

Beginnings and Endings – The therapeutic value of thoughtful transitions as an integral part of relationship-based practice.

St. Bernard's Children's Services



History

Presentation Order providing care since the late 19th century.

1908 in response to Children's Act moved to industrial school in Dundrum, Co. Tipperary

1975 in response to The Kennedy Report moved to one of the first purpose-built Group Homes in Ireland, in Fethard, Co. Tipperary

1997 began a journey of following a therapeutic model for children with identified attachment issues utilising a therapeutic community model

In recent years St Bernard's has become an independent voluntary not for profit agency.

Evolving Journey

- St. Bernard's has demonstrated the ability to meet the evolving needs of society and service users. We have successfully provided numerous services over the last 48 years, including:
 - Short term residential, including emergency
 - Long term residential, including high support
 - Residential disability service
 - Aftercare residential service
 - Aftercare outreach service
 - Fostering Support Service

Sacre Coeur

- Sacre Coeur is a therapeutic residential unit which takes care of children of mixed gender aged between seven and eleven on admission. The children who come to live in Sacre Coeur have experienced acute childhood experiences such as neglect ,rejection and abuse and may have experienced multiple placement moves due to severity of their behaviours. The therapeutic programme in Sacre Coeur is for two years and during this time the child will experience a specialist 'holding environment' provided by a robust, understanding and emotionally available team.

Sacre Coeur is a therapeutic residential unit which takes care of children of mixed gender aged between seven and eleven on admission. The children who come to live in Sacre Coeur have experienced acute childhood experiences such as neglect ,rejection and abuse and may have experienced multiple placement moves due to severity of their behaviours. The therapeutic programme in Sacre Coeur is for two years and during this time the child will experience a specialist 'holding environment'

Sarah's Dragon

Visualisation piece



Beginnings

- Juliet Berry (1972, p.428) suggested that *“The first entry into any institution is particularly traumatic because of the fear of the unknown, the uncertainty of how one is to behave, the sudden loss of one’s customary roles and patterns of living – these amongst other factors may cause severed shock”*.



Admission - Beginning

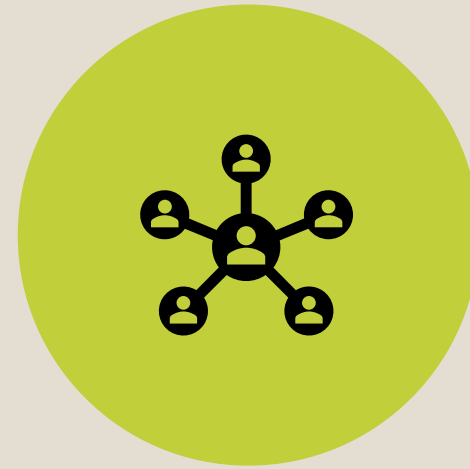
The Process



Preparation Stage



INFORMATION FOR STAFF
KEYWORKER IDENTIFIED



VISIT WITH YOUNG PERSON ,
KEYWORKER AND CENTRE MANAGER,
SOCIAL WORKER

Preparation of the Community

- Berry (1972) describes a new arrival as a 'special event –come-crisis' for the existing established group of young people and it forcibly reminds each of their own personal uncertainties.



Our greatest Resource

The team believe that if the planning and anticipation remains solely within the staff team, we risk losing the potential benefit of our greatest resource.

‘The children themselves’

The stages

The first visit



```
graph TD; A[The first visit] --> B[The second visit]; B --> C[Third visit (overnight stay)]; C --> D[The final stage];
```

The second visit

Third visit (overnight stay)

The final stage

The Worry Monsters



- The adult will hold their worries for them.
- It allows the child to get on with their day.
- Breaks down the worries in to more manageable pieces.
- It's a great way to encourage children to think about their feelings.
- It gives them a sense of control over their worries.

Therapeutic Stories

The stories give dramatic distance to support expression of experience for the child

They are designed to talk to the child at an unconscious level

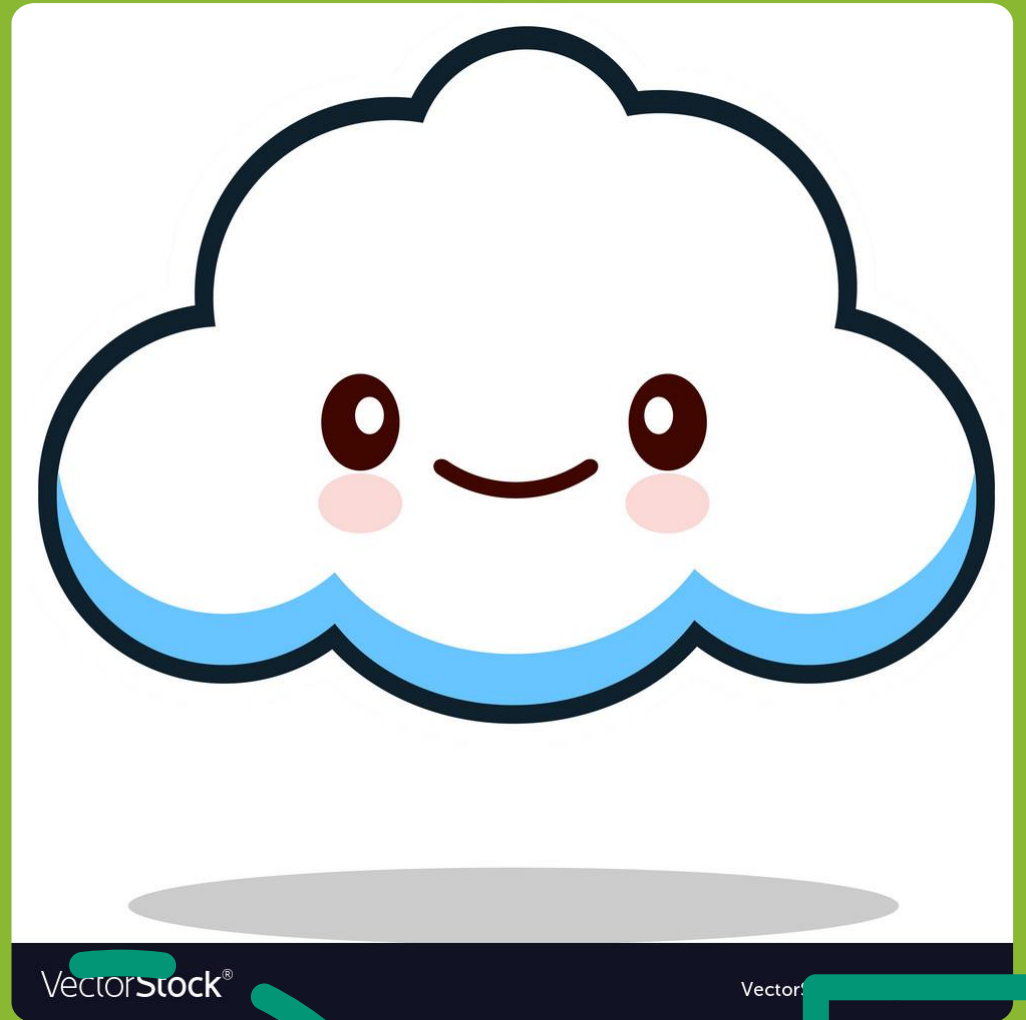
, The metaphors in the story act as a vehicle to address a range of emotions and allows the unconscious to interpret the story according to their needs

Good for making connections, building rapport, opening channels of communication

With thoughtful use the stories can become a useful tool to promote healing and recovery

Proud Cloud

A proud cloud is a way of sharing the child's achievements throughout the day with every one.



Communication Passport

- The child's Passport



- This is where we hear the child's voice it is visually appealing with pictures , stickers so that the child will enjoy showing it and adding new things to it.
- It can act as a containing piece so that the child feels secure that their voice is heard, and their needs will be met.

- The Adult's Passport



- It is a way of supporting our vulnerable children across transitions by drawing together complex information and distilling into an clear positive and accessible format to ensure the safe containing therapeutic care of the child.



Endings /New Beginnings

Endings: Paying attention to endings is an essential part of the therapeutic process, good endings are the basis for good beginnings and good carry-ons.

The stages

The first visit



```
graph TD; A[The first visit] --> B[The second visit]; B --> C[Third visit (overnight stay)]; C --> D[The final stage and Visits];
```

The second visit

Third visit (overnight stay)

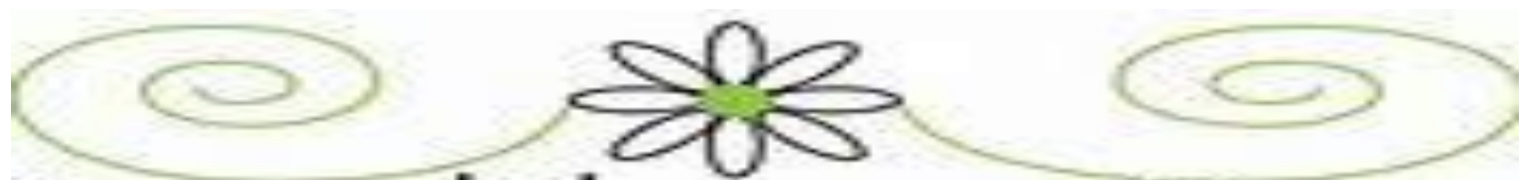
The final stage and Visits

Visual calender

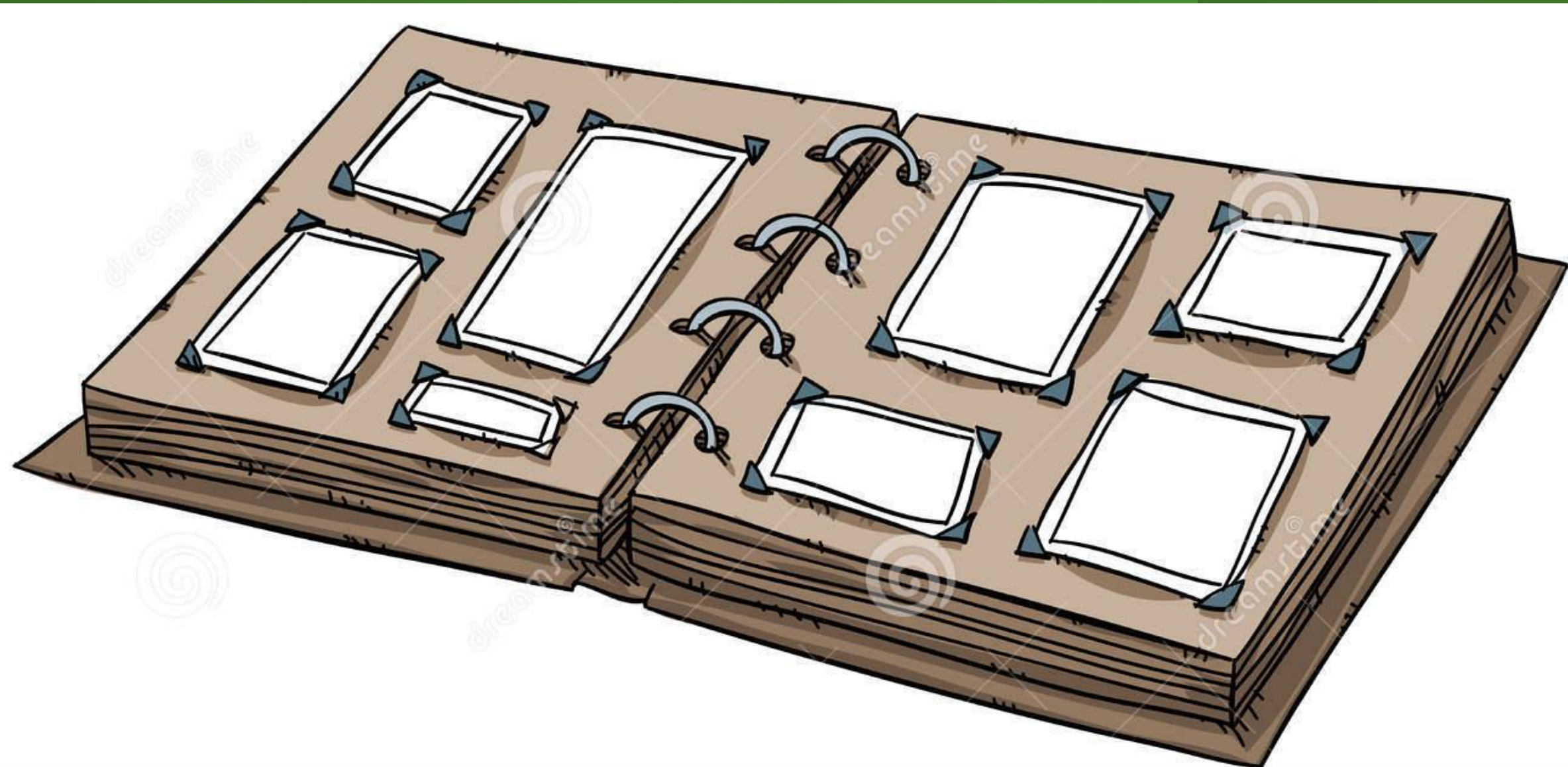


CELEBRATE





We didn't realize
we were making
memories, we just
knew we were
having fun



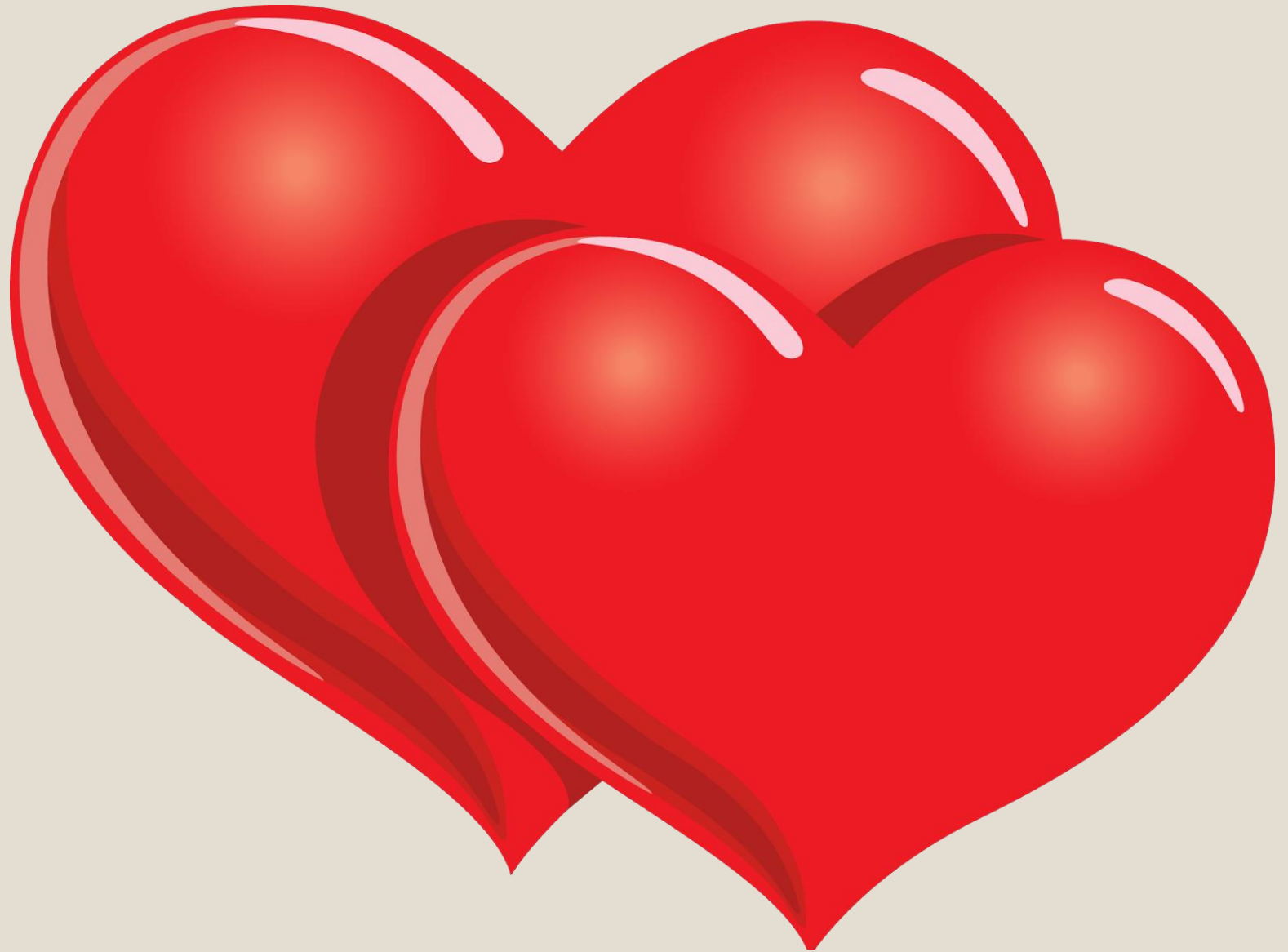


Toni
box



The Heart Frame

- For the Members of our community that leave and for those that are left behind we use the heart frame as a means of recognition to the community members contribution during their time in our community.





Thank you