

Therapeutic Care Packages

Working with independent care providers who want to deliver specialist therapeutic care.



Transforming trauma theory into therapeutic practice

Small independent providers can be the perfect setting for supporting recovery, but many don't have the budget for in-house therapeutic support.

Our therapeutic Attachment and Trauma Informed Care model (ATIC™) is tried and tested. It has delivered results in **10 homes over the past 7 years** and has been utilised in fostering and integrated education services nationwide, **servicing over a thousand families, children, and young people.**

MCTS bring over 30 years of expertise and experience in therapeutic residential care, fostering, and education to support care providers in developing and delivering an integrated clinical model.

Our package:

We provide the clinician, the support, the supervision, and an evidence-based model for independent providers - and the cost is built into the placement fee.

The cost

We will help you to restructure your placement fees, so that the cost of our services is covered by the placing authority.

Your integrated clinical package includes:

The Clinician

A fully qualified and highly experienced HCPC registered psychologist or UKCP registered psychotherapist present in your service throughout the week.

Reflective Practice

A weekly or monthly space, led by the clinician, to encourage reflection and integration of trauma-informed therapeutic thinking and practice.

Psychological Wellbeing Screening Assessments

Robust psychological assessment of every young person in placement, reviewed every 12 weeks and repeated annually.

Amber and Red Flag Meetings

Placement stability meetings that act as a proactive 'early warning system'.

Learning from Unplanned Endings

A robust process for reflecting on unplanned placement endings and placement breakdowns.

Integrated Referrals Process

A joined up matching approach to ensure that all placements are the right place at the right time.

Leadership Supervision

A weekly space for managers and clinician to get together and think about how therapeutic approaches can be applied from the top down.

Therapy

All children in residential are offered weekly therapy with the clinician, drawing on evidence based interventions and following our tri-phasic model of treatment.

Policies and Procedures

Support in ensuring your policies, process and procedures are attachment- and trauma-informed.

Organisational Self-Assessment Tool

A collaborative way for us to evaluate where we are at in our journey to becoming more therapeutic.

Therapeutic Care Training

Foundation, intermediate, and advanced level training available for all staff in Therapeutic Care approaches, as an optional extra.

**Want to know more?
Talk to an expert.
hello@mcts.org.uk**

What are the benefits of an integrated clinical model?

You may already have independent therapists who work with the young people in your services. What are the added benefits of having a fully integrated clinical package?

Therapeutic benefits

- **The clinician is in the home or service throughout the week**, not just there for therapy once a week. This ensures that all aspects of service delivery and operations are psychologically-led (referrals and matching, risk assessment and management, supervision of staff and management, team meetings, reflective practice, inter-agency meetings etc)
- **The clinician works with staff and managers** in an 'everybody approach' to maximise treatment of the child not only within their hour of therapy, but for the other 23 hours of the day.
- Including a focus on the team itself and creating therapeutic organisational culture **improves staff wellbeing and retention** leading to greater consistency for the young people.
- As the clinician knows the children and the team well, **training and consultation can be truly tailored** to the children in service - no more external "tick box" training.
- **Your clinician becomes an integrated member of the team**, improving the overall level of care that the children receive, increasing staff competency and confidence, and making the systems and process trauma-reducing, not trauma-inducing.
- At the same time, the clinician maintains a degree of independence and objectivity. **The clinician is supervised and accountable to MCTS** as an external agency, meaning that they maintain accountability and a third-party viewpoint.
- **Our interventions are rooted in data.** The clinician undertakes regular clinical monitoring, specialist assessment, and evaluation of the child's psychosocial needs (CDC, SSAP, ASA etc). This allows robust monitoring of outcomes.

Business benefits

- **The cost of our services is covered by the placing authority, through restructuring of the placement fees.** We know that it is a false economy to just provide 'the basics' for young people with high needs. Ultimately, providing an enhanced level of therapeutic care leads to better outcomes for young people and for the placing authority too. In our experience, a placement that includes a fully integrated clinical package is an investment that placing authorities are willing to make.
- **Specialist therapeutic placements can enable you to build a higher margin into placement fees.** This allows you to strengthen and expand your services, invest in staff, and make choices that are driven by the needs of the young people, rather than financial concerns.
- The clinician develops and implements therapeutic practice standards and staff competency frameworks. This enables us to standardise best practice and **robustly monitor and evaluate** the efficacy of staff and the service as a whole. Great for OFSTED and CQC.





Matching MCTS with your provision...

When thinking about whether a home might be suitable for a young person, we must follow a careful and thorough matching process, to ensure we get the right person, for the right place, at the right time. This approach applies in exactly the same way when considering whether our clinical package is right for your home. It is vital that we ensure that our values, approaches, and methods align with yours.

The model can be adapted to suit your statement of purpose and needs and is based around our core elements. These elements are called the ATIC™ Toolkit, and they are the rhythmic, predictable structures that provide containment, and the opportunity to weave and reinforce therapeutic practice throughout your organisation.

If you are an independent care or specialist education provider and feel that your residential team, fostering agency, or school could be a good match with our core values, get in touch now at hello@mcts.org.uk

Collaboration

| Curiosity

| Creativity

| Connection

| Communication



The hope was to bring in a team not only to provide therapy for our individual young people, but therapeutic support, knowledge, and training for our teams which allow informed decision making on interventions and strategies.

We now have an MCTS external clinical team working alongside us to build brighter, healed futures for our young people. MCTS provides in-depth formulation plans, evidences progress, and guarantees transparency to external professionals also invested in the healing journey of our children and young people.

Independent care provider, Hampshire