



# Using the CSSO Framework

## THE CSSO HOUSE

In The Resilience Service we call our way of working 'CSSO'. We think of CSSO as a house. Each of the four letters is a room that describes a key part of the way we work with children, families and schools. The 4 CSSO Rooms are:

### CSSO ROOM 1 – CHILD / YOUNG PERSON DIRECTED

Your child's voice and decisions are important to us. During this time with us, we will encourage them to 'take the driving seat'. We will work closely with the young person to set goals and make positive changes, using an approach that they feel most comfortable with.

### CSSO ROOM 2 – SYSTEM FOCUSED

Being system focused means working with key adults in the young person's life, as well as the individual young person. We will encourage your child to identify supportive adults in their life, and consider the ways in which the network of people around them can best support them during tough times.


### CSSO ROOM 3 – STRENGTHS BASED

Being strengths based means focusing on the positives in your child and family. It is important for us to hear what is going well for your child, as well as the things they are finding challenging. We hope to support the young person to identify their own strengths, and to help them to use these strengths to increase their resilience and make positive changes.

### CSSO ROOM 4 – OUTCOME INFORMED

We listen to feedback from the young person and adults. Each time we meet, young people complete a short questionnaire to show how things are going in relation to their wellbeing and goals. We may ask you to provide feedback at the beginning and end of your child's support. Feedback makes sure we are providing the right kind of support and making a difference for everyone.



**Believe in children**  
 **Barnardo's**  
**Incredible** things happen when you believe in children