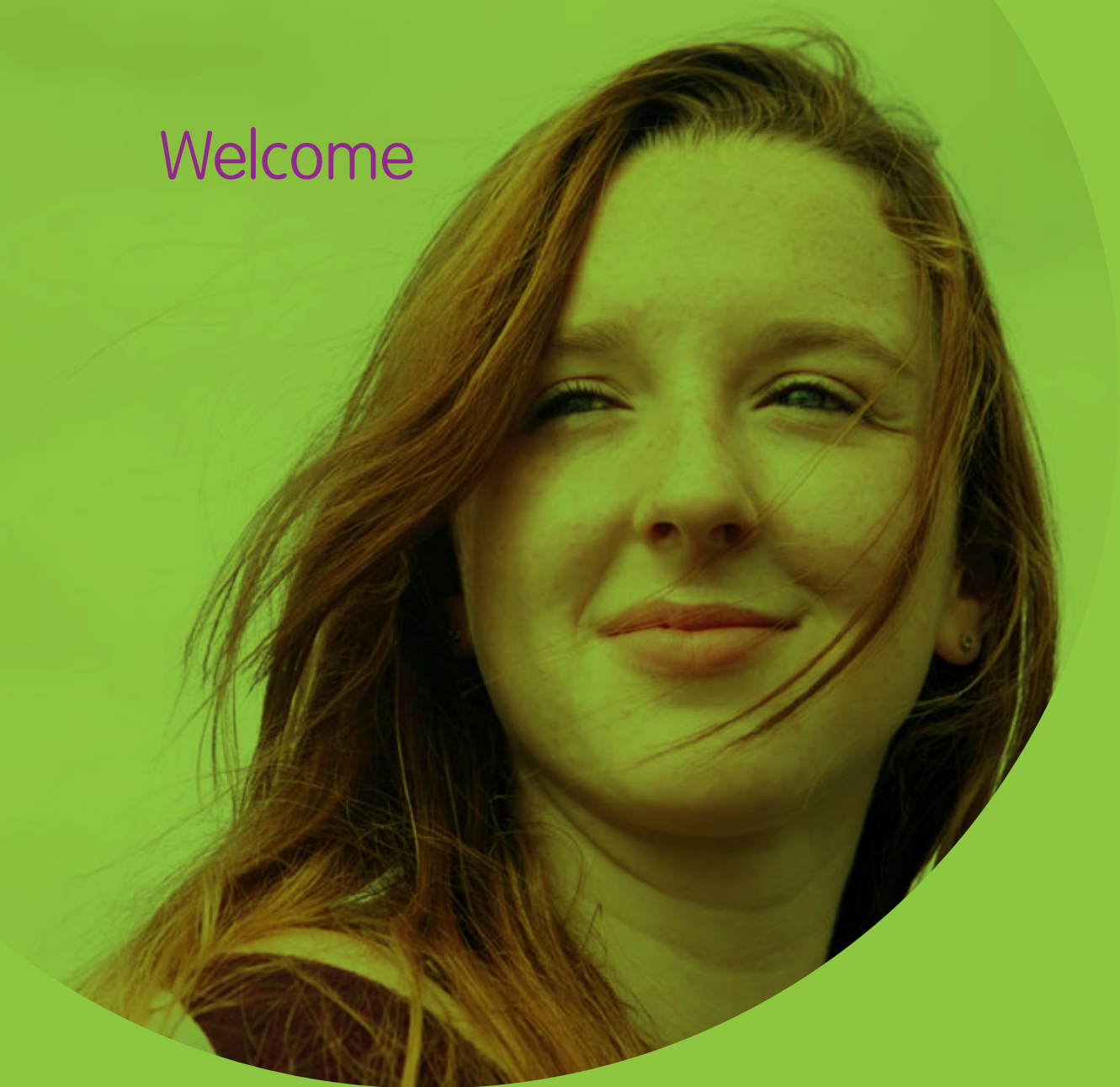


## Specialist children's residential care services

- Child sexual abuse (CSA)
- Child sexual exploitation (CSE)



# Welcome



Welcome to the Cambian Group brochure for child sexual abuse and child sexual exploitation services. This brochure sets out the key information you will need about our range of services aimed at helping victims of child sexual abuse or sexual exploitation.

We take pride in delivering the very highest levels of service quality to those in our care and all services are focused on realising the outcome of a child returning to independent living or moving on into a foster care environment.

In order to achieve this we rely on our extensive staff base of sector experts and support teams. We have the largest number of staff and facilities for young people outside of the NHS, based mostly in Central England and Wales but servicing the whole of the UK.

**[www.cambiangroup.com](http://www.cambiangroup.com)**

# Who are The Cambian Group?

We are one of the largest providers of specialist behavioural services in the UK. We care for both adults and children who present with high severity requirements, challenging behaviours and complex needs.

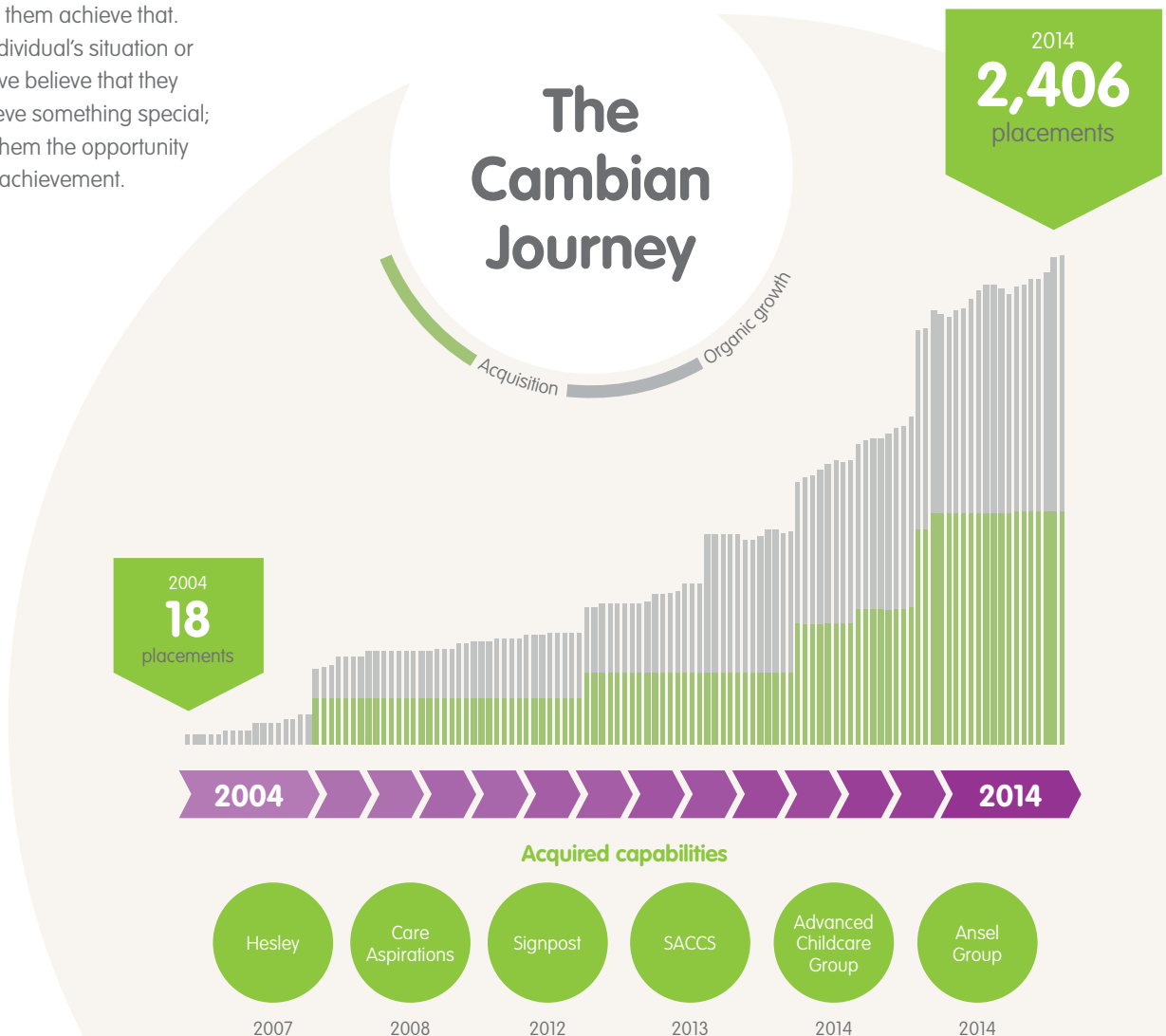
We were founded in 2004 and have grown steadily since, becoming a significant government partner in recent years. In 2014 we merged with Advanced Childcare to form the new Cambian Group PLC. We employ approximately 6,000 people across the UK and hold a portfolio of 250 purpose-designed facilities.

Our mission is simple; we believe everyone has a personal best and we are here to help them achieve that. No matter an individual's situation or circumstances we believe that they deserve to achieve something special; we aim to give them the opportunity to strive for that achievement.

One of our core areas of care is working with sufferers of child abuse and sexual exploitation. We believe in providing a safe and protective, yet challenging, environment to allow our young people a chance to make real personal progression. Our unique approach offers fully encompassing care, therapy and education with a focus on allowing the individual to reduce their need for support, to transition to step-down services and to function effectively as independent adults later in life.

## Our aims

- ✓ Everyone has a personal best
- ✓ Everyone can find something to aim for
- ✓ Everyone can achieve something special
- ✓ And everyone should have the opportunity to strive for it



# Our services for children who have experienced child sexual abuse

Our specialist children's residential care services for victims of child sexual abuse aim at breaking the cycles of trauma by stabilising the psychological effects derived from child sexual abuse, domestic violence, neglect and physical harm.

We achieve this through the use of a holistic therapeutic environment that focuses on building relationships and attachments to supporting adults. The home environment provides a therapeutic parent-led approach focusing on building resilience, promotion of emotional well-being and coping mechanisms to address powerlessness, anger, betrayal of trust and distorted sexual boundaries.

Our children benefit from an outstanding all-inclusive service comprising nurturing home environments and our own off-site DfE registered schools. As linked-up services driven by a collaborative and robust MDT, this promotes consistency in the delivery of individualised therapeutic care and education plans; enabling the children in our care to feel safe to lessen the effects of trauma so they can meet their developmental milestones.

Our team consists of Registered Regional Managers, Psychologists, Psychodynamic Therapists, Occupational Therapists, Care Staff, Art Therapists, Teaching Staff, Assistant Psychologists and Life Story Practitioners.

As part of our commitment to seamless care, Cambian can offer relevant transition pathways for children who are ready to move on from this service. Our children's pathway services include foster care or supported accommodation. Nationwide placements are available depending on assessment of needs.

## Child profile

**Age range (separate homes)**  
 **4-11, 12+**

**Gender**  
 **Mixed**

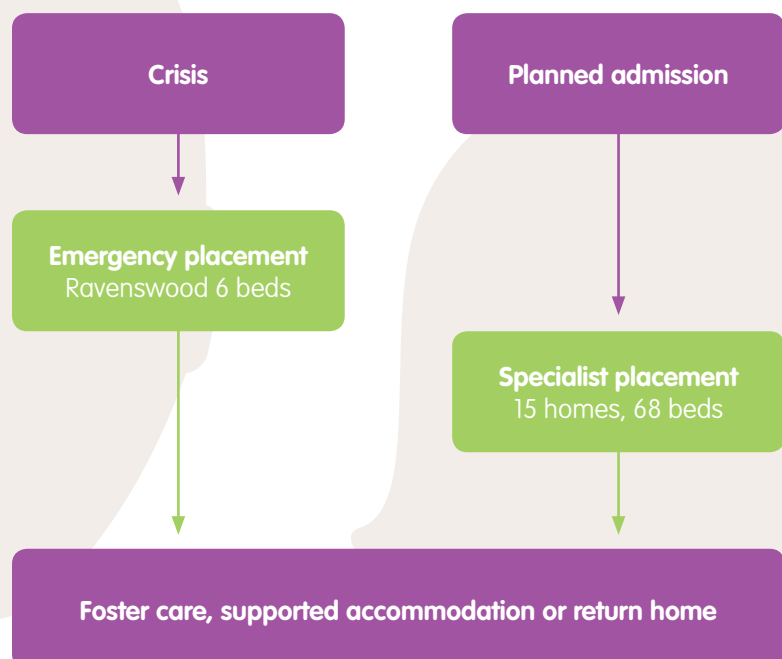
## Typical presentation:

- ✓ Trauma as a result of sexual abuse, neglect and emotional abuse, domestic violence, physical abuse or bereavement
- ✓ History of placement breakdown
- ✓ Challenging behaviours
- ✓ Attachment disorder
- ✓ Sexualised behaviours
- ✓ Emotional difficulties
- ✓ Lack of empathy and trust
- ✓ Low sense of safety and security
- ✓ Delayed cognitive functioning

4-11 years  
**36**  
 Average length of stay in months

12+ years  
**12**  
 Average length of stay in months

## Our care pathway



## CASE STUDY



**Toby\* was only seven-years-old when his mother's partner began to sexually abuse him. His mother was aware of this but did nothing to protect him from it. He came to the attention of Social Care after telling his teacher about the abuse that he was experiencing and was immediately taken into care.**

Toby was initially placed into foster care, though this broke down very quickly. He subsequently went through a variety of further broken placements before he was placed with Cambian's specialist children's residential services for victims of child abuse at the age of eight.

He had not been enrolled at a school, was extremely withdrawn and did not communicate well. Toby struggled with attachment issues and could not be left alone. He also suffered from bedwetting and anxiety caused by flashbacks.

When Toby came to our care, a full assessment of his needs was undertaken. Toby's carers supported him using attachment-based interventions, working with him in a healthy, safe and stable environment to develop his social interactions and to generate better trust in adults.

They began working with him to increase his confidence, encouraging him to interact with other children and to feel more comfortable at night. Toby has been in care for a year and now attends a mainstream primary school while living in a Group Home with other children his age.

Toby is preparing to move on to a very well matched foster placement and he has a bright future. Transitional work has been undertaken by all adults supporting Toby including his key carer, all home staff and his clinical team. This has included placement planning recommendations. Everyone is very hopeful for his future and he is completing impressive work with his key carer about moving on.

An educational provision has been sourced for Toby when he moves to his foster home which will fully meet his needs. Toby will likely receive therapeutic input for some time as he still suffers from anxiety, but the placement within the Cambian service has laid the foundations for this work in the future.

# Our services for children who have experienced child sexual exploitation

Our children's specialist residential care services for victims of child sexual exploitation aim at reducing risk factors through personalised therapies and education designed to build resilience, promotion of well-being and coping mechanisms to prevent future abuse.

We achieve this through the use of CBT, mindfulness, understanding of healthy relationships, anger management, sexual education, art therapy and relevant OT-led approaches such transitional support and functional skill building.

Our children benefit from an outstanding all-inclusive service comprising nurturing home environments and our own off-site DfE registered schools.

As linked-up services driven by a collaborative and robust MDT, this promotes consistency in the delivery of individualised therapeutic care and education plans; enabling the children in our care to feel respected and safe to meet their developmental milestones.

Our team consists of Registered Regional Managers, Psychologists, Assistant Psychologists, Care Staff, Occupational Therapists, Art Therapists and Teaching Staff. As part of our commitment to seamless care, Cambian can offer relevant transition pathways for children who are ready to move on from. Our ultimate aim is to work towards a child returning home or transitioning to other residential services including independent living.



### Child profile



Age range (separate homes)

11-17



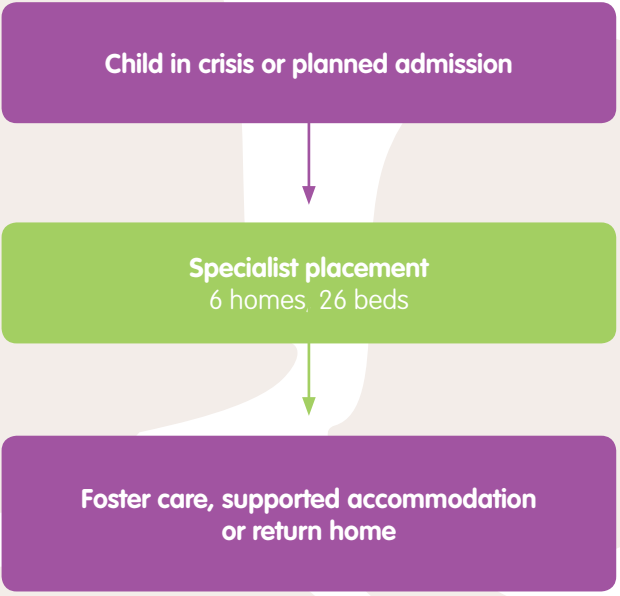
Gender

Female

### Typical presentation:

- ✓ Victim of sexual exploitation as a result of:
  - An attempt to need to meet basic survival needs (life threat, nourishment and shelter)
  - Bullying (peer pressure, relative power and unhealthy relationships)
  - Community gangs with 'street status'
  - Money and gift incentives
  - Trauma (neglect, domestic violence, physical harm, bereavement and sexual abuse)
- ✓ Challenging behaviours
- ✓ Attachment disorder
- ✓ Sexualised behaviours
- ✓ Emotional difficulties
- ✓ Low sense of safety and security
- ✓ History of placement breakdown

### Our care pathway



12  
Average length of stay  
in months

## CASE STUDY



**Susan\* became a victim of sexual exploitation from the age of 15, after her parents split up and her mother began living with her boyfriend. She became withdrawn and started getting involved with the wrong crowd.**

They took advantage of her emotional fragility and men pretended to look after her by sexually exploiting her. She had night terrors and a distorted sense of self and confused relationship issues with adults.

When she arrived at Cambian's specialist children's residential services for victims of sexual exploitation, she presented as an extremely traumatised child with severe attachment and trust issues. After assessment, it was established that she had attachment disorder, sexualised behaviour, high anxiety and an under-developed and distorted sense of identity. Susan became increasingly anxious and agitated which she expressed through challenging and physically violent behaviour. It was felt that this behaviour helped her to protect herself from painful feelings of shame and powerlessness.

Susan quickly responded positively to her new home, which provided her with a safe, homely environment

where she could feel secure due to the clear boundaries and stable support. Reflective and empathic support helped her to better understand and stabilise her sexualised behaviours and supported her to build her self-esteem. This process played a key role in rebuilding her trust in adults.

Susan had the opportunity to see members of the clinical team on a weekly basis. This work included both individual and group sessions looking at self-esteem, emotional regulation, healthy relationship work groups and work around child sexual exploitation.

Susan initially attended one of Cambian's own DfE registered schools for children who have experienced sexual trauma, but after a year went into mainstream education.

Susan has shown amazing progress. She is better adjusted, has made friends and is happy to continue with a therapeutic programme. She is also doing well at school and made new friends.

Susan has taken a keen interest in creative drawing and is considering her options for a further education course in fashion and design.

# The Cambian approach



## Care

With our young-person-focused care programme there are several key areas of focus. Firstly every child is given a period of time to adjust to their new surroundings and our teams. Once the care regime has begun we use a therapeutic parenting approach to help integrate the children and to encourage them to recognise and form healthy relationships with adults.

The approach used in the house is informed by DDP (Dyadic Developmental Psychotherapy) to support the formation of therapeutic attachment relationships. Together we aim to instil a sense of routine and structure as well as teaching daily living skills so that young people can be fully reintegrated.



We provide a pathway aligned to each child or young person's individual outcomes that encompass therapy, care and education. These are measured and monitored using a **Global Assessment of Progress (GAP)**, specific to either CSA or CSE and modified according to need.



Learning



Therapy

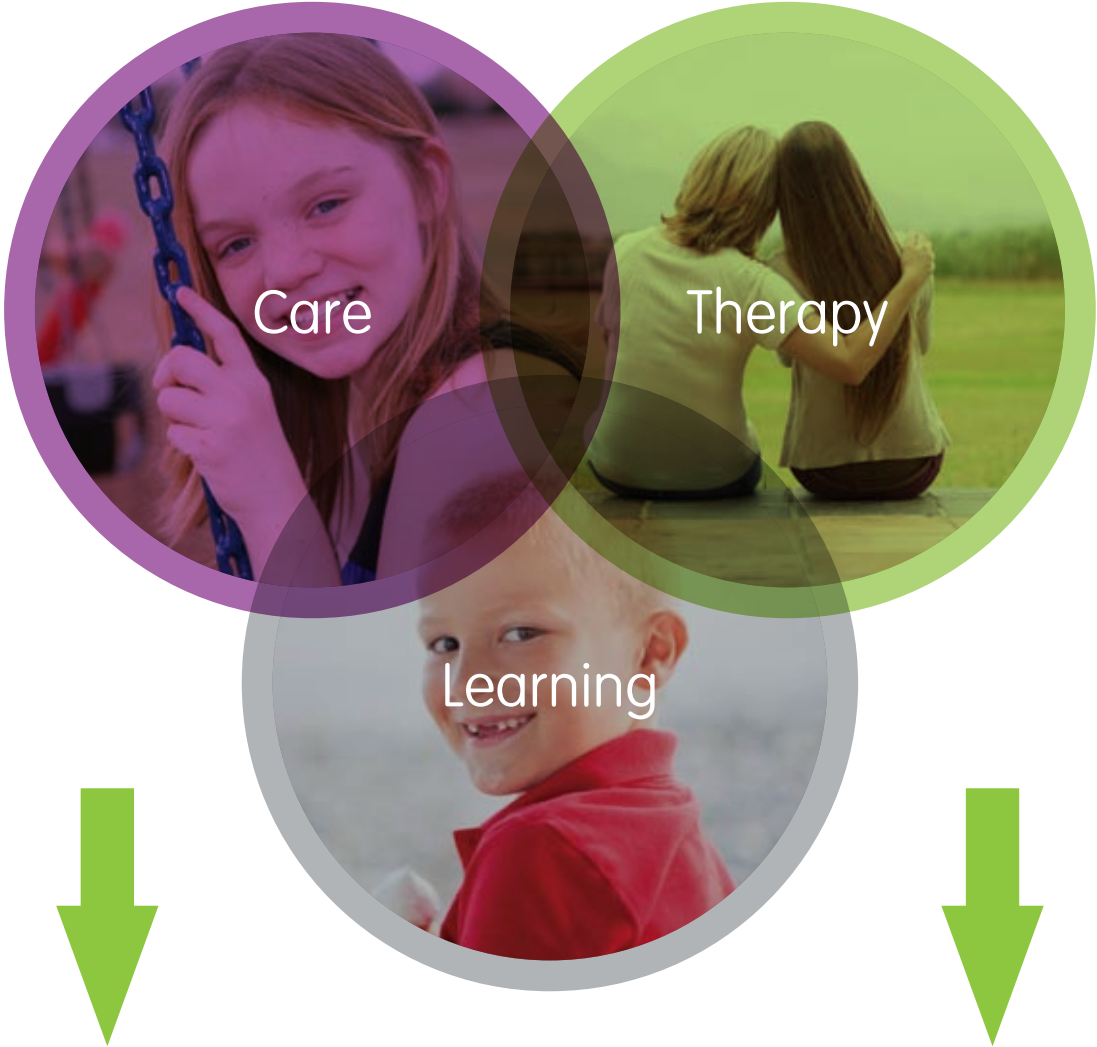
## Learning

As well as the specialist knowledge and therapy sessions we offer, an integral part of our service is to provide full-curriculum teaching to ensure that all our children and young people have the same opportunities as children in mainstream schooling. To this end we employ fully qualified teaching staff, an opportunity for ASDAN (Award Scheme Development and Accreditation Network) approach teaching and where suitable lessons in a mainstream school or further education college.

## Therapy

The final component of the Cambian approach is professional therapy. Once the young person or child has finished their 12 week assessment and stabilisation period, working with the child we clearly define their objectives and outcomes and move them into a personalised therapy programme with relevant interventions tailored to their needs. This process is continually monitored to ensure that the child or young person receives the correct therapy to enable them to reach their goals and outcomes.

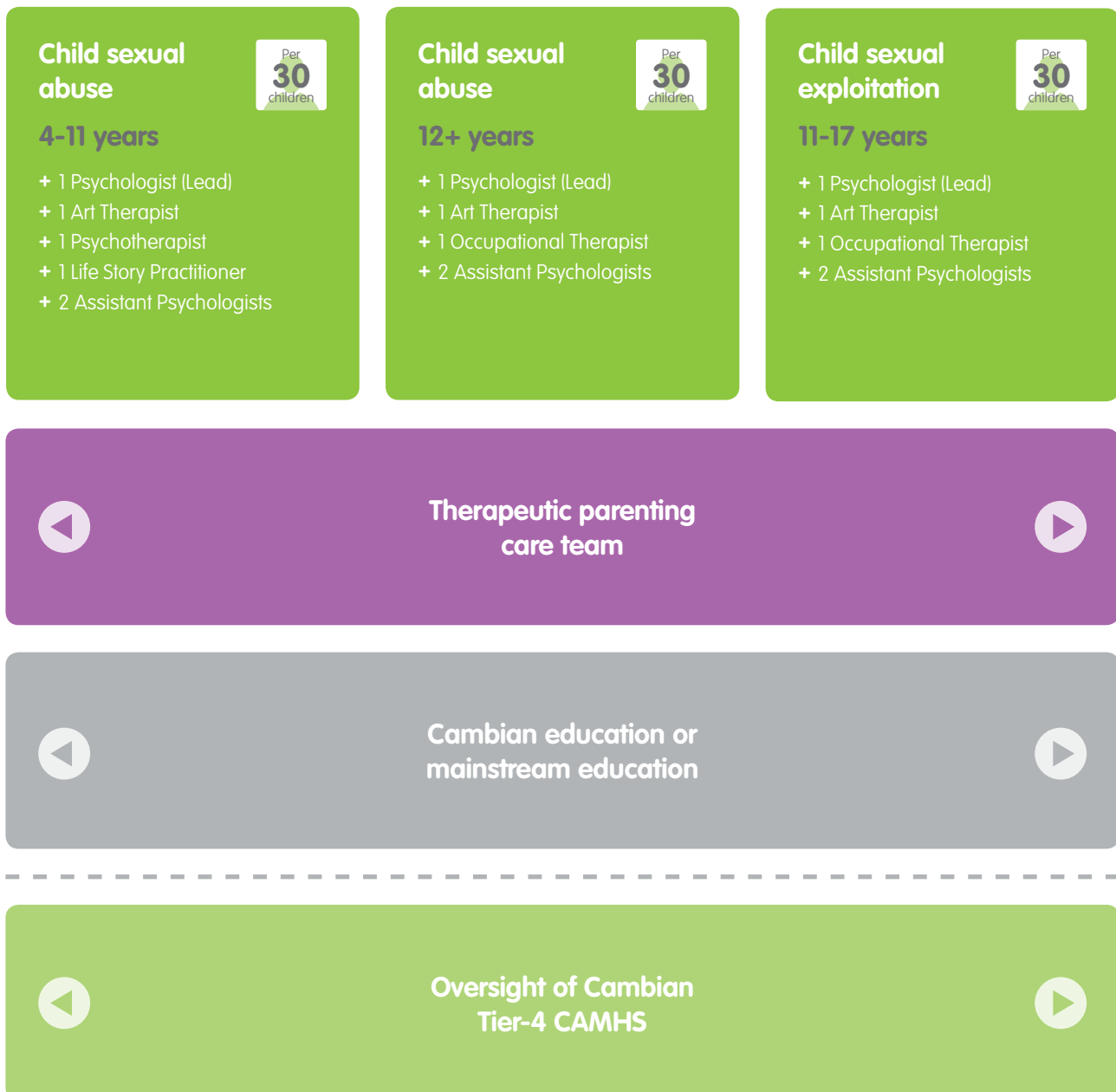
# Outcomes



# Staff team

To ensure that we give the highest possible levels of service we have built a multidisciplinary team (MDT) encompassing every major specialisation in the care field. Dependent upon the age and requirements of the child, a team and care plan will be built to focus on that child's specific needs.

These teams may include a psychologist, art therapist, psychotherapist, life story practitioner and assistant psychologists depending on the individual's needs and outcome goals. The progress of the individual is continuously monitored and the treatment adapted as necessary based on GAP analysis scores.



# Our therapeutic interventions

Children and young people have bespoke clinical packages that are tailored to meet their needs. The GAP assessment, and other assessments, are used to inform care planning.

## Art therapy

This provides an opportunity to explore emotions through creative and play-based therapeutic interventions.

## Holistic Therapeutic Environment

A therapeutic parenting approach that uses current attachment and trauma theory to help children and carers develop their relationships.

## Psychotherapy

Psychotherapy is used to help participants discuss and understand their emotional difficulties.

## Modular Dialectical Behaviour Therapy (DBT)

This is designed to help change patterns of behaviour that can be destructive, such as self-harm, suicidal thinking and substance abuse.

## Mindfulness

Mindfulness aims to make people aware of their own thoughts and behaviours and encourages them to take control of the emotions caused by such thoughts.

## Dyadic Developmental Psychotherapy

DDP was developed for use in families where there are attachment issues or separation from familiar caregivers.

## Cognitive Behaviour Therapy (CBT)

CBT aims to improve problem management skills by looking at issues from another perspective and changing behaviour patterns.

## Healthy Relationships

This focuses on teaching young people how to form healthy relationships with adults and peers.

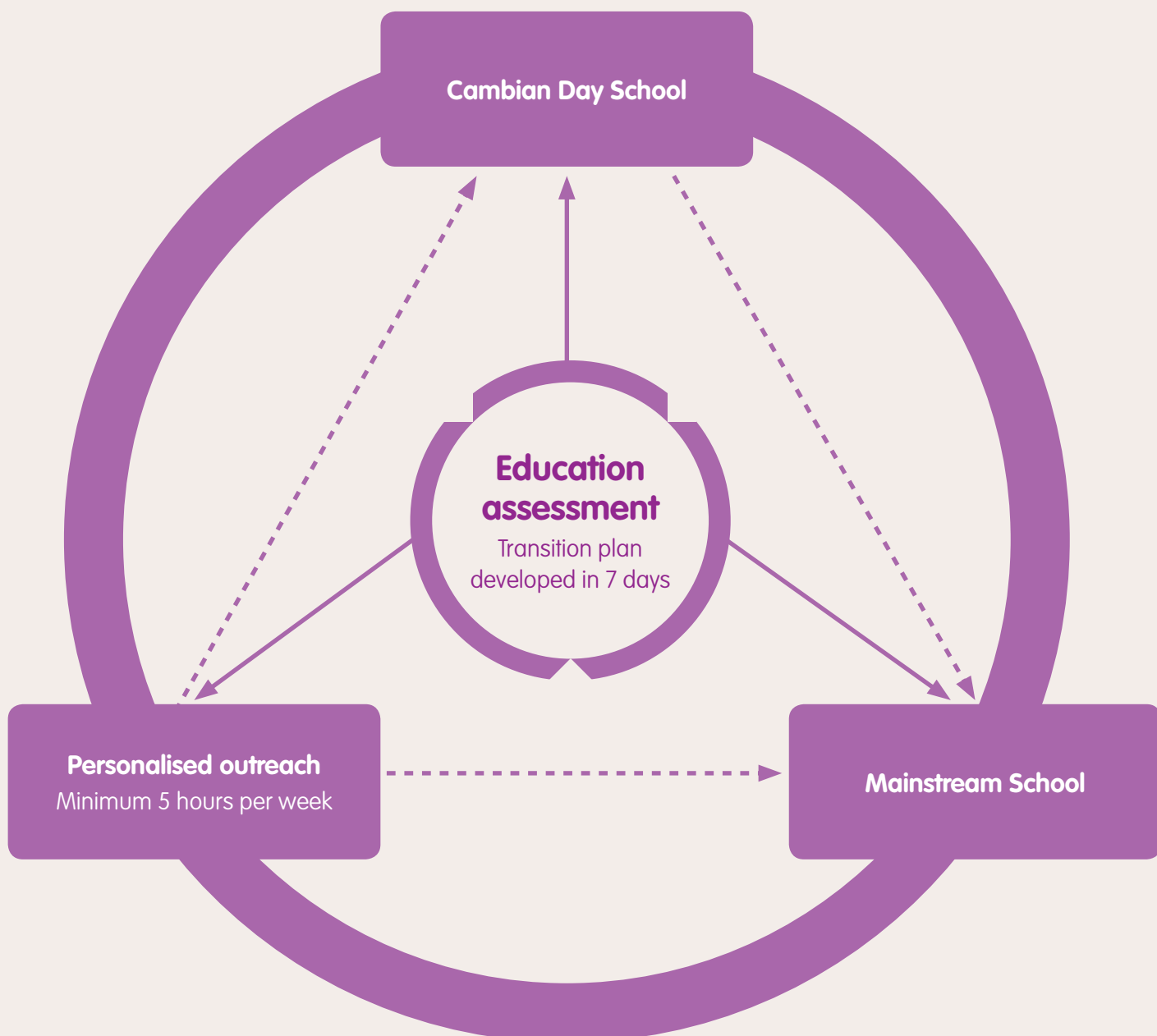
## Life Story Work

Life-story work aims to help children better understand their past, defining lines between reality and fiction.

# Education and learning

In order to ensure that all young people or children have the greatest possible chance of reaching their personal best, every child or young person in our care will have access to learning in a mainstream school or will wholly aim towards this outcome.

It is key that children in care or supported living acquire the necessary skills to successfully integrate into society. At Cambian this means receiving a full-curriculum teaching schedule ensuring all educational needs are met and boosting children's academic skills. Education can take place through Cambian day schools, personalised outreach or, as is the final aim with young people, in mainstream schools or colleges.



# How we measure outcomes

At Cambian our key focus is on patient outcomes – this means, where possible, full reintegration into society or as close to that as is possible for the individual child or young person in question.

In order to reach positive outcomes for all of our children and young people we apply several different key methodologies for assessing the child or young person's progress.

The GAP assessment is undertaken at the start of a child's placement and provides a baseline on which the care pathway is planned. This GAP assessment is then repeated on a monthly basis and the interventions adapted accordingly in order to ensure that the child continues on their pathway and achieve their outcomes.

The GAP assessment is underpinned by a series of further assessments that monitor several key indicators. Firstly the child's general level of functioning is measured using the Children's Global Assessment Scale (CGAS). They are also measured on the daily risk that they pose to themselves and to others, through the use of the Daily Risk Assessment (DRA). Further to these they are measured on their engagement with education, social understanding, sleep and engagement in leisure activities.

All these assessments help track the progress of the child and understand areas in which the child is struggling, so that care pathways can be adapted along the way.

All assessment results are shared with key workers and social workers.

## ✓ The Cambian Promise

Every child or young person will have access to learning in a mainstream school or will wholly aim towards this outcome.

## Why choose us?

For over 25 years, our specialist residential care services have provided outstanding therapeutic care and education for children victims of abuse and sexual exploitation.

Our outcomes are underpinned by a well-defined and child focused approach supported by a complete personalised care pathway leading to transition into foster care, supported accommodation or home return.

Our homes and registered DfE schools offer nurturing environments where the children in our care feel safe and supported to achieve their personal best. Our services are ideally situated in the Midlands, Yorkshire and the North West.

# How to make a referral

Knowing how difficult it can be to entrust a child's care to someone else, we work closely in partnership with local authorities and families.

For those that we work with, our commitment to high quality care is a guarantee that they have come to expect.

**We aim to treat all referrals with the appropriate levels of scrutiny expected and follow the appropriate steps in order to ensure that relevant care is provided.**

Each referral is:

- 1 Sent to the referral team in the first instance, who assesses in detail and then forward the profile to the appropriate home and clinical team.
- 2 Subjected to a therapeutic and clinical review to ensure that we can provide the appropriate care and placement.
- 3 Once an appropriate placement is found, the child or young person may be required to visit in order to ensure that it meets their individual needs.

This rigorous referral and assessment policy aims to match each child to the correct service from the start. This will maximise the potential for placement stability and ensure that the child's needs are met and any risks are managed appropriately.

All planned placements can take up to 72 hours to agree, though emergency placements are available in our intake and assessment home.

## To make a referral or enquiry:

☎ **0800 644 6170**

➔ **[ccs.referrals@cambiangroup.com](mailto:ccs.referrals@cambiangroup.com)**



# Our locations

Supporting  
the needs  
of the UK

Our specialist residential care services are ideally situated throughout the North West, Yorkshire and Humber and the Midlands.

We take referrals from across the UK and the majority of Local Authorities are existing and repeat customers.

[www.cambiagroup.com/makeareferral](http://www.cambiagroup.com/makeareferral)

 Authorities who use our services

 Our CSA/CSE homes

