



Systemic Integrative Treatment

A Bespoke Marketing Pack for Commissioners & Professionals

- ✓ Evidence Based
- ✓ Cost Effective
- ✓ Significant Results
- ✓ Example of Best Practice in London
- ✓ Innovative Treatment



brandoncentre.org.uk



07939 833069



Systemic Integrative Treatment (SIT) provides intensive, evidence-based therapeutic treatment grounded in systemic and social-ecological theories.

SIT works with families, communities, and professional networks to bring about significant, measurable change in the complex and high-risk behaviours of young people aged between 8 to 16 years.

London Children's Services Practice Spotlight



In 2025, SIT was recognised by the London Children's Services Practice Spotlight highlighting SIT as an example of **best innovative practice** that improves outcomes and delivers **value for money** for children with complex needs who are in care or on the edge of care, including those at risk of high-cost placements.

"Unbelievable, and a real lifeline in our crisis time, extremely grateful that we were able to access this service."

From a thankful parent

How SIT works

1

Community Delivery

1 year support delivered directly in homes, schools and community settings.

2

Whole-System Approach

Engaging families, schools, professionals and communities for lasting change.

3

Clinical Expertise

High-risk cases led by experienced Clinicians for safe, informed intervention.

4

Effective where others have struggled

We work with families who have often been through multiple services without success.

5

Keeping Families Together

Our primary goal is to keep families together safely, reducing the need for residential or out-of-home placements.

6

Bespoke and Tailored

Every intervention tailored to each family's unique needs.

7

Multi-Agency Collaborations

We collaborate across CAMHS, Looked After Children (LAC) services, Youth Offending Services (YOS), Child Protection (CP) as well as Children in Need (CIN) teams for coordinated and cohesive support.

What we do



Prevent children and young people from being placed in care and other costly out-of-home placements.



Enable children and young people to return home from alternative placements and sustainably improve family functioning.



Strengthening and supporting foster placements to prevent breakdowns and ensuring stability for children and carers.



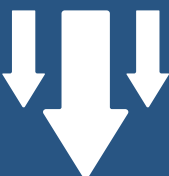
Reducing CAMHS inpatient admissions and shortening length of admission for improved mental health outcomes.



Improved education outcomes, increasing attainment, reducing truancy and preventing permanent school exclusions.



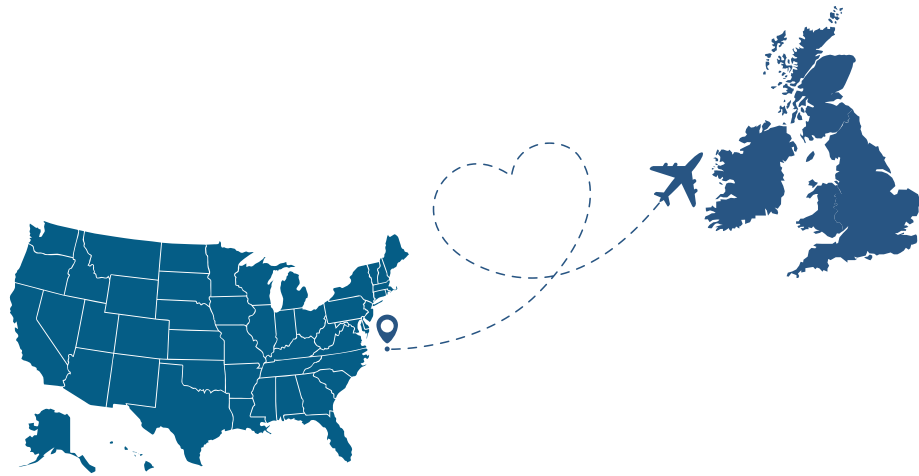
Reducing youth crime and forms of anti-social behaviours.



Reducing Harmful Sexual Behaviours (HSB).

Our History

Brandon Centre has a proud legacy of innovation and excellence.



In 2003, we successfully conducted **the first randomised controlled trial** of Multi-Systemic Therapy (MST) in the United Kingdom, building upon the model initially developed in the United States.

For **over 14 years**, we worked closely with families of young people experiencing complex behavioural challenges, delivering MST with dedication and proven success. Driven by the desire to better align with UK systems and to meet the needs of more complex families, Brandon Centre developed Systemic Integrative Treatment (SIT).

For over a decade, SIT has been delivered with outstanding results across multiple London boroughs, transforming the lives of children and families with complex needs



NICE
National Institute
for Health and
Care Excellence

Grounded in the **National Institute for Health and Care Excellence (NICE)** guidelines for addressing conduct disorders and harmful sexual behaviours, SIT offers a uniquely effective way to improve outcomes for the most vulnerable young people.

Our Evidence Base



In 2023, SIT was independently evaluated by the **University of Hertfordshire**, funded by the **Youth Endowment Fund**.

The findings were compelling:

- ▶ Rapid and sustained reductions in young people's problem behaviours.
- ▶ Clinically and statistically significant improvements in child behaviour and family functioning.
- ▶ Marked reductions in offending and emotional and behavioural challenges in youth.

These outcomes demonstrate the effectiveness of the SIT model and its positive impact.



University of Hertfordshire **UH**



[Click here for full report](#)

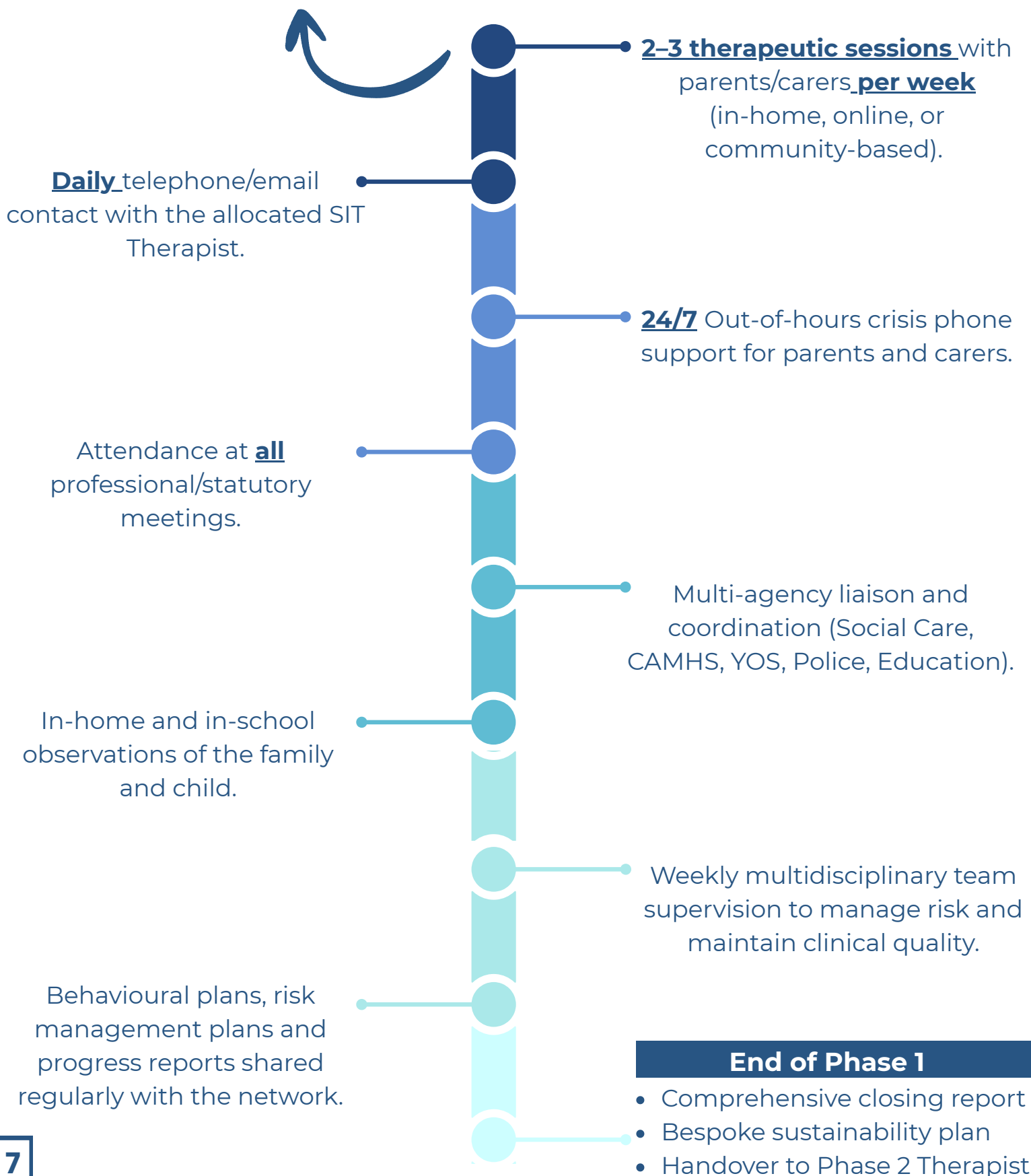
Sessions include:

- Structural & Strategic Family Therapy
- Cognitive Behavioural Therapy (CBT)
- Solution-Focused Therapy
- Behavioural Interventions
- Psychoeducation
- Risk and Crisis Management

What's included?

Phase 1

6 months of intensive treatment



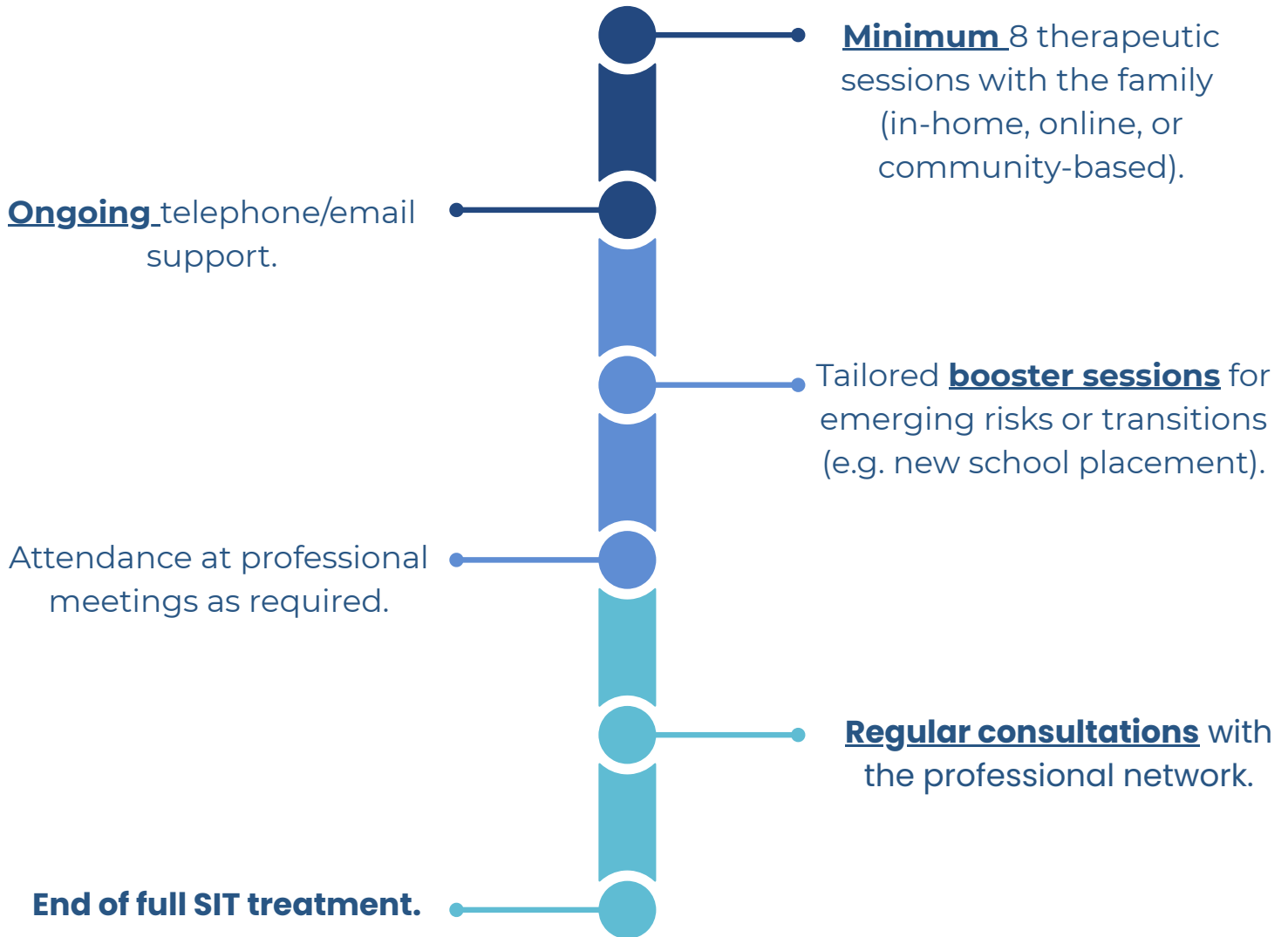
What's included?

"Thanks for giving us the chance to turn our lives around in such an incredibly transformational way."

From a grateful parent

Phase 2

6 months of relapse prevention & maintenance



"I have found SIT workers to be helpful, knowledgeable and committed practitioners. I just wish we could refer more families to them!"

Referring Professional

Harmful Sexual Behaviour (HSB)

14 months of intervention

Our tailored HSB service provides expert support for children & young people showing Harmful Sexual Behaviours, focusing on safety, wellbeing and positive development.

Phase 1 offers intensive intervention (8 months), followed by Phase 2 (6 months), with a total programme of 14 months.

Our Harmful Sexual Behaviour support includes:

Targeted Safety Planning

Behaviour specific strategies to protect the child, family and wider networks.

Clarification Work

Structured process involving child and family to rebuild trust, understanding and healing.

Empathy & Accountability

Therapeutic work addressing denial, building empathy and fostering responsibility.

Sexual Health & Relationship Education

Age-appropriate, evidence-informed psychoeducation around consent, boundaries and healthy relationships.

Emotional Regulation & Coping Skills

Practical tools to manage impulses, reduce risk and promote self-awareness.

Personal Development

Identifying personal goals, build skills to meet needs in safe, prosocial ways, encourage hope, responsibility and self-worth.

Reintegration Support

Guidance for safe, supported return to schools, community activities and family life.

Our HSB service comes at an additional cost due to increased timescales.

SIT treated a total of 27 young people between 2023-2024.

For each child referred, the Therapist predominately works with the family, school and professional network.

Outcome Data

2023 -2024

In Education

89%

89% of young people were in education by the end of treatment. Most young people referred to SIT are not in education at point of referral.

85% of young people who were placed in an out-of-home placement, as a result of their behaviour, successfully returned home by the end of treatment.

Living at Home

85%

No Further Offences

96%

96% of young people seen committed no further offences during the course of SIT treatment.

100% reported their child's behaviours had improved as a result of SIT treatment by Brandon Centre.

Improved Behaviour

100%

Sustained Change

100%

Of all the families available for follow up data collection, 100% reported their child remains living at home, in education and regularly attending school.

Cost Breakdown

Our SIT service is designed to provide Commissioners with a high-impact, cost-effective solution that delivers measurable outcomes for the most vulnerable families.



Spot Purchase

£25,000 per case

Contracts of 2+ Cases

£22,500 per case

Outcome

Investing to save costly out-of-home placements such as foster care, children's homes, youth custody & inpatient units.

Referral Criteria

Essential inclusion criteria:

- The young person is aged between 8 to 16 years old;
- The young person is living at home or is in a long-term foster care placement or a short-term placement with an imminent plan to return the child home;
- The parent or carer has agreed to an initial assessment;
- The young person's intellectual functioning is above 65;
- Behaviours to be addressed include at least one of the following:
school refusal, regular absconding, violence substance misuse, offending, defiant or severe oppositional behaviour or harmful sexual behaviour.

Also accepted:

- Children whose behaviour is putting them at risk of placement out of the family home (such as into care, custody or hospital) or breakdown in foster placement;
- Children with ADHD and high functioning ASD displaying the above behaviours.

If harmful sexual behaviour is present, then the following essential criteria must also be met:

- Offence is no longer in the police or court system;
- Offence committed no longer than two years ago;
- There must be a victim (for example, watching child pornography would not meet this criteria);
- Parental or carer acceptance that a sexual offence has taken place (that is, no absolute denial, although minimisation of the offence can be worked with).

How to refer

To discuss referrals, contact
Dean Charlery
BC SIT Coordinator and Referrals Manager

07939 833069
familyservice@brandoncentre.org.uk

Feedback from families

"You gave us what we needed (strength, wisdom, hope and good advice). I'll be forever grateful to you."

"SIT is an intense process and we were supported every step of the way. I would do it again in a heartbeat if it meant getting to where we are now."

"The intervention has resulted in such a massive transformation, it's extraordinary. I don't know how to express enough gratitude."

Feedback from referrers

"The SIT Therapist working with this family has made more progress than any other professional involved and they have had a long history of professional involvement."

"Excellent partnership working with positive network meetings and treatment coordination."

"The behaviour concerns have significantly improved. The young person is now able to manage without medication and I am closing the case."

