

STARS programme

CASE STUDY

Cohort A

At a glance

CT entered care following proven allegations of sexual abuse and neglect from birth parents.

CT has a diagnosis of ADHD, ASD and experienced sexualised trauma which will require direct therapeutic support. CT has experienced previous placement breakdowns and needs to be supported within a solo foster placement.

CT was identified initially at residential panel as a young person that could benefit from STARS April 21.

A foster placement was identified and CT engaged with STARS July 21.



1 family placement



1 emergency placement



2 foster placements



1 residential placement



current stable home

REASONS FOR CARE

CT and siblings have experienced a very difficult family life. They were originally living outside of the local authority with grandparents. Mother chose to remove the children and move to Derby following accusations of abuse. It transpired the children had been exposed to sexual abuse by their mother and her partner.

The children were taken into emergency foster care and had two further foster placements.

CT was settled in foster care until an isolated incident led to the placement breaking down. The incident had links to the sexual abuse and neglect CT had been exposed to and experienced during his time in the family home.

CT was moved from this foster home to a residential placement.

Due to the nature of the incident, CT could not be placed in a foster home with younger children and his naivety towards appropriate boundaries caused issues between CT and other members of the residential home.

ISSUES PRESENTED TO STARS

Safeguarding

CT requires supervision around other children

Aggression

CT can be aggressive, low level, never towards adults or other children- slams doors, punches objects

Mental Health

CT requires therapeutic support around past trauma. Mum has learning disabilities

Behavioural

CT finds it difficult to process his past trauma, has emotional and behavioural difficulties

Placements

CT has experienced 3 foster placements and 1 residential placement

School

CT has poor attendance whilst in previous foster placements

Additional Needs

CT has additional need given to the referral for an EHCP

ADHD

CT has ADHD, is full of energy and finds it difficult to concentrate and requires support

Sexualisation

CTs past sexualised trauma resulted in placement breakdown and required direct therapeutic support

Direction of travel

Enquiry Stage

Planning

Stabilising

Consolidating

w1-w6

w7-w20

w21-w34

- Referral to STARS
- Enquiry meeting confirms criteria met
- Foster Carer identified
- Robust transition plan
- STARS provide retainer payment
- Therapeutic assessment
- Transition to Foster Home
- Foster Carer engages in programme
- Progress reports from STARS
- Programme delivered at the carers pace
- FC attends Therapeutic group
- FC completed Triple P 1-5

STARS WORKING

Joint working between the placements team, internal fostering and commissioning identified and discussed the match for CT to T. T is a single carer recently approved with the local authority to foster. She had previously had only one placement for a young person that exhibited some very complex issues. The placement ultimately broke down which had an effect on T's confidence to provide another placement. T also suffered the loss of a family member. This bereavement coupled with T's confidence issues questioned the viability of making another placement with T. Discussions between the STARS team, fostering service manager and commissioning agreed that the programme had the opportunity to benefit both the foster carer and CT.

It was decided that T would begin the robust transition plan and met CT within the residential setting. STARS were able to provide additional funds to support an extended retainer period. This gave the carer confidence to get to know the STARS team and CT, building up trust. This period also enabled the commissioning team to conduct the necessary assessments for CT to understand the approach to the therapeutic support CT would need regarding his experienced trauma.

Monthly reporting gauged the progress for the placement. T was engaging well in the sessions. STARS provided strategies to aid T's mental wellbeing building up her confidence as a priority before commencing on the Triple P programme

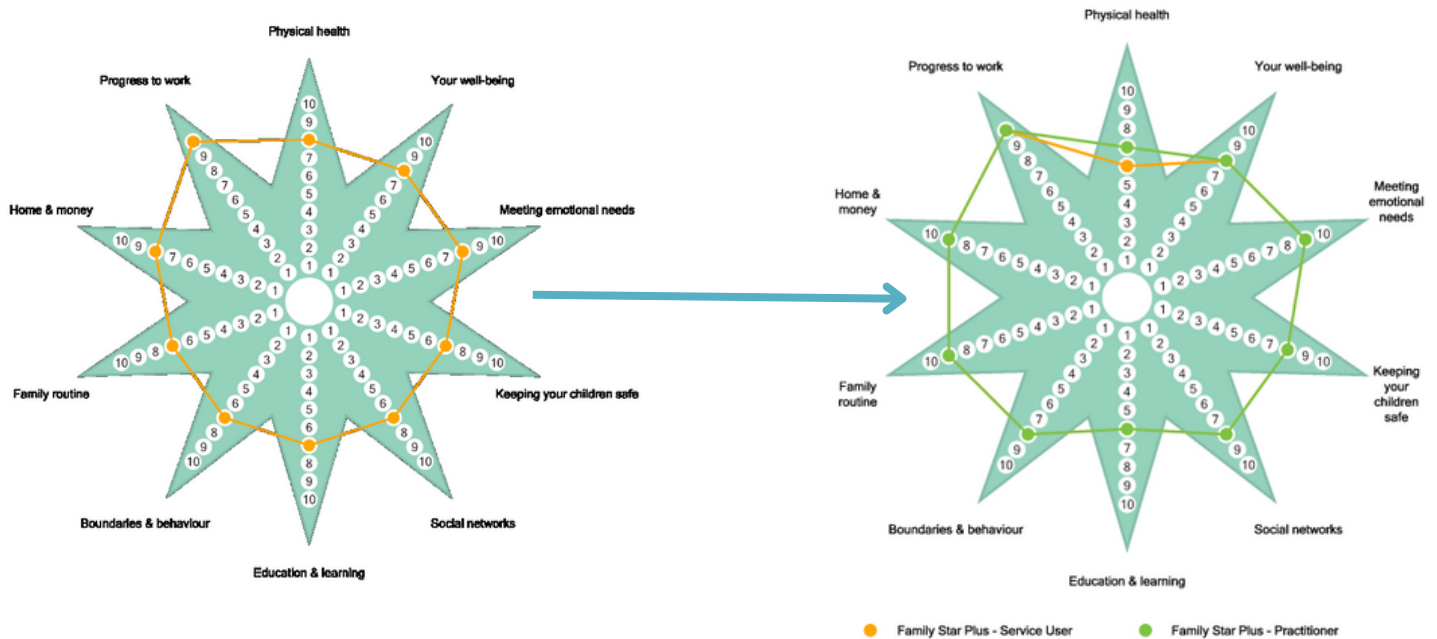
A key turning point for the foster carer was being supported to make autonomous decisions for CT. Difference of opinion needed to be unpicked during the transition period where information was misunderstood by both the residential placement and the foster carer . Once the foster carer was in possession of all the information and expectations of CT's medication with the aid of STARS she was able to build in strategy to ensure CT took medication of the precise dosage and within the expected timeframe.

The foster carer has visibly grown in confidence during statutory meetings and appointments. She advocates for CT and clearly demonstrates she has his interests at the centre of her actions and decisions. T has recognised a safeguarding issue from an extended member of her family and has appropriately raised the issue with social care and implemented a plan to ensure CT is protected and no past trauma triggered unnecessarily. This demonstrates the progress T has made alongside CT and the trust she is expressing in STARS and the allocated social worker

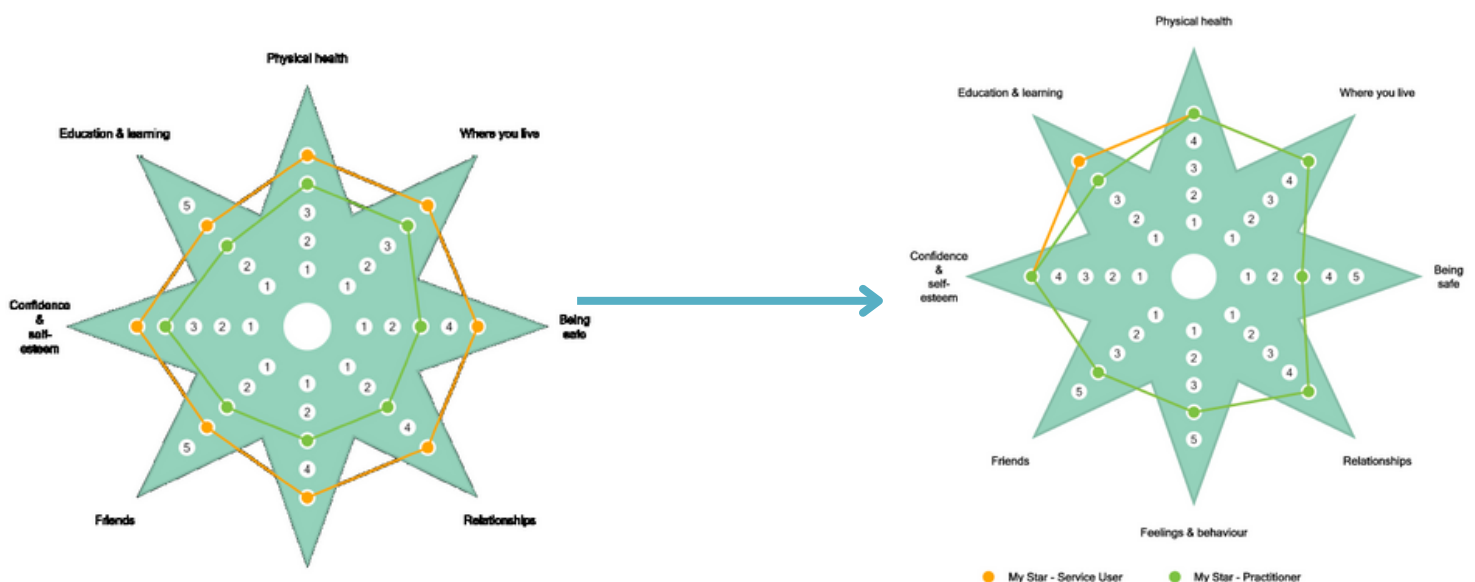


MY STAR EVALUATION

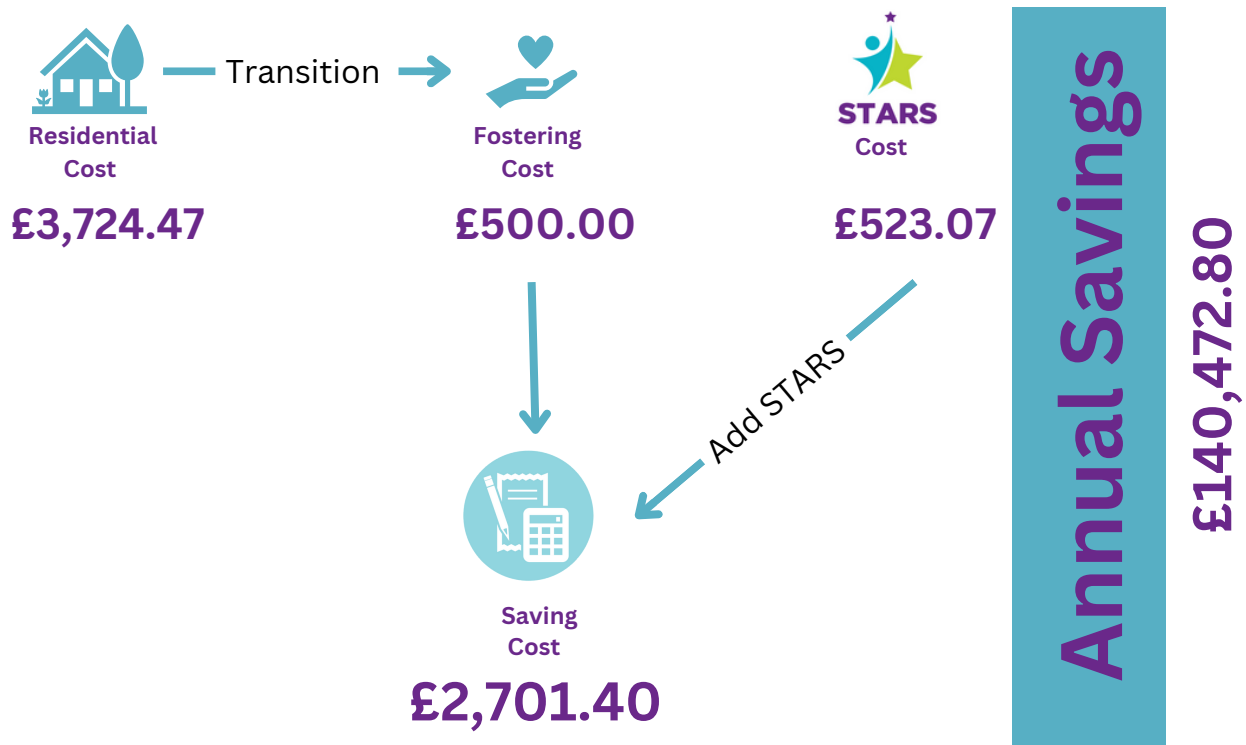
- T has introduced CT to younger family members to help him make positive attachments
- T has encouraged CT to attend school driving him to and from school to maintain his existing school
- T has addressed issues of CT being bullied within scouts
- T is more confident with interactions with professionals
- T engages well with school and asking appropriate questions to support CT
- T manages the provision of a mobile phone for CT responsibly
- T continues to use what she has learned from Triple P
- T is doing a computer course at college to help support CT



- CT presents as safe and connected with the foster carer T
- Professionals assessed that CT needed time to settle into placement before any therapeutic work could be carried out. This is a testament to how T is providing the nurturing environment required for CT
- CT responds well to the STARS mentor
- CT's personal hygiene has seen a significant improvement now that he is settled
- CT is completing his homework



Weekly Savings



BENEFITS SUMMARY

Child or Young Person

CT is protected in a supportive abuse free nurturing placement he calls home
CT is in a stable environment where direct therapeutic support can engage with him
CT is learning about appropriate boundaries
CT is attending school regularly, foster carer is going above expectations to transport him to and from school so he doesn't have to change provision
CT is building a trusting relationship with the foster carer
CT has an additional channel where his voice is heard and his views taken into consideration by the care experienced peer mentor

Foster Carer

T is building her confidence and skills as a foster carer with support from STARS
T is demonstrating the empowerment installed by STARS and is making effective positive decisions in her support of CT
T's engagement in Triple P enables her to identify her positive practices and expand on them

Derby City Council

Regular support visits from STARS support the statutory obligations and helps maintain stability within the placement
STARS attendance at progress and network meetings helps provide the holistic picture for CT
DCC are able to make cashable savings which can be diverted in support of other children
Retention of a valuable foster carer supported to develop

