



Psychological services at LCS Information for Staff

Psychological services (clinical/therapeutic input) at LCS are provided by CPA.

What is CPA?

CPA is a national independent provider of psychology services. The team includes Clinical and Counselling psychologists who specialise in working with young people and their carers across a range of settings, including residential care services, schools for children with emotional and behavioural difficulties, family support services and fostering agencies. The team is experienced in supporting children and young people with a range of emotional and behavioural problems, including those with complex difficulties.

What is the point of psychological services?

The aims of the psychological service include:

- positive outcomes for the children/young people and extended placement stability
- achieving consistency of understanding and approach across care and education teams
- supporting the residential and education teams in their roles and developing confidence and knowledge
- adding value to the services LCS offers to local authorities
- responding to additional/ specialist local authority requests e.g. direct work with children, assessments for court
- demonstrating value for money to local authorities and evidencing good practice to Ofsted

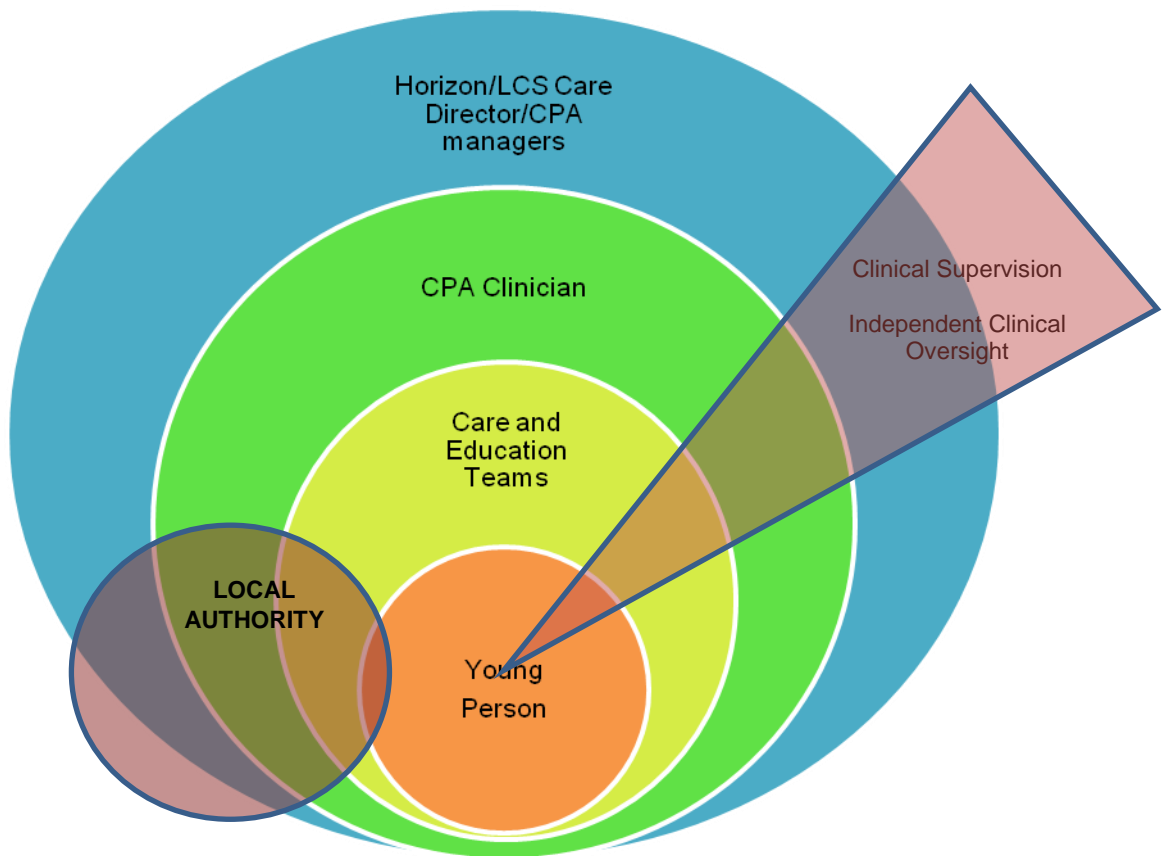
CPA Model of Residential Clinical Practice

The diagram below represents CPA's working model for psychological input to be delivered in residential care – it keeps the young person at the centre of the process and then shows how each layer of support and oversight is applied. Therefore the Registered Manager and care team is the most influential layer in terms of care, supported by the allocated CPA psychologist with the service being overseen and monitored by the senior management of LCS and CPA jointly.

The diagram also shows how the model can interact with the local authority to demonstrate placement effectiveness and value for money. Finally, the model demonstrates how the independent clinical governance delivered through the clinical supervision and consultancy that CPA will provide relates to the wider service.



CPA Model of Residential Clinical Practice:

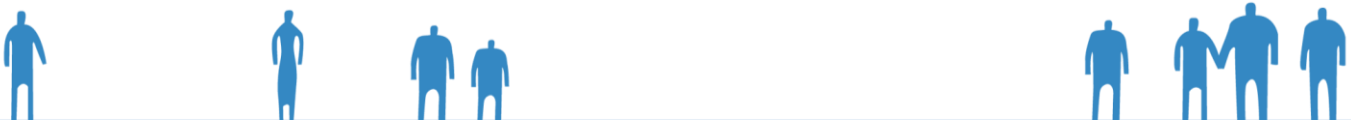


CPA Model of Residential Clinical Practice

Who is our CPA psychologist?

is your allocated psychologist and s/he visits your home twice per month, on an approximately fortnightly basis. Your psychologist has experience in working with looked after young people and supporting carers/staff teams in residential and other care settings.

All CPA psychologists hold postgraduate qualifications (at masters or doctoral level) and are registered with (and regulated by) the Health Professions Council (HPC).



What does the psychologist do?

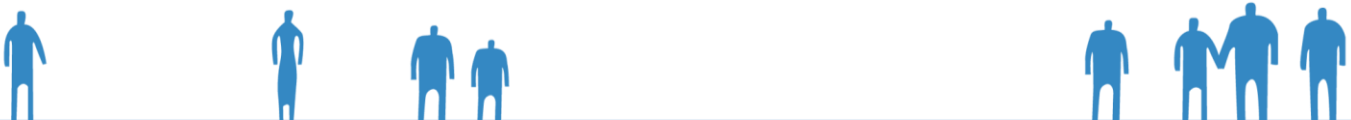
The psychologists provide a range of services for the teams and young people at LCS, as agreed with Amanda Knowles. Key activities include:

- Reviewing risk assessments and behaviour management plans
- Completing initial psychological assessments
- Direct therapeutic work with young people (where appropriate)
- Psychological consultation with staff members and managers
- Attending LAC reviews and progression meetings (where possible)
- Workshop training sessions on specific areas as required

An important part of the service is psychological consultation with staff members and managers. Topics for discussion with staff and managers may include:

- Review of the young person's progress
- Exploring key events to develop understanding of the young person's current emotional and behavioural difficulties
- Linking the young person's difficulties to their early life experiences and the impact on their development through childhood and adolescence
- Relationships/attachments between the young person and carers
- Guidance regarding behaviour management strategies (e.g. using quality time together with the young person, positive reinforcement techniques, effective communication, implementing natural and logical consequences)
- Risk assessment and management
- Building on the young person's strengths and developing resilience
- Review of keywork sessions and suggestions for areas to focus on
- Reflection on how staff are working as a team
- Preparation for Ofsted visits
- Supporting the young person in attending their education
- Supporting the young person in relation to family contacts

CPA clinicians use Clearcare to inform assessments, monitor 'in placement' progress and to provide records of psychological intervention/ consultation to evidence practice to Placing Social Workers, Independent Reviewing Officers and Ofsted.



What else can the psychologist potentially do?

Assessments

The CPA team is able to carry out a range of more in-depth psychological assessments (e.g. mental health, emotional and behavioural difficulties, attachment, risk to self and others, intellectual functioning, readiness for independent living). CPA are experienced in providing reports for care proceedings, criminal and civil proceedings, contributing to pre-sentence reports, funding panels, commissioning and tender processes, care planning and LAC reviews.

Therapy

The clinicians can also provide a range of individual psychological therapies, including Cognitive Behavioural Therapy, Cognitive Analytic Therapy, Solution-Focused Therapy, Motivational Interviewing and Narrative Therapy. Problem areas can include trauma, abuse, anger, anxiety, depression, family difficulties, self-harm, low self-esteem, communication and social skills problems, substance misuse difficulties and so on.

If you are aware that a social worker would like any of these assessment or therapy services for their young person, please approach your manager, who will then discuss options with CPA with regard to these services being arranged.

Training

The CPA team delivers training for staff in a range of topics related to supporting young people in residential care and based on evidence-based approaches, including:

- a. Cognitive Behavioural Management of Challenging Behaviour
NB: this course forms part of the Horizon and LCS induction programme for all staff
- b. Understanding Autistic Spectrum Disorders
- c. Managing young people with ADHD
- d. Enhancing self-esteem
- e. Attachment and Child Development
- f. Child sexual abuse
- g. Building resilience
- h. Positive approaches to risk management
- i. Mental health awareness

