

TURNING THE PAGE



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Best Practice Tools

Therapeutic and Flexible Outreach

What is the tool?

‘Therapeutic and Flexible Outreach’ is a recently developed intervention that combines a number of research-based tools offering a tailor made service to birth parents. It involves intensive levels of engagements, trust building with clients, positive activities centred around the birth parents’ interests, and developing a support network with parents in similar circumstances.

The principles of this intervention include:

- ✓ Establishing a good relationship as soon as possible is crucial to engagement with birth parents.
- ✓ The support work must be client-led for this intervention to be successful.
- ✓ To establish effective engagement, the practitioner needs to understand the birth parent’s narrative of their experience of care proceedings. It is equally important for the practitioner to have access to the Family and Children’s Services assessments in order to have a holistic understanding of the concerns that led to the removal of the child.



- ✓ Support is planned around the priorities and issues that the clients face at that point in time. Practitioners will therefore need to have comprehensive understanding and knowledge of the care proceedings process.
- ✓ To establish a positive relationship, practitioners also look at the client’s interests and hobbies and then formulate bespoke interventions. These tend to be therapeutic, creative and activity-based.
- ✓ Once the relationship has been established and trust has been built between the practitioner and the birth parent, issues around the removal of the previous child are organically addressed. Practitioners use a range of therapeutic approaches specific to the needs of the client.



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The range of approaches and principles used include:

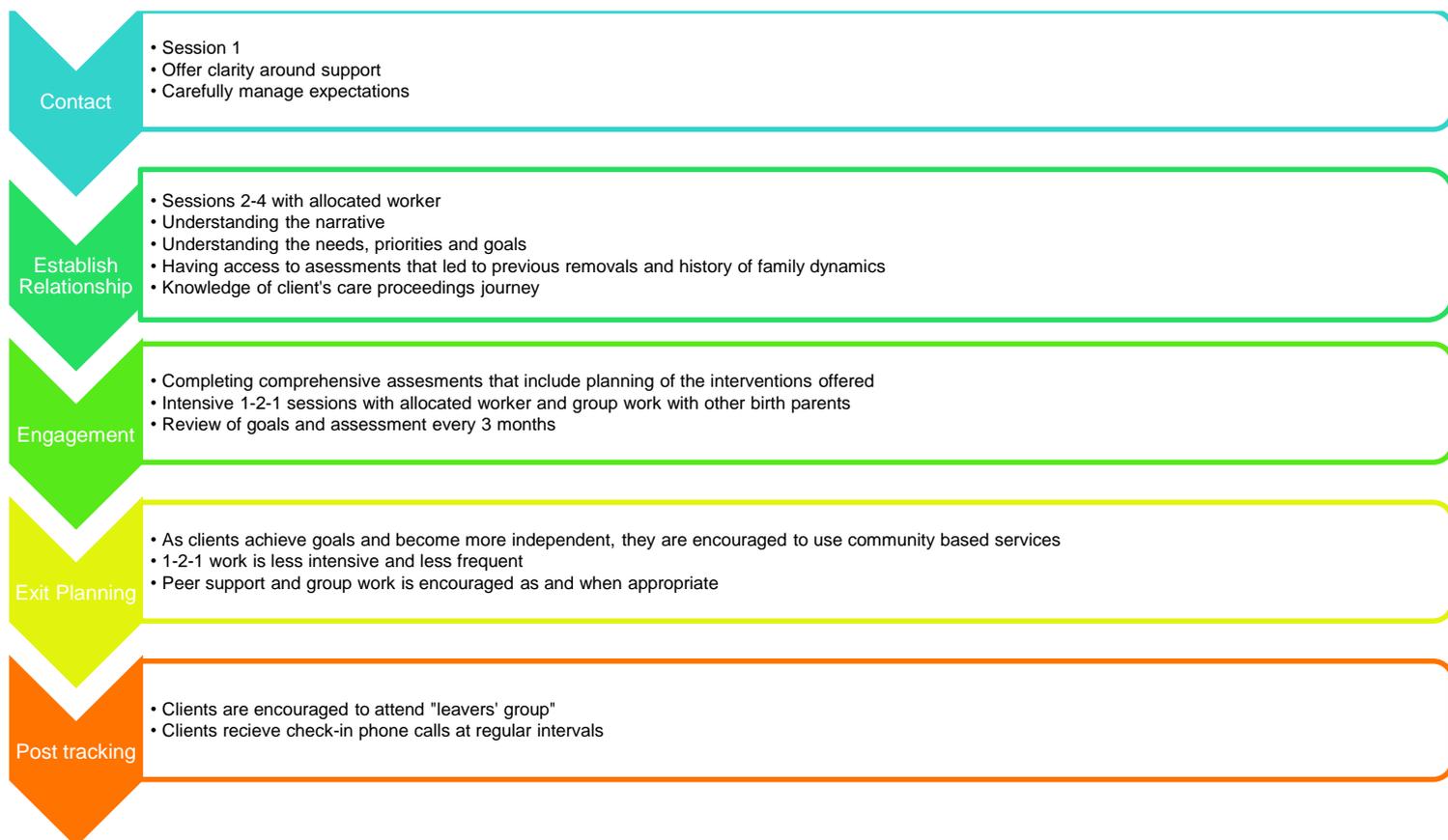
- Integrative Psychotherapy
- Cognitive Behavioural Therapy and Rational Emotive Behavioural Therapy
- Video Interaction Guidance
- SafeLives (formerly known as CAADA-DASH)
- Addiction Psychotherapy
- Motivational Interviewing
- Solutions-Focused Therapy
- Systemic Family Therapy
- Group work

Why would you recommend it?

Research shows that a flexible and bespoke approach is an effective method to engage with vulnerable groups that exhibit multi-layered and complex issues. This approach allows the client to lead the intervention and focus on their priorities. Given that the approach is creative, it offers greater success in building a trusting relationship between the practitioner and birth parents which greatly improves the engagement.

How do you use the tool?

The following framework is used as a guide to provide the intervention.



This approach also allows the practitioner to have a greater understanding of the client's capacity to change.

When is the most appropriate time to use the tool?

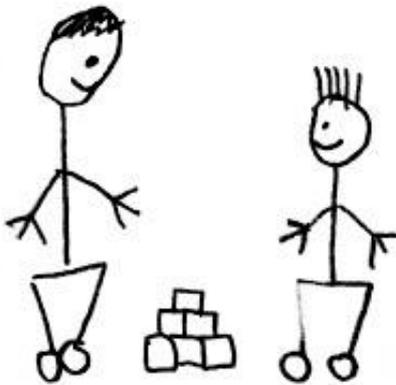
As the interventions and approaches are tailor-made to the needs of each client, the tools are used as and when appropriate. Practitioners should consult with colleagues and managers to identify the best approach based upon the needs of the client. The practitioner also needs to have an understanding of the tool itself in order to apply it effectively.



Some approaches used in Therapeutic & Flexible Outreach

Integrative Psychotherapy

Integrative Psychotherapy combines elements of various psychotherapies that addresses a person at the affective, behavioural, cognitive, and physiological levels of functioning as well as social and spiritual aspects of life. Human psychology can be understood through a number of theories, all of which provide value. The different approaches provide an insight into human behaviour and other functions such as cognition and emotion.



Video Interaction Guidance

Video Interaction Guidance (VIG) is a tool that practitioners use to develop communication within relationships using video clips of realistic situations. The aim of this is to give the birth parents an opportunity to reflect on their interactions, highlight what is positive and actively provide support to make changes in areas that the client feels is needed for a better future in their relationships with others.

Cognitive Behavioural Therapy and Rational Emotive Behavioural Therapy

Cognitive behavioural therapy (CBT) is used to treat anxiety and depression as well as being an effective tool for a number of other mental and physical health conditions.

Rational Emotive Behavioural Therapy (REBT) helps to resolve emotional issues and overcome emotions, thereby enabling individuals to lead happier and more fulfilling lives.

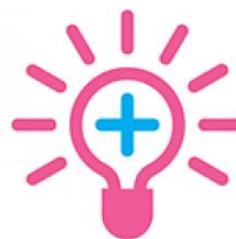


Motivational Interviewing

Motivational interviewing is a counselling approach that works by enabling and engaging intrinsic motivation within an individual in order to change behaviour. This tool is goal focussed and client centred. MI attempts to help raise the client's awareness of problems, risks and consequences that they may face as a result of their behaviour, thereby eliciting motivation for change through planning.

Safe Lives Risk Assessment

The Safe Lives Risk Assessment is a well-established, tried and tested tool that is used to make an accurate and quick assessment of the risk of domestic abuse. This allows individuals to get the right help as soon as possible. The tool analyses the risk of domestic abuse, stalking and 'honour' based violence. The tool is based on research about the indicators of high-risk domestic abuse.



What is Action for Change?

Action for Change is a European Union sponsored project that started in January 2015. The Royal Borough of Kensington and Chelsea is working in partnership with six other organisations across four European countries, these being the UK, Romania, Italy and Hungary. We want to know which services are most effective in helping women who, as a result of ongoing domestic violence, have had or are at risk of having at least one child removed from their care.

The focus of the project will be:

- To support women to break the cycle of violence and improve outcomes
- To understand which services work and those that are missing across the four countries, and identify which of these will improve the support currently available
- for women experiencing domestic violence
- To form recommendations around key missing services
- At the end of the project, we will come together and share the learning between us to develop a toolkit for services in the UK, and across Europe.

The Action for Change Partners

The Coordinating Partner

The Royal Borough of Kensington and Chelsea (RBKC) manages and coordinates the overall project. As part of the combined Children's Services department, Hammersmith & Fulham and Westminster City Council are associate partners that contribute to and benefit from Action for Change.

Our UK Partners

ADVANCE is a charitable organisation that does great work in supporting women, children and young people affected by domestic and sexual violence. It has

experience in facilitating participation of vulnerable women and coordinates the overall involvement of the Women's Shadow Board at an international level.

The Learning and Work Institute are an independent research and development organisation dedicated to promoting lifelong learning, full employment and inclusion through tackling disadvantage and promoting social justice. It is the UK's research partner and also leads on developing the international research and evaluation framework.

Our Romanian Partner

CFCECAS is a national NGO in Romania that has strengths in research, developing Innovative Projects and

training for services. It is delivering the research and evaluation in Romania, as well as working closely with authorities to deliver their pilot project. The project will also build these organisations' capacity to deliver services and European Union projects.

Our Hungarian Partner

G-Led is a newly established research and training organisation in Hungary that aims to empower people to tackle injustices. Its focus is gender violence and equality and its experts have contributed to a Daphne project on Empowering Women. Its Associate Partner will be Híd Social and Child Protection Services of Budapest XIII.

Our Italian Partners

Borgorete is an organisation that works in protection and care services, that includes support victims of violence in Italy. It operates on behalf of local health and social authorities in Perugia. Borgorete will be the delivery partner in Italy and will work collaboratively with protection and care services to deliver its pilot project.

CESIE is the research partner for Italy and will work alongside Borgorete in order to deliver the research and evaluation of the Italian pilot project. CESIE has strengths in research and considerable dissemination potential, and has a strong history of working effectively and successfully on EU projects.