



Who are we?

The Therapeutic Hub is a multi-disciplinary team of professionals that are based within Sutton Children's Social Care, although we operate independently of the social work teams. We are made up of 2x senior managers who are Social Workers, 2x Therapists, 2x Speech and Language Therapists, a Therapeutic Support Worker/ Mental Health Practitioner, a Mental Health Nurse, 2x Social Workers, and a Therapeutic Parenting Worker.

Our expertise includes: mental/emotional health; trauma; social and communication needs; behavioural challenges; child development/attachment; and more.

We work together to try and support the children, young people and families that are open to social care. We also work with the professionals who are involved with families to make sure that they too understand and are supporting families in the best way.

We work with children and young people to assess and understand their needs, and those of the parents/carers. Where necessary, we then provide them with direct, time limited therapeutic interventions. If however there is already a professional involved that has a good relationship with the family, we can guide and support them to do the work that's needed if we feel it's safe to do so. Sometimes introducing a 'new face' isn't the most helpful thing to a child or family in need, and a familiar face helping them might achieve a better outcome.

As well as providing one-to-one or whole family work, the Hub also runs parenting programmes throughout the year. These two programmes are Dialectical Behavioural Therapy (DBT) Skills groups and Therapeutic Parenting with PACE. Each are 12-week programmes ran alongside the school terms.

The Hub works with all of the social work teams in children's services as well as Sutton's residential children's homes. Due to this, we prioritise our work the best we can. We make our decisions and do our work with restorative and trauma-informed principles in mind.

Our goal is to try and make it easier for children, young people and families that are in need to try and get the help that they need. We will be as creative as we can be with what we offer, but we work closely with other agencies who may be better placed than us to offer support.

What can we help with?

Some examples are listed below but this list is not exhaustive.

- We provide secondary consultations on any case that is open to the Early Help and Integrated Youth Justice Service or to any Children's Social Care Team.
- We provide expert case support and direct intervention, where necessary. For example, therapeutic parenting or therapeutic outreach work.
- We can complete assessments (i.e. for speech and language or educational difficulties) if appropriate for us to do so.
- We provide a monthly fostering surgery to in-house foster carers, to help stabilise placements.
- Providing Solution Focused Brief Therapy/ Cognitive Behavioural Approaches to young people and families.
- We share information and signpost towards other agencies that may be able to help if we cannot.
- We provide restorative group supervision to social work teams and restorative interventions with families.
- We provide non-CAMHS individual/ family therapy, art therapy and EMDR.
- We provide training or workshops relevant to our skill-sets.
- Psycho-education work with families, schools and placements to help them understand a young person's trauma, triggers etc.

How to contact us

Please either type this URL into the address bar on your web browser or click on the link if you're viewing this digitally; it will take you to our referral form:

<https://forms.gle/nktqTJfNhwSQHPhv9>

Alternatively, please email us at therapeutichub@sutton.gov.uk

Please note that **only the allocated social care worker can refer into us** and that **the case must remain open to social care for the duration of our involvement.**

As we are not a crisis service we aim to respond to requests within 5 working days.

The Therapeutic Hub is **not** part of CAMHS and so if the child/young person that you are working is aged 5-18 and presents with mental health issues (i.e. depression, phobias, PTSD, self harm, psychosis) or they have neurodevelopmental concerns that require assessment, please refer to the Sutton CAMHS SPA (020 3513 3800 or SuttonCAMHS.Referrals@swlstg.nhs.uk).

Meet the Team



Caroline is our Clinical Lead (Team Manager). She oversees the operational management of the team and the referrals that are made into our service.

Caroline is also a registered Mental Health Nurse and is a DBT Therapist

Examples of when Caroline could help are: completing a clinical assessment on the mental health presentation of a young person or adult; providing DBT skills training to parent(s) in highly complex cases; and giving guidance on when a referral to CAMHS may or may not be appropriate.



Davinia is our Therapeutic Support Worker/ Mental Health Practitioner. She is a registered Counsellor. Davinia provides time-limited therapeutic or restorative interventions to young people and families to improve their mental health and emotional well-being.

Examples of when Davinia could help are: when trauma is impacting on family life; to help prepare a young people to work with a longer-term mental health service; to stabilise a placement; or to help support a parent/carer to understand how their own mental health is impacting on their parenting.



Lis is our Therapist. She can do individual or family therapy sessions to help individuals/families to talk about their feelings so that they can better understand themselves or one another, change negative behaviours and resolve conflicts.

Examples of when Lis could help are: when families are living with mental or chronic illnesses, when a family is coping with loss or trauma; or when families have difficulty communicating or being heard.

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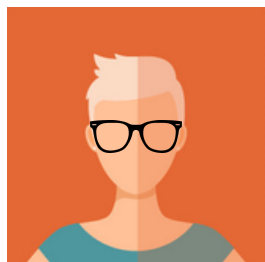
Rebecca is our Art Therapist. She provides creative based therapy to children and young people as an alternative to talking based therapies. Children don't need to be talented or an artist to benefit from art therapy as the process of making art is what aids the healing process.

Examples of Rebecca could help are: when a child is struggling with low mood, self-esteem issues or are emotionally dysregulated, or have experienced trauma that they're struggling to understand and express.



Lisa and **Jess** are our Speech and Language Therapists (SLT). They assess and treat people who, for physical or psychological reasons, have difficulties with their speech and language. They assist people to communicate to the best of their ability.

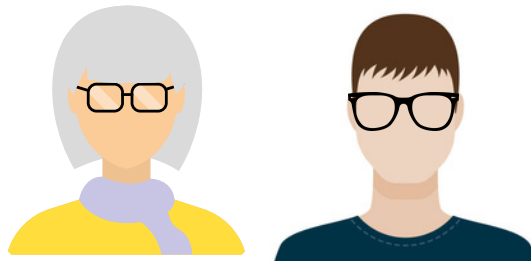
Examples of when Lisa and Jess could help are: advising on early play and communication skills in babies, assessing language delay and learning difficulties in children and young people; and giving therapy for issues like selective mutism, stammering, and social interaction difficulties.



Lisa is our Therapeutic Parenting Worker. She can complete psycho-education sessions with parents/carers about how to parent their child in a therapeutically minded way by using principles of PACE (Playfulness, Acceptance, Curiosity and Empathy) and Therapeutic Parenting coaching.

Examples of when Lisa could help are: when families living with trauma need to understand their trauma better, and need to learn strategies to improve the parent/child relationship by better responding to the sensitivities of their trauma experienced child.

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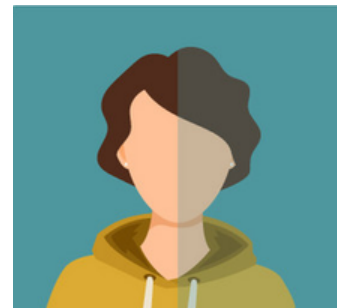


Helen and **Craig** are our Social Workers. They lead on completing the trauma-informed parenting assessments that our service does on behalf of the Local Authority, for children who are subject to care proceedings.

Beyond completing these assessments, **Helen** has a great deal of experience and expertise working with high-conflict families and parents who have multiple addictions. **Craig** has a particular interest and experience in working with and engaging fathers, and on therapeutic communication with children and young people. They can assist with giving expert social work advice in these areas.



Michael is the Service Manager for the Therapeutic Hub. He is also the Principal Social Worker for Children's Services.



Angela is the Head of Service for Targeted Early Help and Integrated Support. She is a Social Worker.