

# 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 young people. The 4 CSSO Rooms are:

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

Your voice and decisions are important to us. We want to support you in the way that will help you make the most positive change. We are able to see you in a place where you feel comfortable, focus on topics that are relevant to you, and use an approach that you feel will help you solve problems and achieve goals.

### CSSO ROOM 2 – SYSTEM FOCUSED

We will spend some time thinking about other people that can support you. We can think about how the positive people in your life (friends, parents, family members, members of your community/school) can help you during tough times, help you make positive changes and be there for you when you need them.


### CSSO ROOM 3 – STRENGTHS BASED

You have many amazing strengths! We'll work together to find out what they are, and how using those strengths can help you get through challenges. We will focus on what is going right with you, as well as talking about the difficult things.

### CSSO ROOM 4 – OUTCOME INFORMED

It is important that our time together will make a difference for you. At the beginning of each session, we will ask you to share how things are going in your life and with your goals. At the end, we'll ask you how you're finding the sessions to see if there's anything that could work better for you.



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