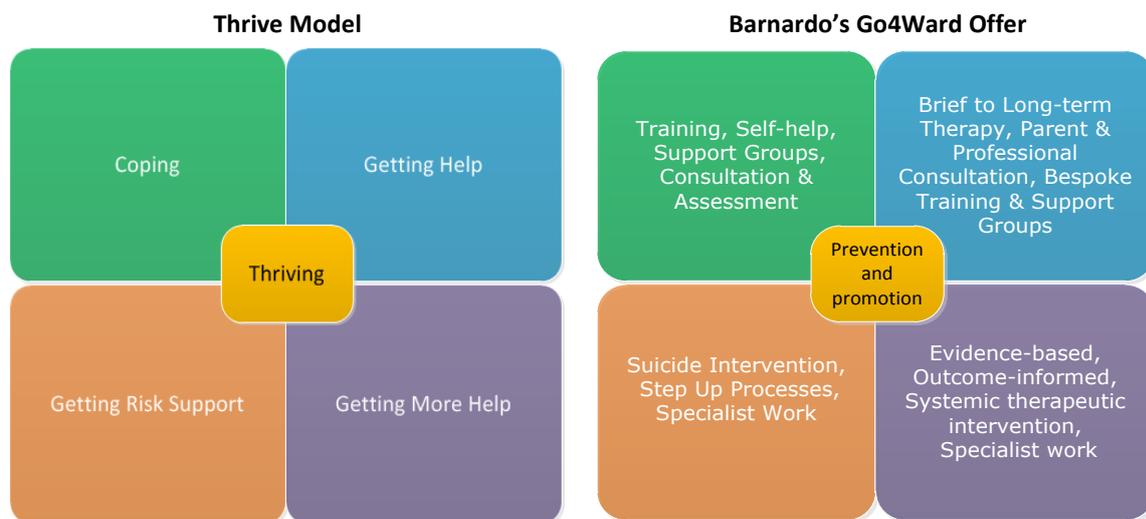


## Barnardo's Go4ward Service Offer

Barnardo's Go4ward service offers an emotional health and wellbeing service for children, young people and their families who fall into the categories of: -

- **IN CARE** of Halton BC
- **LEAVING CARE** of Halton BC
- **ADOPTED** and resident in Halton
- Aged between 5-18 yrs (and up to 25 yrs for care leavers and CYPs with additional needs)
- Living within a 30 mile radius of Halton

Go4ward provides a range of interventions covering all of the Thrive quadrants, as per outline below: -



Thrive

Coping

For children, young people and their families and carers, who are **THRIVING** or **COPING**, we aim to ensure that this is maintained and that family members/carers and professionals are able to notice and respond appropriately to any deterioration in the child's emotional wellbeing. We offer: -

- Foster carer support groups
- Bespoke training packages for parents/carers
- Bespoke training packages for social care workforce
- One-to-one / group consultations to social care workforce and other professionals via social care drop in or Emotional Health & Wellbeing Referral Panel
- Face to face and/or telephone parent/carer consultations

All the above will equip them with the skills to develop emotionally healthy environments, identify children and young people requiring more help and to offer appropriate support and signposting as required.

## Getting Help

For children, young people and their parents/carers with newly emerging mild to moderate difficulties we offer: -

- 1:1 brief to long term therapy intervention ranging from person-centred therapy, creative arts and expression therapy, play therapy, integrative therapy including cognitive behavioural and solution focussed techniques.
- Group child and parent/carer theraplay skills sessions (relational attachment intervention).
- Face to face and/or telephone parent/carer consultations and assessment.
- One-to-one / group consultations to social care workforce and other professionals via social care drop in or Emotional Health & Wellbeing Referral Panel.
- Input and consultation in planning meetings and reviews such as LAC reviews, strategy meetings, PEPs, and other professional meetings involving a service user.
- Foster carer support groups.
- Bespoke training packages for parents/carers.
- Bespoke training packages for social care workforce.

Consultation and assessments are comprehensive (offering guided self-help, sources of support, signposting and improvement strategies) with follow up progress reviews.

We see children, young people and their families at times and in venues that suit their needs. Support is available in school, community venues or our own premises both inside and outside of school hours, including evenings, weekends and school holidays.

## Getting More Help

We work in partnership with NHS Mental Health colleagues (CAMHS) to identify the best interventions for those children and young people who require more help. We aim to have agreed step-up/step-down processes with CAMHS thus allowing for smooth movements between quadrants as per the Thrive model. We offer both short and longer-term therapeutic interventions for those children, young people and families who require more help. Our interventions are child-directed and strengths-based. We work systemically so involve parents, carers and professionals (wherever possible and appropriate) with the goal of achieving significant and sustained change and promoting resilience both within the child/young person and their support system. All our work is outcome-informed through the use of Routine Outcome Measures (ROMs). We measure impact and alliance at every session with a child/young person and use this information to adapt our practice.

We ensure that the impact of trauma, abuse and neglect is properly considered when identifying appropriate interventions. We can provide a pathway for the following specialist areas: -

- Harmful Sexualised Behaviours
- Sexual Abuse Recovery
- Psychological Assessment
- Trauma Based Assessment

Access to these specialist services is agreed through social care planning assessments and processes on an individual case by case basis.

## Getting Risk Support

We train our staff in ASIST – Applied Suicide Intervention Skills Training – to ensure they have the required skills to assess risk, intervene to keep a child safe, help with safety planning and activate step-up safeguarding procedures.

We use an escalation process to ensure that children and young people presenting with increased risks access specialist support by direct referral to the CAMHS team. We will support a child or young person in transition to specialist services ensuring their experience is safely managed, or continue to work with a child or young person with CAMHS consultation and case management/supervision of risk.

We have experience of delivering specialist therapeutic services for children and young people who displaying sexually harmful/concerning behaviour. Access to this specialist service is agreed through social care planning assessments and processes on an individual case by case basis.