



# Support & training services for adoptive families & permanency carers

A guide for adopters and carers

March 2017

The Centre for  
**Adoption Support**

We know every child is different, there is no 'one size' of support that fits all

[www.centreforadoptionssupport.org](http://www.centreforadoptionssupport.org)





The Centre for  
Adoption Support

**Let them be little, as  
they will only be that  
way for a little while.**

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## Who are we?

The Centre for Adoption Support is a unique northwest based service providing support and training to adoptive families and more recently, permanence carers through kinship and special guardianship.

The centre was established in 2013 as a partnership between two long established charities and specialist adoption agencies, Adoption Matters and Caritas Care with support from the Department for Education. The two agencies together have over 140 years' experience in working with Local Authorities across the UK to find families for children in care and provide adoption support services. Visit our website to meet our team at: [www.centreforadoptionssupport.org](http://www.centreforadoptionssupport.org)

Both adoption agencies are rated as 'outstanding' by Ofsted and Adoption Matters were named Voluntary Adoption Agency of the year by BAAF in 2012 & 2014.



***As at January 2017, we have worked with 532 families, nearly 50 different local authorities and over 120 schools across the Northwest.***

Our experience shows that by providing families with access to broad training and support from the early stages we enable them to develop their own strategies for managing the family situation and build their confidence and resilience.

## Our process

We understand that many adopted children can face challenges as a result of early life experiences and sometimes, children, their families, schools and all those around them need help to understand and meet those challenges. Our experienced team will work with you, and if needed your local authority, to identify the best support for them at their point of need at whatever age or stage.

Most of our services fall within the remit of the Adoption Support Fund meaning that your local authority can apply to this fund. We will support all families by liaising with your local authority in submitting the application.

## What we offer

Our training programme is ever changing to meet the needs and demands of our adoptive families but this brochure will give you an overview of what we currently offer to families. For example:

- Reflective Therapeutic Consultations, meet with you to discuss your requirements
- Training courses: Nurtured Heart Approach, Therapeutic parenting; Life story workshops, Child to Parent violence, parenting siblings and many more
- Activity days and events; rock and river, drama etc
- Online training (iMatter)
- Direct work with families and individuals
- Referral (where appropriate) to our Therapy Service led by a Clinical Psychologist
- Support for children in the school setting (specialist services to schools)
- Quarterly newsletters providing details of all courses and workshops on offer
- Family support services / buddying / groups such as Nestlings

## Training & Support

We know that learning is an ongoing process for all parents and especially for adoptive parents. We offer support continually to all our adopters with ongoing training on issues that affect their lives and changing needs. All of our training and support sessions listed are led by qualified CfAS staff. We welcome all suggestions on future training so do have a chat with us. Pricing for training and support is available separately: contact the Centre directly for the latest price-list, training dates and venues.

All standard training and support offered by the Centre for Adoption Support is available **free of charge to all Adoption Matters and Caritas Care approved adopters**, for all pricing queries please contact us.

You and Your Support Network	Support for extended family and friends to help them understand your new family situation and the factors that lie behind your child's behaviour
Life Story Work & Talking about adoption	Helping adopters understand their child's background and better prepare them for sharing that information appropriately at different stages
Parenting Teenagers	Providing Adoptive parents with the opportunity to consider the rewards and challenges of parenting teenagers, where adoption is once again examined by their children. Information about neuro activity will be shared as well as considering strategies.
Therapeutic Parenting	An interactive day where CfAS staff will share elements of Theraplay, Dyadic Developmental Psychotherapy and the Nurtured Heart Approach which can be taken away and tried at home.
Child to Parent Violence	For families who manage physical and verbal aggression at home, the session will focus on ways of managing, living with and reducing aggression within the home.
Reflective Therapeutic Consultations with families	Provided to adoptive families pre & post approval. Reflective Therapeutic Consultations are office based and led by a member of the CfAS team. They are held weekly on one day of the week in various locations across the North West in order to provide an accessible service to families.
Education consultations	Held by the Education worker across the region which can be accessed by professionals and families.
Activity Days Rock & River Den Building	Providing an opportunity for children to meet and have fun. The therapeutic value of such days is very valuable to both children and their families.
Foetal Alcohol Syndrome	To consider the effects of alcohol on the unborn infant as well as the longer term impact on various aspects of child development. Living with a child on the FAS spectrum requires an increased understanding of the daily challenges. Tried & tested strategies will be shared.

## Training & Support

Nurtured Heart Day 1	The workshop is designed for parents and professionals who wish to learn about the Nurtured Heart Approach at an entry level. The workshop will help all successfully transform challenging and intense behaviour while putting the adult back in control.
Nestlings	An opportunity for newly formed families to meet for a coffee and a place for their children to play, led by trained staff.
Training for Schools	Training provided for school staff within their own schools. This service is usually provided at the end of the school day, or during inset days and can be delivered across the region. This enables the whole staff group to access the training in situ and provides information about Attachment and the Impact of Early trauma. This training is often followed up with the completion of an individual plan for the child. This training is chargeable directly to schools.
Nurtured Heart in schools	Education professionals who have attended the Nurtured Heart training have seen that the benefits of the approach work well within the education setting. We have a programme that can be delivered specifically for schools who wish to embrace the approach within the culture of their school. <i>“Educators have had astounding results in greatly increased test scores, attendance, and teacher satisfaction, as well as reduced bullying, suspensions, and mental health referrals.” Nurtured Heart UK</i>
Self Esteem & Shame Workshop	Inspired by the work of Dr Dan Hughes and Dr Brène Brown, in this workshop, we will discuss the ways in which children’s self esteem and ability to manage shame is affected by experiences of early trauma.
Parenting Siblings	This workshop looks at the joys and challenges of parenting siblings, exploring how therapeutic parenting strategies may be adapted for families adopting more than one child.
Theraplay Parenting Groups	Groups look at Theraplay attachment-based parenting techniques.
Video Interactive Parenting Programme with Sensitive Discipline (VIPP-SD)	A member of the team is trained by the Tavistock in the delivery of this gold standard NICE approach. This is an approach recognised by the Department of Education as having strong evidence base and is a short term intervention delivered within the family home. This is an attachment based intervention for families with children aged 6 years and younger. If interested in knowing more, contact a member of the team.

## Training & Support

RAMP Reducing Anxiety Management Plan	Reducing Anxiety Management Plan. The RAMP is a tool to help schools to support children who find it more difficult to self-regulate, possibly struggling with peer relationships and who may be emotionally and behaviourally younger than their chronological age, as a result of early experiences of trauma and abuse. We have found that it is a useful tool for the adopted children and their families who access our service, the Centre for Adoption Support. The main purpose for completing a RAMP is often to capture all the understanding and knowledge that parents and school staff have developed about a child's different levels of anxiety, as well as the different strategies they have found useful in helping them to calm down when anxious, and to share all this understanding with others in the school. An added bonus of the RAMP is that it tends to improve or strengthen the relationships between home and school.
RAMP review	Following the completion of a RAMP we would review its effectiveness after a couple of months and where appropriate make the necessary adjustments continuing to engage with school and family. This is a briefer exercise than the construction of the original document which by this stage has become a useful tool when implementing the agreed strategies.
One to one work with child	Eg. Therapeutic Lifestory work, understanding and explaining issues around loss and trauma
One to one family work	Family sessions undertaken by CfAS staff and number of sessions to be agreed by the referring service, family and CfAS. Regular reviews, and timely reports.

## Therapy Service

The Centre may recommend that Local Authorities access support from the well established Therapeutic Service. Parenting some children placed for adoption can also present challenges and require significant emotional resilience. In order to support and facilitate change, the therapy service provides evidence based interventions that best meet the needs of adopted children and their families. Each family has different strengths and needs. Our Therapy Service therefore provides a personalised therapeutic intervention based on a structured assessment.

Our Therapy Service can provide a wide range of therapists located in the North West. The therapists have specialist skills and experience of working with adopted children and their families. Approaches include Dyadic Developmental Psychotherapy, Theraplay, Child psychotherapy, Filial play therapy, Eye Movement Desensitization Reprocessing (EMDR), I Matter. Approaches incorporate developments in neuropsychology, brain development and sensory integration.

Therapeutic interventions are informed by an assessment, have clearly defined goals with regular reviews as agreed. Work is evaluated so that progress and effectiveness can be monitored. Contact us direct for Therapy queries and pricing.

**If there is an area of support or training that you are looking for but don't feel is listed in our brochure, please contact us on Tel: 01925 534 118 or Email: [info@centreforadoptionssupport.org](mailto:info@centreforadoptionssupport.org)**



Sometimes, real  
*Superheroes*  
live in the hearts  
of small children  
fighting big  
*Battles*





We know every child is different, there is no *'one size'* of support that fits all

## The Centre for **Adoption Support**

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