

Resilience Fostering Scheme Guidance

Resilience Fostering

The Resilience Fostering Scheme provides supportive placements for children and young people with complex needs who need individual care. The children that are referred to this scheme are typically older children who have lived in a residential setting and need a supportive family home. They may have had difficult or traumatic life experiences and display complex and challenging behaviours.

The scheme:

All children referred to the scheme are carefully matched to a Resilience Foster Placement. It is essential that the foster carers commit to the child for the proposed duration of the placement. Specialist foster carers will only have one child in placement at any one time so they can concentrate fully on the needs of that child. Relevant experience is desirable and we will assess each applicant's suitability on an individual basis.

Resilience Foster Carers

There are some key requirements we need from our specialist carers:

- Over the age of 21
- Have a spare bedroom available for fostering
- Be at home full-time (or one of a couple must be at home full-time)
- Access to and use of a vehicle to transport children
- Commit to regular training and supervision
- Attend regular support activities and meetings Be motivated to work as part of a team of professionals
- Have a genuine passion to work with young people
- Have an understanding of the difficult experiences faced by our young people
- Be reflective, flexible, empathetic and have the confidence to ask for support

You could have:

- Experience of caring for challenging young people and/or teenagers
- Experience as a foster carer
- A background in child-care, teaching or youth work

The Young Person

The young people needing placements come from all sorts of backgrounds – just like our carers. What they do all have in common is that they:

- Are aged between 10-18 years
- Are currently placed in a residential children's home or at risk of moving into residential care
- May have experienced multiple moves during their short lives
- May present risk factors - which a single placement could help with
- Have expressed an interest in wanting to live in a family setting
- They need and want the stability and continuity of a sustained foster placement.

Every child needs and deserves a caring family life, including those who can no longer stay with their own family, and are difficult to place because they are vulnerable or have complex behaviour.

Some of the most vulnerable young people in our care are living in a residential setting or are in danger of being moved to a residential setting because there are not enough foster families available who have the skills and resilience to care for them.

They will not be able to currently live with their parents or extended family members.

They may be out of school, have little routine in their lives and may feel rejected and unhappy.

They need the stability and support of Resilience Foster Carers as part of a team of professionals who have the motivation, commitment and support to help change the young person's future.

The Resilience Scheme will seek to help the young person to develop positive relationships to bring about long-term change. This will involve providing stability, supporting them in their education and helping them develop life skills and leisure interests.

Provision of Support Services

Resilience Foster Carers will receive:

- Support from a dedicated Supervising Social Worker including weekly/ bi-weekly supervision sessions

- Support from the child's social worker including frequent visits with monthly joint Review/ Progress meetings
- Support from the Virtual School regarding school admission and education issues
- Support from residential care workers
- Access to the Fostering Duty line if the carer's dedicated social worker is not available
- Consideration of respite dependent on the needs of the young person.
- A bespoke training package

The support package on offer for Resilience Foster Carers includes the following:

- a bespoke training package delivered by therapists that are BACP or BAPT registered
- regular support from an allocated supervising social worker and other foster carers
- membership of the local foster care association
- regular support groups/ buddying with other carers
- reflective, clinical supervision

Before attending Fostering Panel there is an expectation to commence the Specialist Foster Carer Training Program provided by our specialist provider – the training further develops skills in relation to the understanding of the emotional and traumatic experiences of children and young people in placement that have been identified as having complex needs. On completion of the training and clinical supervision the Foster Carer will achieve a CPD accredited Certificate in Specialist Foster Care.

Our trainers are specialised in delivering a range of Psychotherapy, Therapeutic Interventions, Assessments and Clinical Supervision.

The Training Offer will be available to new Applicants but in the case where an In-house Foster Carer wanted to join the Scheme then there would be an overview of their Training Profile and relevant experience and the training package tailored accordingly.

Our specialist provider's exclusive DART[®] model meets the learning needs to become a Specialist Foster Carer. The core principles of DART[®] focus on:

- Dissociation
- Attachment
- Resilience
- Trauma

The above is taught in the context of fostering children with complex needs. Alongside DART[®], training Resilience Foster Carers will also be taught:

- Basic Counselling Skills
- Development of reflective practice
- Understanding of Children with Complex Needs and Behaviours
- The importance of emotional wellbeing and self-care for foster carers

Process of Placement

New applicants to the scheme will participate in the approval process which is expected to take 12 weeks, leading to attendance at the Fostering Panel and approval by the Agency Decision Maker.

Once approved as a Resilience Foster Carer the below training is mandatory and to be completed via face-to-face if available or through E-Learning

- Food, Nutrition and Associated Behaviours
- Safeguarding
- Sexual Orientation and Gender Identity
- Online Safety and Cyberbullying
- Pornography and the Potential Impact on Young People
- Social Media, Selfies and Sexting
- Drug and Alcohol Awareness for Parents and Carers
- Radicalisation and Extremism of Children
- Healing Environments
- Resilience and Recovery
- Social Pedagogy
- Transitions and Vulnerability
- Children and Young People who run away from Social Care
- County Lines
- Gangs, Guns and Knives
- Bullying
- Caring for a Child who has been Sexually Abused
- Child Sexual Exploitation
- Child Trafficking
- Harmful Sexual Behaviours
- Suicide Support and Prevention

How a Young Person is identified

Referral

Profiles of young people who are fitting the criteria for the Scheme are shared with the Fostering Service on a regular basis. The Fostering Service notifies the children in care service when there is availability in the Scheme.

Criteria

The young person is in danger of being admitted into residential care or is already in residential care and is aged 10 and above.

Matching

The Fostering Service will provide the Child in Care Service with profiles of foster carers approved under the scheme who are awaiting placement. Placements are planned, the scheme does not offer emergency placements.

A Matching Meeting will be arranged by the Fostering service and will involve the Foster Carer's Supervising Social Worker, the young person's social worker, and a manager from the Fostering Service. Wherever possible, our specialist provider will attend and representatives from Health and Education. The meeting will be chaired by the fostering Service and a matching matrix will be completed. Following the meeting the fostering manager will make a formal offer of a placement to the child's social worker.

Transition

The Resilience Carer will receive full information regarding the young person and be able to discuss the needs of the young person with the Child in Care social worker and the current placement.

Any move to the carer will be planned for and appropriate arrangements made in the Placement Planning Meeting involving the young person prior to placement. This will include a Transition Time table . The Fostering Service will carry out a Review of the Transitions prior to the Moving In Day to ensure the transition is going well and support is in place.

The Placement Planning Meeting will be chaired by the Fostering Service.

Duration of the placement

- This will be dependent on each young person's care plan but can be until the young person reaches adulthood.
- The continued suitability of the placement will be subject to Review at the Children In Care Review held initially after 4 weeks of the move, after 3 months and then at 6 monthly intervals or as deemed necessary by the Independent Reviewing Officer.

Allowance payable to Resilience Foster Carers

- Allowances of £750 per week will be paid when a child is in placement. This amount is inclusive of all costs associated with caring for a young person including clothes, activities, holidays, birthdays and national festivals.
- A retainer of £450 per week for a maximum of six weeks per annum is paid for any gaps in between placements. This is reduced to £200 per week if this goes beyond the six weeks and is up to a maximum of 10 weeks.
- If notice is given by the Resilience Carer before the placement ends or in the case of a placement not being accepted by the Resilience Carer but assessed as being appropriate by the Fostering Service, allowances will reduce to £200 per week for a maximum of six weeks.

- If an allegation or concerns are raised resulting in the young person being moved out of the home whilst decisions are made the payment of £450 a week will be paid for the duration of the investigation, and is for a maximum of 10 weeks.
- A mileage claim of 0.45 pence per mile can be claimed via the carer's Supervising Social Worker, if journeys involving the child/YP are in excess of a 20 miles per week.