

We welcome, nurture and support children & young people who may have a diagnosed autistic spectrum condition or similar behavioural traits, ACES, Attachment Difficulties, Social, Emotional and Mental Health Needs. Therapeutic care supports emotional regulation by identifying and naming the emotions felt and reflecting on the impact they have.

Kenilworth House

Welcome to Kenilworth House

Our nurturing, homely and child friendly home, has been developed with input from the Children who live in it, and for some who call it “home”.

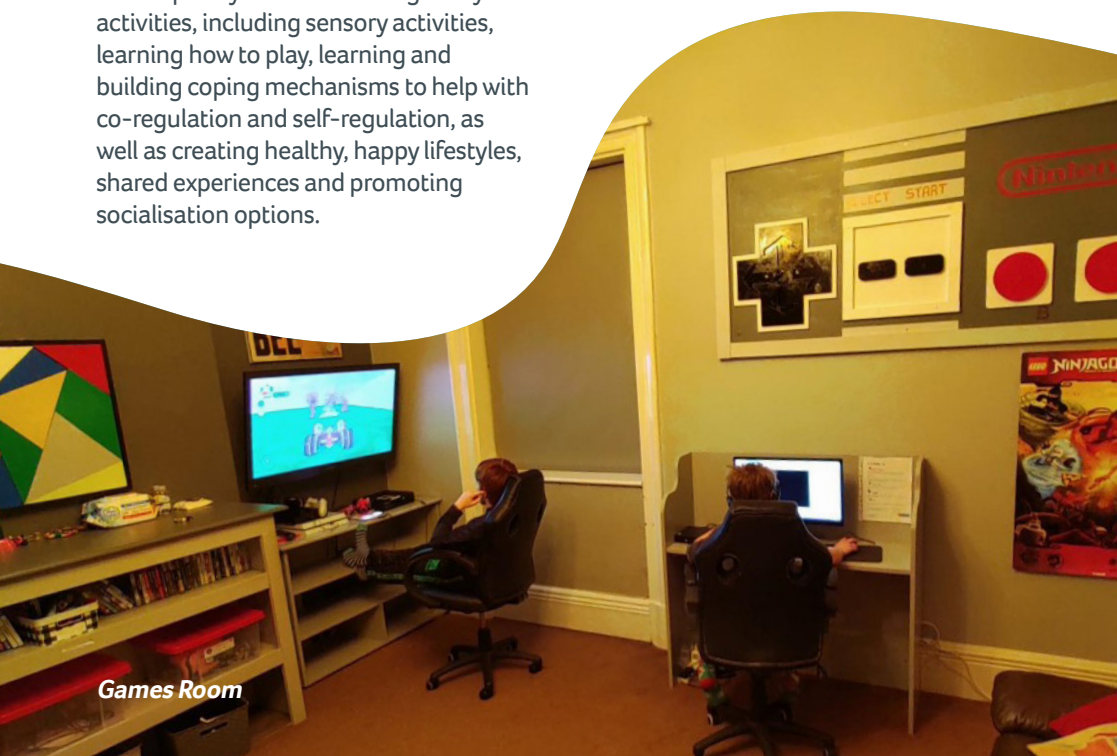
Strong routines and clearly structured days create and provide a safe, stimulating environment, that also allows us to explore and have fun, whilst supporting and promoting opportunity and development of social, emotional and life/independent skills.

We keep busy and active doing many activities, including sensory activities, learning how to play, learning and building coping mechanisms to help with co-regulation and self-regulation, as well as creating healthy, happy lifestyles, shared experiences and promoting socialisation options.

Children are listened to, encouraged to grow, learn new skills, build self-esteem/confidence and know they are important and that their input is essential in ensuring their time with us is tailored to their specific needs.

A strong, consistent staff team create and provide a safe environment

We help create learning opportunities in line with personal development that prepares a young person for their future in conjunction with the important people in their life.



Games Room

Our aspirations

To provide our children with positive experiences, opportunities and hope for a happy future. To do this we plan with them to make sure what we do meets their individual needs and helps them to find and be them self.

We work to build strong coping mechanisms for and with the young people, to help build and allow co-regulation/self-regulation, and prepare them for the life post their time with us.

Detailed transitions to and from the home ensure we provide the best: care, experiences and opportunities for a young person, whilst keeping them safe.

We include the young person and those important to them in key decisions.

Building strength, self-confidence and self-esteem is vital. Engagement in Education and achieving academically builds up resilience. Socialising and community involvement builds a wider friendship circle.



A town home for boys aged 7+

- 4 Living spaces designed and updated by the young people, to provide different activity options/ spaces including TV-Sky room, Quiet/ Arts and Crafts Room with sensory lighting options, Games/Console Room with safe computer access. Dining space, that also includes pool/table tennis options
- All bedrooms are en-suite, and personalised by the children to meet their tastes/age
- Access to Many sports clubs, cadets & leisure activities
- Town location offers opportunity to access transport links.

“Innovative practice contributes to a significant increase in emotional health and well-being, which is outstanding progress.”

“The setting is achieving and exceeding the aims and objectives as defined within the statement of purpose.”



Therapy in the home

Forming positive relationships and providing safety are at the centre of our therapeutic care. From this nurturing foundation children can begin to see the world through a new lens to make positive and lasting changes in their lives.

All our care teams are trained in attachment and trauma informed care, meaning children's complex needs and behaviours are understood and addressed at an emotional and physiological level. These developmental deficits are worked with relationally within the care home environment.

We use a variety of therapeutic approaches and interventions within the home:

- Therapeutic relationships, safety, and trust.
- Recognising and working with attachment styles and patterns.
- Co-regulation to help children build the internal scaffolding they need to self-regulate their emotions.
- Therapeutic parenting.
- Routines and boundaries to increase predictability and decrease fear.
- An approach of Playfulness, Acceptance, Curiosity, Empathy (PACE) is used to help everyone understand what is happening in a nurturing non-confrontational way.
- Regular movement and sensory input to help the body and brain regulate.

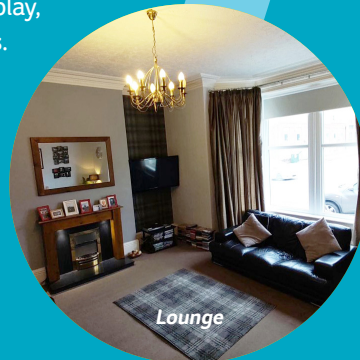
Staff have a child centred approach with is open, warm, and reliable. Careful curiosity helps everyone open their perspective about what might be happening in the child's inner world. Staff then use high levels of empathic responses to demonstrate understanding and offer attunement. These insights help children develop self-awareness and understanding of themselves and their experiences.

Non-verbal communication and co-regulation are vital parts of the therapeutic care team's approach. We aim to provide the emotional framework from which children can restructure and develop their own more positive coping mechanisms.

Staff seek to engage the emotional side of the brain and link it with the logical side of the brain for learning and reflection, a whole brain integration approach. Creating a narrative through active listening and the use of open questions encourages self-awareness. Naming the emotion and the need helps the child link the feelings in their body to behaviour. This facilitates self-control and regulation of emotions, this is reparative.

One to one Psychotherapeutic counselling

Whilst the daily emotional and psychological needs of the child's are attended to in the home each child also accesses **weekly one to one psychotherapeutic counselling** with an experienced and accredited child therapist. This is long term therapy in which the child is free to express and explore their inner world and experiences using play, non-verbal communication, creative and somatic modalities.



Therapeutic assessment and Consultation

Each child receives a comprehensive therapeutic attachment-based assessment when they join us. This formulation considers the impact of early childhood and life history, their ability to regulate emotions and how this is expressed through behaviour. Staff are guided by our therapeutic consultant, receiving monthly clinical supervision and support with specific challenges as they arise.

Our ethos involves parallel care with staff being well looked after and regulated so they can give and hold this experience to the children they care for.

Our therapeutic model encourages positive sustained changes on all levels, leading to healthier life choices and improved wellbeing.

Our attachment-based therapeutic parenting style informs our care plans, assessment reports and ways of working.

Therapeutic outcomes:

- Attachment-based care to create a new positive template of relating to others.
- Feel safe and cared for.
- Understand the adaptive fight, flight, freeze and submit survival responses and how to regulate these.
- Process past trauma in a safe and contained way appropriate to individual needs.
- Release of unprocessed emotions and resetting of the nervous system.
- Develop self-awareness and change their behaviour.
- Deepen relationship skills and empathy.
- Self-regulation skills & emotional understanding.
- Integrate experiences throughout adolescence to develop a clear sense of self.
- Switch on the thinking part of their brain, to learn and make better choices.
- Value themselves and their lives.
- Be able to access and engage with positive life skills and opportunities.





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