

Parent & Adoption Support Service (PASS)

*Tailored adoption
support for children,
parents and agencies*

Coram's Parent & Adoption Support Service is a modular programme of adoption and permanence support for children from the care system, their parents and adoption agencies. Our approach is primarily preventive, aiming to provide adopters with the skills for positive parenting of children who have suffered abuse, neglect or other adversity. We also offer therapeutic interventions for children and families who need

additional support. Programmes are tailored to key developmental milestones for adopted children. This approach has been developed by Coram which is an Ofsted 'Outstanding' Adoption Agency, working in partnership with several Local Authorities.

All programmes for children and adopters are based on evidenced or emergent validated methodologies and are provided free to Coram adopters as part of our core service.

"We returned to Coram for parenting support for our daughter, who had experienced a lot of disruption in her early years...Their groups help you understand what your child might be feeling and how to help them build up trust in you."

Adoptive Parent

"Extremely helpful course. My ability to deal with / encourage good behaviour from my kids is greatly increased. I cannot thank you enough."

Adoptive Parent

For non-Coram adopters, subject to availability*, all programmes can be accessed on individual, group and family basis by direct purchase. Programmes take place in Coram's dedicated facilities in the East Midlands, East Anglia, London & the South East.

Direct delivery of training, practice development, learning sets and tools are also available to individual practitioners or on commissioned basis for in-agency delivery (see page 11).

"Very useful day. Lots of information shared, ideas and practice developments."

Social Worker

"Very informative and enjoyable day and great insight into the work other Local Authorities are doing."

Local Authority Social Worker

"Extremely useful and clarified my queries really well."

Social Worker

For more details about Coram's Parent & Adoption Support, email coram-adoption-support@coram.org.uk or visit www.coram.org.uk/PASS or call us on **020 7520 0302**. (London), **01509 600306** (East Midlands) or **0300 123 1093** (Cambridgeshire and East Anglia).

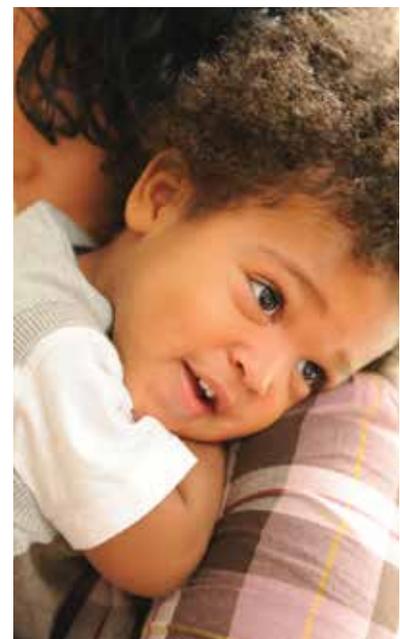
Enquiries about any aspect of the adoption process can also be made to First4Adoption on **0300 222 0022** or by visiting first4adoption.org.uk.

*Coram reserves the right to change the programme and to limit access subject to operational requirements and the needs of the participants.

At a glance

For adopted children (pages 3 - 4)	For parents (pages 5 - 9)	For adoption agencies (page 11)
Creative Therapy (art and music) <i>(East Anglia, East Midlands, London)</i>	Parenting Skills Training for Adopters (parents of children aged 3 to 8 and 11+) <i>(East Anglia, East Midlands, London)</i>	Parenting Skills Training for Adopters (parents of children aged 4 to 9 and 11+) <i>(East Anglia, East Midlands, London)</i>
Peer group crèches (for children of parents attending groups) <i>(East Anglia, London)</i>	Mindfulness Group Programme <i>(London)</i>	Life Story Book Training for Social Workers <i>(East Anglia, East Midlands, London)</i>
Support Groups for Adopted Children & Young People <i>(East Midlands, East Anglia)</i>	Stay & Play Groups (parents and children under 4) <i>(East Anglia, East Midlands, London)</i>	Helping them understand their Adoption Story workshop <i>(East Anglia, East Midlands, London)</i>
The Adoptables workshops (ages 11+) <i>(East Anglia, East Midlands, London)</i>	Life Story Book Training for Adopters <i>(East Anglia, East Midlands, London)</i>	Creative Therapies for adopted children <i>(East Anglia, East Midlands, London)</i> <i>*can be purchased for individual adopters/children or for in-agency delivery packages</i>
The Adoptables Young Ambassadors (ages 16-25) <i>(East Anglia, East Midlands, London)</i>	Helping your child understand their Adoption Story workshop <i>(London)</i>	Direct place purchase of subscription package (under development)
	Mentalization-Based Treatment for Families (parents and children aged 4 to 16 years) <i>(East Anglia, London)</i>	

Legal and Education Support (page 9)	Schools resources (page 10)
Adoption Support Fund advice (First4Adoption)	Life Education programme and PSHE toolkit
Factsheets on school processes for Admissions, Special Educational Needs, Exclusions – Child Law Advice Service	Assembly resources
Pupil Premium advice (First4Adoption)	BCyberwise modules and related resources (years 4 and 5)
BCyberwise (primary) from Coram Life Education	KS2 and KS3 themed modules
Legal advice (priority line) – Child Law Advice Service	Online PSHE resources (SCARF)
	Legal advice, information and factsheets – Child Law Advice Service



For children

We offer two types of support, depending on the level of need:

- Support to promote positive attachments and development
- Therapeutic services for children and parents with significant difficulties

Support services and development groups for children

Monthly Stay and Play Groups (for adopters and children under 4)

Stay and play are monthly open-access groups for pre-school children and their adoptive parents. Supported by a qualified psychotherapist, the groups enable parents to discuss any concerns about their children informally and enjoy a peer-support play group. Adopters positively value the benefits of a support group with other adopters of pre-school children.

Places are available free to Coram adopters. For other adopters, it can be accessed on a booked basis, at a cost of £20 for parent and child together (London) or £10 (East Midlands).

Peer Support Crèche (for children of parents attending Coram programmes, aged 3-8)

Where parents are participating in a Coram-based parenting skills programme, children can benefit from a peer support crèche, structured with play and activities to enable them to build friendships with other adopted children, at a cost of £10 per child per session. The crèche is not available on a stand-alone basis.

The Adoptables programme for young people

A participation and progression programme for young people who are adopted to help other young people, supported by The Queen's Trust.

- **Workshops (for children aged 11-16)**

Programme of two session workshops in five locations in England each year. For groups of children to engage in a peer-based activity workshop, enabling them to convey their views on specific themes affecting adopted children. For details of the programme see www.coram.org.uk/adoptables.

- **The Adoptables young ambassadors (for young people aged 16-24)**

A programme of training and development for 12 young ambassadors, selected annually, to convey the views of adopted children and co-produce resources for the influencing of policy and practice.



Social Events for Adoptive Families

Open only to Coram adopters and children. We arrange social events such as our annual London Adoption Picnic and Family Fun Day in the East Midlands, which give children and adopters an opportunity to connect with friends and peers. Free.

Support Groups for Adopted Children and Young People (East Midlands and East Anglia)

We offer regular support groups for children aged 3-16+, with weekend activities ranging from outdoor activities and crafts to participation projects, with limited availability for residentials. *Free to children adopted through Coram but places are limited. Limited availability for children from other agencies, at a cost of £50 per session plus £50 set-up fee. Contact us for details on 01509 600 306 (East Midlands) or 0300 123 1093 (East Anglia).*

Therapeutic Services for children

Creative Therapy (for children aged up to 18)

Creative Therapy uses music and art to facilitate self-expression in children and young people. Therapy is provided by Health and Care Professions Council (HCPC) registered art psychotherapists and music therapists, either in small groups or on a one-to-one basis.

Both therapies are suitable for younger children and those with language delay, communication or behavioural issues. Young children placed for adoption, who may be pre-verbal or only have minimal verbal skills, can be distressed and disregulated after placement with adopters. They can benefit from either art or music therapy, which can involve their adoptive parents, to promote attachment and to help regulate their emotions.

These interventions are available in modules of six weeks (half a term). The average number of sessions is 18 weeks, however this can vary according to need. It may be commissioned under Pupil Premium or the Adoption Support Fund, or independently. The cost for 10 sessions is £860 (£86 per session), including an outcomes report which is based upon triangulated evidenced from the Music Therapy Outcomes Star or the SDQ.

This approach can be provided from Coram centres or in-school.

Coram also offers in-placement of therapists into schools at a cost of £10k for a school year for one day each week. This would provide three individual sessions per week, or two individual sessions and one group session per week, therefore supporting 10 children at a unit cost of £1,000 each.

To find out more, email coram-adoption-support@coram.org.uk, visit www.coram.org.uk/PASS or call us on **020 7520 0302** (London), **01509 600306** (East Midlands) or **0300 123 1093** (Cambridgeshire and East Anglia).



For adoptive parents

Coram is one of the UK's most successful voluntary adoption agencies. Repeatedly judged 'Outstanding' by Ofsted, we offer tried-and-tested adoption support which is tailored to the needs of each parent.

Our range of support includes parenting skills training for adopters, study days, training on Life Story Books, advice and guidance, referral to specialist resources, mentalization programmes for adopters and their children, and mindfulness training.

We provide a tailored programme matching children's development needs and transitions, with a range of specialist options available which promote resilience in adoptive families.

Our adopter preparation process begins to build confidence and skills from the first information session. All our programmes are based on building secure attachments between adoptive children and their new parents. We focus on relationship-building and problem-solving for parents, with both group and individual support available.



Evidence-based parenting groups and parenting programmes

Our parenting skills programmes have been specifically adapted for the needs of adoptive parents.

We arrange a visit or preparation discussion before all programmes, and an evaluation is completed upon conclusion. All programmes can be commissioned by local authority partners for direct delivery, with co-facilitation by Coram specialists, in their own venue.

Webster Stratton Incredible Years Parenting Skills Programme (for parents of children aged 3-8)

This 12-week programme has been tailored specifically for adoptive parents by Coram and the Anna Freud Centre. It is fully evidenced with a 12-year track record. Led by two senior trainers, the programme is delivered in all Coram centres. Parents particularly value the chance to share experiences within a peer group of other adoptive parents.

Parents said:

“The parenting skills programme itself was excellent and the leaders of the programme excellent.”

“Our experience of the support during placement and our learning from the parenting skills programmes makes us the envy of all adopters we speak to and many other families.”

Coram’s programme has been recognised as validated practice by the Centre for Excellence and Outcomes in Children and Young People’s Services (C4EO).

“The Incredible Years parenting programme has substantial evidence of effectiveness in reducing conduct disorder in children and improving parenting competencies.”

Centre for Excellence and Outcomes in Children and Young People’s Services (C4EO)

In a recent broad-based survey across all Coram’s adopters, 96% of parents who rated the parenting course (45 out of 47) said it was fairly good or excellent, with 68% rating it excellent.

Free to Coram adopters. The programme is available to non-Coram adopters by pre-booking, at a cost of £1,192 per parent, £1,500 for two parents from the same family.

STOP programme for parents of adolescents (11+)

This 10-week parenting programme has been tailored for adopters and used extensively for over 10 years.

Delivered in all Coram centres and led by two senior trainers, it provides a peer group experience and is most valuable for parents with children in the first two years of secondary school.

The programme is dedicated to examining and addressing the particular impacts of adolescence and the support needed for adopted children. It focuses on building a resilient and warm relationship between parent and adolescent, as well as enabling adopters to support their children with identity issues and reworking earlier experiences.

Available free for Coram adopters, places can also be booked for non-Coram adopters, at a cost of £991 per parent or £1,500 for two parents from the same family.



Mindfulness programme

Adopters are often subjected to unexpected emotional reactions from their children. Helping adopters with strategies for managing their own emotions and creating space to think is an essential aspect of adopter support. We are developing Mindfulness as one such approach for adoptive parents.

Mindfulness is a mind-body approach which uses techniques including meditation and breathing to help bring our focus to the present. This helps increase our awareness in managing difficult experiences, and so in turn helps us to make choices. Focussing on noticing what is being experienced now means we are less likely to get caught up in those experiences, helping us to take control of our minds rather than our minds taking control of us. People practicing Mindfulness say it helps them to enjoy things more and to manage stressful situations more calmly.

Our Mindfulness group programme features between 6 and 10 weekly sessions, at a cost per programme per parent of £350. Currently available in our London centre only.

Helping Your Child Understand Their Adoption Story - workshop

This half-day workshop helps parents to overcome the challenges of talking to children about their adoption stories. It provides approaches to help adopters judge the right time to talk to children about their story, as well as tips and resources to help parents, and build their confidence about sharing their child's story as they grow up. The workshop is available free to Coram adopters as part of their preparation programme and can be accessed by others where pre-booked, at a cost of £50 per parent.

Life Story workshops

A one-day workshop for adopters on how to support and develop Life Story work with their children. Delivered by a recognised expert in the field and supported by both published and on-line resources, the programme is available free in Newcastle, Somerset, Birmingham, London and Cambridge in 2015-16. To book, email coram-adoption-support@coram.org.uk.

These workshops can be commissioned by agencies or local consortia for their own agency specific group delivered in an appropriate location, for a minimum of 10 and up to 30 participants, at a cost of £1,000+vat.



Tailored family support

Mentalization-Based Treatment for parent(s) & children (aged 4-16)

This is a family-specific package of six sessions over 12 weeks (some sessions with children and some parent-only, depending on the needs of each family). A dedicated and qualified Mentalization therapist enables parents and their child or children to build increased resilience by improving communication and problem solving.

This approach, developed at the Anna Freud Centre, is based on attachment theory and is extensively evidenced. The treatment is designed to increase understanding of each other's feelings and thoughts – a particular challenge for adopted children who have suffered trauma, and also for their parents as children's reactions can be coloured by assumptions inherited from past adverse experiences of parenting. Limited places are available in London (May 2015 onwards) and East Anglia (from January 2016) at a cost of £650 for 6 sessions, plus £100 for each additional session.

How can I access funding for attending these programmes?

If you are a Coram adopter, contact our Adoption Support team for advice on **020 7520 0383** (London), **01509 600 306** (East Midlands), **0300 123 1093** (Cambridgeshire and East Anglia), or email **adoption@coram.org.uk**.

For non-Coram adopters, the Adoption Support Fund can be accessed via your Local Authority. Adopted children can access Pupil Premium via their school.

1. Adoption Support Fund

Local Authorities can access the Adoption Support Fund, so contact your Local Authority Adoption Support team directly for more information. Find out more about the fund at: **www.first4adoption.org.uk/adoption-support/adoption-support-fund/**

2. The Pupil Premium

Have you registered your child via your school as an adopted child? Find out more at: **www.first4adoption.org.uk/adoption-support/pupil-premium/**

Funding of Adoption Support referrals

Local Authorities can refer cases to Coram's Parent & Adoption Support and access these services by virtue of application to the Adoption Support Fund as well as, where appropriate, via Pupil Premium funding through schools or by direct purchase.



Education and legal guidance

Guidance and information available free to adopters and children.

Specialist advice on school issues

Where issues are being experienced in relation to Special Education Needs, school admissions or exclusions, adopters and children can call our priority line for access/referral to independent advocacy or specialist advice by Coram Children's Legal Centre.

Further information

To find out more about our parenting and tailored family support, email coram-adoption-support@coram.org.uk, visit www.coram.org.uk/PASS or call us on **020 7520 0302** (London), **01509 600 306** (East Midlands) or **0300 123 1093** (Cambridgeshire and East Anglia).

Legal information and guidance can be found at childrenslegalcentre.com.

For enquiries about any aspect of the adoption process, call First4Adoption on **0300 222 0022** or visit first4adoption.org.uk.



For schools

Coram offers a number of practical resources to support schools in addressing the needs of children in the care system and beyond. These services will provide schools with the evidence required to demonstrate effective use of Pupil Premium funds through the support of adopted children.

Coram Life Education, the leading specialist supporting PSHE provision in primary schools, offers practical resources, training and whole school approaches to schools across the UK.

Coram Children's Legal Centre is the national centre for education law. It provides free legal information, advice and representation to children, young people, families, carers and professionals, as well as training and consultancy on child law and children's rights.

Whole school approaches to PSHE, helping to meet OFSTED requirements

- School Assembly resources supporting cultural sensitization
- Life Education mobile classroom programme promoting life skills (ages 4-11)
- BCyberwise modules and related resources, tackling online risks and internet safety (years 4 and 5)
- KS2 visit to the Foundling Museum: supporting the History curriculum (The Victorians)
- KS2 and KS3 themed modules on alcohol, cigarettes and other substance use
- KS3 targeted curriculum in improving communication functioning and attention
- Online PSHE resources for whole school approaches and cultural sensitization, available by subscription via the SCARF programme.

Special educational needs and behavioural management

- Creative Therapy in-placement to address the needs of children with additional needs
- Six of the Best training for lunchtime supervisors, to embed schools behaviour management strategies in informal settings
- Dedicated SEN PSHE module for young people with learning difficulties
- Autism awareness (with the National Autistic Society).

Admissions and exclusions

- Information and fact sheets available from Coram Children's Legal Centre
- Education solicitor advice from the Legal Practice
- Subscription programme from the Child Law Advice Service.

For information about school-based programmes and support, email CLE@coram.org.uk, call **0207 520 0364**, or visit coramlifeeducation.org.uk.

Legal information and factsheets, including SEN, can be found at childrenslegalcentre.com.

Agency training and support programme in adoption support

Coram is a national leader in several areas of practice development and can provide access to practitioner training and development, available via subscription scheme or grant funding.

Adoption Support referral and delivery

Agencies can refer cases to Coram PASS and access these services by virtue of application to the Adoption Support Fund and/or where appropriate via Pupil Premium funding through schools or by direct purchase.

In addition, agencies can commission Coram PASS to provide direct delivery to in-agency groups and with co-facilitation for practice sharing and development.

Where agencies are partners with Coram in the delivery of their Adoption Services, all programmes are available for referral on a fast-track and tailored defined basis.

Capacity building and training

Coram is a national leader in several areas of practice development and can provide access to practitioner training and development available via grant funding.

Life Story development (grant supported)

Two one-day workshops for practitioners with learning set and case support. These are available free in five locations in 2015-16.

The programme can also be commissioned for agency-specific delivery at a cost of £1,000+vat for up to 30 participants (where locally administrated and when the venue is provided).

Agency Management Services and practice development programmes

Coram's Centre for Early Permanence provides specialist policy and consultancy and management services supporting permanence planning for children. We offer a range of learning, development and systems and process support to local authorities and other agencies.

Concurrent Planning and Foster to Adopt learning set

The established national programme in permanence practice is available to agencies at a cost of £2,000 per annum, enabling participation in up to three workshops per annum, consultation from a dedicated consultant and access to the tools and resources for effective development.

A bespoke package for in-agency training including children's social care teams, for judicial liaison and supervised contact development is available for £10,000 and is designed to enable a turnkey implementation.

HOW TO BOOK

To find out more or to book, email coram-adoption-support@coram.org.uk, visit www.coram.org.uk/PASS or call us on **020 7520 0302**.

For enquiries about any aspect of the adoption process, call First4Adoption on **0300 222 0022** or visit first4adoption.org.uk.

Enquiries for the subscription programme can be made to coram-adoption-support@coram.org.uk or visit www.coram.org.uk/academy.

To discuss agency development needs and partnership opportunities, please contact coram-adoption-support@coram.org.uk, or call **020 7520 0302**.

About Coram

Established in 1739, Coram has been supporting children for over 275 years.

Today, Coram is an Ofsted 'Outstanding' Voluntary Adoption Agency operating in multiple locations in England, from hubs in London, Kent, Cambridge and Loughborough in Leicestershire.

Coram is a national leader in permanence planning, including concurrent planning and foster to adopt, parenting practice, and Life Story development.

The new Pears Pavilion at the Coram Campus is a dedicated centre for adoption support and creative therapies. As well as being a practice development centre it provides a new facility for adoptive families and children with a range of needs.

Our team



Jeanne Kaniuk OBE, Managing Director of Coram Adoption, was awarded the silver Lifetime Achievement Award by the British Association of Social Work in 2015 and is the author of Ten Top Tips for Supporting Adopters (BAAF).



Mary Rose Brady, Coram's dedicated Head of Creative Therapies, has 25 years' experience in the development and delivery of art and music therapy, with an established track record in child-specific application for adoption, childcare in profound and multiple learning disabilities (PMLD), mild learning difficulties (MLD) and emotional and behavioural difficulties (EBD) including autism.



Alice Noon, Head of Coram's London adoption centre, leads on ensuring that we meet the needs of the Coram community of over 500 adopters and their children, by delivering a range of evidence-based approaches to adoption support.



Renuka Jeyarajah-Dent is a national leader in adoption and permanence function improvement. Qualified as an education psychologist and teacher and an expert in serious case review, Renuka is currently leading ground-breaking innovation partnerships with multiple partners across England and specialist programmes in matching practice.



Laura Payne, Branch Manager, Coram Adoption East Midlands, leads an experienced team which has strong links with the East Midlands Adoption Consortium. Laura has extensive experience of working for, and with, local authorities, including in a specialist post-adoption team.



Kevin Yong is Managing Director of Coram-i, which provides improvement support to local authorities and voluntary adoption agencies in securing permanence for looked-after children. Coram i uses tools and diagnostics to identify issues, then tackles them with a multi-professional approach, bringing together practitioners and consultants to deliver the most appropriate solution.



Sarah Byatt, Managing Director of Coram Cambridgeshire Adoption, has over 25 years' experience of family placement, including foster care and adoption. She leads in delivering ongoing support to adoptive children and families in East Anglia, Cambridgeshire and the surrounding areas.

Coram is a pioneer in the development of evidence-based approaches, including creative therapies for children and bespoke programmes for adopters, and is the only Voluntary Adoption Agency to be operating multiple, embedded partnerships for the fulfillment of local authority adoption functions.

To find out more, visit www.coram.org.uk or call **020 7520 0300**.