



## Adoption Support Pathway

At **Adoption East Midlands** we provide a range of services for adoptive families, adopted adults and birth families, designed to offer the right level of support at the right time throughout your adoption journey.

Many adopted children need help to navigate different points in their life, whether in their early years, at adolescence or even as young adults. As parents you may also find that at times you need some guidance and support throughout your child's development.

**At Adoption East Midlands** we want to make sure that you can access the right support for you and your family, whether that be during your preparation to become adoptive parents, in the early days of becoming an adoptive parent or at key points in your child's development as they come to terms with what it means to be adopted. Our aim therefore, is to:

- provide informed and timely support for adoptive families from the start of your adoption journey and through all stages of development post order
- deliver excellent customer service which is proportionate to the level of need and with the aim of empowering families to go on to help themselves
- support adopted adults and birth relatives with a clear service pathway

## Support & Training

We're here to support you in a number of ways:

- Providing Information and advice
- Signposting to relevant and helpful groups and organisations
- Providing regular & relevant training seminars and access to peer support
- Access to therapeutic services utilising the Adoption Support Fund where necessary
- Delivering packages of therapeutic / parenting support to families

## A tiered approach to support services:

At **Adoption East Midlands** it is our aim to empower you as adoptive parents by providing you with the right level of support when you need it. It will always be our aim to support you to access the services and support immediately available to your family which is sustainable and will include from family and local support networks as well as universal community support. We recognise however that over time, the level of need you may experience means that more targeted support is needed, and we are here to ensure that we support you in accessing this.

To ensure that we offer the right level of support to as many families as possible across the Region, we offer a tiered system of support which is easy to navigate:

### **Tier 1 – Information, Guidance & Peer Support**

Whenever you feel like support is needed you can access our Information line by phone or by sending us an email.

From here we can listen to what is going on for you at the time and help you think about where you can draw support from, whether it be family & friends, peer support or community universal services including school, health or early help services.

Our **Information Portal** is easily accessible and contains information, guidance, resources and links to other support organisations. A great first point of call for support which includes news alerts and regular updates of interest. [www.adoptioneastmidlands.org.uk/adopters](http://www.adoptioneastmidlands.org.uk/adopters)

We may also signpost you to access one of our **regular training seminars** which will help meet your immediate need whilst connecting you to other adoptive families from who you can learn and draw support from.

Regular training workshops and group support throughout the year will be available and more detail will be available on the Information Portal. Seminars will include:

- Theraplay and Adoption
- Parenting Adopted Children - Therapeutic Needs and Reality
- Life Story Work
- Therapeutic Crisis Intervention (TCI) – an Introduction
- Sensory Processing and Developmental Trauma
- Parenting Adopted Teens

At AEM we know from feedback from families, that often the best form of support is that which comes from others who have a shared lived experience of adoption. We are therefore committed to identifying opportunities for adoptive families to share and learn from each other. Our promoted **Peer Group support** includes

- Providing a free 12-month membership to the National Association of Therapeutic Parents (NATP) for ALL AEM adopters [www.naotp.org.uk](http://www.naotp.org.uk)

We are also here to continue to offer advice and guidance to support on-going contact arrangements between adoptive and birth family members whilst administering the exchange of correspondence via our Letterbox team.

For adopted adults we provide birth records counselling and support to access adoption records and can provide advice & guidance when an Intermediary service is being sought

## **Tier 2 –Assessment of Adoption Support Needs**

It may be that further discussion with a qualified Adoption Support Social Worker may be helpful and if so, you will be invited to attend an Assessment of Need meeting. This will be an opportunity to discuss with a social worker the challenges you are currently facing, to reflect on what may be going on for your child and why, and together consider the presenting **adoption support needs** and how best these needs can be met and by who. We will always look to identify the most sustainable and empowering support resources for your family and therefore adopt a graduated response to our support offer.

Following assessment which we aim to complete within 10 working days, a plan of support may be drawn from Tier 1 Universal Services in the first instance; alternatively, it may be identified that Tier 2 provision is required for a period of time to meet specific needs, whether this be a therapeutic intervention or on-going access to consultation with an adoption support social worker. Tier 2 support could include:

- Referral to a short therapeutic course, including
  - Foundations for Attachment
  - PCAP (Parent Child Attachment through Play)
  - TCI (Therapeutic Crisis Intervention)
- Referral to our topic-based Group consultation sessions & Support Groups which are facilitated by a social worker and draw upon invaluable peer support
- Access to Individual consultation with an Adoption Support Social Worker
- Specialist therapeutic support via application to the Adoption Support Fund

If it is assessed and agreed that an application should be made to the **Adoption Support Fund** (ASF) to fund a therapeutic piece of work, once facilitated, progress of the work will be monitored by one of our Social Work Support Officers and a Social Worker will be invited to attend a final review meeting.

## **Tier 3 – Allocated Social Worker Support**

Following consultation and assessment (Tier 2), if more intense or targeted support is required for your family, a referral will be reviewed by a Manager who will make the decision

as to whether an adoption support social worker should be allocated to carry out a piece of work to support you and your family.

The allocated social worker will update the assessment of need through further consultation with you and your professional network where necessary; this will be completed within 30 working days and a plan of support will be recommended and agreed with you detailing expected outcomes and when this will be reviewed.

Whilst we recognise that during difficult times it can be an added support having an allocated social worker, our aim is always to empower families to be able to support themselves with the right knowledge, skills and tools. We will therefore work with you to support sustainable change for your family with the aim of stepping down to a lower Tier support when it is safe and appropriate to do so.

#### **Tier 4 – Social Care referral**

Our team are here to assess and support your **adoption support needs**. If there are any identified social care needs or safeguarding concerns that develop, we will refer to the relevant social care team or local MASH (safeguarding team) in the Local Authority in which you live.

We will continue to be available to support any adoption related needs and will provide advice and consultation to the Local Authority social care teams as required.



You can contact **Adoption Support** at

AdoptionSupport@adoptionsupport.nottscc.gov.uk

Information Line: 0115 8044500

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At Adoption East Midlands, we are proud and excited to be working together with the Adopter Advisory Board (AAB) who via **Adopter Voice** independently seek the views of adopters within our Region to help us to continue to shape and deliver a service that supports the lived experience of our adopters. Be part of that change. Find out more at <https://www.adoptionuk.org/about-adopter-voice> and join the Adopter Voice Facebook Page for the East Midlands **Adopter Voice – adopt east midlands**

