# Our House



#### Managing Risk

Monitoring, involving young person in assessment informed interventions, reduction of behaviours.

Thinking, feeling and behavioural choices

Containing behaviours, promoting choice, increasing emotional regulation skills, praise, positive reinforcement, real life consequences.

### MANAGING BEHAVIOUR AND RISK

#### Low Arousal Approach

De-escalating and avoiding unnecessary conflict

Safe physical environment, activities, structure and supervision

Provide predictability and meaningful activities to help young

people feel safe

#### Therapeutic working

Staff help to emotionally regulate, provide acceptance, empathy, curiosity and playfulness (PACE)

### Enabling relationships

Family, peers, staff, education

## BUILDING RELATIONSHIPS

#### Staff self care

Rest, relaxation and reflection, support to manage stress

#### Belonging

Routines, acceptance

#### Family atmosphere and pro-social modelling

#### Attunement

Emotional support and repair when things go wrong Reflection and understanding of self

#### **Empathy**

Acceptance, curiosity

### SECURE BASE—SAFETY

MANAGING IMMEDIATE RISK

From the building blocks ...

... to the roof