

ABOUT US



Introduction

Esteem Plus Limited is a subsidiary to “Change for Young People – Therapeutic Living”. We work within the British Association for Counselling & Psychotherapy (BACP) code of ethics and are based in Leeds. (West Yorkshire). We are passionate in tackling the core issues that affect our young people.

Our Qualified in-house Psychologists and Psychotherapists provide 24/7 Clinical assessments and therapeutic support to our young people/service users.

Our Clinical assessment and therapeutic support enable our young people to lead healthy and productive lives. In turn impacting on their standard and living and enhancing their life opportunities.

We provide high-quality accommodation to people in need, with locations, facilities and additional support services that help turn their lives around.

We offer a clinical approach wherein our service users can address their difficulties, unpack their emotional fears, and achieve greater psychological and emotional wellbeing whilst working with our team of trained health professionals.

In addition, Esteem Plus Ltd, offers a well outlined developmental treatment package, which includes therapeutic counselling sessions, one-to-one therapy and chat sessions which take place in their semi- independent/ supported living environments where our in house qualified Clinical Psychologists and Psychotherapists get to engage them on a higher level, enabling us to identify, understand and discover ways of making their life experiences more positive.

Why Are We Different!

We do not only offer accommodation or offer weekly money or supplies to the young people, however we go an extra mile and offer Psychological Diagnoses and therapeutic Support.

At Esteem Plus Ltd we pioneer for “Change for Young People – through Therapeutic Living by being person centred and use a three-prong approach:

Embrace – by accepting people from all diverse background and “being there” for those who are in need of care and support.

Engage – by forging meaningful relationships with partnerships and organisations in order to deliver help to service users.

Empower – by providing services that will enable service users to move on and fulfil their life’s potential and wellbeing.

We do this providing:

- ✓ Suitable accommodation/ placements.
- ✓ In all our placements, we have put in place our team of qualified in-house Psychologists and Psychotherapists that provide 24/7 Clinical assessments and Psychological Diagnosis including empathic therapeutic support to our young people/Service users to enable them to deal with the deeply rooted cause of their mental health problems.
- ✓ Our emphatic psychotherapists listen patiently to the service users in our care to support them in dealing with their emotional concerns especially, issues affecting them due to their historic traumatic experiences.

Our Provisions

We provide suitable accommodation and support for young people aged 16 and over in Care of Local Authorities,

We are focused on achieving the following:

- ✚ Reputable Clinical assessment and successful sessions of one-to-one therapy and other psychological therapies in our local community-based settings as well as in residence
- ✚ Supporting improvements in referral pathways and assessment processes for Mental Health Services, Children Services and Education, particularly for those aged 16 and over and in the Care of the Local Authority
- ✚ Encouraging improved information sharing with other professionals.
- ✚ Encouraging more joint commissioning between Mental Health services.

Our highly experienced Keyworkers provide positive role models and help our service users to develop practical skills they need to look after themselves when they move on. Our support packages include help with accommodation, housing applications,

managing their own finances, preparing meals, resilience building as well as supporting them to find employment, training, and further education.

We act as an advocate providing guidance and signposting them to relevant networks/agencies. We also provide in house training/workshops on Raising aspirations, increasing their self- confidence via groupwork as well as equipping them to build their resilience and recognising triggers.

Mission Statement

To continuously provide personalised care for every service user we work with in the delivery of our services using up-to-date skills in hope of creating next generations of people with sound minds and self-dependent.

Core Values

- Privacy Protection
- Timeliness
- Value
- People

Goals Statement

We will continuously work alongside statutory services whilst creating a portfolio of treatment models that can cover the fullest possible range of people's needs and preferences, not restricted to a single theoretical model but ranges from person centred therapeutic approach, humanistic, solution focused, analytic and integrative, cross cultural and cognitive behavioural therapeutic approach. We aim to continue rebuilding the lives of vulnerable people enabling them to heal from trauma and experience a brighter future.

Our aim is to provide clinical assessments and support to the people in our care. Our inhouse psychotherapists will offer a personalised tailored support plan to enable them to bridge the gap between leaving in our care and living independently in the community, enabling our care leavers to succeed in life, by providing solid and stable foundations to build on.

We run monthly support group meeting sessions in our placements where all our service users will get to meet each other and talk about anything and everything as it

affects them without being judged. It is called – **DEALING WITH FEELINGS** -sharing group Meeting. This has an incredibly positive outcome.

We apply a holistic therapeutic approach such as "Dyadic Developmental Psychotherapy" which attempts to reverse a person's negative internal working model they have developed by modelling a healthy attachment cycle, helping them learn to regulate their emotions surrounding the trauma they experienced, and assisting the

family at developing an understanding of why a person responds or acts the way they do.

Our therapists will explore positive ways to offer a tailored support plan by addressing those issues from the service user's childhood.

For further information, please contact us on 0113 277 4455 or email:

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