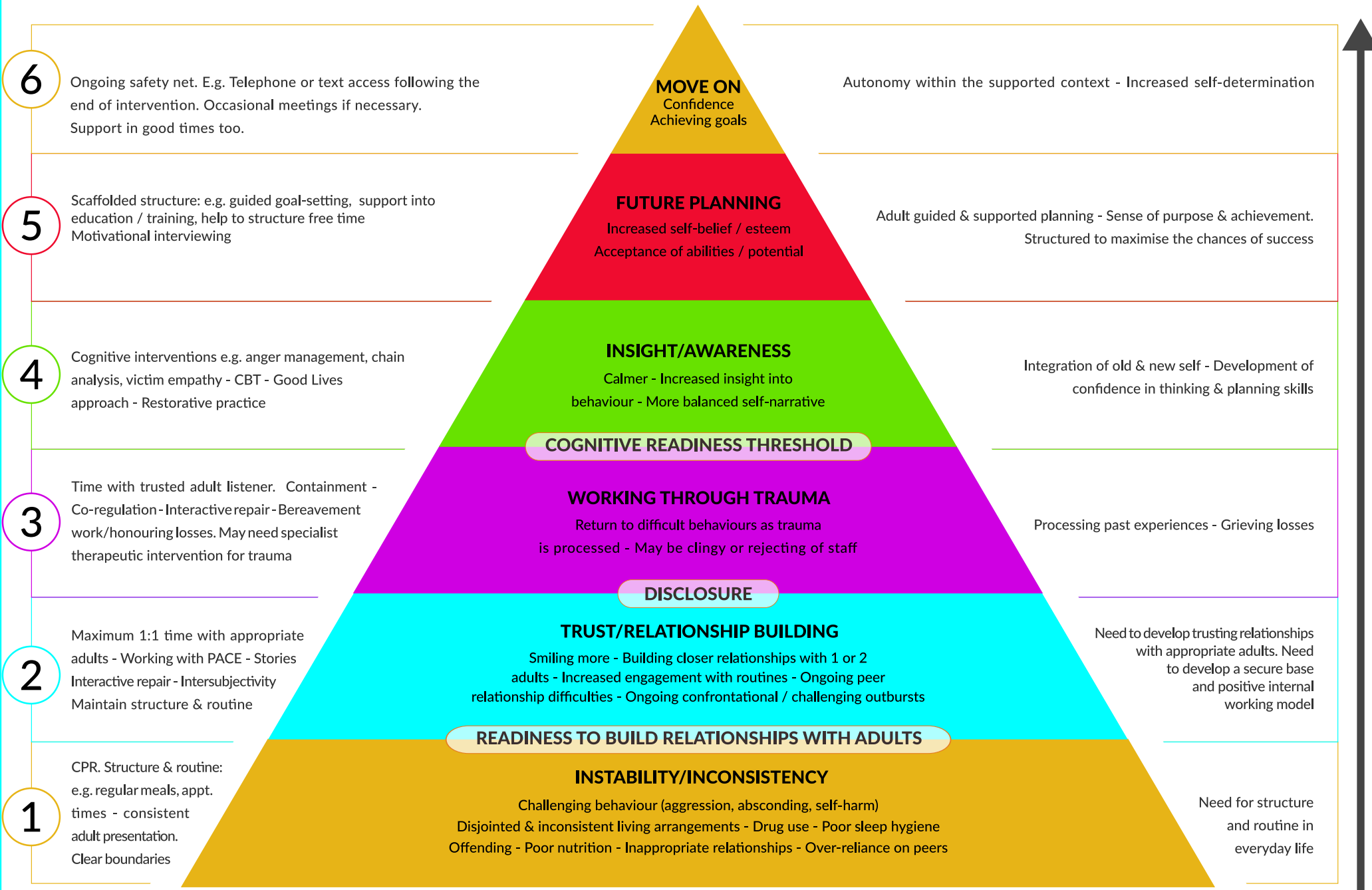


FOCUS OF INTERVENTION

PRESENTATION / BEHAVIOUR

UNDERLYING NEED



6 Ongoing safety net. E.g. Telephone or text access following the end of intervention. Occasional meetings if necessary. Support in good times too.

MOVE ON
Confidence
Achieving goals

Autonomy within the supported context - Increased self-determination

5 Scaffolded structure: e.g. guided goal-setting, support into education / training, help to structure free time
Motivational interviewing

FUTURE PLANNING
Increased self-belief / esteem
Acceptance of abilities / potential

Adult guided & supported planning - Sense of purpose & achievement.
Structured to maximise the chances of success

4 Cognitive interventions e.g. anger management, chain analysis, victim empathy - CBT - Good Lives approach - Restorative practice

INSIGHT/AWARENESS
Calmer - Increased insight into behaviour - More balanced self-narrative

Integration of old & new self - Development of confidence in thinking & planning skills

COGNITIVE READINESS THRESHOLD

3 Time with trusted adult listener. Containment - Co-regulation - Interactive repair - Bereavement work/honouring losses. May need specialist therapeutic intervention for trauma

WORKING THROUGH TRAUMA
Return to difficult behaviours as trauma is processed - May be clingy or rejecting of staff

Processing past experiences - Grieving losses

DISCLOSURE

2 Maximum 1:1 time with appropriate adults - Working with PACE - Stories
Interactive repair - Intersubjectivity
Maintain structure & routine

TRUST/RELATIONSHIP BUILDING
Smiling more - Building closer relationships with 1 or 2 adults - Increased engagement with routines - Ongoing peer relationship difficulties - Ongoing confrontational / challenging outbursts

Need to develop trusting relationships with appropriate adults. Need to develop a secure base and positive internal working model

READINESS TO BUILD RELATIONSHIPS WITH ADULTS

1 CPR. Structure & routine: e.g. regular meals, appt. times - consistent adult presentation. Clear boundaries

INSTABILITY/INCONSISTENCY
Challenging behaviour (aggression, absconding, self-harm)
Disjointed & inconsistent living arrangements - Drug use - Poor sleep hygiene
Offending - Poor nutrition - Inappropriate relationships - Over-reliance on peers

Need for structure and routine in everyday life