



**Adoption**  
East Midlands

DERBY NOTTINGHAM DERBYSHIRE NOTTINGHAMSHIRE



# **A FAMILY'S GUIDE TO THE MULTI-DISCIPLINARY TEAM**



## Our Mission & Values

At Adoption East Midlands, our mission is to provide the best possible future for the children in our region, who have a plan of adoption. We want to provide your child/young person with futures that are secured through **understanding, relationships, support and advocacy.**

**Our values** underpin our work and relationships, these are:

Open & Accountable	Honesty & Integrity	Ambitious & Courageous	Caring & Compassionate	Resourceful & Flexible
Listen & Value the 'lived experience'	Creativity & Innovation	Collaborative	Positive & Passionate	Equality & Respect

Having these core values is essential for achieving our vision, which will enable us to make the right decisions for your child/young person and your family, ensuring that they are provided with the relevant support.

# Who are the Multi-Disciplinary Team

The **Multi-Disciplinary Team (MDT)** is a collaboration across the Adoption East Midlands (AEM) region (Derby, Derbyshire, Nottingham and Nottinghamshire), to enable holistic reflection, planning and support to children and parents who are brought together through adoption.

Drawing on dyadic developmental practice (DDP) and systemic thinking, we aim to ensure a collaborative and strengths-based focus using 'expert roles'. A consultative approach enables access to all available resources (universal and specialist), whilst facilitating the learning and improved practice of all those involved.

## Our Aim

The aim of the MDT is to create an empowering and enabling team to support the delivery of long-term change. We want to ensure 'the lived experience' of adopters, and the theory and research is the root of our foundations.

We aim to under-pin our work with evidence-based planning and want to empower you and your family, through meaningful and effective listening and collaboration. Finally, our aim is to identify the support needs of your children at the earliest stage, as well as increase the confidence of our families and the professionals who support them.

## The Focus



**Achieve and support early performance**



**Create sustainable change**



**Provide measurable outcomes**



**Prevent family breakdowns**

By focusing on the above objectives, we will be able to work with our most complex children and their families and achieve some tangible results.

# How it works



We are rooting our Multi-Disciplinary Team into our Adoption Support Practice across the whole service. Some of the benefits of this will be:

- **A holistic approach** to support a comprehensive understanding of adoptive families' needs.
- **Early intervention** to promote early permanence.
- **Preventing risk of family breakdown:** using multiple lenses to understand the needs of your children and young people who are facing complex situations.
- **Hearing voices:** Empowering children, young people and families through meaningful and effective listening and collaboration.
- **An equitable access** to support for everyone across the whole region.
- **Tailored support** to meet the individual needs of your children, young people and your family.

**Rooted in the lived experience of adopters:** Our adopters tell us that the support they value the most is from other parents who "get it", and it is our aim for you to access support that is co-created by adopters for adopters.

# Helpdesk Support



Our Helpdesk Team are a small group of therapeutically trained social workers and are some of the first people you will communicate with when you first access adoption support. So that we can understand your family's needs as quickly as possible, we'll ask you to complete a Pathway to Support referral form.

This will be sent to you by email and contains a questionnaire, which helps us to understand what might be happening for your child and family. The help desk aims to help in the following ways:

- Advice and signposting
- Therapeutic listening conversations
- RIGHT trial referral
- Making Connections 7-week therapeutic sessions
- Social worker allocation and adoption support needs assessment
- Therapeutic crisis intervention
- Peer support
- Multi-Disciplinary Team consultation

To contact our helpdesk, please email: [AdoptionSupport@adoptioneastmidlands.nottsc.gov.uk](mailto:AdoptionSupport@adoptioneastmidlands.nottsc.gov.uk)

We strongly recommend that you access our support hub regularly to check for the latest updates and resources.

The adopters' support hub provides details about our upcoming events, as well as sign up to our monthly newsletter, and there is information and signposting relating to Adoption East Midlands and adoption support in general.

[Click here](#) to go to our Adopters' Support Hub.

## Adopters' Support Hub

### Adopters' Support Hub

This website provides support for people who have adopted through [Adoption East Midlands](#).

The materials on this website are made available to you for your personal study only. Beyond this use, please do not copy, distribute or upload any of the materials.

#### Get Adoption East Midlands updates by email

Thank you for signing up for Adoption East Midlands emails.

Here at Adoption East Midlands we welcome applications from black and mixed ethnicity families. We have children who need these families and we also work with other regional adoption agencies to find families for all black children who sadly wait the longest for adoptive families. As part of our commitment to meeting the needs of these children, we try hard to be anti-racist allies



#### Learning and Development



#### Adoption Support



#### Resources



#### Youth



#### Latest News



[Young people's events summer and autumn 2024](#)

Tuesday, April 23, 2024

[Read story](#)



[An update on our peer mentor project and co-production groups](#)

Monday, April 22, 2024

[Read story](#)



# First Access MDT Questionnaire

Adoption East Midlands is proud to be developing a Multi-Disciplinary Team (MDT) after winning a bid via the Department for Education.

The two-year funding for the MDT project includes the setting up of enhanced support services for families pre and post-adoption, and also sourcing ongoing funding streams to continue running the services, including Youth, Education and Health support.

It's imperative to demonstrate the effectiveness of these services if we want to continue running the MDT after the funding ends in March 2025.

The First Access to the MDT questionnaire will evaluate the impact of our MDT, helping us to understand the overall effectiveness of the support we provide for children, young people and families.

This will also help us to identify how we can continue to improve our service offer and delivery to meet the needs of families. It's important we collate this information if we want to continue to offer our enhanced support package to adoptive families.

In order to measure the impact of our support, we will also send you a Post-Intervention Questionnaire after a six-month period.



If it's your first time accessing our MDT services, please ensure to fill out the First Access MDT Questionnaire prior to a referral form. For more information, please email:

[Centreofexcellence@adoptioneastmidlands.nottscg.gov.uk](mailto:Centreofexcellence@adoptioneastmidlands.nottscg.gov.uk)

# Overview 1-2-1 Consultations

As part of the MDT, we are offering online consultations with health professionals. These one-hour MS Teams consultations can be joined by parents and professionals. To book one of these we will ask yourself to complete the appropriate **expression of interest form**.

**Bethan** is a highly specialised **Speech and Language Therapist (SALT)** who works with children and young people who have speech, language and communication needs (SLCN). Consultations are online and happen **one Tuesday a month**. The sessions can be used to talk about your child or young person, where there is a concern about communication development or where neurodiversity has been recognised.

## Speech & Language



You can discuss your child/young person's communication profile and the implications this might have for their ability to access language and learning, to communicate their thoughts and feelings, and to access interventions designed to support them. You can also discuss SLCN more broadly or any other SLT-related queries you might have. As parents, you can book in to speak with Bethan alone or you can attend with professionals.

To book a speech and language consultation, please complete the online [expression of interest form](#). Once we receive your expression of interest form, you will be contacted via email with the next available date and time for a consultation with Bethan.



For more information about this service please email:  
[centrefexcellence@adoptioneastmidlands.nottscg.gov.uk](mailto:centrefexcellence@adoptioneastmidlands.nottscg.gov.uk)

# Occupational Therapy

**Meriem and Emily** are experienced **Occupational Therapists (OT)** with a passion for supporting children with sensory processing needs. Meriem's **virtual consultations** are held on a **Tuesday** and will provide you with an opportunity to discuss and understand more about why your child/young person may have sensory needs.

It's also an opportunity for yourself and/or professionals to think about how to approach your child/young person's sensory needs using everyday items and tools from within the home and everyday activities.

Also, you can discuss concerns around dysregulation both at home and at school and how this is impacting your family and your child/young person as well as practical advice and support in relation to your child/young person's sensory needs.



To book a virtual occupational therapist consultation with Meriem, please complete the online [expression of interest form](#). Once we receive your expression of interest form, you will be contacted via email with the next available date and time for a consultation with Meriem.

**Emily** is creating some face-to-face group work with families and schools. These will give families and professionals the opportunity to discuss and practically execute occupational therapy activities, designed to support your child or young person with their sensory needs.

One of these groups is called the Rollers and Shakers sensory movement group. This group is designed to support families by fostering early motor skills development and addressing sensory needs in children. This six-week program offers valuable insights into soothing and regulating techniques, understanding a child's sensory systems, and engaging in sensory play. To book your place, please complete the [initial questionnaire](#).

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## ROLLERS & SHAKERS

A Sensory Movement Group

**Why come along?**

To be part of an inclusive and supportive group where you can share, learn and support others, but most importantly, have fun with your little one!

**AVAILABLE START DATES:**  
Monday 15th July  
Monday 9th September  
Eastwood - Nottingham

  
  
  


This is a six weeks programme, and it's a chance to learn about:

- Soothing / regulating your child
- Your child's sensory systems
- Sensory play
- Importance of early motor development

To register and secure your place, please [click here](#).



# Clinical Psychologists



These sessions, which are run on **one Monday, Tuesday and Wednesday a month**, are designed to be a calm thinking space and a chance for reflective discussion. Parents, staff and other professionals can come together with one of our MDT Clinical Psychologists, **Helen** or **Vicki**, to share ideas to tackle a specific issue or just to talk through a situation that is feeling “stuck.” Advice given in these sessions does not constitute formal assessment by the Psychologist.

To book a virtual Clinical Psychologist consultation, please complete the online [expression of interest form](#). Once we receive your expression of interest form, you will be contacted via email with the next available date and time for a consultation with one of our clinical psychologist consultations.

Sometimes it might be helpful to spend more time thinking about your child/young person’s challenges.

An **adoption support needs assessment** gathers detailed information about your child/young person and family, and the network around them, both professional and personal, to help make sense of any problems and challenges which have arisen.

An assessment is usually undertaken for families where there are multiple complexities and multiple professionals involved. An adoption support needs assessment seeks to think about your child and family holistically, and in a trauma informed way. The outcome of this assessment will form an **adoption support plan** and will include the work and input of the wider system around your child including a professional network. Our MDT colleagues will have input into formulations arising from adoption support needs assessment.

## Assessments & Allocations



To enquire about an adoption support needs assessment, please email the helpdesk at: [AdoptionSupport@adoptioneastmidlands.nottsc.gov.uk](mailto:AdoptionSupport@adoptioneastmidlands.nottsc.gov.uk)



## Peer Mentor Support

We are in the process of developing a peer mentor support service and we have recruited **Family Peer Network Co-ordinators** to the service.

**Our vision is that this will be:**

- A service that values the lived experience first and foremost.
- An active adoption community within Adoption East Midlands, supporting other adopters at all stages of the adoption journey.
- A service that enables all adopters to have access to peer support in a variety of ways, acknowledging the courage it takes to ask for help and support.
- A peer community where adopters can come together and unite in connection, friendship, empowerment, hope, and belonging.
- A place to co-create and develop opportunities for peer connection and support.



Some of our peer mentor volunteers have developed a 'Coming Home' adoption in the first-year peer led session for adopters in the matching phase. We are looking for adopter volunteers to join this work, so that we can offer more opportunities for adopters to access this session face to face in their local area.

If you know of or are an adopter who is interested in peer mentoring, and would like to join the wait list for upcoming information and events, please email:

[Peers4peers@adoptioneastmidlands.nottscc.gov.uk](mailto:Peers4peers@adoptioneastmidlands.nottscc.gov.uk)

# MDT Reflect

MDT Reflect is a multi-agency professional group of members from AEM's multi-disciplinary team who meet with families in complex situations at a consultative level, considering their challenges together through multiple lenses including; **Education, Psychological, Youth Work and Social Work.**

Our goal is to support meaningful and sustainable change for families. We want to root ourselves in the **'lived experience of children and their adoptive families'**.

MDT reflect is for:



For parents, children and young people who have been in therapy for a number of years with little tangible change.



For parents of children and young people with complex needs, who feel that they would benefit from multiple perspectives on what is happening for them as a family.



For families who have multiple agencies involved, yet still feel unsupported, "stuck" and in crisis.



For professionals who are involved in early adoption support planning for children.

## How are the meetings held

We hold virtual meetings **once a month on a Tuesday**. They are accessible to professionals from across the region, and to participate, you will need to complete an **information gathering form** ahead of the session. This meeting will include discussions with both professionals and adopters.



## What will I take away from the session

*"The role of the MDT reflecting team is to create ideas."*

The session will result in specific actions, which are led by your participation and are co-collaborated. For professionals involved in the early sessions can offer clarity of direction. If you feel like you would benefit from MDT Reflect, please contact us at:

[CentreofExcellence@adoptioneastmidlands.nottsc.gov.uk](mailto:CentreofExcellence@adoptioneastmidlands.nottsc.gov.uk)

# MDT Education Offer



What we can offer is based on your family's individual needs, which you would share in the education on TRACK referral form. The level of need in education for adoptive families in high, taking this into account, and as this is a small resource, we have developed a graduated response to support so that we can support as many people as possible. Whether it's through training, support desk discussions or through direct advocacy (depending on your level of need), we will provide you with an opportunity to feel listened to and understood. You will be given opportunities to think about and reflect on your child's experiences in school, have their feelings validated and situations explored, so that together, with the education support workers, we can consider how to support your child's school to effect change.

We believe that the support we offer needs to be trauma informed, focuses on your children's attachment needs and have relationships between you, your children, and school at its core. The **Education Support Workers, Ali, Grace and Abi**, are experienced teachers and are adopters, who will provide you with the care and knowledge to empower you to confidently work with schools to make a positive difference for your children. This will build your resilience and determination to navigate your child's education journey with the school.

## Training & Workshops

We regularly run training, workshops and peer focused sessions to support our adoptive families. We also offer a variety of activities and events for adopted children and young people during the school holidays. If you are interested in our next set of events, please click on the following link to see what's on offer:

[Events Nottinghamshire County Council  
\(\[adoptioneastmidlands.org.uk\]\(https://www.adoptioneastmidlands.org.uk\)\)](https://www.adoptioneastmidlands.org.uk)

To contact the **Education on TRACK Team** please contact us at:  
[education@adoptioneastmidlands.nottscc.gov.uk](mailto:education@adoptioneastmidlands.nottscc.gov.uk)

# Education Consultations

As part of our support package, we offer adoptive parents an opportunity to discuss their referral in a **one-hour virtual consultation** with one of our Education Support Workers. During the consultation, you will have an opportunity to discuss the challenges your child is experiencing at school and explore these with a trauma informed approach.

The Education Support Worker will conclude your virtual consultation by reflecting on what they have learnt about your child's difficulties, signpost you to other resources and groups that you may find helpful and make suggestions that could be useful in future discussions you may have with your child's school. If applicable, they will also discuss any further support that they feel the education team can offer you and your child and explain how this will be facilitated.

Once you have completed the **First Access – MDT Questionnaire** and the **Education on TRACK referral form**, we'll ensure we email you with the next available appointments.

## SEND/EHCP Drop-in Sessions

A large proportion of adopted children are likely to have special educational needs and disabilities (SEND). Our Education team offer weekly half an hour SEND/EHCP drop-in sessions, that parents and carers can book onto, to discuss and ask questions on a wide variety of topics relating to SEND, such as the role of the school SENCO or EHCP applications.



# MDT Youth Offer

Our aim is to create safe spaces for young people to explore who they are and their relationships with others. We have **Youth Workers** who can be trusted and who will provide engaging and fun things to do, led by our young people's interests and wishes. We provide spaces where young people can be together to share their commonality of being an adopted young person. We also enable spaces where they can meet with other young people in their local area.



Promoting self-esteem and self-confidence is a primary aim of the work we do, and we do this through a trauma informed youth work approach. We listen to the voices of young people and mobilise that into action through our work. The youth workers, **Rachel** and **Kelly**, aim to offer a tailored approach to youth work designed to support the individual needs of each young person.



Access to local youth groups



Virtual Reality (VR) work



Targeted 1:1 work



Youth work in an educational setting



Targeted group work



Access to AEM young people events

To contact the **Youth Connect Team** please contact us at:  
[youthconnect@adoptioneastmidlands.nottscc.gov.uk](mailto:youthconnect@adoptioneastmidlands.nottscc.gov.uk)

The MDT offer can be accessed at a time that feels right for you; this might be from the beginning, or it might at relevant points in your family's journey through support. We are proud of the service we have developed, and hope families will benefit from the wide-range of support available to them at Adoption East Midlands.