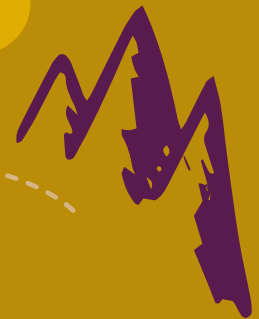
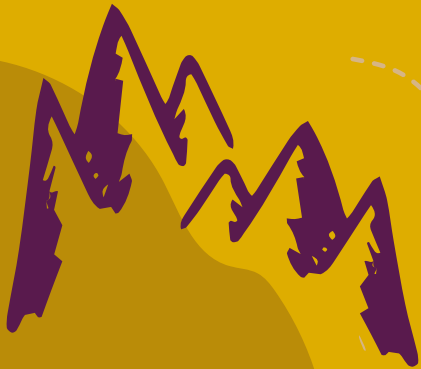




REFLECT & RESET PROJECT



ADVENTURE





REFLECT & RESET PROJECT

The Reflect & Reset Project provides a structured assessment programme lasting several months. During this period, the young person is encouraged to engage in key worker sessions, complete enhanced key worker booklets, and participate in a range of meaningful activities

The placement is based in a countryside setting, away from the usual distractions of community living and peer influences. This environment offers the young person the space to connect with staff, open up, and reflect on their current path and future aspirations. Across the programme, we assess how well the young person engages with the activities and how aware they are of their behaviour. Using risk assessments, we work collaboratively with them to identify a suitable next step for their ongoing development.

The Reflect & Reset placement begins the moment the young person is collected in the motorhome. Throughout this time, we continue to encourage participation in key worker sessions and a variety of activities.

The rural location again provides a calm and distraction-free space, supporting meaningful engagement and deeper reflection on their experiences and goals. Over the young persons time with us we aim to build a strong therapeutic relationship to support their journey going forward.





REFLECT & RESET PROJECT

The Motorhome

This isn't just a motorhome — it's a home-from-home on wheels. The Zefiro 675 comes fully equipped to make every journey extraordinary. With a TV and awning included, it's ready for the ultimate road-tripping adventure.

A fitted solar panel, private shower/toilet, and a well-designed kitchen make it perfect for getaways and off-grid escapes. As a luxury Hi-Line model, the Zefiro 675 comfortably sleeps and travels up to six people. It features a spacious over-cab double bed and a cosy side dinette area. The final two berths convert from the double dinette, which also serves as the ideal spot for relaxed mealtimes while on tour.

If not all beds are required, the bottom bunk can be neatly stowed away to create generous storage space — perfect for bicycles, paddleboards, and other adventure gear.

The modern washroom includes a separate walk-in shower (which can double as hanging space for wet coats), a vanity sink, and a swivel cassette toilet with electric flush. The kitchen area is fully equipped with a 3-burner gas hob with glass lid, oven, grill, circular stainless-steel sink, and a large 3-way fridge/freezer.





REFLECT & RESET PROJECT

During the journey to the campsite, we'll spend time getting to know the young person and begin assessing what type of camp setup will best meet their needs. For some, a more private or isolated camp may be more appropriate. Throughout this time, we aim to gain a deeper understanding of:

- Where a young person would like to live
- The significant people in their life
- Any behaviours the young person has been displaying, particularly those that may pose a risk to themselves or others
- Their wishes and feelings regarding their future

Once we arrive at the site, we'll introduce the young person to the campervan, explain how everything works, and outline the tasks they can take responsibility for. These activities help build independence and offer opportunities to earn some extra pocket money. That first evening, after camp is fully set up, we'll talk the young person through the sleeping arrangements.

Training and Education

The young person will take part in education whilst on the programme. This educational support will form part of their preparation for a return to learning after completing the Reflect & Reset Programme.





REFLECT & RESET PROJECT

Day to Day

The Reflect & Reset Project is structured to allow the young person to reflect on what they want in life, as well as their behaviours and risks they may have been taking. We do this with:

- Daily therapeutic key worker sessions, delivered in a natural setting and manner. We complete the sessions in countryside settings whilst on walks, bike rides, and other outdoor activities
- Individual “My Progress Plans”, completed during key worker sessions
- Risk assessments, completed collaboratively with the young person

Personal Progress Sheets, and other exercises will support a young person to reflect on each day as it comes. If possible, we aim to involve the young person’s birth family to organise family time.

On the first full day, we’ll create a weekly activity planner with the young person. This will involve planning:

- Walks, bike rides, and their routes
- Twice weekly ‘small’ activities e.g. trampoline parks, cinema trips, bowling/arcade trips.
- Once weekly ‘big’ activities, e.g. ziplining or go karting
- Activities will be behaviour dependent.





REFLECT & RESET PROJECT

The young person will also be expected to handle their daily responsibilities as part of the programme. This will include:

- Helping to keep the campervan and campsite clean
- Helping to plan a weekly menu of healthy and balanced meals
- Taking some responsibility in helping staff to prepare meals, and cleaning up after.

As well as the above, young people can earn pocket money with positive behaviours and by engaging in and completing educational work and independence packs.

Such spending will always be supervised and can be on things like treats, clothes and toys.





REFLECT & RESET PROJECT

Crisis intervention and Timeout Placements

Using our Reflect & Reset Project, we can also offer crisis and timeout placements if needed, which could range from a few days to a few weeks. This may be appropriate where a young person is on notice following a breakdown within their placement, or is in crisis, causing disruption within the home.

The aim here is to give them time to reset before finding identifying the suitable placement for them. Ideally, the young person themselves would then be in a better position for the move, if indeed a move is necessary. This also allows the young person to detach themselves from previous behaviours and the place they were occurring.

Sometimes, young people need the head space to reflect on their life and behaviour in order to reach a better place.

Timeout placements are mainly aimed at young people who are starting to struggle in their current placement and there's potential for future placement breakdown. A timeout period may be anywhere from three days to two weeks, during which the young person can take some time away from the home in order to reflect. We can work with them to get to the root of any problems and explore the implications these may have on their current placement.





During this time, our goal would be to come up with solutions with the young person so that they can successfully transition back into the home. Again, the aim is that by removing the young person from distractions and the physical location of problems, it can help both staff and the young people to explore any problems from a new perspective.

Staffing

Staffing will consistently maintain a two to one ratio with experienced team members who are proficient in supporting challenging behaviour and de-escalation techniques. Additionally, staff members receive training in conflict resolution, Advanced Outdoor First Aid, MIAS Mountain Bike Leader qualifications, The Mountain Training Low Land Leader qualification, Bushcraft qualification NCFC Accredited as well as Stand Up Paddleboarding Instructor BCAB Accredited.

