

Underdog Crew Studios – Core Practice Statement

Underdog Crew Studios operates through a lived-experience-led, SEN-informed model, designed specifically to support young people who present with complex behavioural, emotional, and regulatory needs.

Our approach is rooted in a deep understanding that what are often labelled as “**challenging behaviours**” are more accurately understood as episodes of dysregulation - natural responses to overwhelm, unmet needs or sensory and emotional overload.

Our Unique Approach

What differentiates Underdog Crew Studios is our ability to:

- Draw on authentic lived experience, allowing us to relate to and understand young people in a way that is both genuine and effective
- Provide a safe, adaptive environment where high energy, intensity, and emotional expression can be contained and processed, rather than suppressed
- Recognise early indicators of dysregulation and intervene in ways that prevent escalation and behavioural spiralling

We do not seek to control or eliminate these expressions. Instead, we:

- Reframe them as communication
- Support safe release and regulation
- Guide young people back to a balanced state without confrontation or escalation

Environment & Methods

Our studio environment is intentionally designed to:

- Absorb and channel heightened emotional and physical energy
- Allow for movement, noise, creativity, and expression without immediate restriction
- Provide structured flexibility, adapting to each individual’s needs in real time

Through creative disciplines (digital design, media, crafts, performance), we offer:

- Practical outlets for energy release
- Opportunities for focus, skill-building, and achievement
- A pathway from dysregulation to engagement

Managing Dysregulation & Risk

- Underdog Crew Studios has demonstrated a consistent ability to:
- Safely support young people during periods of heightened dysregulation
- Identify and diffuse potential escalation points early

Prevent behaviours from progressing into high-risk situations, where individuals may otherwise place themselves or others at risk

Our team's understanding allows us to:

- Maintain psychological safety without punitive responses
- Use de-escalation, space, and relational trust as primary tools
- Support individuals to self-regulate over time, building resilience and awareness

Impact

Even in sessions where traditional productivity may fluctuate, the outcomes are significant:

- Emotional regulation is achieved through safe expression
- Energy is released in an appropriate setting, reducing risk elsewhere
- Young people leave in a more balanced and regulated state
- Trust, engagement, and self-efficacy continue to develop

Conclusion

Underdog Crew Studios represents a progressive, neurodiversity-affirming model that bridges the gap between behavioural support and creative engagement.

By combining lived experience, SEN-informed practice, and a purpose-built environment, we provide a space where young people are not controlled or misunderstood, but seen, supported, and safely guided through their most challenging moments.

This approach not only prevents escalation - it transforms it into opportunity.

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