

providing enhanced care

to support our children,
young people and foster carers





is a trusted approach based on positive outcomes

Nexus Care+ provides specialist wraparound placements for children and young people with complex attachment problems and challenging behaviours. These children and young people are likely to have experienced significant early neglect and traumatic episodes including multiple placement disruptions.

Nexus Care+ has been developed from the high quality service provided by the agency for over 12 years. We identified the key factors that support both placement quality and stability, and have taken them one step further. Launched in 2014 Nexus Care+ was founded on principles that we know work and that produce positive outcomes for children and young people.



"Children are human beings who carry their previous experiences with them and whose behaviour in the present is profoundly affected by what has gone before"

(Bowlby, J. 1951)



Nexus Care+ has proved highly successful:

"This child has certainly fallen on his feet in being placed here, as the carers are offering very high levels of therapeutic re-parenting and he is clearly benefiting. Advice in assisting with forming attachments..., using a very gentle regime and taking very small steps. They have excellent strategies for repair...In the long-term, this child needs a therapeutic foster placement which is at least of the calibre he is receiving now. "

External Clinical Psychologist
February 2014.

Traditional parenting responses do not always meet the needs of children who have experienced early neglect. An attachment-based approach recognises the importance of building a healthy relationship in which the child develops, over time, both an ability to self-regulate and a wish to change behaviours and do the right thing without tangible reward. They will not want to let their carer down because the developed relationship matters to them.

Nexus Care+ is offered across all our regions and provides the following additional services:

A major, and perhaps the most important, task for foster carers is to create an environment in which the child or young person receives predictable and consistent caring. They need to receive regular, clear and affirming messages about themselves. They will need to be reassured that the carer believes that they are important enough to be kept safe.

1. Therapeutic Support

Nexus Care+ adopts a therapeutic fostering approach shared by the network of staff and foster carers around the child or young person. Comprehensive preparation and specialist training is led by a Psychotherapist (MBACP Accred), who is engaged in doctoral research, validated by Middlesex University. His research and interest involve the development of resilience in children and their carers, and he is retained by the agency to share his knowledge and the application of that understanding in very practical ways. He has clinical expertise and vast experience in children and young people with complex attachment problems and challenging behaviours.

Each placement receives direct input from the consultant psychotherapist to ensure the taught principles are followed. Ongoing consultation and guidance is provided to all members of the team working with the child or young person.

The therapeutic support develops and supports the core relationship between the carers and the individual child or young person according to the needs and dynamics of each placement.

2. Education

Children and young people with complex attachment problems and challenging behaviours are frequently excluded from school or struggle to maintain their education. Nexus Care+ will promote their capacity for engagement with learning through the understanding, interaction, re-framing and changes in behaviour taking place in the home setting.

We will provide specialist education support and guidance to:

- Set aspirations and aim high for children and young people, and celebrate every step towards them

- Maximise opportunity for children and young people to meet their potential to achieve, through additional tuition and education activities

- Share understanding of the impact of past experience, learnt behaviour, coping strategies and the mental health of children and young people, on their conduct within school and their receptiveness to learning

- Advocate for appropriate education provision and support

- Prepare staff and carers to engage with schools in planning to meet the additional special educational needs of children and young people in their care

- Support implementation of Education, Health and Care plans

"A resilient child can resist adversity, cope with uncertainty and recover more successfully from traumatic events or episodes"

(Newman, 2002)

3. Outreach

Each Nexus Care+ placement will have direct access to support from an identified outreach worker, able to provide

- Day-care/respice for the carers

- One-to-one support for the child/young person

- A range of targeted and leisure activities to support interpersonal, negotiating, organisational, motor, verbal or creative skills according to the child or young person's needs and wishes and their personal priorities

4. Social Work

All staff working with Nexus Care+ placements receive specialised training in the Integrative Therapeutic Approach from the consultant Psychotherapist, who provides monthly consultations to local staff teams providing Nexus Care+. They develop their practice within both peer group supervision and shared carer 'Practice Development Groups'. Their professional supervision will be conducted by managers also trained in the Integrative Therapeutic Approach.



Enhanced individual supervision will be provided for all carers, providing guidance and advice regarding the understanding of, and response to, behaviours.

Visits to the placement will be made weekly and include discussion of records made by the foster carer. Such observation and reflection will inform the every-day care of the child or young person, living within a family home guided by the principles of the Integrative Therapeutic Approach.

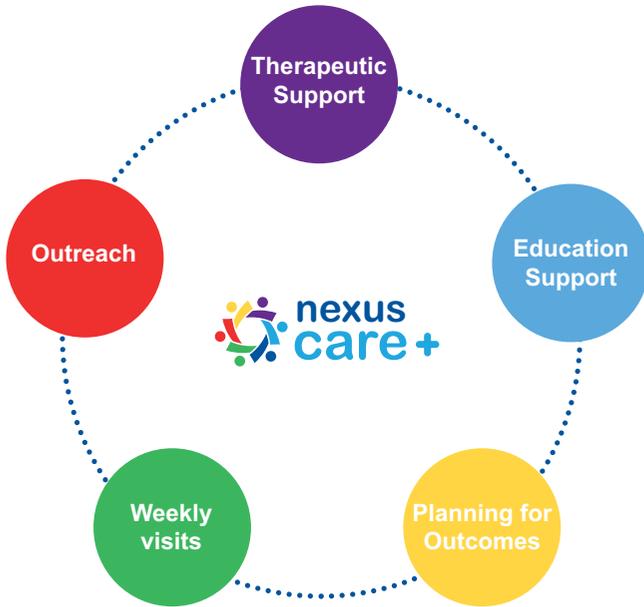
An enhanced level of 24-hour support is available to foster carers from senior professional colleagues with training and expertise in the Integrative Therapeutic Approach.

5. Planning for Outcomes

Local Authorities will participate in identifying priorities within the individual placement plan for the child/young person. The Nexus Care+ team will complete an initial individual assessment, based on the information supplied at placement and the immediate presentation of the child or young person within the early days of placement. This will further inform the plan, and the development of strategies and measurable aims.

On-going assessment and planning will be informed through weekly written reports to the placing authority, measuring change, progress and achievements for the child/young person.

The agency will submit analytical, informed summary reports to each statutory review.



**At the heart of all placements are
Safeguarding and the recognition
of children and young people's
best interests, views and wishes.**

Nexus Care+ provides a unique Integrative Therapeutic Approach

In addition to comprehensive services provided to all Nexus Fostering placements, enhanced services are integrated within a package of all-round care to Nexus Care+ placements, designed to support these particularly complicated and demanding fostering placements.

Each placement develops an individual plan designed around the needs of each child and young person to support placement stability and positive outcomes.

The team around the child or young person is provided with:

- Up-to-date, evidence-based innovative and relevant training

- Monthly clinical supervision which is both informative and challenging

- Direct case consultation with our consultant Psychotherapist

Our foster carers learn to respond therapeutically, becoming effective and resilient in their work with challenging behaviour and emotional trauma. This provides consistency, safety and security so the child or young person can settle, grow and thrive.





Nexus Fostering

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