



INNOVATION IN CHILDREN'S SERVICES

THE HEALTH

& WELLBEING TEAM

SUPPORTING YOUNG PEOPLE IN OUR COMMUNITY

The Health and Wellbeing Team, for Acorn Homes Group, offers a private community based service for young people who may be experiencing difficulties with Anxiety, Depression, Post Traumatic Stress Disorder, Self-Harm or Relationship problems.

We are a team of registered Mental Health Nurses with a combined knowledge and experience of over thirty years working in the field of Child and Adolescent Mental Health.

We provide a comprehensive assessment that identifies the young person's specific needs, treatment and personalised care. We use evidence based treatment and care pathways as recommended by the National Institute for Clinical Excellence (NICE).

We use an eclectic model of treatment drawing from our training, knowledge and experience. Therapy skills include Cognitive Behavioural Therapy (CBT), Eye Movement Desensitisation and Reprocessing (EMDR), Solution Focused Therapy, Counselling and others.

We continuously update our knowledge and skills; comply with statutory policy and procedures, work to our relevant code of practice and meet the requirements of our registered professional bodies, Nursing and Midwifery Council (NMC).

Cognitive Behavioural Therapy (CBT) combines Behavioural Therapy and Cognitive Therapy. CBT is a talking therapy that helps you manage difficulties in a more positive way. It focuses on the present rather than issues in the past. CBT works by helping young people make sense of overwhelming problems by breaking them down into smaller parts.

Thoughts, feelings, physical sensations and actions are interconnected, often trapping people in a negative spiral. CBT helps stop these negative cycles.

It helps identify how to change behaviours and thought patterns. This can make you feel better about life and yourself.

CBT is widely recognised to be helpful in management of anxiety, depression, PTSD (Post Traumatic Stress Disorder) and Eating disorders.

For further information on mental health and treatment you can visit the following websites.

www.mind.org.uk

www.nice.org.uk

Confidentiality is maintained at all times however if the young person or others are deemed to be at a significant risk of harm then we are within the law to break confidentiality and report to the appropriate services or persons.

Acorn Homes Group was established in 2010 having one residential care home for young people at that time. It has grown, now having four residential homes and two further houses for young people age 16+. Acorn homes philosophy is "supporting young people to grow and flourish" through challenging activities.

If you require any further information or would like to discuss a convenient time for an assessment please contact The Health and Wellbeing Team via the details below.

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