



Changing Minds UK



Child and Family Services (CMUK)

Changing Minds UK Child and Family services is a highly regarded provider of psychological provision that strives to have a meaningful impact. We are a team of Applied Psychologists who pride ourselves in providing high quality, innovative, meaningful work. We aim to empower clients and systems to grow and develop through promoting shared understanding (formulation) and coordinated action, which lives beyond our involvement. We work closely with a range of organisations including children's charities, Local Authorities, youth justice organisations, fostering and adoption support services, educational settings and residential care, to provide quality psychological consultation and support. We provide specialist psychological consultation for teams and organisations who work with children, young people, and families. This collaborative process aims to enhance strategic planning, service delivery and clinical practice through promoting psychological understanding at individual, team, and organisational levels.

Changing Minds Child and Family services deliver psychological support for the National House Project, and a number of the Local House Project teams. We have been supporting the house project since the initial pilot in Stoke Local Authority. From April 2021, we will be offering a centralised contract to each Local House Project team. This is to ensure that consistent, standardised psychological support is regularly offered to each Local House Project team. Our offer is detailed below.

Our current psychological provision into the House Project includes delivering induction and centralised training to the projects throughout the year. In addition to that, for individual house projects, we facilitate specialist psychological team formulation (typically attended by House Project staff, referrer and another other relevant professionals), to create a shared understanding of the young person and their strengths and needs. This can support discussions around referrals and whether young people are a 'good fit' for the service, and to think about how they could best be engaged and supported within the House Project. We also deliver monthly psychological consultation days for each Local House Project where we draw



upon attachment and trauma informed principles. During consultation days we provide ongoing psychological advice and consultation, support staff to feel able to better manage the needs of the young people and provide a space for staff reflection/self-care and support.