



The Hub

**Statement
of
Purpose**

Contents

What is the Hub?	4
What does the Hub do?	4
The Hub Service	5
The Hub Values	6
Governance	6
Appendix 1 - The Hub Team	7
Appendix 2 - Pyramid of Needs	8
Appendix 3 - Hub Therapies and Assessments	9

The Hub comprises a multi-disciplinary team of clinicians and associated professionals supporting the healthy development, wellbeing and relationships of children and young people within Fairways services (Appendix 1). Established in April 2018, the Hub is central to Fairways wider services in health, education and social care.

The team has its own base in Fareham, Hants, where facilities include therapy rooms, kitchen and social space. A strong sense of community is encouraged here through the Hub's regular and ad-hoc use by young people and staff.

Fairways Participation service sits within the Hub, its purpose to encourage and facilitate opportunity for young people to give feedback, have a collective and individual identity and to help shape the development of Fairways services and those more widely for looked-after children and young people. The Participation team compliments the work of the Hub, with its inclusive, relationship-focused approach and the combined experience and expertise of its staff.

2 - What does the Hub do?

Broadly, the Hub provides a therapeutic service that offers a sense of containment or 'felt safety' for people individually or in their relationships. 'Felt safety' is important because in care practice, each situation is unique, complex and with potential to create uncertainty and in turn anxiety, a natural response in this respect. However, anxiety can also be a vehicle for change and healthy risk-taking, based on increasing trust within key relationships.

Our 'team around the relationship' approach, is informed by the belief that if staff feel supported and contained, they can build relationships with young people and nurture this trust.

This is significant for the young people using Fairways services because they may have experienced relationships as a source of stress or fear and developed ways of coping as a result. These are remarkable coping strategies when considered through the lens of trauma and attachment but can be less helpful in their current circumstance.

Our approach is underpinned by the idea that relationships are both a huge source of information for the clinician to understand how to help, and that the relationship itself can be the most powerful tool to create hope and facilitate healing and change. (See appendix 2).

We offer assessment, formulation and intervention to help with a range of worries or concerns, expressed by young people and/or the adults around them. Requests for help can relate to topics like these:

- Self-harm
- Anxiety
- Emotional dysregulation
- Relationships
- Unhelpful patterns of behaviour
- Placement disruption or breakdown
- Navigating transitions (practically and life-stage)
- Changes in behaviour
- Sleep
- Having little or no access to education, employment
- Self-esteem Loss

Our formulations are not fact, they are helpful guesses, and they consider the biological, psychological and the socio-cultural information available to us. They are informed by published evidence and a shared understanding of certain theories, including those relating to attachment, trauma and child- and neurological development.

We aim to offer a therapeutic intervention; one that is restorative, healing or helping to create a desired change. Interventions can include the following:

- Therapy and clinics (See Appendix 3 for full detail).
- Psychological First Aid.
- Consultation with network, team or individual.
- Restorative Supervision for staff groups and individuals.
- Bespoke training and workshops.

The Hub has links with external agencies, including CAMHS, but does not provide a first-response kind of service if a young person presents with a crisis in mental health. Its role in this instance is to support the Fairways staff team to seek emergency treatment for the young person through the appropriate external provision

Our practice is underpinned by the values or ways of thinking we share as clinicians. These include approaching problems with curiosity, appreciating there is always a context and a multiverse of possible views and explanations, and understanding behaviour as communication of need.

We try to 'sit with uncertainty' and understand the various reasons why this can be hard to do, for us and the people we work with. However, we also appreciate how effective this can be in creating lasting change.

We are mindful of the position and power we may be afforded as professionals. We don't assume without question a 'helper-helpee' role but encourage our service-users and those around them to recognize and build on their own resilience and strengths.


5 - Governance

As clinicians, we are members of governing or accrediting bodies and through these we are guided by ethics and standards in our therapy and professional practice.

External supervisors are commissioned to provide each of us with regular clinical supervision. These are supervisors who may currently work in children's mental health or who have previous experience in care and hospital settings, or careers where they have been innovative in their field.

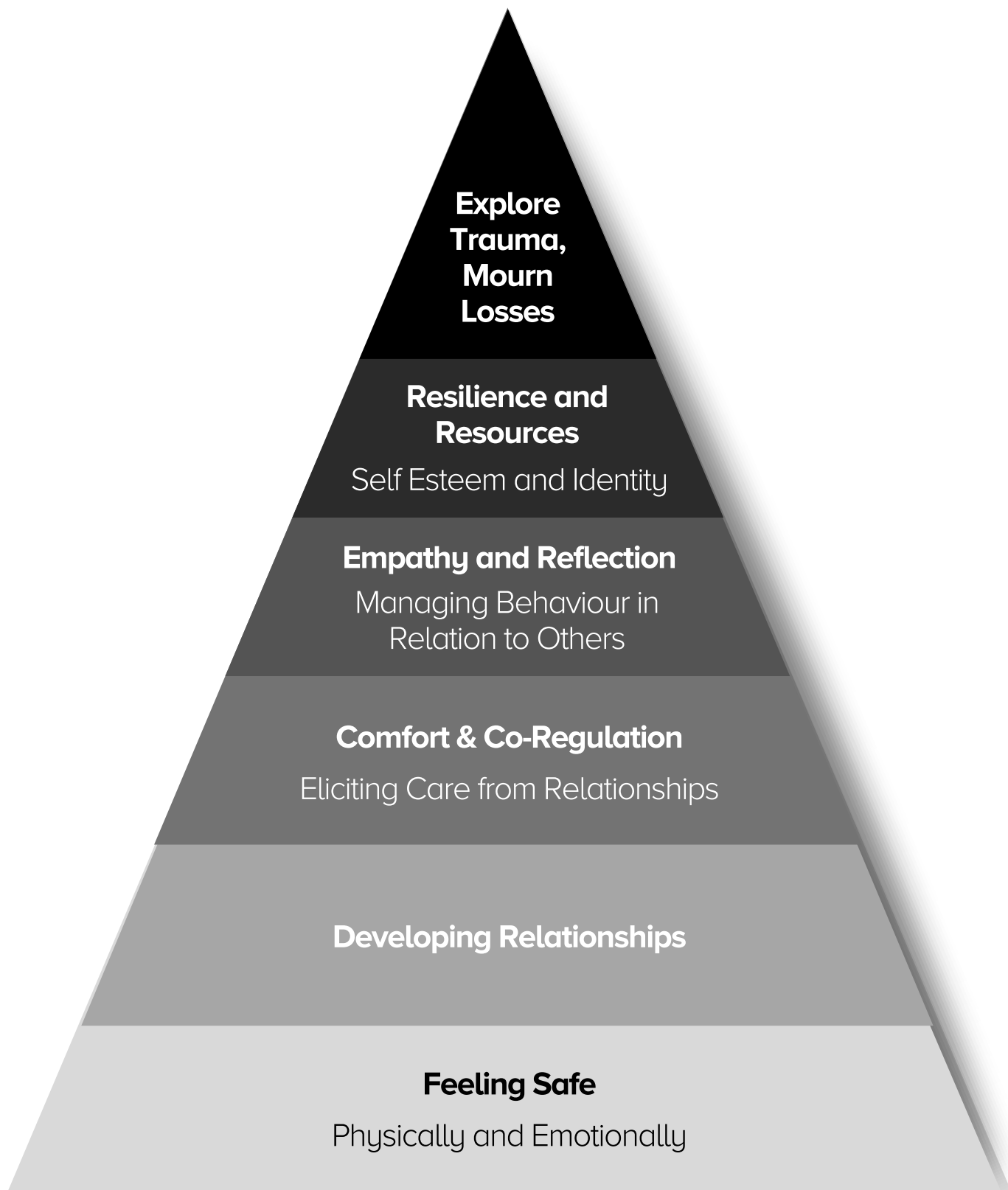
A formal process for Hub services is in place, and subsequently one to guide assessment and intervention. We operate a system of case-holding when extended Hub involvement is indicated. Cases are managed and allocated by the Hub Clinical Lead, who takes into account a range of factors, including a desire to avoid the service-user having to repeat their story time and time again – best practice when it comes to working with people affected by trauma.

A weekly multi-disciplinary team (MDT) meeting enables rich thinking about the work we do. This is acknowledged as a space for debate, challenge and creativity, drawing on clinical expertise and evidence to support the decisions made.





Pyramid of Needs (Kim S Goulding 2007)



CBT (Cognitive Behavioural Therapy)

Dyadic Developmental Practice & Psychotherapy (DDP)

Emotional Coping Skills

Family, Systemic and Couples Therapy

Music Therapy

Person-centred Psychotherapy

Sensory Assessment and intervention

Therapeutic Lifestory

Video Interactive Guidance (ViG)

Surgeries are offered for foster carers and schools. Regular consultation/reflection sessions provided for specific themes, for example NVR, Risk and Therapeutic Parenting.

Specialist assessments available from the Hub include Occupational Therapy, AIM (Assessment, Intervention, Moving-on; sexualised behaviours) and ADOS (Autism Diagnostic Observation Schedule). We work with a Psychologist external to the team, and a Speech and Language Therapist, should cognitive or speech and language assessments be required.

