

# Stakeholder Welcome Letter



Dear Parents, Carers, Social Workers, and Colleagues,

## Welcome to My 3 Therapeutic Services

This letter is to Welcome you to an overview of the My 3 Therapeutic Services and to keep you updated of what is offered by My3 Limited and the current opportunities we have available for placements.

### About Me as the Manager of the My 3 Therapeutic Services



My name is Susannah Grubert, and I am a qualified Occupational Therapist (HCPC registered – OT64381) and Sensory Integration practitioner. With over 20 years' experience working in Learning Disability and Autism with 11 years of this as a qualified OT. During my work as an Occupational Therapist, I have gained experience working in mental health, learning disability and Autism services across a range of settings and I am an active member of the Royal College of Occupational Therapist, North-West Sensory Integration Special Interest Group and Sensory Integration Network. I also hold a level 5 qualification in leadership and management, and I am a PROACT SCIPr UK ® instructor for the company.

### Meet the Team



**Psychologist- Andrea Lewis-Coker** BSc. (Hons), MSc, C.Psychol. Chartered Counselling Psychologist. The British Psychological Society (BPS): Registration number 161882 Health & Care Professionals Council (HCPC): Registration number PY25631. Over 15 years' experience working with vulnerable young people with a range of mental health and wellbeing needs. 10 years as a qualified psychologist working in a range of settings including experience of supporting young people in care and their families.



**Therapeutic Practitioner - Claire Barlow** Over 25 years' experience working a range of care settings including mental health, Learning Disability, substance misuse, homelessness and palliative care. Trained in a range of holistic therapies including:

- Massage therapy - British Complementary Medicine As. BCMA
- Neuro-linguistic programming; Sound therapy - NLP EFT
- Emotional Freedom Technique – including Mindfulness
- Reiki Masters - Siver Daisy's coaching and holistic therapies
- Mindfulness NLP Works



### **Art Therapist- Ashlea Rowson**

HCPC Registered Art Psychotherapist experienced in a range of settings supporting young people with complex needs.

Support with alternative forms of expression and offer alternative coping strategies such as solution-focused work and CBT skills to both our young people and the team.

Works creatively with young people to support them to engage in therapeutic art-making such as individual art projects or group activities.



### **Positive Behaviour Support – PBS - Coaches**

We have a team of PBS coaches across the services who will be supporting the embedding of PBS approaches in everyday practice and ensuring that the most up-to-date, evidence-based practice is being implemented. Each member of the team brings with them different experience and areas of interest.

### **Therapeutic Champions**

Within each service there are named therapeutic champions. Members of care staff in each service with a special interest in therapeutic services.

The main point of contact for the therapeutic team providing support to the young people in their services.

Therapeutic Champions attend consultations and feed back to the wider team, supporting embedding of approaches into practice.

### **How we work**

The therapeutic team works in conjunction with the care and education services across My 3. The team aims to embed therapeutic approaches into everyday practice and facilitate a systemic approach to working with the young people within our care. Working systemically is the most effective way of influencing practice and applying interventions with young people which will elicit sustainable change. It allows each young person's needs to be understood and responded to whilst taking account of their circumstances, situation, the resources around them and the wider dynamics that affect their behaviours.

This is achieved through several routes with clear goals being identified, worked towards, and monitored by the therapeutic team and the service managers.

Each member of the therapeutic team can provide consultation to the staff on a needs-led basis and the content of consultations can be made bespoke to the current presentation of the young people within the service. Consultation can focus on how interventions can be integrated to practice and care planning, understanding diagnosis and presentations, assessing, and exploring risk and strategies to support behavioural change. Consultations can also be used for staff reflection, thinking

about the support being provided, exploring group dynamics, understanding specific behaviours, and developing strategies in response.

Alongside this, myself and Claire, offer direct sessions for the young people, where required, to complete targeted work to assess and address more complex presenting needs. Claire provides sessions focusing on coping skills and emotional regulation and promoting wellbeing for the young people. Whilst I provide input focused on sensory processing disorders, independence skills progression and occupational functioning across a range of settings.

The therapeutic team also provide induction and ongoing CPD training for the staff across the My3 company to ensure that they have a solid skills and knowledge base to prepare them for working with the young people they are supporting. These training sessions can be tailored to the needs of the service and young people they are supporting.

The aim of the therapeutic team is to ensure consistency of support and facilitate progression towards a young person's identified life goals.

### Get in touch

If you would like to explore placement options. I am happy to work with you, along with the My3 triad of services. Please contact [residentialreferrals@my3ltd.co.uk](mailto:residentialreferrals@my3ltd.co.uk) with any enquiries for placements or visit our website <https://www.my3ltd.co.uk> or please call me on 07946065530

Kind Regards,



Susie Grubert

Therapeutic Services Manager

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