Training, Consultancy, Community Based Work and Research
Friends Therapeutic Community Trust

Training & Development Division of Glebe House

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- Restraint
- Care and Control
- Positive Handling training/Breakaway
- Self-defence
- Conflict Management

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Outreach Work:
We offer tailor made outreach programmes for young men leaving our care. This work is delivered in liaison with the referring agency and in partnership with other care providers. This service is free at the point of delivery.

Community Based Work:
Based in the wider community, this work is designed to offer assessment and intervention relating to male and female children and young people, living either at home or in other care settings.

Training, Consultancy and Research:
We work with other agencies and organisations that require support, training, supervision and consultancy relating to their work with children and young people who have abused or whose behaviour causes significant concern.

If you would like further information or to have an informal chat about our services, please call us on (0300) 111 0930 or email info@glebehouse.org.uk
Training and Consultancy

Building on the experience of residential interventions with young people who have perpetrated sexual abuse, Glebe House offers a range of support services for professionals working with young people displaying sexually inappropriate and challenging behaviour.

Glebe House offers a wide range of formal and informal professional training opportunities. Training is offered focusing on therapeutic communities, developing residential practice and working with children and young people with sexual boundary issues.

Glebe House practitioners have presented seminars and workshops, both nationally and internationally, on a variety of subjects including:

- Residential work using a therapeutic community model
- The assessment and treatment of adolescents who have sexually harmed
- Attachment and sexually harmful behaviour
- Devising, implementing and evaluating relapse prevention and risk management programmes
- Risk assessment
- Aspects of working with adolescent perpetrators in residential or therapeutic community setting
- Multi-agency/Public Protection approaches to working with adolescent perpetrators of sexual abuse

Glebe House also provides a consultancy service, providing support to other professionals and organisations. This includes:

- Providing clinical supervision and support for professionals and teams
- Single consultations regarding individual clients
- Long term consultancy regarding individual clients
- Consultancy regarding service development

Community Based Work

Community based interventions are established on a range of theoretical models. Our approach is one that actively seeks to build working partnerships with the young people, parents or carers and other agencies; to identify and manage risk; and to offer opportunities for the service users to develop in ways that will reduce long term risk. All abuse-specific intervention is incorporated within an integrative approach that places the behaviour within the developmental stage of the young person.
Interventions are based on strategies to:

- Build resilience
- Understand and alter behaviours to support relapse prevention
- Share the risk management task

There are a number of theoretical models that may be used in community based intervention, including: AIM assessment model, Finkelhor’s 4 Pre-Conditions, Ryan’s Victim to Victimiser Cycle, life-story work and therapeutic sex education.

Community based interventions are delivered in the young person’s local community and are usually delivered as 1:1 or 2:1 sessions. Depending on the young person’s needs and circumstances, this intervention may be delivered solely by Glebe House or co-worked with a professional from another service. Glebe House holds membership of the Cambridge Multi-Agency Public Protection Panel.
Accreditation

The Community of Communities Project endorsed by The Royal College of Psychiatry.

Glebe House is a member of the Community of Communities, which is a standards based quality improvement service for Therapeutic Communities (TC). We are one of the first childcare services to achieve accreditation status through this scheme.

‘A Therapeutic Community accredited by the Royal College of Psychiatrists has met all the ‘Essential’, and most ‘Expected’ Standards for Therapeutic Communities for Children and Young People, through a robust process of self and peer review. This accreditation provides assurance that the TC has met the highest standards of Therapeutic Community practice.’

Ofsted

Glebe House is an Ofsted registered and inspected Care Provider.

‘At this unannounced inspection, all key standards were inspected. This is an outstanding service with many aspects that are of an exceptionally high quality. The welfare of young people is considerably enhanced by the trusting relationships that exist between young people, their peers and the skilled staff team.’

Ofsted Inspection, November 2010

‘Young people live within a community that has an ethos based on trust and respect. The therapeutic approach continues to result in excellent behaviour and attitudes. This is a well organised service with successful areas that result in excellent outcomes for young people.’

Ofsted Inspection, March 2011

‘I could not commend this home any more, they are fantastic.’

Ofsted inspection report in 2013

Background

Since 2001, Glebe House has been participating in a 10 year piece of longitudinal research, based upon the methods used in a successful pilot study (Boswell & Wedge, 2003). The Trustees commissioned this study in order to provide themselves and potential referring bodies with reliable, long-term outcome data in respect of the effect of the therapeutic regime upon these young men.

Research aim

The aim of the research is to evaluate the effectiveness of the Glebe House residential programme in terms of:

- Reduction or cessation of ex-residents’ sexually abusive behaviour
- Reduction in type and extent of problems identified on arrival at Glebe House
- Key lifestyle changes after leaving Glebe House

The evaluation is sub-divided in this way, so that the concept of ‘success’ should not be limited to re-offending or recurrence, but extended to an examination of the changes in the range of factors which other research identifies in the backgrounds of sexually abusing young men. A combination of quantitative and qualitative methods is employed to ascertain this information.

Key findings from the pilot research

Only 2 out of 15 ex-residents were convicted of further sex offences 2-5 years after leaving Glebe House. This is set against sexual convictions for 3 out of 14 members of a comparison group, who were referred to but did not become resident at Glebe House.

Only 2 out of 10 traced ex-residents had re-offended in other (minor) ways, compared with 9 out of 10 traced comparison group members, whose offending was also escalating in seriousness and prevalence.

Compared with their lives before Glebe House, most ex-residents reported significantly fewer problems 2-5 years later. No ex-resident was in denial about their previous abusing behaviour.

Almost every aspect of the Glebe House therapeutic programme was rated highly by the ex-residents. Evidence from both ex-residents and staff pointed to the extreme professionalism and commitment of staff to achieving the community’s stated aims. It is in the nature of longitudinal research that meaningful outcome can take a long time to obtain. Interim data from the substantive study so far suggest that the trends outlined above continue. A definitive report will be produced in 2014.
Research at Glebe House

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Research team

Research Director: Professor Gwyneth Boswell, Director Boswell Research Fellows and Visiting Professor, School of Allied Health Professions, University of East Anglia

Research Consultant: Emeritus Professor Peter Wedge, Faculty of Health, University of East Anglia

Senior Research Associate: Jane Dominey, Boswell Research Fellows and Cambridge University

Senior Research Associate: Annie Moseley, Boswell Research Fellows

Further detail about this research may be obtained from Professor Gwyneth Boswell, Director, Boswell Research Fellows & Visiting Professor, University of East Anglia. Email: g.boswell@uea.ac.uk; tel: 01603 813557.


Ex-residents’ own views of Glebe House were encapsulated in advice they, 2 years or more after leaving, would give to other young men considering a placement there:

“Go and sort yourself out. It will be worth it in the end”

“Yes it is good in one way, as you have all those activities. But it’s down to the individual. If you work really hard you won’t re-offend.”

“Glebe House doesn’t cure you. It enables you to look at your unhelpful behaviour and gives you an opportunity to explore more about who you are (the rest of you, not just you as an offender). Change can only happen if you want it to”
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Family Work at Glebe House

Glebe House takes a systemic approach to family work. The management of sexually harmful behaviour in young people cannot be considered as relating solely to the individual, as each person is part of many systems. The fundamental principles of our family work are working with the notion of risk and resilience and respecting the uniqueness and diversity of families.

Our work with families seeks to strengthen positive patterns of relationships, communications, guidance and supervision. We aim to enable families to identify and change patterns and attitudes that contributed to the development of the young person’s behaviour. Through this process we help families to develop strategies to keep everybody safe.

Each individual is part of a unique and complex system of relationships; therefore the family work package of intervention is assessed and delivered on an individual basis.
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