



# Cambian Wing College Wellbeing Team

Everyone has a personal best

# Therapeutic Services

The Therapy team is a support network for learners and their families at Cambian Wing College. The Clinical Services Team will undertake part of the initial three month assessment for new learners.

## Referrals

These can be made by learners, parents and staff. A referral form is completed, the Therapy Services Team will assess the need and an appointment may be made or discussed with the referrer.

## Personnel

The wellbeing team consists of a Mental Health Practitioner, a Clinical Psychologist, Assistant Psychologists, a Speech and Language Therapist, a Speech and Language Assistant, an Occupational Therapist, a Holistic Therapist, a Consultant Psychiatrist and Therapy Dog.

## The main aims of our programme:

Provide a stable placement that enables each young person to engage with education through:

- Reducing risks with increased personal awareness
- Reducing other associated risks and improving psychological and emotional well-being
- Supporting young people in education safely with 25 hours of attendance
- Supporting young people towards independence in the community for positive transition to adult life.

## Meet the Team



### Mental Health Practitioner

**James Ozmond** is our Mental Health Practitioner who provides a responsive person centred support to all learners who have a decline in their mental health and low emotional well-being — the interventions range from informal sessions to structured weekly appointments either on site at CWC, in residential houses or community based.



### Psychology Team

The psychology department is supported by two full time Assistant Psychologists, **Tanya Rahman** and **Andrea Iglesias** and a Locum Psychologist who is available once a week. The psychology team administer an assessment for new learners to recognise if they need further support in the form of 1:1 structured evidence based therapeutic interventions as indicated by BPS guidelines and/or therapeutic groups if required. We ensure that the SEMH outcomes are met according to the EHCP. There is direct contribution to the learners formulation, diagnosis and treatment plans and provides specialist psychological advice, guidance and consultation to staff and professionals as well as bespoke training to staff.



## Psychiatry

**Dr Subha Muthalagu** is our on-site Consultant Psychiatrist. Dr Muthalagu offers regular and ad-hoc meds reviews to our students. Dr Muthalagu provides advice and consultation to staff and liaises with local Mental Health services as and when needed.

## Speech and Language Therapy

**Kelly Naylor** – our Speech and language Therapy Assistant works with our Locum Speech and Language Therapist to provide a specialist person centred service to meet the individual communication needs of the learners at CWC as an integral part of their education

This is delivered through individual and group therapy, being part of the class team and through sharing knowledge of speech, language and social communication impairment with residential, education staff and parents to enable young people to communicate to the best of their ability.

Every student at the CWC has their own personalised communication profile which specifies their individual communication strengths and needs and advises staff of how to best support that individual.

## Occupational Therapy

Our Occupational Therapist, **Claire King**, administer initial assessments and support learners and staff. They give guidance and advice in a variety of ways to help learners develop their living skills, motor coordination and sensory issues.

The Occupational Therapist runs 1:1 and small groups based on the zones of regulations programme, core stability programme of fine and gross motor skills, sensory drop in clinics and sensory based interventions

## Holistic Therapies

Our Holistic Therapist **Alex Thomas** provides a range of treatments to encompass all aspects of health and well-being under the clinical supervision of our Occupational Therapist. Relaxation therapies include holistic and sports massage; soft tissue release; and aromatherapy. Active sessions range from high intensity fitness workouts to postural correction as well as yoga and pilates based exercises for core strength and stability and as a means of practising mindfulness through activity.

## Therapy Dog

**Nala**, a Rhodesian Ridgeback, is our PAT assessed therapy dog who attends college part time and supports students on site and in the community.

# The Step Model

**S**

Sensory  
Supportive

**T**

Totally  
inclusive

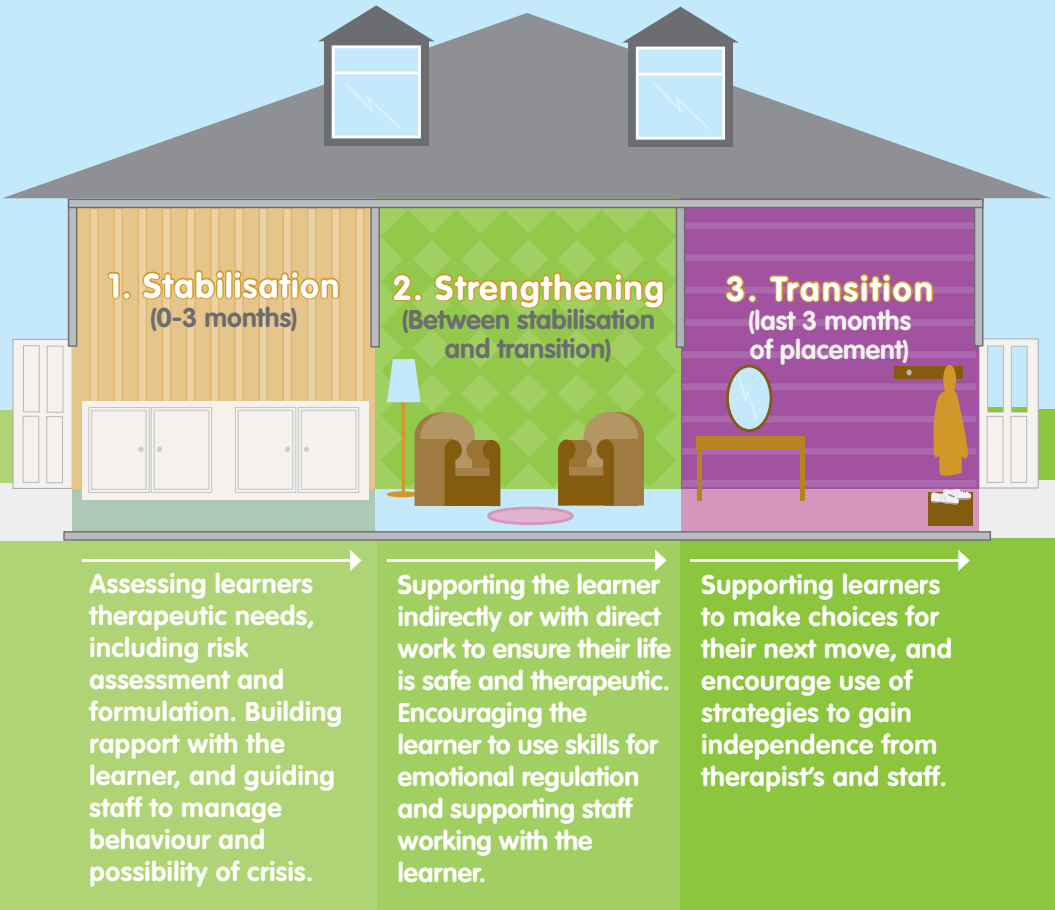
**E**

Enabling

**P**

Progressive

Here at Cambian Wing College, the clinical services team follow The Step Model. Please refer to the E-Step Lite document for more information around this. The phases of this are outlined below:



## Our Aim

To create a cohesive, coordinated approach to address the needs of learners and give learners a voice to advocate for themselves

**Cambian Wing College, 126 Richmond Park Road,  
Bournemouth, Dorset, BH8 8TH - 01202 635630**

[www.cambianguroup.com](http://www.cambianguroup.com)