Children's Therapeutic Accommodation in Action!: A case study from South Australia.

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Community Accommodation and Respite Agency (Cara), Adelaide, South Australia
Community Accommodation and Respite Agency (Cara)

- Is one of South Australia’s (SA) leading providers of accommodation and respite services, Cara is committed to helping people with disabilities and their families live full and rewarding lives.

- We support over 600 children and adults, operating across more than 45 metropolitan and regional sites in SA. This support is provided by over 450 Staff.
Therapeutic Accommodation Service

Overview of Service Model

- Transitional therapeutic accommodation service
- 4 young people under Guardianship of Minister – aged 8 to 15
- Experienced abuse and or neglect
- Limited opportunities for social development
- Are diagnosed with Intellectual Disability and display challenging behaviour’s of concern and or complex support needs
- Service provides accommodation, day-to-day support for home life and personal development
- Families SA case workers have delegated responsibility on behalf of Minister for decision making
- Access to specialist support services within the community
- Focus on addressing developmental and emotional needs that arise due to life experiences
- Support transition to adolescent placement and later adulthood
- 24/7 roster of support with active overnight support
- Dedicated Program Coordinator
Community Support Workers (CSW’s)

- Team Leader
- Program Coordinator
- Accommodation Services Manager
- Executive Accommodation Manager

Families SA

Community Support Agencies

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Therapeutic approach

- Healing environment, sensitive and responsive to trauma, attachment, loss and impact on a young person's development
- Underpinned by principles of positive behaviour support
- Appropriate recognised therapies tailored to individual young person's needs
- Strengths based approach
- Working together as one team, support staff and specialist practitioners with young person as the central focus
- Building a positive pathway to a “good life”
- Integrated and weaved into daily life experiences
Quality of Life improvements
January – December 2013

• Reduced behaviour of concern
• Full time school attendance
• Increased participation in local community
• Participation in mainstream extra curricular activities and sports
6 Theories and Practices we have used to model support to create quality of life change for the children accessing our service…
Person Centred Active Support

"Person-centred Active Support involves providing enough help to enable people to participate successfully in meaningful activities and relationships, so that people gain more control over their lives, gain more independence and become more included as a valued member of their community irrespective of the degree of intellectual disability or the presence of extra problems such as challenging behaviour."

(Mansell et al. 2005)
Strength Based Practice

The Strengths Approach is a model of intervention that shifts the focus of work with clients from power-over to power-with, from deficits to capacities, from expert-focused to the-client-as-expert.
Positive Behaviour Support

- Positive behavioural support concentrates on helping people develop so that their reliance on behaviours of concern is no longer necessary.

The Behaviour Curve

- Background factors
- Triggers
- Early intervention should avoid escalation
- Escalation
- Climax/I nci dent
- Acting-out Person/ NVCI
- Wind down/de-escalation
- Tension reduction/ Therapeutic rapport
- Resolution/remorse
- Anxiety/ Supportive
- Build up

Time

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Attachment Theory

CIRCLE OF SECURITY
PARENT ATTENDING TO THE CHILD'S NEEDS

I need you to...
- Watch over me
- Delight in me
- Help me
- Enjoy with me

Support My Exploration

Welcome My Coming To You

I need you to...

Always: be BIGGER, STRONGER, WISER, and KIND.
Whenever possible: follow my child's need.
Whenever necessary: take charge.

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circlesofsecurity.org
Play is essential to **healthy development** for children and adolescents.

Play encourages the connections made between the **nerve cells within the brain**.

This process influences the **development of physical skills, language, socialization, self esteem, emotional well-being, creativity, problem solving and life long learning ability**.

**PLAY GIVES CHILDREN THE OPPORTUNITY TO:**
- Expel energy
- Explore their world
- Develop new skills
- Experience control and power
- Share and express feelings
- Feel enjoyment
- Make connections to real life
Environment

[Images of various decorated spaces, including a calendar, a surfboard, a pirate map, and paintings of beaches and palm trees.

Cara Community Accommodation & Respite Agency]
Reference List


• Australian Childhood Foundation – SMART Online Program – http://www.childhood.org.au

• Circle of Security International - http://circleofsecurity.net/


