



3S ADOLESCENT CARE

SAFETY | STABILITY | SOCIAL INCLUSION

LOCAL AUTHORITY GUIDE

INSPIRING FUTURES • BUILDING RESILIENCE • CREATING OPPORTUNITIES



**Building Lifelong Opportunities
for Children and Young People**

www.3sadolescentcare.com

WELCOME TO 3S ADOLESCENT CARE

3S Adolescent Care is an independent provider of children care services. We work mainly with children and young people between the age range 8-17 years on admission, adopting an approach that is therapeutically informed. This is helped through our collaboration with clinical service provider bMindful Psychology, supporting children and young people to develop social, emotional and independent living skills necessary to enhance their resilience, wellbeing supplemented by safe coping strategies for their future.



**HELPING YOUNG PEOPLE
MOVE FROM
INSTABILITY TOWARDS
SAFETY, CONFIDENCE
AND INDEPENDENCE.**

OUR VISION

3S Adolescent Care adopts a therapeutic environment that is designed to prepare and support children and young people in achieving a positive and successful move into adulthood.

We believe that each young person needs safe boundaries, routine and consistency in their lives and a caring system of support to encourage, develop and maintain pride, self-discipline, self-esteem, confidence and ultimately to feel trust and respect for themselves and others. We will ensure our children are cared for by skilled and talented people who are passionate about our children, have the right home, in the right place at the right time enabling them to be safe, happy, successful and healthy. This is helped through our aim to deliver high quality services that meet the needs of all children and young people irrespective of cultural or ethnic background.

We believe that everyone deserves a good education. Therefore, our goal is to work with the education providers to help the children we support to achieve their full potential. Moreover, the importance and impact that health can have on the lives of children cannot be ignored and we want to ensure that we encourage access to high quality community health services for children. We go beyond the tried and tested methods to get to new and individual solutions, by integrating our expertise, first-class care and high-quality environments.

We want everyone involved with our organisation to feel part of delivering something momentous where we can all play a part of making a real and lasting difference to children's lives through:

- ✓ Person-centred framework that places each child at the heart of their support.
- ✓ High Quality services and stable placements striving to achieve the most positive outcomes attainable for each child.
- ✓ High -class residential care that is a positive, enriching experience for children.
- ✓ Qualified staff who have the skills, experience and support needed to meet the individual needs of each children.

“

**OUR THERAPEUTIC
APPROACH HELPS YOUNG
PEOPLE UNDERSTAND
THEIR EXPERIENCES,
BUILD CONFIDENCE AND
SELF-ESTEEM, AND
DEVELOP THE RESILIENCE
TO NAVIGATE DIFFICULT
TIMES.”**

OUR THERAPEUTIC APPROACH

We support vulnerable children and young people to be happy and positive in their lives, alongside encouraging their understanding of their history and lived experience.

Our therapeutic approach is designed to enable children, and the opportunity to manage their feelings, to understand their history and experience and what is needed to help them develop confidence and self-esteem to move through the difficult times.

Many children coming into care are at critical stages of their emotional, cognitive and social development where therapeutic work can help them.

Our staff are specifically trained in delivering therapeutic support for children who struggle to articulate their feelings of anger, sadness, including trauma experienced and other adverse impact on their emotional wellbeing and behaviours.

We provide a safe environment for children to express themselves and where they are enabled to develop confidence and self-esteem to build resilience, which can help them navigate challenges throughout their lives. Our staff teams consist of Registered Managers alongside Team Leaders and Care Workers.

We work with other agencies including bMindful Psychology, health and education providers and the local authority in multi-disciplinary meetings taking account of the views of children, their families and carers where necessary, to ensure that our homes are the best placement for children to achieve their goals.

OUR HOMES

We offer high quality residential care for children that provide excellent outcomes for children including trauma-informed therapeutic support that provides a holistic approach to understanding and addressing the needs of children who have experienced trauma.

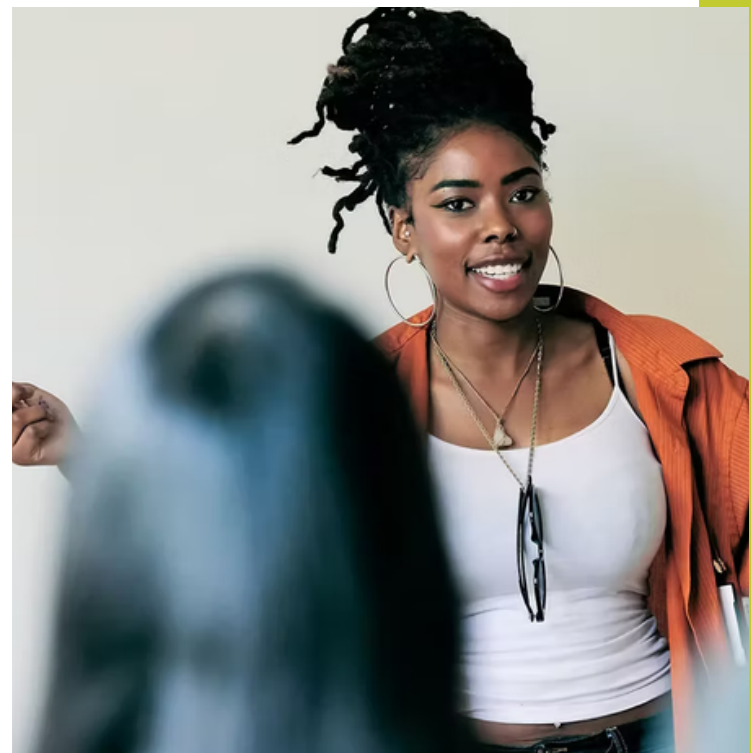
This offers several key benefits and components tailored to support their healing and growth including safety and trust, tailored individualised care, emotional regulation and coping skills, reducing retraumatisation.

Each child has access to the 'Use of Keyworker Intervention Tools (KIT) clinical programme supporting their individual needs and where children can talk to someone independent of the home to express their feelings.

Our team harnesses the power of residential placements to equip children with the character strengths, resilience, and independence skills they need to take their next confident steps into adulthood.

All staff colleagues receive regular clinical supervision/consultation and attend weekly multi-disciplinary team meetings to ensure attention remains on the children and improving positive outcomes.

Our homes are homes located in the Northwest of England. They offer group placements and are managed by dedicated and experienced teams who are devoted to working with children and young people to improve their life chances and the chance to flourish and thrive.



A solid example of this is Adlington Hall Lodge. Set within a peaceful rural landscape surrounded by open fields, Adlington Hall Lodge provides a calm, natural environment where young people can step away from external pressures, connect with nature and experience a greater sense of space, safety and wellbeing.

The setting complements our therapeutic approach, creating opportunities for reflection, emotional regulation and positive engagement in a nurturing environment. The home also benefits from a dedicated log cabin games room, offering young people a welcoming recreational space to have fun, unwind, decompress and enjoy some personal time when needed.

When a child is referred to us, we work closely with their social worker, local authority, and our in-house therapeutic team to ensure they are matched with a home that meets their needs. Before they arrive, children can meet with the manager and staff team, which supports a smooth transition. This also helps children feel confident and comfortable before they move into their new setting.

“

**OUR HOMES ALL OFFER A
PEACEFUL, NURTURING
ENVIRONMENT WHERE
YOUNG PEOPLE CAN
RECONNECT WITH NATURE,
UNWIND, BUILD CONFIDENCE
AND THRIVE.”**



BESPOKE SOLO & DUAL PLACEMENTS

3S Adolescent Care provides bespoke solo and dual placements for children and young people with complex, high-acuity needs, where a traditional group setting may not be appropriate or able to meet their individual requirements.

Throughout all our homes every placement is carefully designed around the young person's individual needs, risks, circumstances and desired outcomes. Support includes enhanced staffing, increased supervision, personalised routines and activities, targeted key-work, therapeutic intervention and additional clinical oversight where required.

Our approach is needs-led, not one-size-fits-all. Support levels are continually assessed and reviewed, enabling intervention to increase during periods of instability or heightened risk, then gradually reduce as the young person develops greater stability, emotional regulation, resilience and independence.

For dual placements, thorough matching and compatibility assessments are undertaken before another young person is introduced. Carefully planned introductions and transitions help safeguard both young people, promote positive relationships and reduce the risk of placement disruption. Our clinical and residential teams work together to ensure therapeutic recommendations are embedded into everyday care, behaviour support, risk management and relationships.

The result is a highly individualised package that brings together safety, consistency, therapeutic support and trusted relationships, creating the right environment for meaningful and sustainable progress.



CHAMPIONS OF CHANGE

A 12-week mentoring and personal development programme designed to help young people recognise their strengths, build confidence and believe in their future.

Created by 3S Adolescent Care and led by professional MMA fighter and youth mentor Haider Khan, Champions of Change combines positive role modelling, mentoring, goal setting, emotional resilience, physical wellbeing and practical personal development. The programme develops progressively, beginning with trust, self-awareness, identity and confidence before exploring healthy routines, resilience, relationships, communication, teamwork, leadership, education, employment and future aspirations.

Young people set meaningful individual goals and take part in Champion Challenges, including wellbeing, fitness, healthy lifestyle, teamwork and personal development activities. Every challenge is adapted to the young person's abilities, interests, needs and risk assessment, with progress measured against their own journey rather than comparison with others.

Trauma-informed and strengths-based, Champions of Change can be delivered one-to-one or alongside other young people where appropriate. Learning can also be reinforced through key-work and the wider care plan, helping ensure the programme becomes part of everyday development rather than a standalone activity.

Progress is captured through a Champion Journal and recognised through Bronze, Silver and Gold Champion Awards, celebrating commitment, resilience, personal development and positive achievement. Champions of Change is about far more than activity. It is about helping young people build confidence, resilience, positive relationships and personal responsibility, while developing the belief, skills and aspirations to create a more positive future.



Haider Khan

THERAPEUTIC SUPPORT

The clinical team will continue to support children throughout their stay, providing clinical assessments, tailored treatment plans, bespoke interventions, and direct therapy. We offer safe places for children who have experienced neglect, abuse and trauma, supporting them in small, family home-from-home style environments. We know this setting best meets the needs of each child.

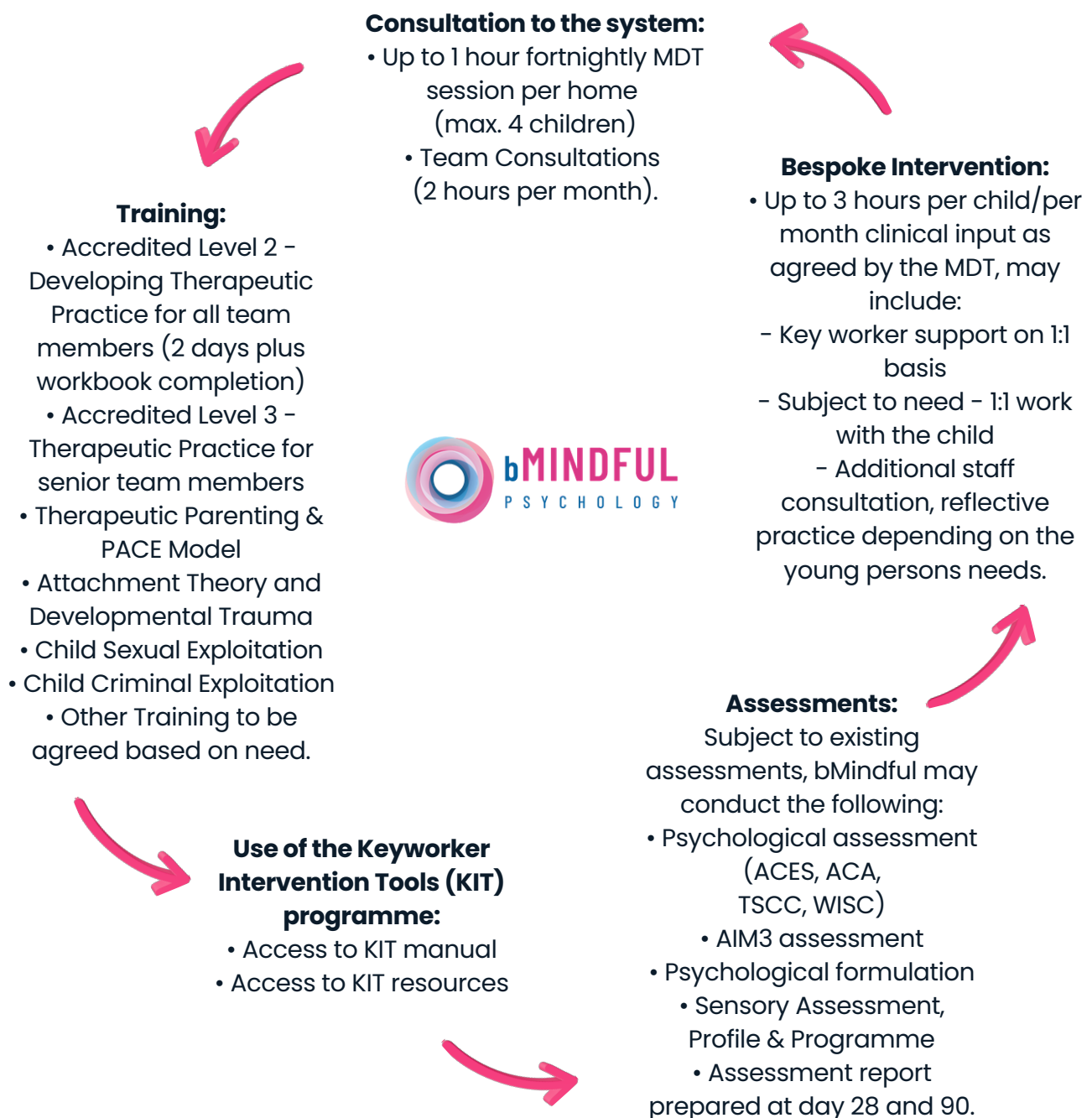
Our specialist therapeutic care homes offer children a multi-disciplinary team support programme, enabling them to succeed and achieve. bMindful Psychology provide clinical input supporting our care team providing access to the Keyworker Intervention Toolkit for Therapeutic Care (KIT). The 'KIT' model is a three-phase therapeutic programme, designed to be delivered by the care team working directly with the child. Due to the positive professional relationships the team can develop with each child, they are in the best position to weave the therapeutic working into every-day life. This provides the child the scope and opportunity to develop healthy coping mechanism in a more holistic way rather than targeted therapy alone.

Although our care team are involved in the provision of therapeutic support to children and young people, the work is enhanced through individual work delivered by the bMindful clinician when it is safe, child/young person is stable, and they can understand and work thorough their trauma so as not to retraumatise them. Our high-quality home environments are continually reviewed and managed safely, as per the specific needs of the cohort of children residing in them at any given time. This helps to enable positive approaches in creating an environment that develops excellent working relationships with children.

Our services include high quality support for children with social, emotional and behavioural needs, attachment disorders or may be at risk of exploitation. With a qualified pharmacist as a part of the Senior Management team, overseeing the use of medications within the home and providing training to the staff, we are well placed to support children struggling with underlying health conditions such as asthma, diabetes, ADHD or mental health conditions. We have high aspirations for the children we look after in our homes, we provide high quality care and support so that children can develop the skills they need to live independently and contribute positively to their local community.

HIGH LEVEL THERAPEUTIC CARE

To support the delivery of high level therapeutic care bMindful Psychology provide the following support and therapeutic input across all 3S Adolescent Care homes.





3S ADOLESCENT CARE
SAFETY | STABILITY | SOCIAL INCLUSION

“

**I FEEL SAFE HERE, AND I
KNOW THERE ARE PEOPLE
WHO ACTUALLY LISTEN TO
ME. I'M STARTING TO FEEL
MORE CONFIDENT ABOUT
MYSELF AND WHAT I CAN
ACHIEVE.”**

THE WHOLE YOUNG PERSON MODEL

The 3S Therapeutic Care Model provides a structured, holistic approach for young people with complex emotional, behavioural and therapeutic needs. Combining therapeutic intervention, education, care and partnership working, it creates a safe environment where young people can heal, build resilience and develop confidence.

Working closely with bMindful Psychology, care teams, education providers and local authorities, the model supports each young person to progress towards greater resilience, independence and long-term potential.



Use of Keyworker Intervention Tools (KIT)

To support the delivery of high level therapeutic care bMindful Psychology provide the following support and therapeutic input across all 3S Adolescent Care homes. Access to the 3-phase KIT recovery programme:

- Phase 1 – Safety and Containment
- Phase 2 – Resilience, Relationships, Emotions and Self Worth
- Phase 3 – Restoration and Life Long Learning



Safe Learning Environment

Our homes provide a safe and nurturing environment where importance is placed on ensuring an education package that meets the full range of young people's needs, both academic and vocational.



Collaborative Partnership Approach

We want every child who stays in our care in any of our homes to reach their potential and really value partnership working with local authorities and other health and social care organisations.

PLACEMENTS

Our homes provide children and young people with high quality support helping them to gain stability and develop resilience to be who they want. We support children and young people who have suffered trauma and abuse including being exploited. They are likely to have experienced a series of placement breakdowns and have a variety of complex needs. We offer three bed homes that are geared to look after high acuity complex young people with a variety of needs. We offer short, medium and long-term placements across our therapeutic homes.

When a child is referred to us, we work closely with their social worker, local authority, and our in-house therapeutic team to ensure they are matched with a home that meets their needs. Our therapeutic team will continue to support the child throughout their stay, providing clinical assessments, tailored treatment plans, bespoke interventions, and direct therapy.



“

OUR HOMES ARE DESIGNED TO BE MUCH MORE THAN A PLACE TO LIVE. THEY PROVIDE YOUNG PEOPLE WITH A SAFE, NURTURING AND CONSISTENT ENVIRONMENT WHERE THEY CAN FEEL SECURE, BUILD TRUSTED RELATIONSHIPS AND BEGIN TO RECOGNISE THEIR STRENGTHS. ”

Adlington Hall Lodge, Chorley

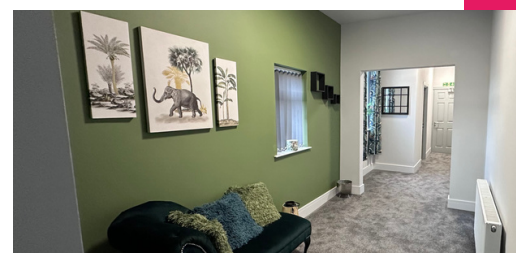
Located in a beautiful, leafy part of Lancashire, Adlington Hall Lodge provides residential care for up to three young people aged 8-17 years. Situated in open green space with wonderful views across the countryside, the setting supports our therapeutic approach by providing opportunities for reflection, regulation and positive engagement in a nurturing environment. It has a spacious lounge and games room with an interactive smart TV, large kitchen and dining area, and large stunning bedrooms that all overlook the peaceful grounds. Outside there is a large secure garden that includes a hot tub and log cabin. Adlington Hall Lodge offers a relaxed, homely feel, providing a safe a caring environment for young people to live.



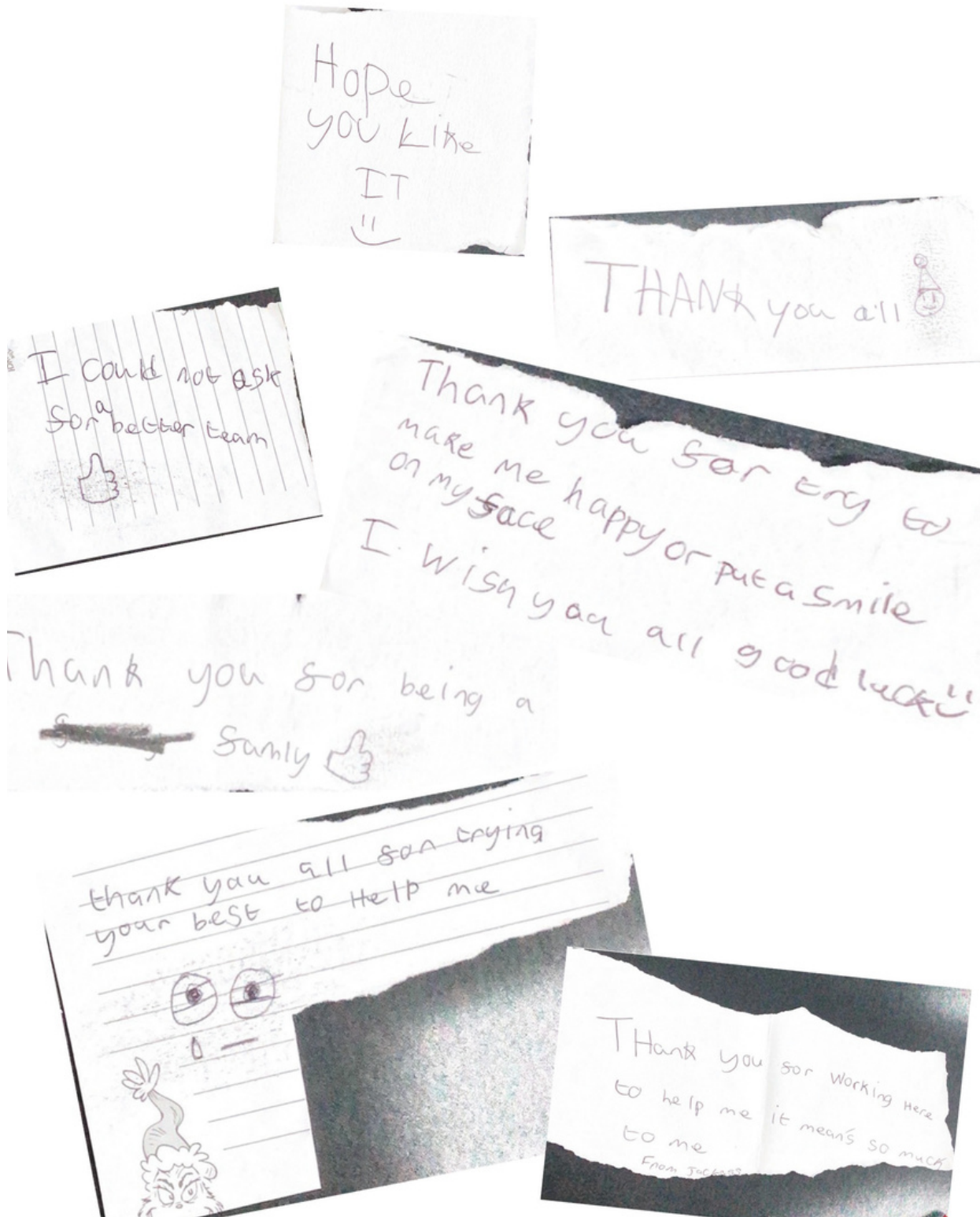
Ivy House, Chorley

Ivy House has recently undergone a complete refurbishment, transforming it into a beautiful, welcoming home. Situated in Chorley, it provides residential care for up to three young people aged 8 to 17, offering a warm, nurturing environment tailored to their individual needs.

Ivy House features a large games room, calming breakout room and spacious open plan kitchen opening onto a secure outdoor space. It also benefits from large, comfortable bedrooms, bathrooms on each floor and a spacious first-floor landing, providing a peaceful area for young people to relax and unwind. Every aspect of Ivy House has been thoughtfully considered to create a positive, comfortable environment that promotes safety, belonging and a genuine sense of home.



YOUNG PERSONS FEEDBACK



Heathwood Lodge, Whitchurch

Heathwood Lodge is a beautiful welcoming bungalow providing residential care for up to three young people aged 8 to 17 years on admission. Situated in the peaceful market town of Whitchurch, the home offers a safe, spacious and nurturing environment where young people can feel secure, valued and supported to thrive.

Designed to feel like a true family home, it features generously sized double bedrooms, a bright open plan living/ dining area, a well equipped kitchen, dedicated games space and a light filled conservatory overlooking a large, secure rear garden, providing the ideal setting for young people to relax, build positive relationships and develop their confidence and independence.



Weaver House, Winsford

Weaver House provides residential care for up to three young people aged 8-17 years on admission. Located in Cheshire, it is a homely environment that has recently benefited from a total programme of decoration.

With spacious bedrooms, an open-plan living room, TV and entertainment room, separate games area and a generously sized kitchen, which opens onto a large, secure rear garden with its own tranquil log cabin, Weaver House offers a warm, natural and nurturing homely environment. Carefully designed to provide comfort, space and a genuine sense of belonging, the home creates a calm and welcoming setting where a young person can feel safe, supported and valued, perhaps offering an experience of home they may never have previously known.





3S ADOLESCENT CARE

SAFETY | STABILITY | SOCIAL INCLUSION



 07970 978 353  admin@3sadolescentcare.com

 Hobart House, 3 Oakwater Avenue, Cheadle Royal Business Park, Cheadle, SK8 3SR

 www.3sadolescentcare.com