

White Trees

wellbeing



B U I L D I N G B R I G H T E R F U T U R E S

To provide safe, nurturing homes where young people are empowered to heal, grow, and achieve through therapeutic relationships, education, and integrated therapeutic support.



At WhiteTrees Group, we believe every child deserves more than safety; they deserve opportunity. The opportunity to heal, to belong, to discover who they are, and to build a brighter future.

That belief is at the heart of everything we do, and it started with our founder, Simon Barr, after his own experience as a care-experienced young person left him feeling like he had no future of his own.

Simon founded WhiteTrees Group with a clear purpose: to create a place where children are genuinely understood, cared for and given the chance to succeed in life. He saw that too many young people in care were being moved from place to place, misunderstood and written off by systems that focused on behaviour rather than need. Simon set out to build something different, a values-led organisation with humanity and purpose at its core.

WhiteTrees Group was built on three promises:

- We will always look to the future
- We will always seek to understand
- We will create opportunities, not limitations

This commitment led to the development of our Therapeutic Offer, a holistic, therapeutic framework that supports every child's emotional, physical, psychological and social development.



Our model recognises that trauma, loss, neglect and instability can shape behaviour, but with the right support, identity can be rebuilt, resilience can grow, and potential can be unlocked.

At WhiteTrees, we don't just care for children, we build brighter futures.

Press 'Play' above to watch the WhiteTrees story



Our Therapeutic Offer

At WhiteTrees our integrated therapeutic offer helps Children Build Brighter Futures

At WhiteTrees, our integrated therapeutic offer helps Children Build A Brighter Future. WhiteTrees enriches wellbeing for children – physical, mental, social, spiritual and financial – with nutrition, sleep and relationships at the core.

Wellbeing isn't just "feeling good." It's having the conditions to live in a balanced, safe and satisfying way. We teach children how bodies and minds work, and we embed this learning into everyday routines at home and school.

WhiteTree's Therapeutic Model provides a **holistic, trauma-informed framework** for supporting children and young people in our care. Grounded in our **7 E's values** and informed by **PACE**, **Cognitive Behavioural Therapy (CBT)**, and the understanding of **Adverse Childhood Experiences (ACEs)**, our approach recognises that healing and growth occur through *safe relationships, emotional attunement, and opportunities to rebuild trust and resilience.*

Our practice integrates the **medical, psychological, and social models of care** through the collaborative work of our **Building Brighter Futures Team** and **Specialist Therapeutic Team**, ensuring each child receives coordinated, evidence-based, and compassionate support tailored to their individual needs.



Our 7 E's Values in Practice

WhiteTree's 7 E's values form the cultural and relational foundation of our practice. They guide every interaction, decision, and therapeutic intervention – creating an environment where children can **feel safe, valued, and inspired to thrive.**

1. **Encourage** – fostering hope, confidence, and motivation in every child to reach their full potential.
2. **Educate** – promoting lifelong learning, emotional literacy, and personal growth through experience and reflection.
3. **Equip** – providing children and staff with the tools, skills, and strategies they need to build resilience and self-reliance.
4. **Embrace** – accepting each child for who they are, celebrating diversity, and creating a culture of inclusion and belonging.
5. **Empower** – enabling children to find their voice, make choices, and take ownership of their own journey.
6. **Engage** – building meaningful, trusting relationships that form the foundation of therapeutic change.
7. **Enrich** – offering experiences that nurture curiosity, joy, creativity, and wellbeing in daily life.

Together, these values ensure that all work at WhiteTree is relational, strength-based, and aspirational – focusing not just on recovery, but on growth and thriving.



Trauma-Informed Foundation

Our model is rooted in **trauma-informed practice**. We recognise that many of our children have experienced adversity, instability, or loss, and that these experiences shape behaviour, attachment, and self-image. Our trauma-informed principles guide everything we do:

- **Safety** – creating predictable, nurturing environments.
- **Trust** – ensuring consistency, honesty, and reliability.
- **Choice** – involving children in decisions about their lives.
- **Collaboration** – working alongside young people as partners in their care.
- **Empowerment** – helping children build confidence, voice, and self-belief.

This approach ensures we respond to our young people's stories and experiences, rather than focusing on behaviours.

Attachment Awareness and Relational Safety

At WhiteTrees, attachment is central to our therapeutic model. Many of the children we support have experienced disrupted, inconsistent, or unsafe early relationships, which can affect how they see themselves and others.

Children with insecure or disorganised attachment patterns often:

- Find it difficult to trust adults or believe that relationships can be safe.
- May appear distant, controlling, overly independent, or highly anxious about separation.
- Struggle to manage emotions or seek help appropriately.
- Test boundaries and relationships to see if adults will remain consistent.

At WhiteTrees, we view these behaviours not as defiance, but as **communication of fear and unmet need**.

Our approach aims to **repair relational wounds** by offering consistent, attuned caregiving that helps children rebuild their capacity to trust and connect. We do this by:

- Providing **predictable routines** and emotionally available adults.
- Using **PACE** principles (Playfulness, Acceptance, Curiosity, Empathy) to nurture connection and safety.
- Encouraging staff to act as **safe attachment figures**, providing co-regulation and stability.
- Helping children understand their feelings and relationships through reflective and therapeutic conversations.

By prioritising **relational safety and attachment security**, we lay the foundation for emotional regulation, learning, and personal growth. Healing begins when a child feels *safe enough to trust, explore, and belong*.

PACE and Relational Practice

The **PACE model (Playfulness, Acceptance, Curiosity, Empathy)** underpins how we build safe, trusting relationships with children and young people.

- **Playfulness** helps reduce tension and build connection.
- **Acceptance** validates feelings and experiences without judgement.
- **Curiosity** seeks to understand the meaning behind behaviour.
- **Empathy** provides compassion and emotional attunement.

PACE allows staff to connect before they correct, promoting healing through attuned, consistent relationships — a cornerstone of trauma recovery. At WhiteTree's, we know that at the centre of each of our young people's journeys is their relationships with adults who they trust, feel safe around, and those that truly believe in their futures.



Cognitive Behavioural Therapy (CBT) Integration

CBT principles are woven into our practice to help children understand the links between their **thoughts, feelings, and behaviours**. Through creative and age-appropriate interventions, we help children to:

- Identify and challenge unhelpful thinking patterns.
- Develop healthy coping strategies and problem-solving skills.
- Build emotional awareness and self-regulation.
- Strengthen resilience and adaptive responses to stress.

CBT provides a structured pathway to **self-understanding and positive change**.



Understanding Adverse Childhood Experiences (ACEs)

WhiteTree's approach is informed by the growing body of evidence around **Adverse Childhood Experiences (ACEs)**. We understand that early trauma, neglect, or family disruption can have profound effects on brain development, behaviour, and physical health. By acknowledging ACEs, our teams are equipped to respond with **curiosity, compassion, and care**, reducing re-traumatisation and promoting recovery through consistent, supportive relationships.

An Integrated Medical, Psychological, and Social Model

WhiteTree's therapeutic model combines the strengths of **three complementary approaches**:

- **Medical Model:** Addresses physical health, developmental, and neurobiological needs through assessment, monitoring, and multidisciplinary input.
- **Psychological Model:** Focuses on emotional wellbeing, therapeutic interventions, and understanding of trauma and attachment.
- **Social Model:** Emphasises inclusion, relationships, environment, and social participation as key components of healing and resilience.

This integration ensures each child's **biological, emotional, and social needs** are met in a cohesive, person-centred way.

Our Teams in Action

Building Brighter Futures Team

This team brings therapeutic principles into the everyday environment. Their work focuses on:

- Embedding emotional literacy and wellbeing into daily routines.
- Supporting social skills, learning, and life development.
- Creating meaningful, relationship-based experiences that foster self-worth.
- Modelling trauma-informed, PACE-aligned care across the service.

Specialist Therapeutic Team

The Specialist Team provides clinical expertise and targeted interventions, including:

- Psychological assessment and formulation.
- Direct therapy (e.g., CBT, play therapy, trauma-focused work).
- Consultation and reflective supervision for staff.
- Neurodevelopmental and mental health guidance.

Together, these teams ensure that care is **coordinated, consistent, and clinically informed**, promoting stability and sustained progress for every child.



Conclusion

WhiteTree's Therapeutic Model blends **values, evidenced-based practice, and compassion** to create a nurturing, aspirational framework for care. By grounding our work in the **7 E's values – Encourage, Educate, Equip, Embrace, Empower, Engage, and Enrich** – and underpinning practice with **trauma-informed principles, PACE, CBT, and ACEs awareness**, we provide every child with the opportunity to **find safety, learn, and build a brighter future.**

Our integration of the **medical, psychological, and social models** through our dedicated teams ensures each young person receives the right support, at the right time, in the right way – enabling them to grow, connect, and thrive.



Building brighter futures starts with a single step

A single step at WhiteTrees

At WhiteTrees, we believe that every journey toward a brighter future begins with a single step. It might be a small act – a moment of trust, a smile, a breakthrough in learning, or a calm conversation after a difficult day – but each step has the power to make a *big difference*.

Every positive moment – a kind word, a small achievement, a shared laugh – contributes to the foundation of a brighter future for the children and young people we support. Progress is rarely linear, and lasting growth comes from consistency, patience, and genuine care.

Our Building Brighter Futures framework is grounded in this belief: that meaningful progress is built through consistent, compassionate actions. Every small step forward creates momentum, showing children and young people that change is possible and that their efforts matter. Over time, these small steps add up to lasting growth, independence, and hope.

Our homes are environments where young people are empowered to thrive from their first wake up call to their last good night. Each detail of care throughout the day is a sprinkling of encouragement and love, with our teams promoting kindness, safety and independence through their routines.





Learning through play and the everyday

At WhiteTrees, we believe that the best learning happens through living — through play, exploration, and real experiences. Every day is filled with opportunities for children and young people to learn about themselves and the world around them in ways that feel natural, joyful, and meaningful, in both our school and residential settings.

Play is not just fun — it's essential. It builds confidence, creativity, problem-solving skills, and emotional resilience. Whether it's cooking together, exploring the outdoors, building something new, or sharing stories, these moments of play and experience help children understand relationships, responsibility, and their own potential.

At WhiteTrees, we weave learning into everyday life. We know that growth doesn't always happen in a traditional classroom — it happens when someone feels safe to try, to make mistakes, to laugh, and to discover. Through play and shared experiences, we nurture curiosity, strengthen connections, and help each young person take confident steps toward their brighter future.

The Role of Outdoor Play and Nature-Based Wellbeing at WhiteTrees

At WhiteTrees, we believe that nature has the power to restore, inspire, and heal. Spending time outdoors encourages children and young people to connect with the world around them, explore freely, and experience the sense of calm and wonder that nature provides.

Outdoor play isn't just about fresh air — it's about freedom, confidence, and joy. Whether it's climbing, gardening, exploring the woods, or simply feeling the wind and rain, being outdoors helps young people build resilience, improve their mood, and strengthen their sense of wellbeing.

We encourage everyone in our homes and schools to be active and to embrace physical activity in ways that feel natural and fun. From outdoor learning and nature walks to team games and creative play, movement becomes a part of daily life. These experiences help young people understand their bodies, release energy, and discover healthy ways to express themselves.

At WhiteTrees, we see the outdoors as a living classroom and a place of healing — where wellbeing grows, confidence blossoms, and brighter futures take root.





An Integrated Therapeutic Environment at WhiteTrees

At WhiteTrees, we create environments where care and education work hand-in-hand to support every child and young person. Our homes and schools are more than just places to live and learn — they are safe, nurturing spaces designed to foster emotional, social, and academic growth to each individual.

Every aspect of our environment is intentionally shaped to provide stability, structure, and warmth. From calm, welcoming bedrooms and communal spaces to interactive classrooms and outdoor areas, we embed opportunities for learning, play, and reflection throughout the day.

This integrated approach ensures that therapeutic support is seamlessly woven into daily life. Staff work together to combine consistent care with tailored educational experiences, helping young people build confidence, resilience, and independence. By aligning care and learning, we create a holistic environment where wellbeing thrives, and every child has the opportunity to achieve their fullest potential.





Learning to Live for Brighter Futures

Learning to Live Well

Our Medical Model – How It Builds Brighter Futures

Central to our Therapeutic offering at WhiteTrees is our belief that our young people's lifestyles will either promote or hinder their growth, and that the education that we provide to them around this is key. The way our young people live in the smaller moments, such as what they eat and how they sleep, are critical to not only their development but to their general wellbeing.

This is why at Whitetrees, our team of GPs ([click here to meet them](#)) work alongside our homes and schools to advocate and promote lifestyles that fuel brighter futures. We believe that by instilling a culture where our lifestyle choices are understood, we will have healthier and happier teams that are able to model and educate our young people in their everyday interactions.

Trauma impacts our brains and bodies, having a long-lasting impact on health outcomes. At Whitetrees, our young people are empowered to access thorough medical support and guidance from our team of GPs, who spend time getting to know their early life experiences to understand how we can create the brightest prospects. Through working with the principles of lifestyle medicine, we capture where our young people's health may be vulnerable and explore how small changes can have great impacts.



Lifestyle Medicine at Whitetrees

1. Nutrition

Many of our young people at WhiteTree's have previously experienced irregular or harmful eating habits, which may lead to nutritional deficiencies, due to neglect, poverty, or emotional stress.

Regular, balanced meals promote growth, brain development, emotional regulation, and a sense of security through routine.

Our young people are encouraged to be involved in their weekly shops, menus, and snack boxes, with adults creating a variety of moments for them to express their wishes. Our homes encourage diets that promote fueling our young people's bodies and minds, through using whole and fresh foods throughout our menus, and thinking about the impact of specific food groups on factors including energy and concentration. The food we consume impacts us everyday, and at WhiteTree's, the nutrition of our young people is pivotal in building brighter futures.

At WhiteTree's, shared mealtimes are important. They often bring opportunities for connection, trust-building, and belonging within our homes.

2. Physical Activity

We believe that encouraging regular movement through play, sport, dance, walking, or other enjoyable physical activities can greatly improve our young people's wellbeing, resilience, and self-esteem. Physical activity improves not only physical health but also mental wellbeing, reducing anxiety, depression, and hyperarousal.

Many care-experienced young people can struggle to navigate their nervous systems, as a trauma response, they are often in a state of hyper arousal, looking for threats or danger. Physical activity can help through regulating the nervous system, providing a healthy outlet for expression, and by finding belonging within a group or community.

A walk, visit to the gym, or playing a sport such as football can support a new connection between a young person and an adult. These movements of shared interests, enjoyment, and often laughter, strengthen a young person's relationship with staff and create new, positive experiences.



3. Restorative Sleep

Sleep is one of the key pillars of lifestyle medicine and is essential for the healthy growth and development of our children and young people. At Whitetree's, we emphasize how good-quality, consistent sleep supports physical growth, brain development, emotional regulation, and immune function in our young people. During sleep, the body repairs tissues, balances hormones, and consolidates learning — all vital processes for our growing minds and bodies.

For children and adolescents, adequate sleep is closely linked to better concentration, mood, academic performance, and overall wellbeing. In contrast, insufficient sleep can lead to irritability, difficulty focusing, overeating, and increased risk of obesity and mental health problems. Experiences of developmental trauma, unsafe environments, or the absence of a nurturing parent, can further disrupt sleep, leading to nightmares, insomnia, or heightened nighttime anxiety. These disturbances can compound emotional distress and make it harder for young people to recover and thrive. Promoting healthy sleep habits, or "sleep hygiene," is central to our care and support at Whitetrees. This includes maintaining a consistent bedtime, limiting screen time before sleep, keeping bedrooms cool and dark, and encouraging regular physical activity and daylight exposure. Our nighttime routines are individualised to each young person, ensuring their needs and experiences are accounted for when creating an environment that fosters relaxation and safety.

Strategies such as weighted blankets, mood lighting, relaxation techniques or specialist sleep aids are used, so that our young people can feel safe and comforted whilst resting. We know that by fostering these habits early, whilst having trauma-informed outlooks, our homes and schools can help children and young people build strong foundations for living longer and healthier futures.

4. Mental Wellbeing (Stress Management)

Mental Wellbeing or Stress Management is another key pillar of lifestyle medicine which WhiteTrees embraces, focusing on how young people understand, reduce, and respond to stress in healthy ways. Our young people often come into our homes or school settings having experienced significant stress at a very young age, leaving their minds and bodies overwhelmed and exhausted.

When stress becomes persistent or overwhelming, it can lead to anxiety, depression, and unhealthy coping behaviours such as overeating, withdrawal, or irritability. For those who have experienced trauma, stress responses may be heightened – the body can remain on alert even in safe situations, making relaxation difficult. This prolonged activation of the stress response can affect development, learning, and relationships if not addressed with supportive strategies.

At WhiteTrees, our combined therapeutic approach means that Mental Wellbeing and Stress Management are embedded in our practice. Our assessment tool gives us an initial understanding of our young person's emotional wellbeing, allowing us to direct our care to their needs quickly and effectively. Our Building Brighter Futures Team and Specialist Teams mean that we have access to in-house psychologically informed support and resources, and have our qualified professionals to aid us in further clinical guidance.

WhiteTrees encourages practices that calm the body and mind, such as mindfulness, deep breathing, creative activities, and time in nature. Building strong social connections and fostering a sense of safety and belonging are also central to resilience. Our young people are encouraged to constantly grow their toolbox of strategies to cope with stress and adversity, supporting lifelong mental and physical health.



5. Healthy Relationships

Healthy relationships are a vital pillar of lifestyle medicine and the communities we create at WhiteTrees. Healthy relationships are especially important for children and young people who have experienced trauma or adversity. Relationships provide a foundation for safety, trust, and emotional growth – all essential for healing and healthy development. Positive, supportive and consistent connections with caregivers, teachers, and peers help young people regulate emotions, build confidence, and develop a sense of belonging, which can be disrupted by traumatic experiences.

For some of our young people, their lived experiences can make it difficult to trust others and form attachments, but nurturing relationships can help rewire stress responses, reduce anxiety, and promote resilience. Within lifestyle medicine, fostering connections that are safe, consistent, and compassionate is key to supporting both mental and physical health. Social engagement also extends beyond close relationships: spending time with peers, participating in group activities, and having fun together strengthens emotional wellbeing and helps buffer the effects of stress and adversity.

In addition to connection, lifestyle medicine emphasizes activities that bring joy, purpose, and contribution. Our homes and schools are grounded in play, exploring hobbies, volunteering, or helping others, with these all having a powerful, positive effect on mental and physical health. These activities encourage social connection, improve mood, build self-esteem, and create a sense of meaning – all of which are especially important for young people recovering from trauma. By combining safe relationships with opportunities for play, purpose, and contribution, children and adolescents can build resilience, thrive socially and emotionally, and lay the foundation for lifelong brighter futures.

6. Minimising Harmful Substances and Behaviours

Minimising harmful substances and behaviours is a key focus of lifestyle medicine and our work at WhiteTrees. This area is especially important for children and young people, particularly those who have experienced trauma or adversity. Substances such as alcohol, tobacco, and recreational drugs can have a more profound impact on the developing brain, affecting learning, memory, emotional regulation, and decision-making. For young people, early exposure can also increase the risk of addiction and long-term health problems.

Children and adolescents who have experienced trauma are often at higher risk of turning to substances as a way to cope with stress, anxiety, or unresolved emotional pain. Trauma can heighten the brain's stress response, making risky substances more appealing as a form of self-soothing. Lifestyle medicine, alongside our therapeutic model, emphasizes understanding these underlying factors and supporting young people with safe, healthy coping strategies.

Promoting avoidance of risky substances involves education, strong social support, and fostering protective factors such as self-esteem, positive peer relationships, and meaningful activities. Encouraging hobbies, sports, volunteering, creative pursuits, and other forms of purposeful engagement can provide natural rewards and emotional regulation, reducing the appeal of substances. By addressing both the environmental and emotional influences, WhiteTrees helps young people build resilience, make healthier choices, and protect both their immediate and long-term physical and mental health.



Our model: Aligned in the Quality Standards

Our combined model supports the health and wellbeing of children and young people in ways that align with the 9 Quality Standards and the Children's Homes (England) Regulations 2015. These standards require children's homes to provide a safe environment, meet health and emotional needs, support education, encourage positive relationships, promote independence, and ensure staff are skilled and responsive. By promoting healthy behaviours such as balanced nutrition, physical activity, good sleep, stress management, and avoidance of risky substances, WhiteTrees helps children thrive while supporting these regulatory requirements.

At WhiteTrees, lifestyle medicine can directly support the standards by fostering safe and predictable routines, ensuring trauma-informed care, and promoting social connection. Examples throughout our services include; encouraging regular physical activity and structured mealtimes supports health (Standard 5: Health), while promoting positive relationships and emotional wellbeing aligns with Standard 7 (Children's views, wishes and feelings). Mindfulness, relaxation, and creative activities help meet Standard 6 (Education) and Standard 9 (Leadership and management) by supporting staff in delivering high-quality, person-centered care.

Our integrated approach at WhiteTree's ensures that regulatory and quality standards are met while also promoting resilience, emotional regulation, and lifelong wellbeing. By combining healthy routines, trauma-informed practices, and supportive relationships, children and young people—particularly those who have experienced adversity—are empowered to grow, learn, and flourish in a safe and nurturing environment.



Building Brighter Futures Team

Building Brighter Futures Team

At WhiteTree's, our Clinical and Therapeutic Team brings together a diverse range of professionals dedicated to supporting the wellbeing and development of children and young people. Comprising two specialist groups – the *Building Brighter Futures Team* and the *Specialist Therapeutic Team* – our multidisciplinary approach includes our in-house support network and our external professionals. Together, these experts work collaboratively to provide holistic, child-centred care that integrates medical, social, and psychological models. This comprehensive approach ensures that every child's unique needs are understood and addressed, empowering them to thrive, build resilience, and build brighter futures.

Our scaffolded support ensures that our young people have immediate access to mental health and wellbeing services, whether that be to explore healthier coping mechanisms, to learn about regulation strategies, or to be introduced to one of our specialist team for further support. Our *Building Brighter Futures Team* are present in our homes on a weekly basis, building therapeutic and meaningful relationships with our young people and offering our staff teams a safe space to discuss a child's needs.

At Whitetree's, we embrace the rule of 167 – recognising that of the 168 hours available in the week, our therapists will often only have 1 hour with our young people. Our homes are equipped for the 167 hours, informed and underpinned by trauma-informed practice where both our *Building Brighter Futures Team* and *Specialist Team* provide consistent support and training. To find out more about our Training Academy, [click here](#) or return to our Clinical Care page and follow the Educate route.

Specialist Team

Chelmsford Private GPs

Dr Yenushka Abeyratna (Nush), Dr Fiona Graham and Dr Alev Onen each have about 20 years' experience of being in medicine and love being doctors. They started their own clinic in May 2023 because they wanted to practice medicine the way they wanted to – by giving patients the time and care they deserve.

In their clinic, they see people of all ages, both in person and virtually. They love the variety that general practice brings and can manage almost anything: from everyday illnesses to complex health concerns. While they sometimes prescribe medication or refer to specialists, they often find that small lifestyle changes are the real key to improving health and wellbeing. Our GP's will be providing support and guidance for; acute illnesses, longer-term health problems, annual medical checkups, lifestyle medicine education, and advocacy through the NHS.

The Chelmsford GP's are consummate professionals, however they do like to have a laugh and feel that patients find them lovely and friendly.

To find out more about the Chelmsford GPs service at WhiteTrees, follow the link: [Click here](#)



Dr Yenushka Abeyratna (Nush)



Dr Fiona Graham



Dr Alev Onen

A word from our GPs:

"We are over the moon to be able to work with WhiteTrees and know we can make a difference to young people's health now and for brighter futures. We are here for WhiteTree's young people Monday to Saturday morning and will either see them at home, virtually or in person depending on what is required."

Clinical Psychologists



Dr Carly Keyes

BA(Hons), PgCert, PgDip, DClinPsy, CPsychol, AFBPsS, AFHEA Chartered Senior Clinical Psychologist, & CBT Therapist



Dr Laura Bennett

Clinical Psychologist

Dr Takon

Paediatrician

Emma Sheffield

Educational Psychologist

Building Brighter Futures Team



Taiya Davies

Head of Clinical Care

Taiya is a dedicated and passionate advocate for children and young people at WhiteTrees, where she is currently leading the development of our Clinical Care Team with a vision to empower every young person to build a brighter future. Since joining WhiteTrees in October 2023, Taiya's commitment has grown daily, driven by the belief that every young person in our care deserves full access to the support and resources necessary to thrive, both mentally and physically. Having started her journey within our homes, Taiya brings a deep understanding of the complexities involved in nurturing young people's health and well-being.

In her role, Taiya oversees the growth and development of our Clinical Care Team, including our in-house Building Brighter Futures Team and our external Specialist Team. Together, these teams provide the tools, guidance, and partnerships that empower both our young people and staff to flourish. Taiya ensures that all assessments are carefully implemented, monitored, and updated, guaranteeing that every young person receives bespoke support tailored to their unique needs.

To learn more about our Clinical Care teams and the ways we help young people build brighter futures, please follow the link below.



Christina Newham

Senior Therapeutic Intervention Lead (Education)



Daisy Millar

Therapeutic Intervention Lead



Duncan Cottam

Therapeutic Intervention Lead (Residential)



Lily Casey

Wellbeing Tutor (Education)



Lauren Rogers

Wellbeing Tutor (Education)



Maddison Crocker

Wellbeing Tutor (Education)



Designing Brighter Futures

The WhiteTrees Therapeutic Training Programme

The WhiteTrees Therapeutic Training Programme is a comprehensive, modular framework designed to equip our teams with the knowledge, skills, and practical strategies to support children and young people who have experienced trauma, adversity, or disrupted attachments. Our Training Programme ensures that our teams are equipped and confident in supporting each young person in WhiteTree's settings to build brighter futures.

Our programme integrates:

Our WhiteTree's 7 E's Values – Encouraging, Educating, Equipping, Embracing, Empowering, Engaging, and Enriching children through relational and aspirational practice.

Trauma-Informed Practice – Ensuring safety, trust, choice, collaboration, and empowerment underpin all care.

Attachment Awareness and Relational Safety – Using PACE principles to repair relational wounds and promote secure attachments.

Cognitive Behavioural Therapy (CBT) Integration – Helping children understand the link between thoughts, feelings, behaviours, and coping strategies. Lifestyle Medicine Principles – Supporting sleep, nutrition, physical activity, stress management, healthy relationships, and avoidance of risky substances.

WhiteTree Assessment Framework – Guiding structured evaluation of emotional, behavioural, risks, and social needs to personalise care plans. Integrated Medical, Psychological, and Social Model – Ensuring a holistic approach that meets biological, emotional, and social needs in a cohesive way.

Practical Application and Reflective Practice – Embedding learning into daily care routines, supported by supervision and scenario-based exercises.

Our program combines theoretical learning, interactive workshops, roleplay, case studies, and reflective practice to create a multi-dimensional training experience.

Why our WhiteTree's Training Academy designs brighter futures:

Trauma-Informed and Relationally-Focused:

The program addresses the specific needs of children who have experienced trauma or adversity, prioritising relational safety, attachment repair, and emotional regulation, which are critical for recovery and wellbeing.

Holistic and Integrated Approach:

By combining medical, psychological and social perspectives, the program ensures that staff can address all aspects of a child's development, from physical health and resilience to social engagement and mental wellbeing.

Evidence-Based Interventions:

Incorporating CBT, PACE, and lifestyle medicine ensures that care strategies are grounded in research and best practice, improving outcomes for children.

Practical and Skills-Based:

Roleplay, scenario workshops, and reflective practice enable staff to apply knowledge directly in residential settings, ensuring skills translate into effective daily care.

Personalised and Assessment-Guided:

The WhiteTree Assessment Framework ensures that interventions are tailored to each child's needs, strengths, and challenges, supporting better engagement and long-term success. Our assessment emphasises growth and progression through consistency, stability, and routines.

Promotes Staff Confidence and Consistency:

Through structured learning and supervision, staff develop confidence, consistency, and reflective skills, which are key to maintaining safe, nurturing, and therapeutic environments. Our therapeutic teams; the Building Brighter Futures team and the Specialist team, provide ongoing learning opportunities and clinically informed guidance.

Focus on Wellbeing and Resilience:

Integrating lifestyle medicine alongside therapeutic interventions equips staff to help children develop healthy habits, emotional regulation, coping strategies, and resilience for lifelong wellbeing. It promotes staffs health and wellbeing and puts their needs central to being able to care for our young people.



Assessing Brighter Futures

Milestones Matter

The Building Brighter Futures Team uses a comprehensive psychological assessment tool to gain a thorough understanding of the current needs of a young person at point of placement. The assessment tool focuses on five key domains; Behaviour, Emotional Wellbeing, Relationships, Risk, and Indicators, giving adults and professionals supporting our young people a detailed insight into their current needs.

At WhiteTree's, it's integral that our assessment supports our belief to Build Brighter Futures for all of our young people. The five domains of our assessment tool provide a different lens through which to understand a young person's inner world:



Behaviour – often the most visible expression of a child's internal world and unmet needs. Young people in residential care frequently display behaviours linked to trauma, attachment disruption, or emotional dysregulation. Consistent behavioural monitoring enables teams to evaluate the effectiveness of care strategies and adapt support plans accordingly.

Emotional Wellbeing – the core of psychological health, influencing every aspect of a child's development and relationships. Many young people in care experience complex trauma, grief, or instability, which can manifest as emotional volatility or withdrawal.

Measuring emotional wellbeing allows for early identification of distress, helping our Specialist Team intervene before problems escalate. It supports the creation of a nurturing environment where emotional expression is understood and validated.

Relationships – Healthy relationships are central to recovery from trauma and the foundation of resilience. Care experienced young people often have disrupted attachment histories; assessing relational capacity helps caregivers understand how trust is built or tested.

Understanding relationship patterns allows staff to model and reinforce healthy connections, promoting social and emotional development. Strong, stable relationships within the care setting can significantly improve placement stability and long-term outcomes.

Risk – Risk assessment is critical for safeguarding both the child and others within the home. Many children in residential settings face elevated risks due to past trauma, impulsivity, or external influences. Measuring and reviewing risk regularly helps staff proactively manage safety concerns rather than react to crises.

It ensures accountability and compliance with statutory safeguarding requirements while supporting the child in developing safer coping strategies.

Indicators – Observable and reported signs that may indicate a neurodevelopmental condition or delay, such as differences in attention and executive function, social communication and interaction, sensory processing, learning and processing speed, language development, and developmental milestones.

Identifying likely ADHD, ASD, or learning needs guides targeted interventions (structured teaching, visual supports, scaffolded tasks, sensory strategies) and educational placements or specialist input.



Each of the five assessment domains creates a 'full picture' of the current young person coming into WhiteTree's care;

- **Behaviour** reveals what's happening externally.
- **Emotional Wellbeing** highlights internal states.
- **Relationships** show how the child connects and trusts.
- **Risk** safeguards against harm.
- **Indicators** provides detailed insight into their neurological abilities.

Together, these domains form a comprehensive, trauma-informed picture that allows our residential teams to deliver personalised, consistent, and therapeutic care—supporting both immediate wellbeing and long-term development.

Our assessment tool focuses on the whole child and the context of which they are currently living in, capturing their recent lived experiences and life events, to ensure that our teams can form an understanding of what may be impacting them. Our assessment tool is first utilised when a young person's placement has been agreed, and is most commonly completed by their social worker. The tool can also be completed by another professional or by a family member who has a good understanding and relationship with the young person and is therefore able to provide an accurate representation of them.

The assessment tool creates a full report, often between 15-20 pages, detailing the areas where a young person may have the highest needs. Within the report staff are;

- Guided through the young person's areas of needs, including categories of severe, major, moderate, and minor
- Identifying early areas of concern or risks to ensure that support can be tailored and sought accordingly
- Provided with strategies and guidance around supporting the young person dependant on their needs
- Presented with the young person's areas of strengths, including areas that have been identified as major strengths, minor strengths, and further areas to focus on developing
- Offered comparisons to young people in residential care and in the wider school population, to identify how the young person is coping and managing

Our assessment tool provides structured, evidence-based reports that support our staff teams in understanding each of our young people as unique individuals, accounting for their lived experiences. It reinforces our fundamental belief that we will always seek to understand each of our young people, and will look to the future in our ways of supporting and promoting their growth and development.

The Bigger Impact

After the initial assessment report is provided to our homes, the Building Brighter Futures Team generates a summary report – a smaller, more accessible overview. This ensures that all staff are confident in understanding our young people's needs and areas they may need our additional support.

Following these reports, the Homes Teams are presented with a three month key working plan. The Key Working plan guides our teams through the areas identified by our assessment tool, offering topics, strategies, and resources to ensure their support is tailored directly to our young person's needs. This means that each of our young people has an individualised, psychologically informed, key work plan of which has been designed by their assessment outcomes.

Our assessment tool guides our Building Brighter Future Team and our Specialist Team to ensure the support provided to each young person is embracing their needs, shaping their care planning, and implementing interventions at the earliest possible opportunity. Our assessments provide recommendations for professional support, such as mental health intervention or neurodiversity assessments, of which are shared with our Specialist Teams.

As a guide, our assessments are completed on a three monthly basis. This provides regular and standardised opportunities for our teams to understand our young people's progression, development, and areas that require dedicated support. By repeating the assessment periodically, staff can measure changes in behaviour, emotional regulation, and wellbeing, supporting our data-driven care planning and demonstrating therapeutic progress. If we have noticed a change in a young person's behaviours or wellbeing, the team may suggest an earlier assessment date.



Our Toolkit for Building Brighter Futures

Therapies & Services

At WhiteTree's, we are dedicated to creating a toolkit of accessible therapies and interventions where professionalism, safety, and care are at their core. We continually evaluate and expand our therapists and counsellors to ensure that every young person receives support that is expertly tailored to their individual needs. Our therapeutic team includes specialists in Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Play Therapy, Art Therapy, Music Therapy, and Animal-Assisted Therapies and Interventions. All of our therapists are registered with professional bodies such as the Health and Care Professions Council (HCPC) or the British Association for Counselling and Psychotherapy (BACP), ensuring they uphold the highest ethical, professional, and clinical standards.

Every professional at WhiteTree's completes our comprehensive compliance service, where references, DBS checks, and professional registrations are thoroughly verified to ensure safety and trust. Before exploring therapeutic interventions, we place strong emphasis on ensuring that a young person is experiencing safety and security and has begun to develop trusting and meaningful relationships within our homes and schools. This approach is supported by research and established models such as Maslow's Hierarchy of Needs and Dan Hughes' Pyramid of Therapeutic Needs, which highlight that fundamental safety, attachment, and relational stability are essential foundations for effective therapy and emotional growth – all of which are promoted across our organisation.

Beyond establishing safety and trust, we work collaboratively with our therapists, holding regular reviews to evaluate the effectiveness of interventions and the young person's engagement in therapy. We encourage therapists to contribute to care planning and behaviour management strategies, and we seek their guidance when concerns arise regarding a young person's wellbeing. Our therapists are encouraged to participate in Looked After Child (LAC) reviews, strategy meetings, and other multi-agency forums to ensure their insights inform holistic care planning.

To continually enhance our services, we actively seek to expand our network of therapists and welcome applications from professionals who feel they could contribute to supporting our children and young people. Therapists interested in joining or collaborating with WhiteTree's are invited to send in their details, allowing us to explore opportunities to enrich the therapeutic support available.

Through this layered and evidence-informed approach, WhiteTree's ensures that every child and young person receives safe, professional, and holistic care, empowering them to build resilience, develop trust, and ultimately build brighter futures.



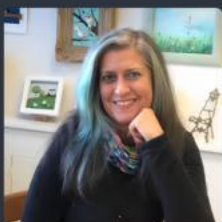
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