

HOPE FOR CHILDREN AND FAMILIES PROGRAMME:

Resources to help professionals help children and families



What is the Hope for Children and Families Programme?

The Hope for Children and Families (HfCF) Programme is an innovative resource developed by Child & Family Training (C&FT) and partners.

- It is designed to assist organisations make planned whole system changes to the delivery of children's services, through adopting evidence based approaches.
- It is aimed at organisations and staff working with children and families to support and enhance the quality of direct work.
- It consists of resources for assessment, analysis, planning, intervention and reviewing progress.
- It is relevant for all children and young people and their families, including disabled children.

How does the HfCF Programme work?

It:

- provides an accessible set of evidence based approaches and resources for the assessment of children's needs, the capacities of parents and the nature of family life, to enable professionals to make a full assessment, plan and undertake evidence based interventions;
- provides resources to analyse strengths and difficulties, identifying harmful and protective factors, and the impact they have on children, enabling decisions to be made about how best to protect and help children and the capacities of families to work with practitioners;
- creates a plan for working with children and families, and provides an integrated set of modules that respond to the needs of children, their parents and families;
- empowers children, young people, families and practitioners to work together, promoting strengths and addressing difficulties;
- prevents cases drifting, bringing structure to action plans and generating clear programmes of direct work with children and families;
- evidences change (or lack of it) within children and families and the welfare status and safety of children and young people;
- evidences decisions and recommendations where harm or the risk of harm continues despite planned interventions.

What type of situations can the HfCF Programme apply to?

Each of the evidence based approaches and resources for direct work is associated with appropriate training and the programme is designed to apply across the breadth of children's services: early help, troubled families, young offenders, children in need (section 17), child protection (section 47 enquiries and assessments), child protection plans, care proceedings, looked after children, kinship, foster carer and adoption assessments and placements and post adoption support.

- These evidence based approaches and resources can be adapted to respond to different types of family situations, and training on the use of the resources is matched with the service context.
- Within early help services the assessment and analysis training is delivered in a single day, whereas in children in need and child protection services training on assessment of children, parenting, family life, and child protection decision-making is more extensive.
- Intervention resources are delivered in a modular form, providing step by step guidance for practitioners and managers/supervisors. Modules are based on common practice elements and specialist treatment protocols, and can be chosen to respond to the child's needs, parenting capacity and family and environmental factors. Early help requires fewer relevant modules, however when children are the subject of a child protection plan a more extensive set of modules would be used.
- Training is delivered to meet the needs of practitioners working within their own organisational context.
- The HfCF Programme is compatible with the requirements of *Working Together* 2013, the practice expectations set out in the Ofsted framework for the inspection of Local Authority services for children and the *Public Law Outline* (2014).

What are the components of the HfCF Programme?

HfCF is structured around the following elements, which are presented on the following page in grid form:

How are the components of the HfCF programme delivered?

The HfCF Programme includes resources for practitioners and trainers, which are available on-line. These evidence based approaches and resources can be utilised in a planned programme of work for an organisation, and for a particular child and family.

How can the HfCF Programme be helpful?

The evidence-based approaches and resources for direct work with children and families are underpinned by an international literature review and the expertise of practitioners, managers and researchers. C&FT and their partner organisations have had over 10 years experience in implementing and supporting the sustainability of evidence based approaches. They have been involved in undertaking training across organisations comprising of assessments of children, parents and families, child protection decision making and are currently training the HfCF Intervention approaches in five pilot areas. The latter includes a whole service approach to training and innovation.

A further way of promoting the implementation of systemic change has been the training of agency-based trainers to help embed new approaches into organisations, and provide 'champions' who can support the maintenance of new ways of working with children and families.

Assessment, Analysis and Decision Making Resources

	Early Help	Troubled Families	Youth Offending Teams	Children in Need/ section 17	Child Protection/ section 47 enquiries	Children subject of Protection Plan	Care Proceedings	Looked After Children	Kinship Care Assessments	Adoption and Foster Carer Assessments	Post Adoption Support
Resources & Course Options											
Neglect	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Assessment and analysis course	✓	✓	✓	✓							
Communicating with children and young people using <i>This Much</i> and <i>This Feeling</i> apps	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Assessment of the child's experience	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Parenting Assessment	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
The Family Assessment	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
The Family Pack of Questionnaires and Scales	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<i>In My Shoes</i> assessment of children	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<i>Attachment Style Interview</i>					✓	✓	✓	✓	✓	✓	✓
Interviewing Skills	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Child Protection Decision Making using the Safeguarding Children Assessment and Analysis Framework (SAAF)				✓	✓	✓	✓	✓	✓		

Intervention Approaches

	Early Help	Troubled Families	Youth Offending Teams	Children in Need/ section 17	Child Protection/ section 47 enquiries	Children subject of Protection Plan	Care Proceedings	Looked After Children	Children in Kinship Care Placements	Post Adoption Support
Resources & Course Options										
Developing a plan of work	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Engagement with children and family	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Working with parents and carers: promoting children and young people's health, development and wellbeing – care, safety, secure attachments and positive parenting	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Working with parents, targeting abusive and neglectful parenting	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Working with children and young people's, emotional and traumatic responses through generic and problem specific approaches and addressing disruptive behaviour	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Working with children and families to promote communication and manage conflict	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Working with parents and carers to support children and young people who have been sexually abused or/and who are responsible for harmful sexual behaviours		✓	✓	✓	✓	✓	✓	✓	✓	✓

How can HfCF help to achieve whole system change?

The HfCF Programme can support whole system change by enabling all aspects of direct work with children and families to be underpinned by a firm evidence base. Practitioners and managers continuing professional development needs can be met through providing appropriate types and levels of training, support and supervision. Children and families can receive services tailor-made for their needs: practitioners drawing on the extensive set of resources in HfCF Programme enables them to provide the help required by children and families to support change.

Child & Family Training

C&FT is a not for profit company whose aim is to promote the use of evidence based assessments and interventions in children's services.

C&FT with others were commissioned by the Department of Health and the Department for Education and Skills to develop the assessment resources with associated training programmes to assist professionals in children's services who were making assessments of children and their circumstances. The Lifespan Research Group, Middlesex University, developed the *Attachment Style Interview*.

The Department for Education (DfE) commissioned C&FT to increase the accessibility of the DfE's neglect materials and develop assessment, analysis and intervention resources.

C&FT trainers have been trained by the authors of the resources and deliver training across the UK and internationally. Training can either be commissioned for groups of staff in organisations or individuals can attend courses run by C&FT.

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