

2018/19

## Schools Forum – Central Expenditure Contribution

### Impact Statement

Schools Forum contribution underpins early help, preventative and targeted support and intervention for families in Nottingham City.

#### Overview of the Services: Early Help and Targeted Family Support

<b>Total Budget:</b>	Early Help - £6.266m Targeted - £4.538m TOTAL - £10.804m
<b>CEG Contribution:</b>	£0.981m
<b>Other Contributions:</b>	£1.049m Youth Justice Board £1.430m Public Health £0.404m Priority Families
<b>Number of Children Supported:</b>	Circa 20,550 per annum

#### Funding Allocation:

Area	Intervention	Reach
Case Management – Priority Families / Child Only	<p>Family Support Clinics to triage concerns and provide brief intervention and sign-posting to appropriate services.</p> <p>Case Management of Targeted Family Support (whole family or child only). This includes:</p> <ul style="list-style-type: none"> <li>- Engagement (gaining consent)</li> <li>- Assessment of needs</li> <li>- Development of a tailored plan</li> <li>- Regular safeguarding visits and direct work with families</li> <li>- Brokering support from other partners to meet identified needs</li> <li>- Escalation to Children’s Social Care (CSC)</li> <li>- Supporting sustainable de-escalation from CSC</li> </ul> <p>In Targeted Family Support cases are open for 6 months on average. In Early Help cases are open for 3 months on average.</p>	<p>Early Help have 19 Family support clinics per week term time and 13 Family support clinics per week during school holidays (as Children’s Centres on school sites are closed)</p> <p>Each clinic has capacity for 3 families, therefore: 57 families per week during term time and 39 families per week during school holidays</p> <p>Early Help case-holding circa 2,500 (per year)</p>
Parenting Programme Delivery	Delivery of Triple P Parenting, Non-Violent Restraint, Teen ADHD Programme, Caring for Kids, Stronger Families (delivered in partnership with WAIS).	See below for course by course analysis

Family Network Meetings	See Case Study attached.	<p>Brokered on a case-by-case basis.</p> <p><b>Apr 17-Apr 18</b> Total number of completed Family network meetings = 74 Total number of children supported = 146</p> <p><b>Apr 18 – Aug 18</b> completed FNM = 41 Number of children supported = 74</p>
Children's Centres & Play and Youth Services	<p>CCs deliver open access and targeted services for families with a child aged 0-5 years (also work with siblings). Outreach for particularly vulnerable parents (targeted groups are CiN, SEND, DV, Teenage Parents and Workless Households).</p> <p>Play &amp; Youth Services deliver open access and targeted play &amp; youth sessions. Youth service delivers themed projects on key PSHE areas to build self-esteem and confidence. Examples are CSE, bullying, DV and positive relationships.</p>	<p>Total number of Children's Centre sessions April 2017 – March 2018 = 6,157</p> <p>Total number of Children's Centre attendances April 2017 – March 2018 = 114,130</p> <p>Total number of Play Youth sessions April 2017 – March 2018 = 2,227</p> <p>Total number of Play Youth attendances April 2017 – March 2018 = 32,468</p>

### Intended Outcomes:

- Improved resilience in families by reducing financial vulnerability, reducing worklessness and increasing work readiness.
- Improved attendance at school and behaviour in the classroom leading to a reduction in exclusions
- Reduction in trilogy of risk factors – substance misuse, parental mental health and domestic violence.
- Improved parenting skill and competence
- Early intervention and prevention – reduction in the number of families requiring more specialist intervention or children being accommodated.
- Reductions in behavioural issues, youth offending and broader impact on communities.
- Improved personal, social and emotional wellbeing of children and young people.
- Improved school readiness and earlier identification of additional needs.

## Impact

Support for families is accessed through Children & Families Direct (C&FD). From Sept 2017, C&FD received 21,913 contacts requesting help for children, young people and families. 11.2% (2,849) of those contacts were from schools. Overall, 21% of contacts reach the threshold for social care referral and 10.3% progress into early help or targeted services. A greater percentage of contacts from schools progress to referral (21.9%) and early help (18.5%) than other agencies.

Over the same period, C&FD processed 4574 social care referrals. 11.7% (535) of those referrals were from schools. Overall, 90.8% of referrals go on to receive an assessment or service. A greater percentage of referrals from schools progress to assessment service (96%).

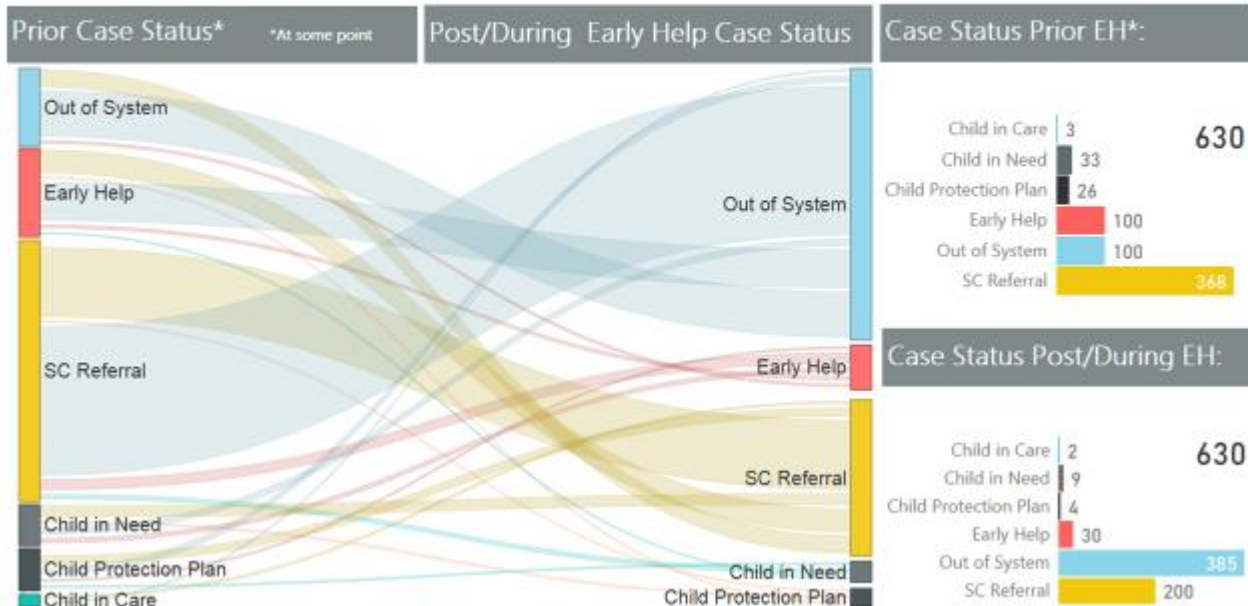
## The Right Help at the Right Time

**Are the right families being worked with?** The children and families being worked with are appropriate. There is strong demographic evidence to support this and a large proportion (84%) have previously been engaged with Children's Integrated Services at some point (68% of the cohort have a Social Care history). Importantly, the vast majority of the historic social care interventions were at the lower end of the need spectrum. I.e. *Not CIN, Child Protection or Children in Care*.

**Does Early Help work?** Following this period of EH/SC intervention 82% (385 + 134) of children have not had any further Social Care or Early Help engagement to date. 83 children had a further SC referral, on average this was 94 days after the EH episode ceased. The remaining 117 of repeat referrals occurred during the EH Episode, these cases were being stepped across to Social Care so do not count as repeat referrals as work as ongoing. Only 4% of children received further Early Help intervention. On average cases are re-opened after 65 days, so they are not immediate bounce backs.



## System Flow Dashboard: Early Help Case Pathway



## Priority Families

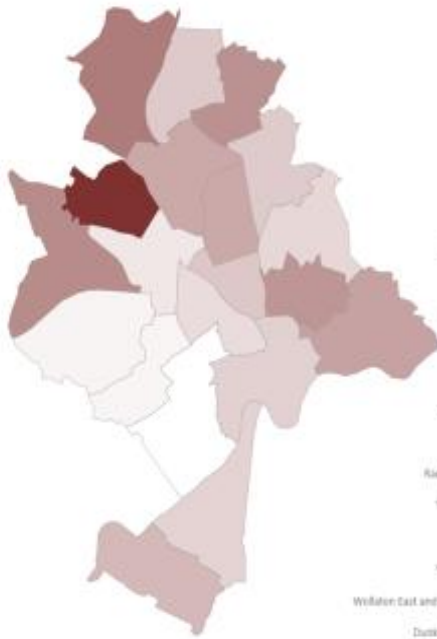
Below is a summary of some key outcomes data in relation to the impact of our intervention for families.

- Worked with 3591 (versus 1500 in 2017/18) families in Phase 2 of the Priority Families Programme. Average length of intervention is 6 months and have to evidence that outcome is sustained for up to 3 terms (depending on the need identified).
- The majority of Nottingham's Priority Families are supported by Nottingham City Council's Early Help and Targeted Services.
- Claimed for significant and sustained progress or continuous employment for 1651 (versus 642 in 17/18) families since 2015.

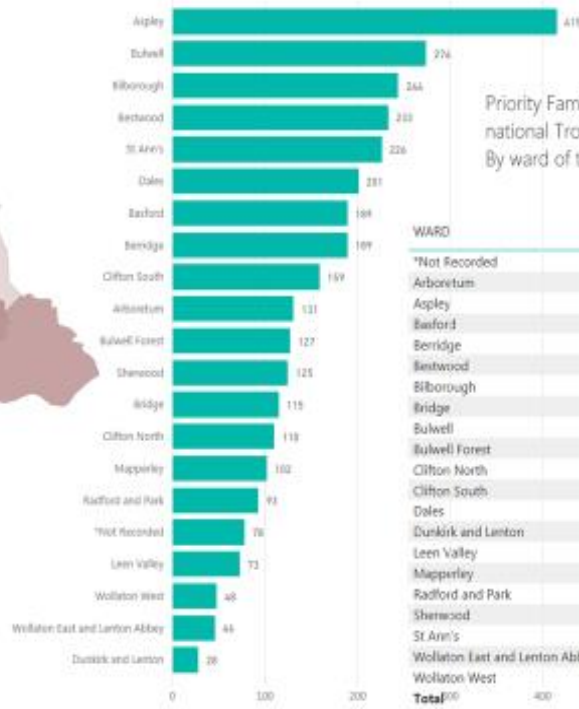
Of the 1561 claims:

- 568 families (36.4%) had education needs identified at the start of intervention. 1124 individual issues. 100% made progress against their identified needs in line with the Troubled Families Outcomes Plan.
- 485 families had school attendance recorded as an issue – 678 individual issues. 100% made progress against their identified needs in line with the Troubled Families Outcomes Plan.
- 160 families had exclusion/behaviour issues recorded – 198 individual issues. 100% made progress against their identified needs in line with the Troubled Families Outcomes Plan.
- To date we have 80% 'conversion rate' from attachment to significant and sustained outcomes.

Attached Families by WARD



Attached Families by WARD



Priority Families attached as part of the national Troubled Families programme. By ward of their home address.

WARD	Attached Families	%GT Attached Families
*Not Recorded	78	2.44%
Arboretum	131	4.10%
Aspley	415	12.98%
Basford	189	5.91%
Berridge	189	5.91%
Bestwood	233	7.29%
Bilborough	244	7.63%
Bridge	115	3.60%
Bulwell	274	8.57%
Bulwell Forest	127	3.97%
Clifton North	110	3.44%
Clifton South	159	4.97%
Dales	201	6.29%
Dunkirk and Lenton	28	0.88%
Leen Valley	73	2.28%
Mapperley	102	3.19%
Radford and Park	93	2.91%
Sherwood	125	3.91%
St Ann's	226	7.07%
Wollaton East and Lenton Abbey	46	1.44%
Wollaton West	48	1.50%
<b>Total</b>	<b>3198</b>	<b>100.00%</b>

## Parenting Programmes

a) **Early Help** teams facilitate parenting programmes within the Early Help targeted group offer. The three evidence-based programmes offered are:

Parenting Programmes 01/09/2017 – 31/07/2018		
Programme	Number of programmes delivered	Number of participants
<b>Peep</b>	38	294 families
<b>Triple P</b>	18	145 parents
<b>NFPP</b>	9 individual programmes	9 families
<b>Total</b>	65	448

### Peep

Peep is a 12 week, evidence based programme where parents/carers and their children learn and play together, the programme recognises parents as their child's first educator. Parents learn how to enhance their child's development through every day opportunities.

Early Help currently deliver for 3 different age groups:

- **Peep Watch me Grow** (parents/ carers with children 0-9 months)
- **Peep Inbetweenies** (parents/carers with children aged 9 -18 months)
- **Peep Getting Ready for Nursery** (parents/carers with children aged 18-24 months)

### **OUTCOMES:**

- A total of **294 families** have attended Peep programmes during this period.
- 60 % of attendees completed the full programme
- 100% of families who completed an evaluation of the session, rated the sessions as good or very good.
- 80% of the overall total of attendees completed the end of programme Peep review.
- 100% of families agreed that they and their child had benefitted from attending the sessions.
- 50% of families attending said the length of the course was not long enough

### Triple P

Triple P is an 8 week, evidence based programme for parents and carers with a focus on increasing positive behaviours. The programme is ideally suited to parents with children aged between 2 and 8 years.

Access to the programme is via a referral route, Early Help referrals have included self-referrals, internal referrals from Children's Integrated Services Schools and Health services.

### **OUTCOMES:**

- 167 families (of the 286 referrals) received a pre-course home visit
- A total of 145 parents (benefitting 308 children) started Triple P programmes and 106 parents completed the full course. This is a retention figure of 73%.
- 89% of parents who completed the course reported improved behaviours
- 99% of parents who completed the course reported improved self – confidence

### **New Forest Parenting Programme (NFPP).**

The New Forest Parenting Programme (NFPP) delivered in Early Help has a target group of parents with a pre-school child who is displaying symptoms of ADHD.

NFPP takes place in the family's home through weekly visits. During these visits, parents learn strategies for managing their children's behaviour and difficulties with attention.

b) We also have a more targeted Parenting Team that deliver the following interventions:

1. The Positive Parenting Programme ('Triple P') Group (4-12 years)
2. The Positive Parenting Programme ('Triple P') Teen (12-16 years)
3. Non-Violent Resistance (NVR) (for parents of aggressive, violent and self-destructive children).
4. Teen ADHD.
5. Stronger Families (families impact by domestic abuse – run in conjunction with Women's Aid Integrated Services).
6. Caring for Kids (aimed at parents who misuse alcohol and/or drugs).
7. Restorative Parenting (aimed at addressing conflict in parent/child relationships).

<b>Parenting Groups 1/9/17 - 31/7/18</b>		
<b>Programme</b>	<b>No Courses</b>	<b>No. Participants</b>
Triple P	14	87
ADHD	7	36
NVR	6	35
CSE	3	10
Stronger Families	1	5
NFPP	1	5
Father's Group	2	15
<b>Totals</b>	<b>34</b>	<b>193</b>
Caring for Kids Workshop	2	0

<b>GROUP PROGRAMME SCALER SUMMARY</b>													
<b>Programme</b>	<b>Sample size</b>	<b>SDQ</b>			<b>Parenting Scale</b>			<b>WEMWEBS</b>			<b>Satisfaction Score</b>		
		<b>Improvement</b>	<b>%</b>	<b>Mean Change</b>	<b>Improvement</b>	<b>%</b>	<b>Mean Change</b>	<b>Improvement</b>	<b>%</b>	<b>Mean Change</b>	<b>Average Score across all domains</b>	<b>Average Score across 1,5,6,7.</b>	
ADHD	13	11	84.6%	2.8	10	76.9%	0.5	10	76.9%	3.5	5.4	5.5	
Triple P	24	20	83.3%	3.3	20	83.3%	0.6	14	58.3%	4.8	5.2	5.5	
NVR	13	11	84.6%	3.5	11	84.6%	0.8	11	84.6%	3.4	5.7	6.1	
Fathers Group	11	5	45.5%	-0.3	10	90.9%	0.6	10	90.9%	9.5	6.4	6.5	
Totals	61												
											7	Excellent	Very Satisfied
											5	Good	Satisfied
											3	Fair	Disatisfied
											1	Poor	Quite Disatisfied

## **FAMILY NETWORK MEETING CASE STUDY**

The FNM was held for three children all attending Bluebell Hill Primary. Parents had separated and children were having inconsistent contact with both. Mum was struggling to manage the children's behaviour. Since the separation mum had moved across the city, which meant she would need to commute to get the children to school (which she often didn't do).

Dad lived closer to school but there were still issues with attendance and lateness. The children were on a Child in Need (CiN) plan, due to concerns initially raised by school as the children were consistently late and turning up unclean and in dirty uniform and not being collected on time. If one child was unwell then the others would not be taken to school either.

The purpose of the meeting was to assess what support parents needed and who would be able to provide this, to plan and agree contact and who would be able to support get the children to school consistently and on time.

The children did not attend the meeting but did share their views through word and pictures. The children were worried about not seeing their dad and not seeing their friends at school.

### **Outcome**

The network were able to develop a plan for who would be available to take the children to school. This was agreed and the family drew up a rota.

The network also came up with a plan on contact between parents, so the children would now know exactly when they would be staying with Dad.

For the children the network developed a plan of reward systems to help Mum and Dad manage their behaviour and have a consistent approach to rules and boundaries.

The Network also addressed concerns around home conditions, the children not being washed and being sent to school dirty.

### **Feedback**

The family felt listened to and empowered in making their own plan

The network felt comfortable raising concerns

Family did not feel judged and that the meeting was theirs

### **Review**

A review is completed by the coordinator at 3 months

The family have made vast improvements with home conditions, children are bathed routinely, and new uniform was purchased.

The children school attainment and attendance had improved from 37% to 87%

The children's behaviour had improved and parents were now working together and communicating around rules and boundaries.