



Horizons Therapeutic Education Trust

Vision and Values

Our Vision

Horizon's Therapeutic Education Trust works in partnership with the wider Homes and Horizon's services in Somerset.

For our young people to grow and achieve beyond all expectations, we believe all young people have the right to a safe place to live and learn, where they are listened to, cared for and understood.

By putting the young person at the centre, we give them the space to be 'me', we nurture their hopes and aspirations, challenge perceptions and represent them fairly. We speak using their language and build trust through relationships and compassion, not institutions.

We must work together to provide small, stable homes and learning spaces with caring staff and foster parents.

We can repair and heal the traumas our young people have experienced so that they can live the full, rich lives they deserve.

The wider partnership provision

We start from a position of taking shared responsibility for young people. No young person who we care for is simply a person in care, a patient or a student. They are young people of Somerset. Agencies work together in an integrated way, working around traditional barriers and division to provide resilient care, coherent plans and focussed education.

The innovative united approach to working together gives us the best possible opportunity to learn from the past and look to the future. We have been able to offer a new model of sustainable, cost-effective care for some of Somerset's most vulnerable young people.

In our **homes**, Somerset County Council work with The Shaw Trust to provide small homes with skilled, compassionate staff. NHS staff then provide responsive 'wrap around' support through training, problem-solving, consultation and reflective supervision. We can therefore show a far greater level of 'stickability' than many of our young people have known before.

Our **foster carers** are also recruited and supported in this multi-agency approach, giving them access to a much wider resource than before. They have the support of Social

Workers, teachers and NHS staff to allow the best conditions possible for robust, caring relationships to flourish.

Therapeutic Education Service

In our **educational provisions**, teaching staff and NHS staff become one community in one building. Our students do not need to experience the exclusion and lack of structure they have often become used to. However, our aim is always to reintegrate back into community education. Our education provisions provide multi-disciplinary assessment, an aspirational curriculum, meaningful activities and effective psychological therapies. We can provide the learning our young people need so that they can live the lives they choose.

Through our unique Therapeutic Education Service, we want our young people, as learners, to:

- ✓ Make outstanding progress, across the curriculum, to increase opportunities in the wider world
- ✓ Respect all people and be understanding of others and their differences
- ✓ Forge a path to independence with our support
- ✓ Be able to communicate well with others
- ✓ Develop interests and abilities from their gained knowledge
- ✓ Have a financial understanding and make positive financial choices to the best of their abilities

To support this, within the academic timetable offer, we will:

- ✓ Use innovative teaching methods, varied resources and research-based interventions
- ✓ Ensure a safe, happy, environment, in which young people feel secure, listened to and cared for
- ✓ Deliver a broad, balanced and relevant curriculum that prepares young people for life beyond their education and their future mental health
- ✓ Have high aspirations for young people's progress in all areas of education and wellbeing, by setting expectations accordingly
- ✓ Offer a wide range of learning experiences and ways of learning to aid engagement
- ✓ Use the Homes and Horizon's unique partnership to have excellent communication, regarding support and progress for each young person
- ✓ Provide training and outreach to those who work with the young people in our cohort and those with similar needs
- ✓ Provide each young person opportunities to enjoy success and nurture their academic talents and to have these celebrated

How we achieve our vision (*This is written for our young people*)

Our values are:

- We listen to each other
- We help each other
- We learn from each other
- We believe in good relationships
- We grow through having experiences
- We are part of our communities

How will we 'live' our values?

We listen

We will listen to you. We will try to understand what has happened to you and what you need. We will not always have the perfect answer but will make time to discuss and to solve problems with you. We will do all we can to keep you safe but will empower you to make decisions so that you can have as many choices and as much freedom as possible.

We will listen to your experience and make changes when we need to improve or fix mistakes, so that we can do the best we can for you and other young people.

We help

We will ensure there is a team of people around you who will be focussed on your needs. We will support you to be part of your family if we can. We will work hard to give you the right help at the right time with the right people. We will provide a wide range of help so that you can find what you need. We will offer you practical advice when you need it. We will offer you fun, good food, routine, exercise and companionship at home. We will offer you activities and learning. We will provide you support and therapy, sometimes through talking and sometimes through, art, drama or doing and activity with someone. You should always have someone to turn to.

We educate

We want you to achieve what you can achieve and perhaps more than you expect. If your usual school is not right for you at this time, we will provide an education site in which you can be part of a learning community. We will then plan carefully as a team, with you at the heart of the plan, so that you can learn and achieve like any other young person your age.

We will motivate you, solve-problems together and work with you to give you the best chance of success. We will help you get to where you want to go.

We develop relationships

Everybody needs good relationships with other people and also with themselves. We will surround you with good people who want the best for you and will passionately work to give you what you need to grow. You will grow from having known us and we will grow from having known you.

We provide experiences

We will give you a consistent routine at home so that you feel comfortable and calm. We will give you a full, normal timetable of education and activity so that you are stimulated and energised. We will encourage you to get up, get out and do things. We will give you opportunities to experience new experiences and interests. We will help you build your skills in those things you enjoy and are good at, so that you realise how talented you can be.

We are part of our communities

We will remember that we are part of our communities and the world around us. You may become a member of our education community. Beyond this, we will help you connect to friends and be part of teams, groups, bands, schools, colleges, workplaces and universities. We will spend time and have fun in the countryside and natural places around us in Somerset. We will help you to move on and as you become an adult, be connected to the people and places you are part of.

How we achieve our vision:

(This is written for our staff)

We work together

- We work together to overcome the hurdles and barriers in front of us so that we communicate and work together effectively
- We recognise the different contributions of different people and accept that the project needs a range of knowledge, skills, personalities and views
- We attend to our relationships and treat each other with compassion and understanding
- We develop a learning culture in which we feedback our experience honestly and openly

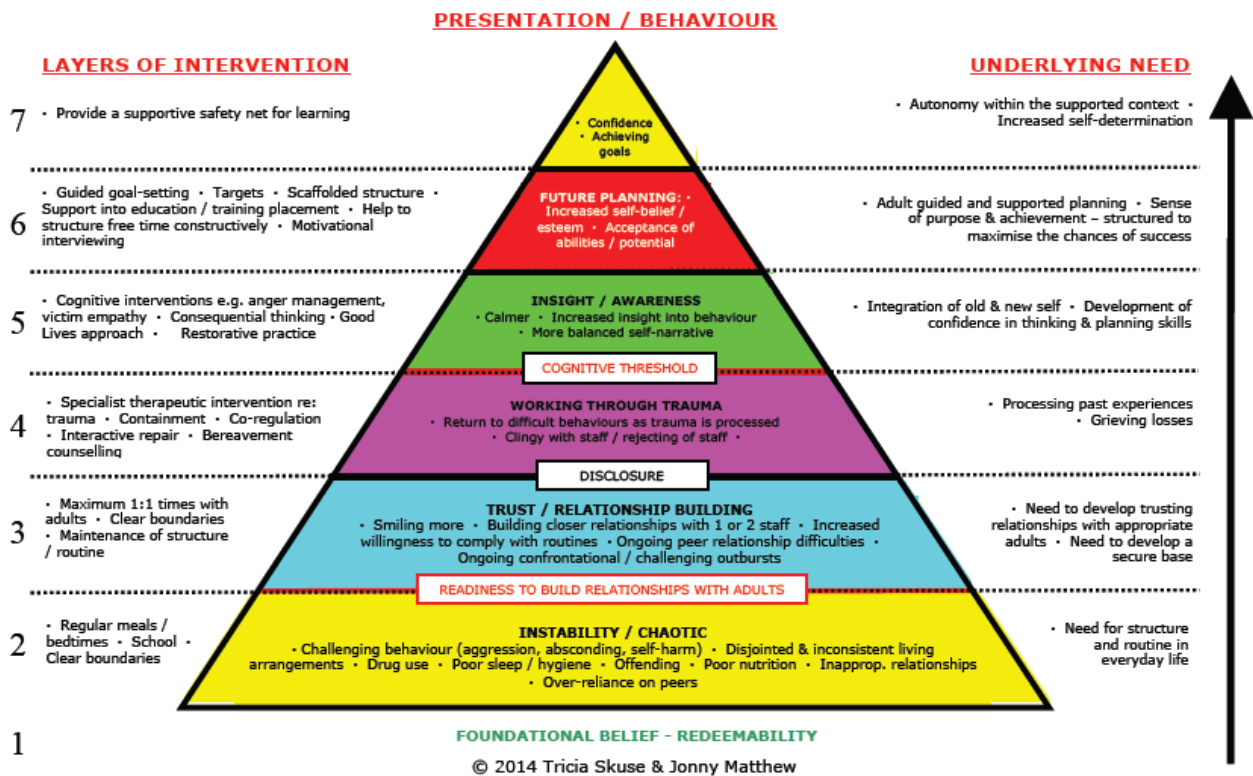
- We keep well-being and growth at the heart of our planning. Instead of too much focus on targets and measurements, we develop 'healthy' teams and systems as we know this is the best way to achieve healthy outcomes
- We accept that we are continually developing and improving

We are trauma-informed

- We recognise that our young people have not had their early needs met sufficiently in terms of safety, understanding, validation and compassion.
- They have usually experienced poor attachments, broken relationships, neglect and abuse.
- Our young people tend to view the world as unsafe and themselves negatively (often as 'not good enough' or unlovable)
- We know therefore that our young people have learned to cope and survive (e.g. push away or cling on) in ways that were once helpful to them (although probably less so now).
- Our own choices, boundaries and how we relate therefore become very important in terms of how we help them repair their early experience.
- It is all too easy to play out the neglectful, abusive patterns of the past and it takes work to try not to do this.
- We have to reflect, talk, learn, calm ourselves and be compassionate to ourselves if we are going to help our young people heal.
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We are guided by the Trauma Recovery Model (see below)

TRAUMA RECOVERY MODEL



1. At level 1, we recognise that we have to reflect on and challenge our own beliefs. We need to attend training and use clinical supervision. We need to realise that our young people can and will grow if we provide them with what they need to do so.
2. When our young people are in the instable / chaotic phase, we need to be as resilient as we can. We need to attend to boundaries, structure and routine. We need to work hard and use all our resources to prevent placement breakdown. We need to be a team player. We need to find hope and empathy within ourselves.
3. As our young people start to explore new relationships with adults, we need to provide safe spaces and attentive 1:1 time with a few adults. We need to use clinical supervision, post-incident support and self-care in order to make sense of the experience. We should be able to do more meaningful activities and find opportunities to share our time.
4. As young people start to feel psychologically safer, they may start to talk about themselves and their experiences. They may develop enough trust to engage in a talking or creative therapy or start talking more openly with an adult. We must

maintain our own self-care and reflection in order to help them process their experience.

5 to 7. At the higher levels of the model, our young people will be able to engage more in education, therapy and start to think to the future more. They may be able to reflect on and repair their relationships. We need to be aspirational and creative. We need to plan and prepare to let go.