



Changing children's lives for the better

Innovative therapeutic care and education
to enable young people to overcome
trauma and thrive into adulthood



Finding your way

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**Esland Care provides
trauma-informed,
therapeutic services,
helping children
and young people
gain stability,
develop resilience to
facilitate transition**



Who we are

Striving to create better futures

Esland is a leading UK provider of trauma-informed, therapeutic services for children and young people with a complex trauma history.

Throughout the UK, we provide exceptional children's homes, schooling, adventure trips, assessments, and therapy, underpinned by clinical expertise. With our therapeutic approach, we shape our services around needs of young people, helping them to feel safe to progress into a positive and stable future.

For children who have experienced trauma and significant adverse experiences, we provide a place of safety from which they can build meaningful connections. We help them to process their emotions and overcome challenges in their lives. From a safe base, young are free to move forwards and live their lives with confidence and independence.

Esland is an investors in people accredited organisation and work force development is integrated within all our operations.



Our core values

The needs of children and young people are at the very centre of what we do. They shape our services and guide us in our approach at every step.

We look after and support each other so that we can provide the highest level of care, support, and safe environments for those in our care.

We take pride in our professional curiosity and agility, continually seeking out better ways to work, while adopting proven approaches to lead the way.

With our colleagues, local authority stakeholders, parents, and young people themselves, we work together openly and honestly to find the best outcome.

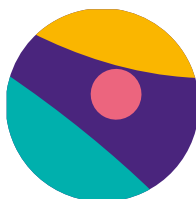
We are accountable and see things through. Through our robust safeguarding processes, we commit to making a difference and keeping young people safe.

We have high expectations for ourselves and those in our care. We raise the bar high so that we can lead the way in our sector.



We provide stability.

Providing stability through inclusive, safe, and nurturing care.



We develop resilience.

Developing resilience by creating trusting relationships to build attachments.



We facilitate transition.

Facilitating transition through positive childhood experiences to support a meaningful future.

Education

Preparing young people for the future they deserve

Education for all

Esland helps young people stabilise their behaviour and begin to make positive choices.

Outreach offer

Bespoke education packages for those pupils who are unable to access education within the school setting.

Independent day schools

DfE registered specialist day schools for ages 8-18 with SEND, including complex needs such as ASC, ODD and PDA.

Academic opportunities

Our young people are able to access a broad spectrum of qualifications including: GCSEs, AS levels, ASDAN Awards, AQA Unit Awards and certificates, vocational qualifications and work experience placements.

The use of a student led curriculum within the Esland framework has helped engagement, interest, concentration, determination and independence.

“Staff clearly understand Charlie’s needs and use different approaches depending on his presentation.”

Inspector, Ofsted.

Learning with Esland

Our teams adopt an integrated approach to learning where all involved actively promote skills, knowledge and learning in a respectful and nurturing environment where safeguarding is at the forefront.

Our learning environments are designed to meet a variety of needs to help overcome learning barriers, catering for all abilities and needs.



Esland schools

Esland operate a number of DfE registered day schools and satellite centres throughout the UK within the locality of our children's homes.

Bedford school



Grantham school



Congleton school

Clinical

Bespoke intervention to encourage meaningful change

Our pathway to change

Our clinical assessments underpin all residential and care placements.

Initial assessment

This will identify issues and develop a treatment plan, ensuring staff teams are attuned to a young person's subjective experience.

Bespoke interventions

Clinicians will offer direct therapy to the young people in the form of trauma-informed care and education.

Annual reviews

All young people in residential placements will have a full psychological review every 12 months to monitor progress.

Tailored support

Indirect support offered - care team training, ongoing reflective evidence-based practice and one-to-one staff consultation.

Our clinical services

As a clinical service we provide clinical input for children who have endured adverse childhood experiences. The foundation of our practice is that of complex trauma and attachment informed therapeutic care.



The matching process



Therapeutic intervention



Clinical lead



Resources



Staff training & support



Collaborative approach

“My son has been helped by staff to manage his emotions and had made great progress in his placement.”

Parent, Child at Brick Lane Home

Trauma informed care

At Esland we offer all our young people trauma informed care. This means that we strive for every interaction to be therapeutic in nature. We see the importance of non-directive interventions outside of direct therapy.

Our therapeutic placements work to ensure our young people feel emotionally safe and are able to build trusting relationships. We focus on offering routine, predictability, structure and the chance for life experiences not achieved by young people so far.

Our clinical team achieve this by offering a mixture of direct and non direct interventions via a range of therapeutic models. We best meet the needs of the young person based on our initial assessments.

Non-direct interventions includes supporting the care team through bespoke training, reflective practice, design of key working sessions, 1-1 staff consultations and support with placement planning and matching of your people in a home.



Residential

Outstanding outcomes for children who are looked after

We understand that it can take time for children and young people to stabilise, trust others and progress. From the outset, we think of the long-term goals of everyone, building a progressive care and development plan that has the highest likelihood of success. We're committed to providing the best services for every child and young person who lives with us.

Unconditional care

Trauma-informed and therapeutic support for young people.

Commitment

We are determined to change lives for the better and are committed to positive transition of all young people.

Progression

We offer 'step-up' and 'step-down' options based on progress, needs and independence.

Understanding

We recognise that behaviour is underpinned by life experiences which affects resilience of young people.

Trust

Individuals will learn to trust their primary carers, leaders and society.



Our residential services

We offer safe and emotionally secure environments that provide hope, enjoyment, and interaction. We have 28 day and 14-week assessment services and longer-term placements, including solo, dual, 3-bed and group homes.

Adventure service

Provides a 28 day outward bound, therapeutically informed activity-based program for a young person who is presenting with extreme or challenging behaviours or a young person that would benefit from a time limited solo experience.

12-week assessment home

Assessment focused placement to determine next steps and most appropriate placement for the child. 12 weeks psychological formulation assessment and therapeutic care plan.

Our homes

Bespoke services and pathways for children and young people who have experienced adverse childhood experiences and related trauma. The foundation of our practice is that of complex trauma and attachment informed therapeutic care.





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