

## Individualised Therapeutic Intervention Structure at Unique Care



At Unique Care we utilise a clinical evaluation tool for identifying, tracking and improving the outcomes of children with complex needs. BERRI is a checklist of observable behaviour that may cause concern about a child or young person, within a home or school environment. This tool covers mental health, behaviour, emotional wellbeing, relationships, risk and attachment. It was developed by a clinician with extensive experience of Looked After Children and those with complex needs

This comprehensive assessment covers five domains; the higher the child scores on a particular domain, the higher the level of concern for that domain:

- Behaviour
- Emotional wellbeing
- Risk (to self and others)
- Relationships
- Indicators (of psychiatric or neurodevelopmental conditions)

Using BERRI regularly lets you see the progress our children are making in our care.

[https://www.youtube.com/watch?v=ZRhl\\_bg7hRs&t=1s](https://www.youtube.com/watch?v=ZRhl_bg7hRs&t=1s)

## PACE Model of Care

What is meant by PACE?

Playfulness, Acceptance, Curiosity and Empathy.

PACE is a way of thinking, feeling, communicating, and behaving that aims to make the child feel safe. It is based upon how carers/teachers connect with children and young people. As with young toddlers, with safety the child can begin to explore.

With PACE, the troubled child can start to look at himself and let others start to see him or get closer emotionally. He can start to trust.

At Unique Care therapeutic relationships are at the heart of our practice and through emotional connection with our children and young people we can successfully provide positive responses to behaviour. When a carer/teacher utilises the PACE model, pupils are more likely to experience acceptance of who they are underneath their outward behaviour, alongside experiencing the safety that a combination of empathic boundaries and discipline can provide.

### The two hands of discipline

**Hand one** provides connection with warmth and nurture

**Hand two** provides structure, supervision and boundaries

Kim Golding



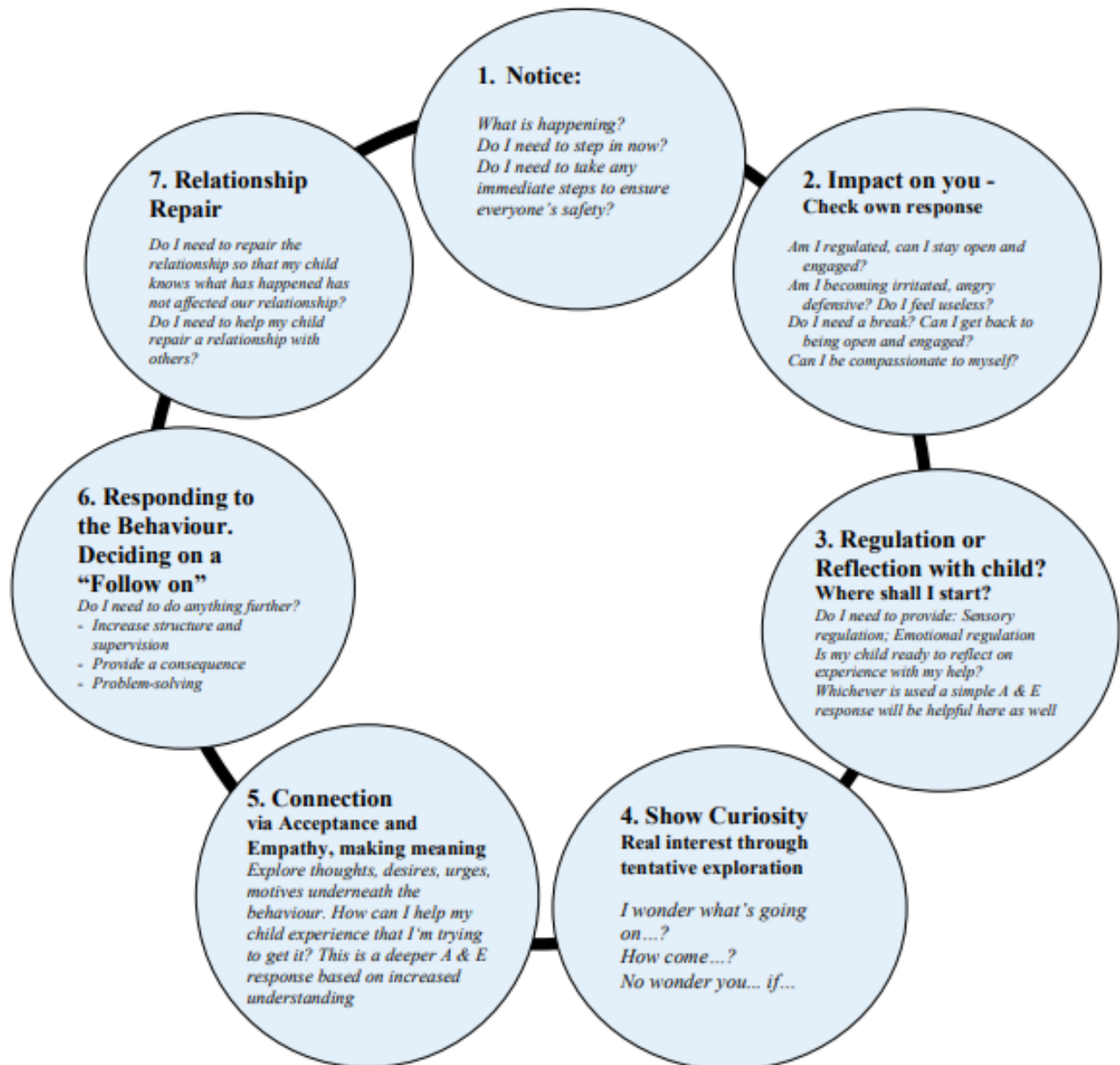
# PARENTING IN THE MOMENT<sup>1</sup>.

## Connection first before responding to behaviour

All with an attitude and atmosphere of PACE

“Two Hands” but always together

This cycle demonstrates some steps that can be helpful to take when parenting a child. By keeping these steps in mind it can be easier to stay open and engaged with the child rather than becoming irritated or defensive within parenting. This in turn helps to make an emotional connection with the child before providing a response to his behaviour. So easy to say and so hard to do. When a parent does this, their child is more likely to experience acceptance of who they are underneath their outward behaviour alongside experiencing the safety that a combination of empathic boundaries and discipline can provide.



<sup>1</sup> Kim would like to acknowledge staff at Clover Childcare, Norfolk for help developing this .



mapa®

a CPI specialised offering

## MAPA

Management of Actual or Potential Aggression or MAPA; an accredited training programme that teaches management and intervention techniques to cope with escalating behaviour in a professional and safe manner.

Our focus is always the welfare of the child and an understanding that young people need to and will over time learn impulse control and to make better decisions, but that sometimes physical intervention is necessary. But to promote young people to learn to make the right decision we focus on prevention, de-escalation, and distraction. The approach Unique Care uses in regard to restraint that is appropriate to the needs of the young people we care for is MAPA. MAPA is externally validated and evidences that any restraint techniques the training advocates for have been medically assessed to demonstrate their safety for use in a context of caring for children who are still developing, physically and emotionally.

Management of Actual or Potential Aggression or MAPA for short is an accredited training programme that teaches management and intervention techniques to cope with escalating behaviour in a professional and safe manner. The training delivers a solid foundation based on the philosophy of providing the best “Care, Welfare, Safety, and Security” for staff and those in our care on those occasions when it is needed. All staff, regardless of role, are fully training to use MAPA techniques.

To summarise, MAPA:-

- **Focuses** on prevention, deceleration and avoidance.
- **Addresses** the risks of physical interventions.
- **Teaches** safe, non-harmful interventions.
- **Offers** proven post-incident strategies to prevent future crises.

**\*Please be advised that therapeutic interventions are structured and sourced externally to meet the individual needs of our children and young people. The BERRI assessment helps locate appropriate therapeutic intervention so that our therapeutic approaches are completely tailored in a unique way. To date and to meet the needs of our current cohort of pupils, we have regular access to an Educational Psychologist, SALT, BHS to deliver our Equine sessions and a SENCo registered with the British Psychological Society, alongside fully qualified therapeutic teaching and caring practitioners.**