

# Service offer for families



[www.adoptoneastmidlands.org.uk](http://www.adoptoneastmidlands.org.uk)

# Welcome to the Helpdesk Team

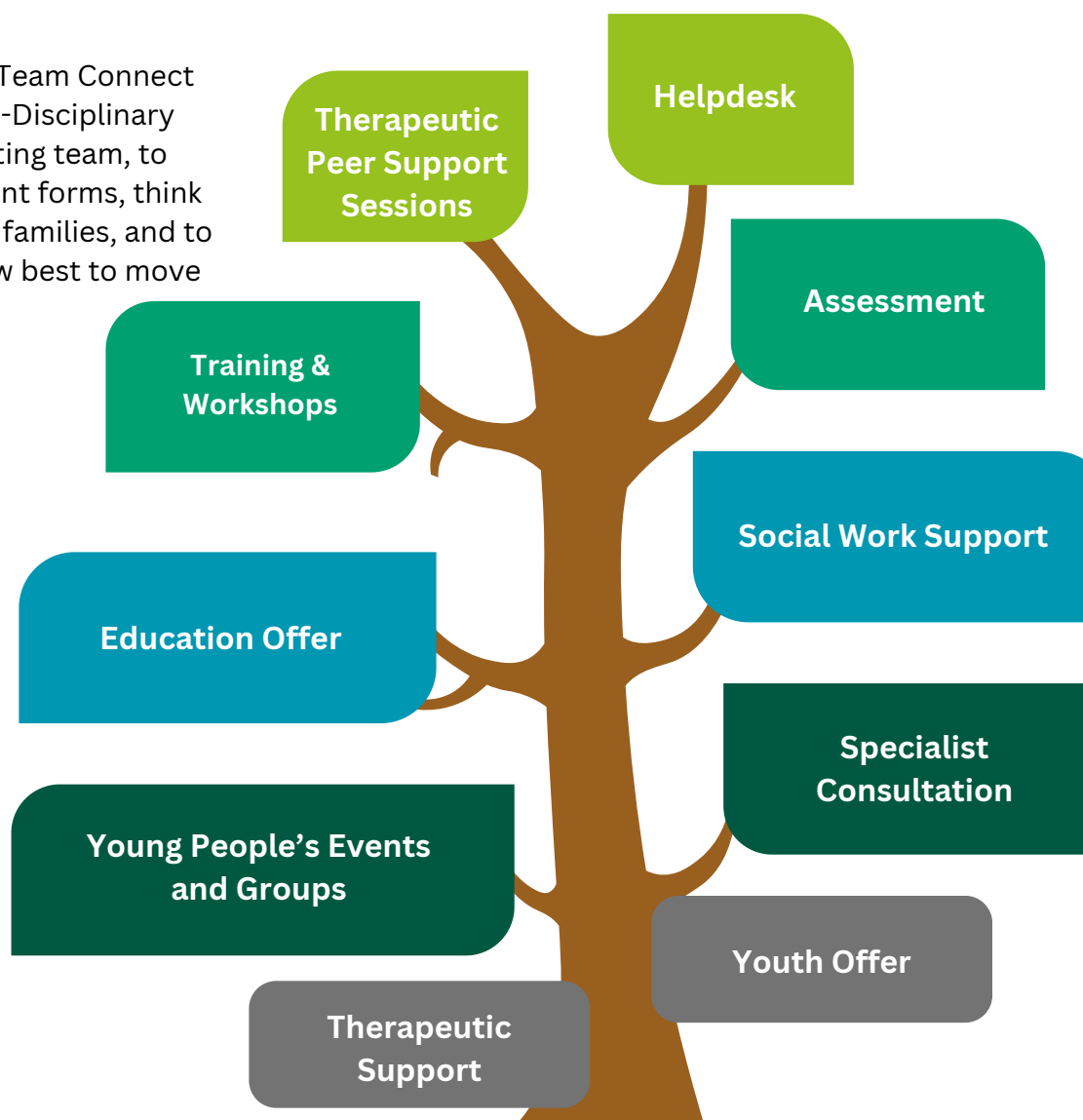
Welcome to the Helpdesk Team. We are a small team consisting of therapeutic social workers and social work support officers and we work closely with our Multi-Disciplinary team colleagues. You can contact us via our email and our telephone number leaving a voicemail and we will be in touch with you.

We are the first people you will communicate with when you contact the adoption support team. So that we can understand your needs as quickly as possible we will ask you to complete a Pathway to Support Form. This form will be sent to you by email and contains a questionnaire which helps us to understand quickly what might be happening for your child and your family.

We recognise that at times of crisis it can be hard to complete this kind of task and we offer the support of a peer mentor to validate your reasons for contacting the service and to assist you to complete the form. This may also be an opportunity to talk to another adoptive parent about what is happening and receive some reassurance. If you are feeling like you are in crisis, and you would value some additional support please let us know when you make contact.

We meet every week at our Team Connect meeting alongside our Multi-Disciplinary Team colleagues as a reflecting team, to read the Pathway Assessment forms, think about what's happening for families, and to make suggestions about how best to move forward.

Following this discussion, we will contact you to talk to you about what we have understood from your information and how we think we can help.







# Adoption Support Plan

An Adoption Support Plan will be formulated and agreed with you by our team. This is a plan which details the support to be provided and the timescales for this. If you are unclear about your adoption support plan, please ask us for more information. We will formulate your plan alongside you through the following process.

## How we will seek an understanding of your child's history and developmental trauma

- We will gather information via the Pathway Assessment and offer you the opportunity to engage in virtual therapeutic listening conversations with a social worker. These sessions aim to provide space to discuss current challenges, strategies, and reflections on the way forward.
- If you have concerns about your child's neurodevelopmental needs, we will guide you to the relevant neurodevelopmental pathway in your local authority area and discuss how to address these concerns with your child's school.
- Additionally, we will review any previous information or reports provided by other professionals about your child.

## How we will aim to stabilise your child's home and school environment so that your child can regulate.

- If needed, we will talk with your child's school about any difficulties and consider the way forward, including referrals to our Education on TRACK team for educational support.
- We can guide you to support and advice from your local child's disability team if your child has a diagnosis and you wish to explore options like short breaks and DLA.
- If indicated, we provide consultations with an occupational therapist for sensory needs and with a speech and language therapist for communication needs. For preschool children, we can book you into our Early Movement Groups.
- Many adopters find support from other adopters invaluable, and our Making Connections therapeutic sessions offer a space to discuss developmental trauma, share experiences, and learn about therapeutic parenting.
- If you are in crisis and experiencing child-to-parent violence, we can provide access to Therapeutic Crisis Intervention with Richard Crane, which is ASF funded. This support helps in managing challenging behavior and preventing crises. For parents of teenagers, we can discuss whether our Youth Offer might be beneficial.

# Adoption Support Plan

## How we will provide support to you and work to strengthen your network

We can signpost you to our Peers4Peers service which is a peer network created by adopters for other adopters. Peers4Peers provides a range of support opportunities such as Coffee mornings, 1:1 buddying, Education Champion Peer Network, Dad's Group, Co Production Groups on Education, Complex Trauma, Parenting Teenagers and Adopted Adults and much more.

<https://www.adoptioneastmidlands.org.uk/aem/adopters/peers4peers/>

·Multi Agency Working – we will communicate with other professionals already working with you and support the team around the child and family.

We recommend that you sign up to some of the following online organisations. Their websites are a wealth of support and advise on issues relating to developmental trauma and attachment. There are online and local opportunities for peer support, training and advise via these organisations.

[Who We Are | National Association of Therapeutic Parents](#)  
[Children & Trauma Community Hub | Learning & Support | CATCH](#)  
[Home Page - We are Family Adoption](#)  
[Adoption UK Charity](#)

·We recommend that you sign up to our monthly newsletter. This will tell you what's happening in the service and about what we can offer. Our Adopters Support Hub also provides information about what's available in the service.

<https://www.adoptioneastmidlands.org.uk/aem/adopters/>

We will tell you about our upcoming Children and Young People's Events which are fun activity-based opportunities for children of all ages.



**PEERS4PEERS**  
Stronger Together



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# Review and Support **Beyond** the Helpdesk



Most of our parents who access support via our team find that it enables them to feel heard and to access the advice and support that they need at that time and that they don't need any further support. We will review work with complete with you via our team and talk with you about what next.

For some families it is indicated that they would benefit from further social work support to spend more time thinking and understanding what is happening. In this situation we will refer you to the wider adoption support team for Adoption Support Needs Assessment. Outcomes of assessment may include recommendations for a range of support such as for ongoing social work support and advice, training, Multi-Disciplinary Team support, therapeutic support and peer support.

## Multi- Disciplinary Team **Support**

Your social worker will talk to you if support from our multi-disciplinary team is indicated. All the leaflets and information about our Multi-Disciplinary Team can be found in the support hub on the AEM website.

<https://www.adoptioneastmidlands.org.uk/aem/adopters/multi-disciplinary-support/>



## Adoption Support Fund & **Therapeutic Work**

Therapeutic support is provided on a need led basis and an assessment of adoption support needs is required to understand your needs. The Adoption Support Fund is available for children living in England up to and including the age of 21 (or 25 with a Education Health and Care Plan).

Our in house therapeutically trained social workers can offer ASF funded support including Making Connections Therapeutic Sessions, Theraplay, Therapeutic Life Story Work, DDP, and Systemic Family Therapy. We also have a commissioning Framework of private therapists who can provide a variety of different types of therapies. The details of different therapies available are on our support hub.

