



**Adoption
Partnership**
South East

Adoption Support Provision

(Post Adoption Order)



**By
your
side**



APSE Adoption Support Provision (Post Adoption Order)

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APSE website for information and links to resources:

www.adoptionpartnershipsoutheast.org.uk

Adoption England for information and resources: <https://adoptionengland.co.uk>

Barnardo's Connecting Adoptive Families Independent Service (CAFIS)

contact details can be found via our website:

www.adoptionpartnershipsoutheast.org.uk/affected-by-adoption/cafis-contact-service

- Supporting birth relatives, adoptive parents, and their children with Stay in Touch.
- Support for adopted adults and birth relatives.

Monthly email messages via our mailing list where we share:

- Parenting resources
- Information about **Parent Led Support Groups**
- Information about **Participation Events** for children and families across the region
- Information about monthly **Social Work Led Support Groups for Parents**

Therapeutic Workshops and courses for parents on:

- Non-violent Resistance (NVR)
- Therapeutic Parenting
- Understanding Sensory Integration
- Incredible Years Parenting Strategies
- Life Story Work

ASPE Support & Advice line service, parents or professionals can ring us Monday to Friday via 03000 422373 or email adoptionpartnership@kent.gov.uk and you will be booked in for an hour-long consultation with one of our experienced Adoption Support Social Workers.

Adoption Support Assessment of Need completed by one of our experienced Adoption Support Social Workers. Outcome of assessment may include access to Social Work Support, Therapeutic Support, or a combination of both.

Planned Social Work Support may include helping a family to build therapeutic network, life story work support, sourcing and monitoring use of therapeutic support.

Therapeutic support may be provided by an APSE Senior Therapist or outsourced to external provider. Support must be in scope of the Adoption and Special Guardianship Support Fund (ASGSF), fall within the fair access limit and be time limited.

Further notes on support

Support and Advice Line service for parents

Parents can access this as often as needed. Our experienced Adoption Support Social Worker will listen and think with parents and if we signpost a parent to a different service, we will stay in touch until the appropriate support is in place. Some common adoption support needs are:

Challenges with emotional connections	Challenges with emotional regulation	Boundary pushing and challenging behaviour	Child-to-parent violence
Poor mental health (child)	Emotional wellbeing of parents	Sibling dynamics	Identity development
Approaches to life story	Challenges in school	Neurodiversity vs Attachment	Sensory processing

Therapeutic parenting - a thirst for knowledge and understanding.

Support and Advice Line service for professionals

Professionals working with a family who have adopted can access this as often as needed. Our experienced Adoption Support Social Worker will listen and think with you about how best to support the family. We can help you access the Adoption and Special Guardianship Support Fund for therapeutic support if needed. We can also attend network meetings with parents and the wider professional network.

Planned Social Work Support

Following an Assessment of Need, we may provide a period of social work support. While this support should always start with a home visit, most of this support will be provided with weekly, fortnightly, or monthly Microsoft Teams meetings, depending on need. Life Story work support will always be done in the family home and in conjunction with the young person and their parent(s).

Therapeutic support.

Following an Assessment of Need, our team may identify the need for therapeutic support. In order to be in scope of the ASGSF, the therapeutic support must relate to an adoption need, such as supporting family bonds and relationships (attachment) or relating to developmental trauma. The therapy that is accessed will consist of weekly, fortnightly, or monthly, one-hour sessions with a therapist. Depending on need these will be conducted either face to face in a therapeutic space or virtually on Microsoft Teams.

Additional support Families may need to access

GP

Always consult your GP first if you are concerned about your child's development, health, mental health, and wellbeing.

Education

- Every school has a Designated Teacher for looked after and previously looked after children. This guide outlines their role:
www.gov.uk/government/publications/designated-teacher-for-looked-after-children
If you are concerned about your child's education speak with their teacher and the Designated Teacher.
- Bexley, Kent, and Medway each have a Virtual School service with education experts who can offer you advice and guidance. Visit our website for more information about how to contact your local Virtual School.
www.adoptionpartnershipsoutheast.org.uk/support/education-support

Social Care & Health

- If you are concerned about a child's welfare or concerned as a parent that you feel unable to care for your child, each local authority safeguarding service can offer support.

Please note if you think someone is in danger, this is an emergency, call the police on 999.

Bexley

www.bexley.gov.uk/services/health-and-social-care

Tel: 020 3045 5440 (daytime), 020 8303 7777 or 020 8303 7171 (out of hours)

Kent

www.kent.gov.uk/social-care-and-health

Tel: 03000 411111 (daytime), 03000 419191 (out of hours)

Email: social.services@kent.gov.uk

Medway

www.medway.gov.uk/info/200139/social_care_and_health

Tel: 01634 334 466 (daytime), 03000 419 419 191 (out of hours)

Child and Adolescent Mental Health Services

After speaking with your GP about your child's mental health, they may refer you to a specialist child and adolescent mental health service in the NHS

You may need to seek support from your local child and mental health service if your child is struggling with:

Low mood	Depression	Severe anxiety	Autism Assessment Service	ADHD- Diagnosis
Self harm	Eating disorders	Conduct behaviour alongside other mental health difficulties	Suicidal thoughts	Tics and Tourette's

Details for the services in Kent and Medway can be found here:

[Kent and Medway Services | NELFT NHS Foundation Trust](#)

If you already have a Social Worker, they can request a professional consultation by contacting the locality team directly.

If you are looking for emotional support or just want to talk to someone, you can text **"Kent"** or **"Medway"** to **85258** for 24 hour mental health crisis support via text (provided by SHOUT).

Details for services in Bexley can be found here:

[Children and Adolescent Mental Health Service \(CAMHS\) | Bexley Local Offer](#)

If you already have a Social Worker, they can request a professional consultation by contacting the locality team directly.

'Kooth' is an online counselling and emotional wellbeing service and offers children and **young people aged 10-25** in Bexley, free, anonymous mental health support, online.

Children and young people who are going through a difficult time and want to access support online can talk to someone quickly and anonymously.

Kooth offers online free and safe access to self-help materials, mood-tracking and an online journal. Some young people take part in an online forum of peers, which is moderated by a qualified adult.

Qualified counsellors are on hand, Monday to Friday from mid-day until 10pm, and at weekends from 6pm until 10pm, for booked or 'drop-in', one-to-one online therapy.

If your concerns escalate about your child or young person, please call NHS 111 — **Mental health help option**. If it is an emergency, immediate danger to life/safety dial 999 or visit Accident and Emergency (A&E).

Additional links and resources

The Kent Resilience Hub has pulled together a variety of resources that will help parents and carers support their children and young people's emotional growth and mental health. Understanding how your child is growing emotionally and preparing for the challenges they might face can help you make positive changes to promote resilience and respond in a helpful way if your child is struggling to bounce back when life gets challenging.

[Resources - Kent Resilience Hub](#)

**Please note a lot of information on this link is helpful regardless of where you live*

MoodSpark is a space created by young people for young people to help navigate and learn about emotions.

[Home - MoodSpark](#)

Development Trauma

- Childhood Trauma and the Brain: www.youtube.com/watch?v=xYBUY1kZpf8
- Hand Brain (great video to explain three parts of the brain): www.facebook.com/DrKatGardner.Greenshots/videos/118194386489072/
- Window of Tolerance: www.youtube.com/watch?v=Wcm-1FBrDvU&feature=emb.imp.woyt
- For adolescents (stress on the brain): <https://www.youtube.com/watch?v=fhI9KLwfpbM>
- Understanding your traumatised child (Sarah Naish): <https://www.youtube.com/watch?v=o-IYIkDlkgk&t=1s>
- Reading on Developmental Trauma: <https://beaconhouse.org.uk/wp-content/uploads/2020/02/Developmental-Trauma-Close-Up-Revised-Jan-2020.pdf>

Therapeutic Parenting

- A-Z of Therapeutic Parenting Sarah Naish: <https://www.amazon.co.uk/Z-Therapeutic-Parenting-Strategies-Solutions/dp/1785923765> (Top Tip: better to buy in paperback and recommend read first 70 pages before reading strategies)
- Blocked Care/Compassion Fatigue: <https://thechildpsychologyservice.co.uk/advice-strategy/blocked-care>
- The National Association of Therapeutic Parents (NATP) provide support, education and resources for Therapeutic Parents and supporting professionals relating to therapeutic parenting, effective interventions, compassion fatigue and the effects of early life trauma. <https://www.adoptionpartnershipsoutheast.org.uk/resources>

Autism

- Anxiety and ASD (17 mins) <https://www.youtube.com/watch?v=7qq4T11apVE>
- National Autistic Helpline 0808 800 4104 www.autism.org.uk
- A handbook for families: information on autism and ASHA in children – KCC and NHS resource originally developed by SNAPP https://www.kent.gov.uk/data/assets/pdf_file/0011/106310/Kent-handbook-for-

[families-information-about-autism-and-adhd-in-children.pdf](#)

- This app offers options to buy or download social stories and create your own with a voice over: <https://touchautism.com/app/social-stories-creator-library/>

Foetal Alcohol Spectrum Disorder (FASD)

- Book: FASD, Parenting a Child with an invisible Disability: <https://www.amazon.co.uk/Foetal-Alcohol-Spectrum-Disorder-disability/dp/1500851884>
- Support Groups: <https://www.fasdawareness.org.uk/supportgroupandevents>
- National FASD's main website with information and resources for adults with FASD, families and professionals. www.nationalfasd.org.uk
- To help Children and young people with FASD understand and own their diagnosis www.fasd.me

Sensory Processing

- Booklet: Sensory processing and self-regulation – How to help your child: Parents booklet: Sensory processing and self-regulation <https://www.socialworkerstoolbox.com/sensory-processing-and-self-regulation-how-to-help-your-child-parents-booklet/>
- Vestibular System: <https://www.youtube.com/watch?v=pEbLhUc1Pc>
- Proprioception: <https://www.youtube.com/watch?v=b2iOliN3fAE>
- Interoception (video refers to autism but also relevant for trauma): <https://www.youtube.com/watch?v=A0zbCiakjaA>
- Book: Sensory Processing in traumatized Children, Sarah Lloyd: <https://www.amazon.co.uk/Improving-Sensory-Processing-Traumatized-Children/dp/1785920049>

Peer to Peer support for Parents

- **Adoption UK**- offer a wide range of service and support for adopters in the UK with regular community groups which meet locally as well as online. [Adoption UK Charity](#)
- **National Association of Therapeutic Parents** has a supportive community dedicated to empowering parents of children who have experienced adverse childhood experiences. [Who We Are | National Association of Therapeutic Parents \(naotp.com\)](#)
- **New Family Social** are a charity that lead making adoption more accessible for LGBTQ+ people. They offer a range of services including peer support groups, family events and training [New Family Social - Find Out About](#)
- **We Are Family** – is a peer support community by adopters for adopters. [Home Page - We are Family Adoption](#)

Your local library is a great resource for accessing books that have been recommended.