IDL INDEPENDENCE DEVELOPMENT

SPECIALISTS IN THERAPEUTIC CARE

Sinon House Therapeutic Unit

Pathway of care to your future

Rochester, Kent | 3 beds | 16-31 | Home Manager: **Basil Baby**

Sinon House Therapeutic Unit

Our mission is to offer a tailored therapeutic care experience that supports the unique needs of our service users as they transition into adulthood, and equip them with the knowledge, skills and confidence to be as independent as possible.

Specialists in Therapeutic Care

At Sinon House Therapeutic Unit, we provide a high level of therapeutic care to service users aged 16 -31 years of age, with a practitioner on-site 24 hours a day, 7 days a week. Our team of therapeutic practitioners are experienced in dealing with a range of complex and challenging behaviours, including but not limited to autism, mental health issues, personality disorders, ADHD and learning disabilities.

Our care is delivered by a multidisciplinary team led by our Clinical Director, Dr Olyedemi who has an extensive background working with children, adolescents and adults. Dr Olyedemi oversees the review and assessment of every referral.

The day-to-day care and support is delivered by our team of therapeutic practitioners led by Basil Baby, our registered home manager. All our therapeutic practitioners have a minimum of a Level 3 Diploma in Health & Social Care and have been provided with therapeutic care training - this further demonstrates our commitment to providing a high quality of therapeutic care.

Sinon House Therapeutic Unit can provide care and support for those individuals with challenging and complex needs through our dedicated therapeutic practitioner team and we can also accept individuals who are on a DoLS (Deprivation of Liberty Safeguards).

Sinon House Service Highlights

Life Skills

We support our service users in participating in education, volunteering & employment opportunities.

Therapy

We provide CBT, psychodynamic and solution focused therapies.

Activities

Our service users enjoy a range of leisure activities & excursions designed to build social & life skills.

Person-centred Care

Our practitioners are experienced & qualified in supporting varying levels of personal care.

Medication

Our practitioners are experienced & qualified in administering medication to service users.

Reporting

We provide a range of detailed monthly reports keeping you up to date on the progress of your client.

Our Service Feedback

Independence Development Ltd. has been operating therapeutic focused care homes for over 13 years and Sinon House Therapeutic Unit has been opened since 2013. During this time, we have had countless success stories, have a look at what some of our stakeholders think of our service.

One Success Story - Four Perspectives

Our Service User

"When I first arrived, I was angry at everyone. The practitioners welcomed me in and made me feel supported. They have worked hard on helping me to understand and process my emotions better. I am able to discuss how I feel everyday. I have recently turned 18 and I'm being supported to improve my independence skills. I have been able to work on keeping myself safe whilst out in the community."

The Social Worker of Service User

"We recently took over from the child team and are currently completing a care act assessment of needs. The transformation has been good to see, she wishes to be independent in the future and it's great to see that practitioners are helping her towards this."

Parent of our Service User

"The practitioners at Sinon House have worked hard with our daughter, we communicate well and her needs are met everyday. Our daughter is now 18 and has been working towards being more independent in a caring and supported environment, This has been amazing to see, and our daughter has improved in her communication and we are able to enjoy our time together.."

Feedback from Local Authority

"Our children can be difficult to place due to their complex needs and behaviours, which has seen the Council rely on Independence Development Limited to support for some of the borough's most vulnerable young people. Most children placed in the services managed by Independence Development Limited have thrived and have gone on to achieve independence in their local communities."

Kent County Council Children's Commissioning Team

"We believe in the power of positive attachments and therapeutic support to help young people reach their full potential."

Basil Baby - Registered Manager

Our Therapeutic Approach

Our approach to therapeutic care is inspired by the work of John Bowlby & Donald Winnicott - particularly their insights surrounding attachment theory & psychodynamic therapy. Within Sinon House Therapeutic Unit, we apply Bowlby's attachment theory by ensuring that all our service users experience a nurturing environment where they can form secure, positive attachments with compassionate caregivers. Our practitioners are also trained in Trauma Informed Practice enabling us to support our service users in their emotional development. This approach not only helps them in healing from past traumas but also in building a resilient foundation for emotional and social growth. Through this lens, we see our role not just as caregivers but as pivotal figures in shaping the developmental progress of the service users we care for.

Psychodynamic therapy forms a critical part of our therapeutic approach at Independence Development Ltd. This form of therapy emphasizes understanding the deep-seated feelings and past experiences that influence current behaviour. Winnicott believed that a nurturing environment is essential for healthy development, and for this reason Sinon House Therapeutic Unit has been purposely designed to feel as homely as possible.

Other Key Philosophies & Therapeutic Tools

Trauma Informed Practice

We often receive service users who have experienced trauma at some point, so we use Trauma-Informed Practice which places emphasis on trust, young people's safety, safe environment, peer support, empowerment and sensitivity to facilitate healing.

Containment Theory

Containment Theory dictates that the "container" – usually a key person in the young person's life (in this context IDL practitioners), are able to acknowledge and accept a young person's distress and makes experiences safe for them

CBT

Cognitive Behaviour Therapy is used to explore the relationship between the thoughts, feelings and behaviours of our service users, to make them more aware of their triggers and actions. CBT can result in lower levels of anxiety, "happier" outlook on life and increased self control.

Reflective Practice

It is important that practitioners maintain detailed and accurate information regarding the service users in our care between practitioners and other relevant stakeholders. We do this through regular team meetings focused on our service users.

Referral Process

Step 1: Contact Us
Via telephone, email or filling out form on our website.

Step 2: Visit Us
We'll then organise a tour of the home for you with the homes manager.

Step 3: Suitability
Both parties have the opportunity to decide if home is suitable.

Our Referral Criteria

Sinon House Therapeutic Unit is an inclusive environment and we are passionate about making real change in the lives of our young people, we believe every young person has the right to experience happiness. We have gained a reputation for not giving up on even the most challenging cases. So if you have a young person with a history of placement breakdowns - Sinon House could be the right place for them.

We have had great success dealing with the following types of complex needs:

- Autism Spectrum Disorder (ASD)
- Mental Health
- Learning Disabilities
- Self-harm
- Suicidal Ideation
- Violent Behaviours
- Neurodevelopmental Disorder
- Trauma
- PTSD
- Conduct Disorder
- ADHD
- Sexualised Behaviour
- Serial Absconding
- Challenging Behaviour
- Anti-social Behaviour
- Eating Disorder
- DoLS (Deprivation of Liberty Safeguards).

This is not an exhaustive list of the types of service users we have experience dealing with, so if you want to know if Sinon House can accommodate your client please contact us. Unfortunately we are unable to accommodate wheelchair users at this time.

For more information about how we can support your client call us on **0207 091 0851**

Our Therapeutic Units

Our Pathway of Care

At Independence Development Ltd, we provide a seamless pathway of care that nurtures the journey of our service users, starting from the age of 16 as they mature into independent adults. Our holistic approach ensures that every service user receives the tailored support they need at each stage of their development.

In addition to Sinon House Therapeutic Unit, Independence Development Ltd operates 4 other homes located in the Kent and Birmingham areas - two are regulated by CQC and two by Ofsted. If you would like a brochure or more information about these homes feel free to contact us. Below you can find a snapshot of the other homes we operate.

Mandela House Therapeutic Unit

Birmingham | 6 beds | 16-31

Mandela House Therapeutic Unit is a CQC registered home located in Water Orton, Birmingham and can accommodate up to 6 service users. This home offers therapeutic care to service users aged 16-31 and is led by home manager Tracylin Legall.

Edwin Therapeutic Unit

Medway, Kent | 3 beds | 16-31

Edwin Therapeutic Unit is a CQC registered home located in Gravesend, Kent and can accommodate up to 3 service users. This home offers therapeutic care to service users aged 16-21 and is led by home manager Basil Baby.

Seacole House

Medway, Kent | 5 beds | 16-17

Seacole House is an OFSTED registered home located in Chatham, Kent and can accommodate up to 5 service users. This accommodation offers therapeutic care to service users aged 16 & 17 and is led by a service manager.

Almeida House

Gravesham, Kent | 4 beds | 16-17

Almeida House is an OFSTED registered home located in Gravesend, Kent and can accommodate up to 5 service users. This accommodation offers therapeutic care to service users aged 16 & 17 and is led by a service manager.

Our Commitment

We are committed to promoting positive outcomes for all our service users by ensuring targets we set are realistic and achievable.

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Contact Us Today!

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