

MyST - A relational and eco-systemic approach for children who have experienced developmental trauma



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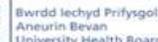
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Hello, welcome, introductions
Who is here today?
Making connections with one another

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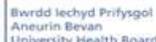
Our plan for the workshop

We will cover four areas of our work:

1. Our clinical model
2. Our approach or 'way of being'
3. Our service model
4. Our impacts for children & families

Time for your discussions throughout

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Who we work with

- ▶ Young people aged up to 21 across the five local authorities of Gwent / ABUHB
- ▶ Who are looked after
- ▶ Who are in ‘institutional care’ such as children’s homes, secure units, hospitals and can move to family based care
- ▶ Who have experienced severe developmental trauma which has impacted upon their development, psychological functioning, risky behaviours
- ▶ And everyone in these young people’s personal and professional systems

Our clinical model

Bronfenbrenner's
ecological model
of child
development

Pearce & Cronen's
Coordinated
management of
meaning

Rogers'
Humanistic
psychology

Attachment approaches
DDP Hughes
Theraplay Booth &
Jernberg

Linehan's
DBT

Systemic- systems,
relationships,
patterns &
narratives

Trauma
informed
approaches

A normative, developmental, relational, contextual approach

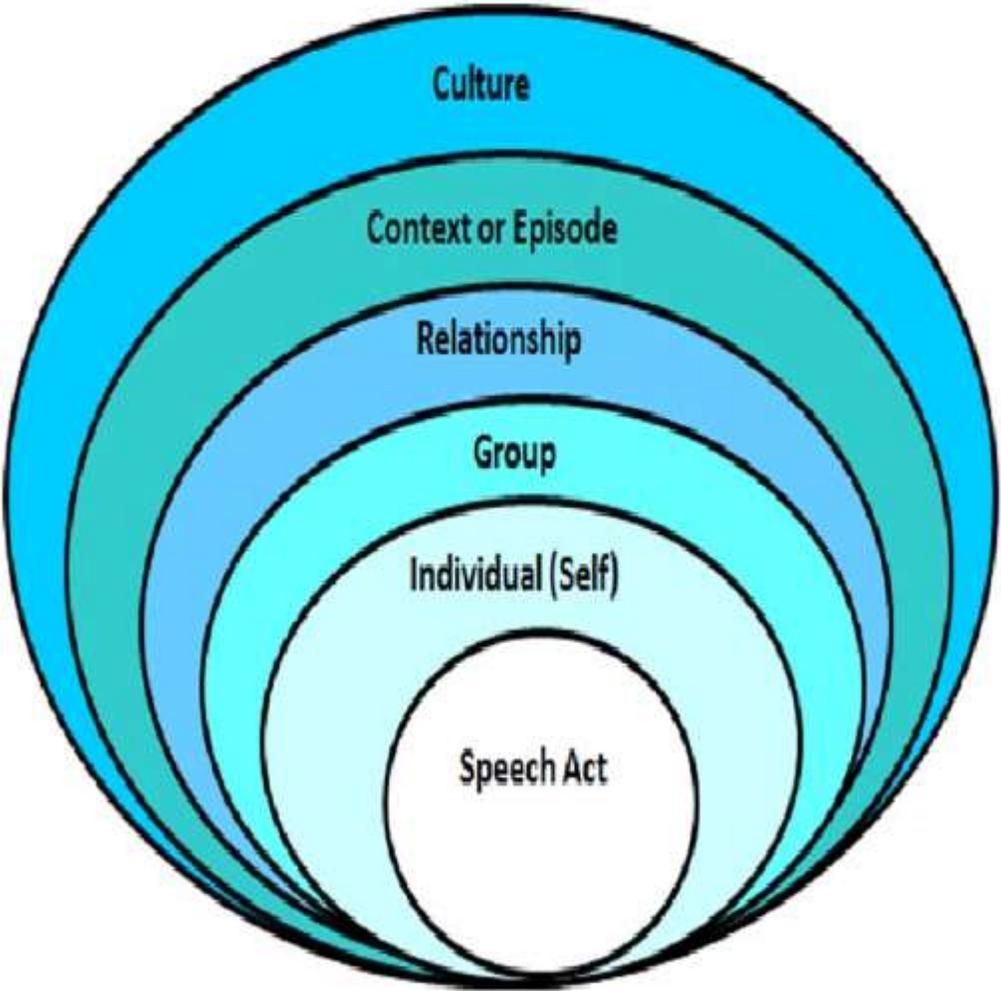
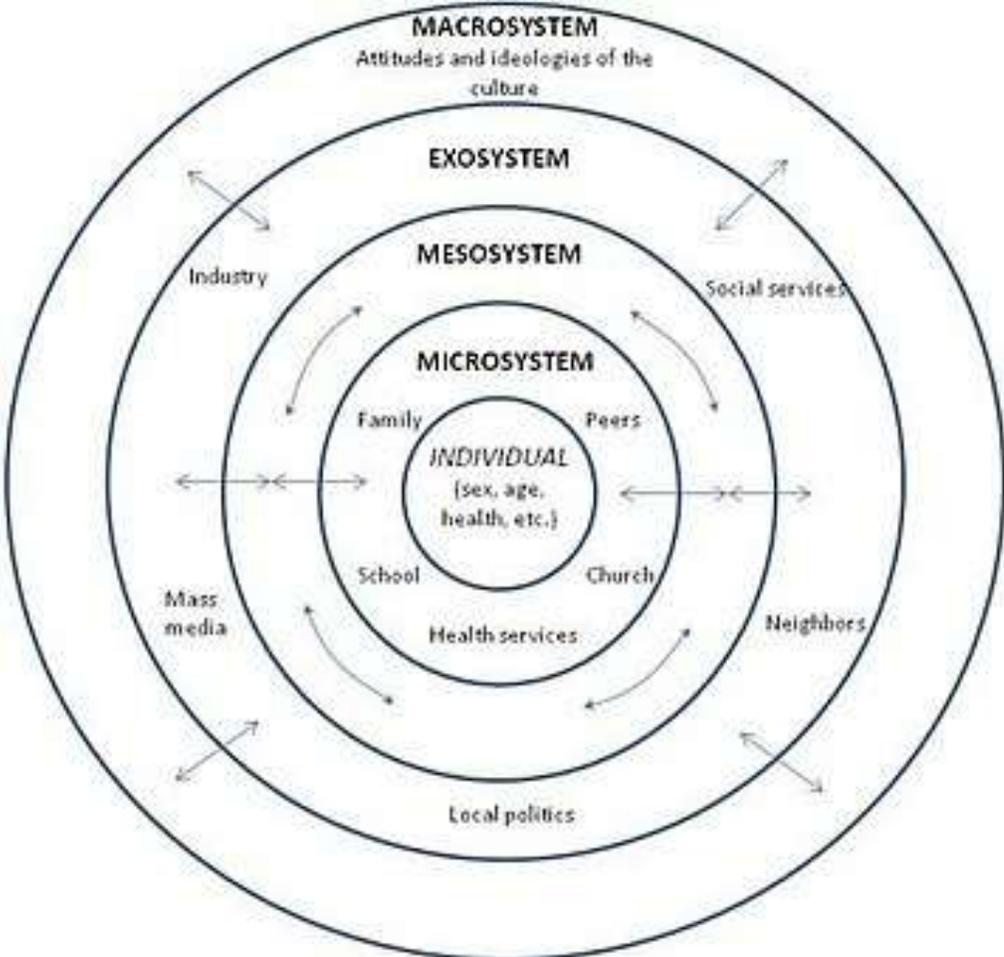


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Bronfenbrenner's Ecological Systems Model

Pearce & Cronen's Co-ordinated Management of meaning



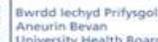
Discussion

How do clinical models have a place in your practice?

What are the connections and differences between our clinical model and yours?



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Our approach, our way of being



Being flexible,
accessible, co-
regulating in live
experience

Security/continuity
of long term
relationships

Humanising children,
families, professionals
& ourselves

Noticing dynamics
(drama triangle)

Noticing defences-
esp. splitting

Containing &
processing
emotion

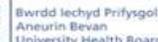
Self reflection &
awareness

Attending to our culture
with strong connection
to values

Valuing team &
differences of view

Safety to make mistakes
and continually learn

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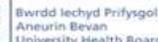
Discussion

What are the most important ways of being in your practice?

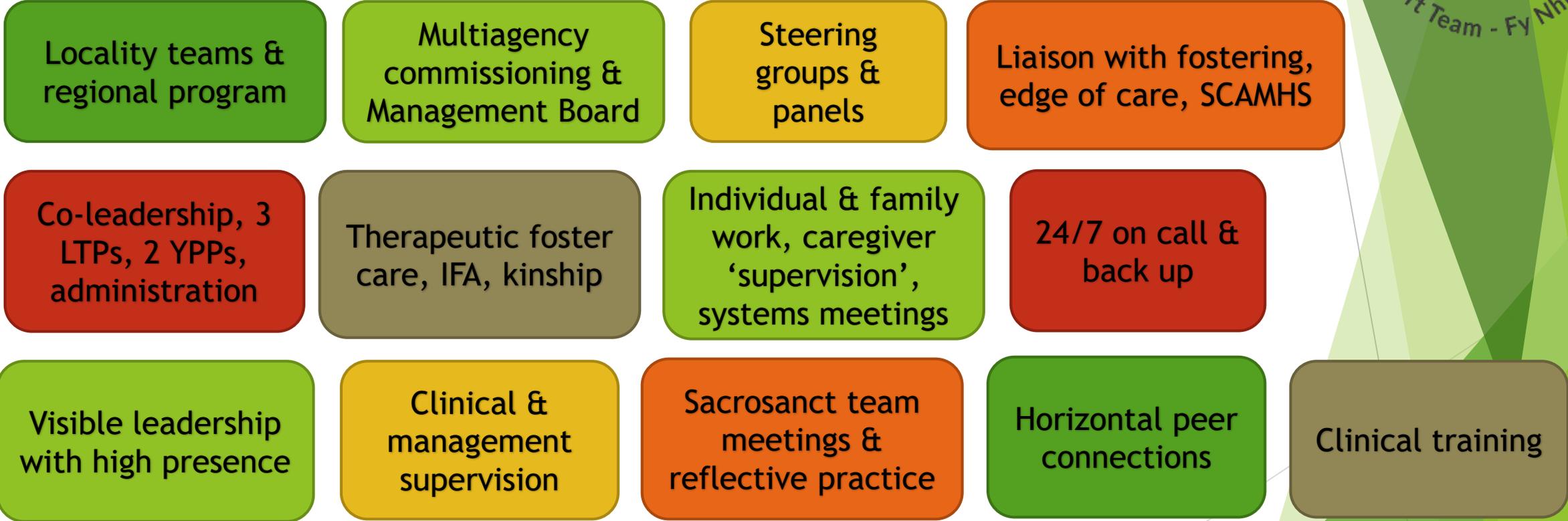
How are you getting on holding on to these ways of being?



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Our service model - front of house delivery & back of house support



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Bwrdd Iechyd Prifysgol Aneurin Bevan University Health Board

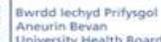
Discussion

Are there any ideas in how we work which would be useful to bring to your approach?

Are there ways in which its more useful for you to work differently to us?



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Our impacts

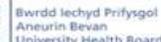
Performance data

Stories

Film by
service users &
stakeholders



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Our Key Performance Indicators: Quantitative data

- ▶ Number of young people stepped down from residential to family based care
- ▶ The stability of these community placements
- ▶ Throughput of effective interventions - Young people stable enough to thrive without our intensive involvement
- ▶ Cost avoidance and savings achieved after the costs of our teams and placements are factored in (2020-21 3 operational teams = £4.5 million)
- ▶ Practice consultations to foster carers and other professionals
- ▶ Training provided



Our film



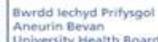
Discussion

What are the impacts that you wish to see from your work?

What have you taken from the workshop today?



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Contact us if you'd like to talk more

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- ▶ [My Support Team | Facebook](#)



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