

KEY ELEMENTS OF AN ADOPTION SUPPORT SERVICE

Appendix Seven - Section 9 - Adoption Support Services are structured and co-ordinated to meet different levels of need.



Neuro Physiological Psychotherapy

Area of the brain:	Focus:	Theme:	Interventions:	
Primitive (reptilian) Brain	Sensory processing	Sensory modulation	Sleep, diet and toileting advice	DDP principle informed parent sessions Parent support School liaison/ Intervention Network meetings Intensive therapy weeks
	Trauma Responses	Fear and stress reduction – establishing sense of safety	Somatic Experience	
	Physiological Regulation	Emotional and physiological awareness	Ayres Sensory Integration	
	Body connectedness	Attunement and co-regulation	Sensory Motor Arousal Regulation (SMART)	
	Attachment	Sensory motor skills development	Sensory Strategies	
Limbic Brain			Developmental re-parenting	
			Developmental play, rhythm, singing, etc.	
			Theraplay informed strategies	
	Trauma Responses	Developing felt security and more 'secure' ways of relating	Continue sensory/somatic work mindfulness	
	Arousal and affect co-regulation	Shame reduction and empathy building	Theraplay informed strategies	
Cortical brain	Window of Tolerance	Sensory motor skills development	Dyadic Developmental Psychotherapy principles	
	Attachment	Building limbic-prefrontal cortex connections	Creative Arts	
			Developmental re-parenting	
	Integration	Reflection and increased emotional awareness	Continue sensory/somatic work mindfulness	
	Reflection	Developing of a coherent narrative	Therapeutic Life Story Work within DDP principles informed framework	
	Attachment	Sense of Agency	Facilitated contact	
	Self-regulation	Fine motor skills	Individual Psychotherapy	
	Identity			

Cullough, E. and Mathura, A. (2019) A comparison between a Neuro-Physiological Psychotherapy (NPP) treatment group and a control group for children adopted from care: Support for a neurodevelopmentally informed approach to therapeutic intervention with maltreated children. In *Child Abuse & Neglect*, 97 (2019).

McCullough, E., Gordon-Jones, S., Last, A., Vaughan, J., & Bumell, A. (2016). An evaluation of Neuro-Physiological Psychotherapy: An integrative therapeutic approach to working with adopted children who have experienced early life trauma. *Clinical Child Psychology and Psychiatry*, 21(4), 1–21.

The Neurosequential Model – as described by Beacon House

www.beaconhouse.org.uk

School

The Neuro Sequential Model of Therapy

Building from the bottom up

Integration

THIRD FOUNDATION

Working with the cortical brain to:

- Develop the child's sense of identity
- Make sense of the child's life story
- Strengthen reciprocal relationships

Interventions:

- Family therapy
- Therapeutic Life Story Work
- Creative Arts Therapy
- Psychotherapy - EMDR, MBT
- DDP
- Drama therapy

THIRD FOUNDATION

SECOND FOUNDATION

Working with the limbic brain to:

- Build the bonds of attachment
- Support parents to co-regulate and mentalize
- Process traumatic memories
- Enable the parent/carer to regulate their own emotions

Interventions:

- DDP
- Theraplay
- Therapeutic parenting
- Parent-child Psychotherapy
- Video Interaction Guidance
- EMDR, drama & movement therapy

SECOND FOUNDATION

FIRST FOUNDATION

Working with the primitive brain to:

- Regulate the child's fight/flight freeze/submit survival systems.
- Develop co-regulation between the child & adult
- Disarm child's survival response in school
- Enable the parent/carer to regulate their own emotions

Interventions:

- Sensory Attachment Intervention
- Stabilise the school environment
- Systemic intervention with school and home
- Therapeutic parenting
- Drama therapy

FIRST FOUNDATION

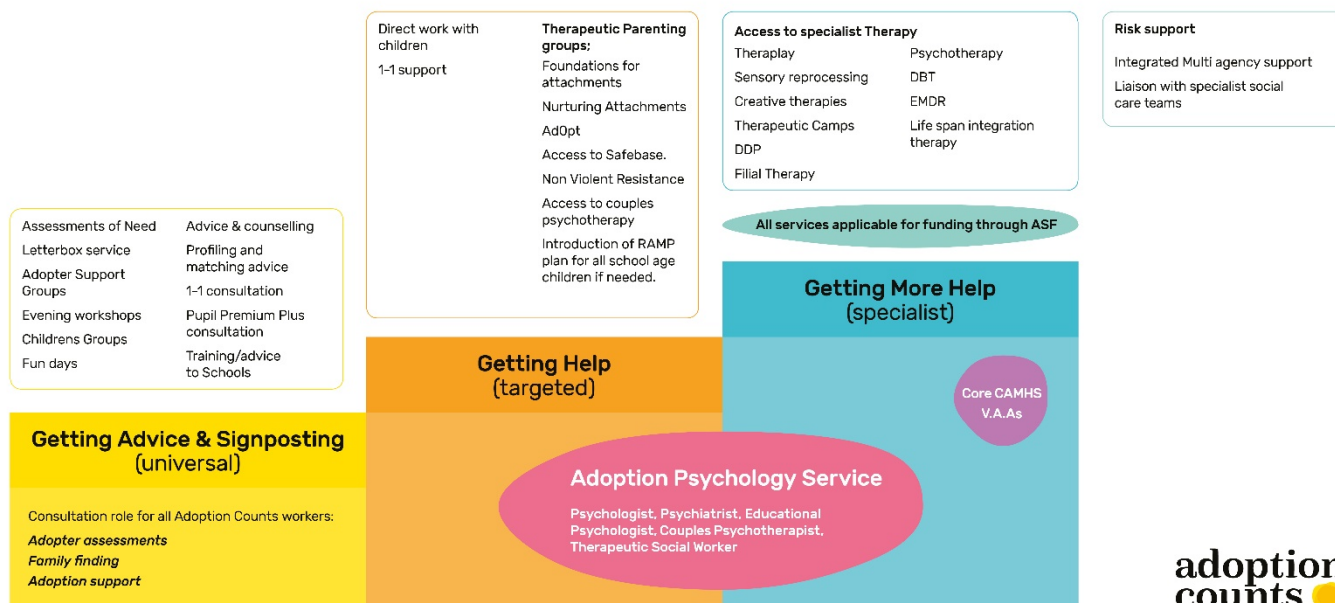
Child's Development

Parents / Carers

Therapy

Wider Network

Adoption Support Service - Graduated Approach



This has been cross referenced with the I-Thrive model used nationally with CAMHS.

i-THRIVE Model of Care - Adoption Support



A Look Inside the Menu of Services



Graduated Approach

The Centre for Adoption Support



OAWY – Adoption Support Programme

One Adoption West Yorkshire - Adoption Support Core Offer

This core offer is for all adopted children who are placed with OAWY families and live within the OAWY area.

Preparation Training

- 3-day training
- Therapeutic Parenting / PACE / Neuroscience/Trauma
- **Baby Basics (*)**
- Connected by Adoption
- Tailored training for siblings / EPP / Older Children
- Identity and Contact – Meeting Birth Parents

Between Approval and Placement

- 4ht Day Training
- **Consultations – Tailored Training (*)**
- Reading Lists
- **E-learning sets to reinforce the preparation stage face to face training (*)**
- VR – learning sets

After Placement (up to 3 years)

The following adoption support measures will be offered in the **Adoption Support Plans** as standard for all adopters. *(Need to agree a standard wording, to ensure we get ASF funding).* The support aims to build on preparation stage training. This will enable the adopters to develop therapeutic parenting skills and offer continuing support.

- 1. Peer Support**
- 2. Adoption UK Membership with access to e-learning sets (1 Year)**
- 3. Stay and Play groups**
 - Stanley, Wakefield – held fortnightly
 - Pool-in-Wharfedale – held monthly
 - Barwick-in-Elmet – held monthly
 - Halifax – held monthly in Play Gym
 - Future potential group in Denholme (identified gap in the Bradford region)
- 4. Enhanced Therapeutic Parenting Skills Programme** (All ASF funded, refer to the ASP with brief review in the application)

Relationship Enhancing Training

- a. Theraplay groups or Theraplay informed Therapeutic Parenting Groups (OAWY staff)**
Universal or
- a. VIPP-SD (OAWY – R&A staff) (Needs based / assessment) (*)**
 - Immediately after Placement
 - To increase: the observational skills of caregivers, caregivers' knowledge about the upbringing and development of young children, the capacity of caregivers to empathize with their children, and to make caregiving behaviour more effective by using sensitive responsiveness and sensitive discipline.

To improve Therapeutic Parenting Skills / Knowledge

- b. Adopt (OAWY staff)**
 - Approval – Placement stage
 - children aged 3 – 8 years
 - Designed as a preventative programme to help parents understand and respond to the often-complex needs of their children, getting them off to a healthy start.
- c. Safe Base**
 - 6-12 months after placement

- Creates a strong foundation for loving and lasting relationships within the family, giving children the confidence to feel safe and secure with their parents or carers.

d. Foundations for Attachment

- 18 months – 3 years after placement
- A Structured programme to help parents and carers to nurture attachments with their child
- Aimed at adoptive families who are experiencing difficulties due to their child's early life experiences

On-going adoption support available for all from approval stage

One Adoption West Yorkshire will offer the following services to all adopted children, young people and adopters living in the West Yorkshire area.

1. Adoption Duty Line

- Guidance and Advice
- Assessment Referrals
- Crisis intervention and de-escalation work

2. Workshops

- Core workshops that will run regularly across the region.
- Explore if some of the workshops could be run (co-run) by adopters
 - Education, Primary School, Life Story, Contact, Self-Care, Brain Development (review and agree what the core offer will be)
- Other thematic workshops based on need

3. Support Groups for Adopters

- Develop the groups further by looking if they could be profiled by children's ages for example.
- Explore if some of the groups could be run (co-run) by adopters

Current groups running:

- Headingley, Leeds – monthly
- City Centre, Bradford – monthly
- Mirfield – monthly
- Calderdale (St Paul's Church Sowerby Bridge – bi-monthly
- Calderdale (Mereside Cafe) – single adopter's group (3 times a year Jan, May, Sept)

Groups running for teenagers:

- Teens group – Bradford (how often?)
- Cooking Crew – Leeds (closed group) weekly term time only
- Teens group – Leeds four times a year school holiday times
- Adopteens

4. Activity Days (Weekends) Quarterly

- Run by OAWY Staff
- Structured activities for children & networking opportunity for parents

5. Activity Days (Weekends) Monthly (?)

- Run by Peer Mentors and specially trained adopters
- Structured activities for children & networking opportunities for parents
- OAWY to guide adopters how they can get funding for these activities
- OAWY to provide training to adopters enabling them to run the courses (Safeguarding etc.)

6. Adopter led Activity Clubs

- OAWY to guide adopters how they can get funding for these activities
- OAWY to provide training to adopters enabling them to run the courses (Safeguarding etc.)

7. Needs Based Direct work / Therapeutic Support / Training

- Allocated Social Worker direct personalised support & crisis interventions & assessment
- NVR – 2 courses p.a. (closed group, max 12 adopters 6 couples runs for 12 wks) (ASF funded – assessment of need)
- Therapeutic Life Story Work (ASF funded – assessment of need)
- Theraplay (ASF funded – assessment of need)
- Building Underdeveloped Sensory Systems (ASF funded – assessment of need)
- Other interventions (ASF funded – assessment of need)

- Intermediary work and re-unification work
- Adoption Breakdown prevention / support
- Home and Away setting up and review
- Support for young people and families who move on to independent living

8. Celebration Events

- Wakefield – Christmas and Easter events
- Leeds – New Adopters – late spring
- Overton – ‘Kirklees’ – August
- Saltaire – large event – June/July
- Halifax area – 2 events. Summer Picnic Mereside café Shibden and annual celebration (c Oct or Nov) currently Brighthouse Civic Centre.

9. Miscellaneous

- Web Site
- Newsletters
- Training for foster carers
- Training to schools
- Training to other professionals
- Access to records for adult adoptees and those related by adoption.
- Birth parent counselling and support.

***) Future Development**