



HELLO AND WELCOME!

We are thrilled you are interested in The Baxter Project. An award-winning therapeutic intervention that has been supporting young people in schools since 2019. What began as one man's theory to reduce childhood entry into the criminal justice system, has developed into one of the most revolutionary and successful wellbeing initiatives that most people are unfamiliar with.

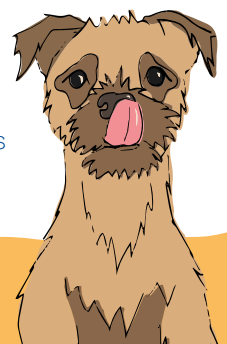
The Baxter Project is named after our founding wellbeing dog, Baxter, and what started with Baxter has grown into a team of four legged friends, a pack, that assists our specialised practitioners in delivering thousands of therapeutic sessions with young people each year, allowing them to thrive and build strong pro-social relationships with their peers, the school and themselves.

Informed heavily by the Trauma Recovery Model, The Baxter Project initially had the aim of mitigating the long-term impact of Adverse Childhood Experiences (ACEs) and childhood trauma, to steer young people away from the Criminal Justice System, however, we quickly determined that the provision was effective in supporting young people through a wide range of emotional difficulties and day to day challenges.



WHAT MAKES US DIFFERENT?

- In contrast to standard school therapy dogs, which we love, we use a targeted approach that, rather than works with the masses, focusses attention specifically with the young people who need support the most, those who are 'at risk' of developing negative attitudes and behaviours as a result of childhood adversity, or those who simply need support with some of the challenges young people face.
- All our techniques strive to maximise engagement, the presence of cute dogs, the informal nature of sessions, the exclusivity and of course the chance to miss an hour of lessons are all tools to boost engagement levels. The better quality the engagement, the quicker trusting relationships are developed. It is this relationship that is the bedrock of positive change. They say that every interaction is an intervention, which is true, but we want to maximise the quality of the interaction and therefore strengthen the intervention and increase the likelihood of positive outcomes.
- We deliberately intend for our work to appear as simple as walking a dog, so much so, that some school staff have thought that our practitioners role is merely that of a dog handler, a vast amount of theory and thought has gone into our techniques, we want to be non-threatening and non-authoritative, we don't want young people to feel as if they are in just another support session, we want them to feel relaxed and safe in an empathetic, jovial setting conducive to relational development. Our message isn't revolutionary, but our delivery method is and young people across the country are responding to us positively.



INFO PACK



WHY COMPANION ANIMALS?

Dogs are naturally therapeutic, having the ability to reduce anxiety and stress and improve self-confidence and self-esteem. Our wellbeing dogs are often mistaken for therapy dogs, they are not. They do take all the credit, but it is our specialist practitioners that do all the work. For us, the involvement of companion animals creates a focal point that reduces pressure on sessions, during initial contacts there is no pressure to make eye contact, as we walk side by side outdoors breathing fresh air.

Essentially, our four-legged friends promote engagement by lowering defences and creating a communication bridge between pupils and our team that make relational development easier. The presence of our wellbeing dogs is just one element of a plethora of engagement promoting techniques that we adopt, a lot of forethought goes into making sessions fun, interesting, and playful. Establishing this trusting foundation allows young people to listen, understand, reflect and with time, implement positive change.

KEY INFORMATION

You can see what Baxter and the rest of the pack are up to across social media



@Baxter_Project



@tagthebaxterproject



@tagthebaxterproject



@the-baxter-project



We're proud of what we've accomplished so far, but we're not done yet! We believe that every school should have access to this kind of support, and we hope you'll join us in our mission to help young people feel better and implement the positive change they need to get back on track and get the most out of their education.

Whether your goal is a targeted outcome request, or simply offering an additional support option for the challenges that young people face, The Baxter Project is a unique, one-of-a-kind therapeutic intervention that can support your school's wellness provision.



OUR MISSION IS SIMPLE: POSITIVE ENGAGEMENT, CREATES POSITIVE RELATIONSHIPS WHICH FACILITATES POSITIVE CHANGE.

For more information, to read our partner school success stories, or to join our pack you can visit our website ...

www.tagroup.org.uk/the-baxter-project

