

OUR CURRICULUM

Therapeutic Interventions and Support

A therapeutic approach is at the centre of our ethos at Hopewell through our everyday work, support and interactions with pupils but also through the specialist range of therapies that are offered to individual pupils as well as through group interventions and extensive work with our parents and carers.

How we deliver our therapeutic component of our Curriculum:

- **Therapy Assessment and induction:** Therapy is at the heart of what we do- as part of our induction process our Therapy Lead meets with every pupil and their family or carers. The aim of this initial meeting is to provide an opportunity for open discussion about a pupil's needs, strengths and areas for development and support. From this along with other information collected at admission the school staff team are able to work with pupils in a supportive and positive way from their first day.
- **Reflection Space:** We have a designated area within the school which consists, an individual therapy room, a group therapy room, sensory room as well as a small "self-reflection" space where pupils can go to engage in our specialist therapies or to self-regulate by taking time out from situations that they find difficult, challenging or those that raise their levels of anxiety.
- **Sensory Room:** Our sensory room provides a calm and quiet safe place where pupils can go to self-reflect and regulate. They are accompanied by a member of staff or one of the therapy team to support their use of the room.
- **Our Therapy Offer:** The range of therapy at Hopewell are offered on both a referred and self-referral basis to all of our pupils who need are identified as needing them. We offer Play, Drama, Art, Music Therapy as well as child and family psychotherapy. Therapy sessions are for both individual as well as groups. The focus of sessions is to provide a safe environment where pupils can explore their feelings as well as to develop tools and strategies to overcome their severe social, emotional, behavioural and psychological needs.
- **Therapy Interventions through assessment:** All our pupils undergo an assessment with our Therapy Lead at induction – this enables us to plan for the most effective interventions. These plans are reviewed on a termly basis at both Therapy team level as well as through SLT.
- **Therapy Interventions:** Specific, targeted groups run throughout the school year to explore strategies around different issues including- social skills and positive interactions, positive relationships, anger management and self-esteem.
- **Multi Agency Working:** we work collaboratively with many external agencies to provide a holistic model of support for individual pupils and their families and carers. These include CAHMs, Health Care, Social Care and other agencies.
- **Parent Hub:** Parent Hub on our website enables parents to access information about the school. This includes the lessons being taught across the term, detailed information about key events taking place as well as information about the Parent Support Group and the guest speakers who provide information sessions for parents.

- **Family Support/Individual Parent Support:** Our therapy Team are available to provide support to individual parents and carers if required. They can offer support or sign post to additional services which may be helpful to support the young person within the home setting.
- **Individual Mentoring:** We offer mentoring through Potential Mentoring to some of our pupils. This provides an opportunity for pupils to build positive relationships with adults and explore strategies for managing difficult situations and challenges.