LUNAR MIND
THERAPEUTIC SERVICES

8 Week action plan CCE/ CSE specific

Key principles used throughout the plan:

- Trauma-informed care (safety, trust, choice, empowerment)
- Developmentally informed interventions
- Multi-agency safeguarding collaboration
- Relational care and consistent boundaries
- Participation of the young people
- Reflective practice for staff

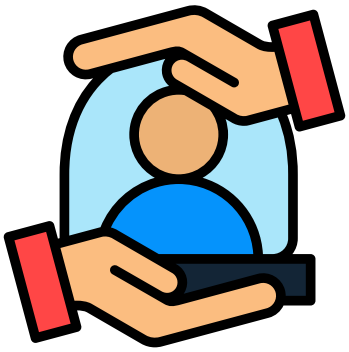
Ofsted Evidence This Plan Provides:

1. Strong Safeguarding
   - clear CSE risk management
   - proactive safety planning
   - multi-agency coordination

2. Therapeutic Care
   - trauma-informed approach
   - emotional regulation work
   - specialist therapeutic input

3. Leadership and Management
   - structured oversight
   - reflective practice
   - staff development

4. Child-Centred Care
   - participation in planning
   - empowerment
   - individualised support



Week 1 - Immediate safety and assessment

Safeguarding review

- chase up CRE toolkit completed by Social worker / police
- check missing protocols have been updated
- ensure all staff are aware of CSE indicators and grooming behaviours
- update individual safety plans
- introduce phone check contract

Therapeutic input

- begin reviewing all information on file
- introduction to young people
- identify emotional regulation needs

Multi- agency approach

- follow up actions from STRATEGY meeting
- follow up police investigation
- ensure involved professionals are up to date.



Week 2 - Stabilisation and relationship building

Key work sessions

o Gather thoughts and feelings from young people around recent incidents and identify support required.
o Session on trust and emotional safety.

Topics may include:

- feelings
- safe relationships
- Recognising manipulation
  - Approach:
  - age appropriate
  - non-blaming
  - empowering



Therapeutic intervention

o continue building relationship with young people.
o identify emotional regulation needs
o provide summary for care plans

Assessment areas:

- Trauma symptoms
- Attachment difficulties
- Emotional regulation
- Identity and self-worth
- Risk-taking behaviours

The assessment period is 90 days.

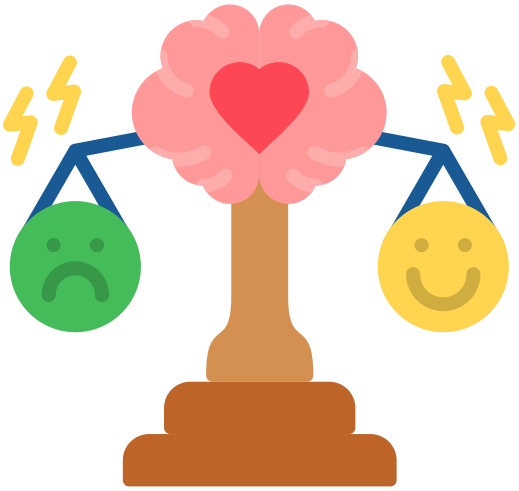
Week 3 Emotional regulation skills

Key work sessions

- Introduce grounding and calming techniques

Therapeutic intervention

- Update care plans with therapeutic goals



Week 4- Identity and self work



Key work sessions

Activities:
- o strengths mapping
- o future goals
- o safe relationships

Therapeutic intervention
- o Introduce CRE workbook and training materials

Training
- o CRE training session

Management
- o Follow up police investigation



Week 5 - Healthy relationship education

Key work

Online exploitation awareness
- o Social media risks
- o online grooming

Therapeutic intervention

- o Workshop series begin with young people
  - Topics:
  - consent
  - coercion
  - boundaries
  - respect



Week 6 - Empowerment and decision making

Key work

Support autonomy and reduce vulnerability to manipulation.

- recognising pressure
- assertiveness
- safety planning

Therapeutic intervention

Young people review their care plans

- Ensures:
  - voice of the child
  - empowerment



Week 7 -Trauma processing (where appropriate)

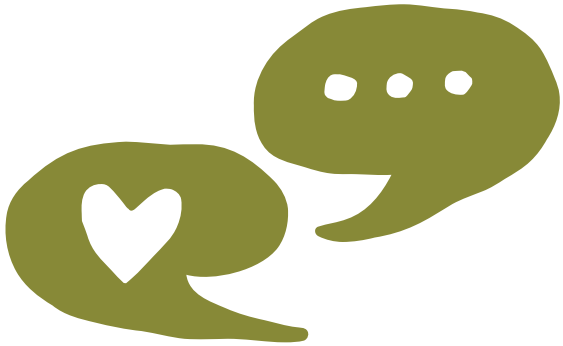
Therapeutic intervention

Begin trauma assessment with young people if appropriate

Training

Trauma-informed training session

- understanding triggers
- de-escalation
- avoiding re-traumatisation



Week 8 - Review and sustainability
Team reflective meeting



Discuss:

- what worked
- lessons learned
- future improvements

Therapeutic intervention

Review therapeutic outcomes
Indicators may include:

- reduction in missing episodes
- improved emotional regulation
- engagement with staff

Multi agency

Professional network review meeting

- risk levels
- progress
- next steps

