

Long term outcomes



Improved sense of identity and wellbeing

Increased connection to people and community

Reduction in crisis intervention

Accountability line

Intermediate outcomes

Improve confidence & self-belief

- Understands own strengths
- Accepts each person's uniqueness
- Able to challenge negative thoughts
- Able to vocalise own strengths
- Has hopes and aspirations for the future
- More engaged in education/training/work

Build positive relationships with others

- Able to share feelings with others
- Improved friendships and family relationships
- Less conflict
- Greater involvement in community activities

Manage strong feelings effectively

- Recognises triggers which provoke strong feelings
- Understands how and why our brains respond to stress
- Understands there are no 'wrong' feelings
- Uses breathing, relaxation and other skills

Enablers

Internal & external

- **Skilled, experienced staff** who understand that children and parents/carers are the experts in their own lives and that they are not 'rescuers'
- **Consultants** (children, parents/carers and professionals) and staff whose expertise ensures that the content of products and programmes is relevant, engaging and accessible
- **Management** who support their staff to do their jobs effectively: supervision, safeguarding, administration, training & development
- **Committed, reliable staff** who are warm, non-judgmental and communicate well with families
- **Policies, processes and systems** which facilitate efficient and effective working (including digital, software and online)
- **Partner organisations** with a good understanding of the services on offer, who make appropriate referrals and share information

Activities

Contracts

- Therapeutic **individual and group programmes** tailored to individual needs
- **Multi Disciplinary Assessments** identifying needs and making therapeutic recommendations
- Professional **training** programmes

Community

- **Partnerships** with community organisations to facilitate shared knowledge, training and provision
- **Fundraising** (grants, events, donations, sponsorship) to fund accessible community programmes
- Trainee, student and beneficiary work **placements** and research opportunities
- Individual and group **therapeutic mentoring and counselling** for children, young people and parents/carers

Inputs

- **People:** therapeutic staff team, management team, board of Trustees
- **Premises:** welcoming, cosy therapy rooms, and office space
- **Resources:** art, craft, sensory, toys, games, natural, musical, physical, therapeutic