of young people aged 17-25

Location: Cuckfield



Group Goals

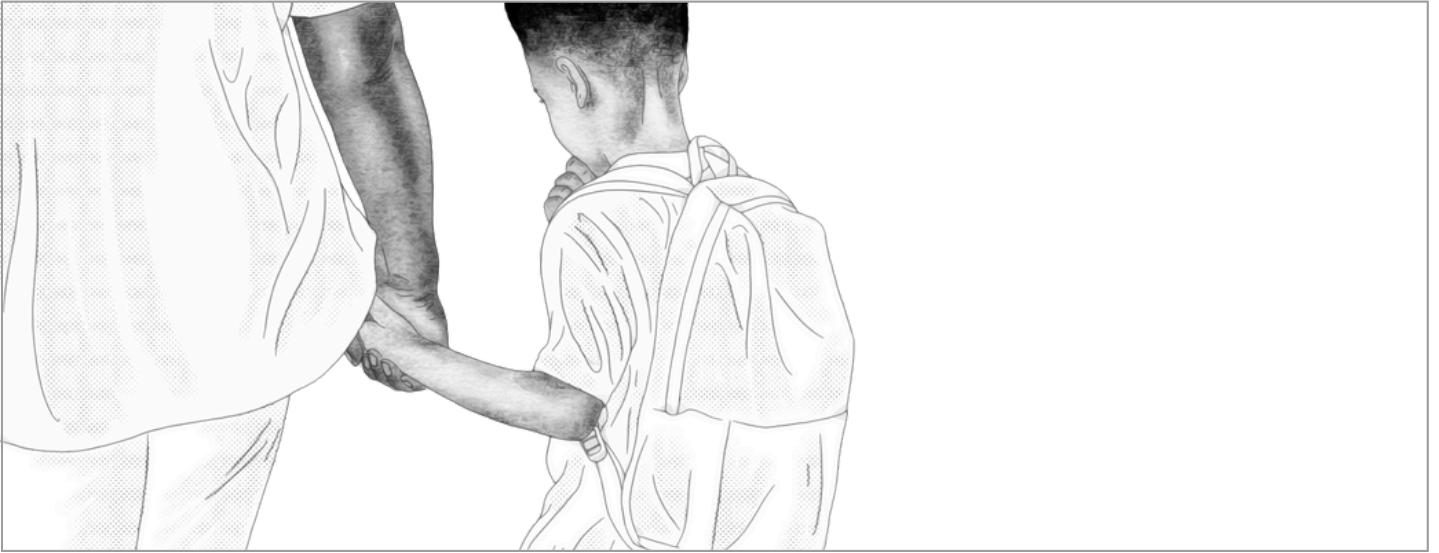
How do I navigate parenting my child once they become a legal adult, particularly when:

- Our relationship has often been tricky or strained
- My child is adult-aged, but developmentally much younger in many ways
- Services exclude me or expect too much of my child
- Support services from other agencies has disappeared when they turned 18, but they still need a lot of help with managing their life and relationships

New Family Group

This group is for parents and carers of children aged between 2 and 6 who joined their family unit a year ago or less*

Location: Cuckfield



Group Goals

This group will support parents and carers in exploring the challenges specified in the referral. Some of the themes we are familiar with for this group of families are:

- In 2 parent families, a child has a strong preference for one parent or carer and avoids the other, which is causing strain in relationships
- Concern that a child appears not to be forming attachments with parents or carers, or appearing to prefer strangers to familiar adults
- Difficulties around feeding, sleeping, toileting, transitions between people and places that are over and above what is developmentally typical
- Parents/carers have limited family and friends support and would benefit from a psychologically safe space to explore some of the challenges of being a new family

**Families will be referred to this group by social workers because complex/therapeutic needs have already been identified, but the child is too young or their needs mean that direct therapeutic support is unlikely to be accessible or appropriate for the child.*

Group Information

Group attendance costs a total of £2997 and includes:

A 2-hour assessment meeting
with the parent/carer

A therapeutic letter to the parent/carer
summarising their needs and the plan

5 x weekly 2-hour group sessions
with 2 psychotherapists

A 1:1 check in appointment

5 x weekly 2-hour group sessions
with 2 psychotherapists

A 1:1 review meeting

A review report summarising outcomes
and recommendations



**All referrals must be
received by 15th
September**

Find out more

If you would like to find out more about any of our therapeutic services, please get in touch:



Call us: 01444 413 939

Email: admin@beaconhouse.org.uk

Visit our website www.beaconhouse.org.uk

