



# North Lakes

● care ● education ● therapy

A welcoming home for children and young people aged 6-16 years old. The home has a family atmosphere where the children feel safe, secure and cared for, which allows them to grow and achieve their full potential.

# Morton Lea House

# Welcome to Morton Lea

The care team at Morton Lea work hard to provide a therapeutic and nurturing approach to the care they provide for the children. The home has a family atmosphere where the children feel safe, secure and cared for, which allows them to grow and achieve their full potential. Opportunities to strengthen and develop personal resilience are encouraged and are incorporated into daily life.

Our home welcomes children and young people aged 6-16 years old and we can facilitate a maximum of 4 boys. These numbers provide high levels of staffing and can ensure that within the home groups can be split into manageable numbers of 2-3 for small activities. This helps to accommodate the friend choices and personal preferences of the children.

We place the children and young people at the heart of all we do, from decision making through Inclusion, to planning and implementing changes and ensuring that the young people are safe, well, happy, striving for positive opportunities that will enhance their life, and meeting all their social, emotional, physical, recreational and educational needs.

We access sporting activities, planned days out and a full spectrum of activities, including specific clubs out with the community to enable them to develop their social skills whilst also giving them the confidence to interact/engage with young people of similar age and have similar interests.



*Main Living Room*





Dining Room

# 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.
- 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.

- Co-regulation to help children build the internal scaffolding they need to self-regulate their emotions.
- 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.



*Kitchen*



## Contact us

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