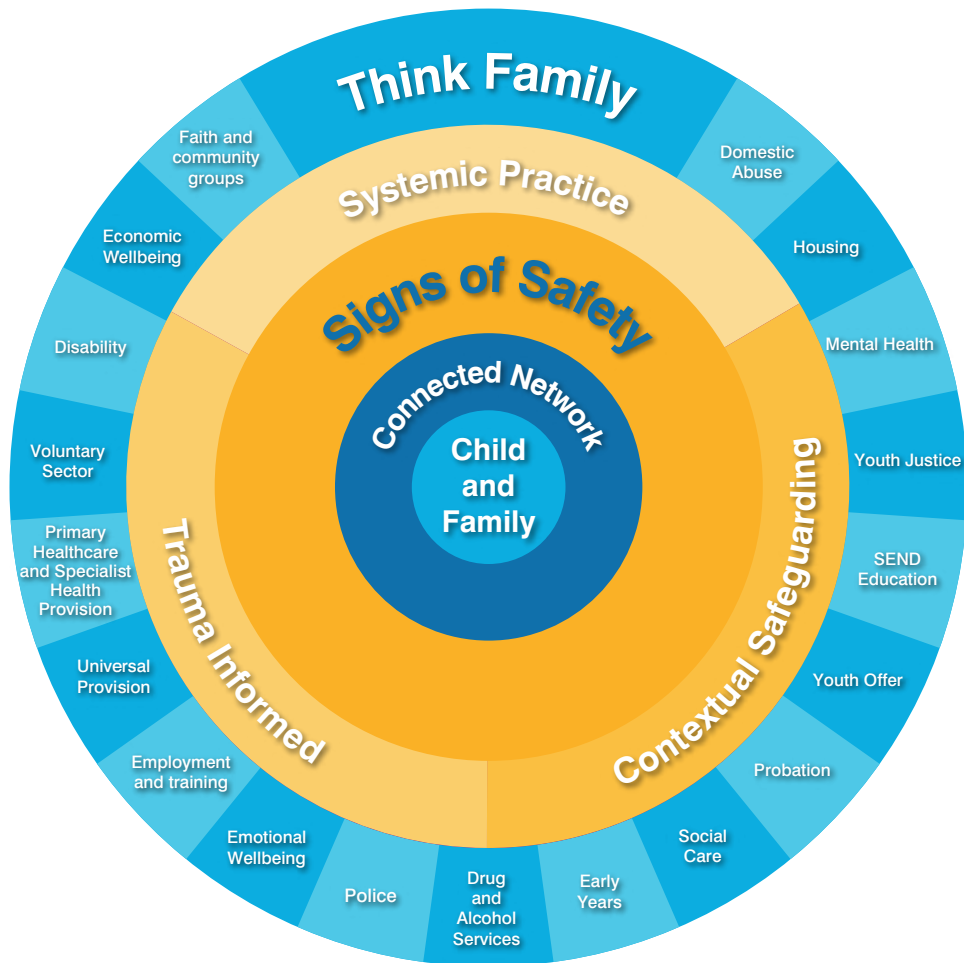


The **Think Family** Service





What do the Think Family Service do?

The Think Family Service helps children and families identify solutions to challenges in their lives and empowers them to make positive changes.

We offer individual consultations to Social Workers and their teams to support referrals into the Think Family Service for a variety of interventions and assessments, as listed below.

What is the ethos of the Think Family Service?

The Think Family approach closely mirrors the 'whole family' way of working where the individual needs of all family members are identified and their involvement in meeting them, is a key aspect of the approach. The Think Family approach complements the Signs of Safety model that we use in Thurrock.

Like Signs of Safety, the Think Family approach is careful to identify the strengths in families as well as their needs.

Professionals from both child and adult services work together to provide tailored support to families at the earliest opportunity.

Interventions

Edge of Care – Services can be provided for children and young people who are at high risk of coming into care. This includes those placed in care for a short term due to family breakdown, with a clear plan to return home, and those who have recently returned home from care and require further support to prevent them returning to care again.

Placement Stability – Children and young people who are already in the care system but are in a placement that is on the verge of breaking down. This prevents unnecessary placement changes for young people, preventing

the negative emotional impact of such changes and the risk of escalation into residential placements.

Reunification – Children and young people leaving custody where it is anticipated a breakdown in the family home and/or placement and a further period of custody is expected, unless support is provided.

Resettlement – Children and young people leaving custody where resettlement in the community is being considered, but there is a high likelihood of entry into care upon release.

The Think Family Service offers a variety of interventions, assessments and supervised 'family time' contact to children and their families.

The team includes Social Workers, Family Support Workers, Contact Supervisors and Family Network Meeting Facilitators all of whom have a wealth of experience in delivering a range of provisions and support.



Parenting (1-2-1 and groups)

The Think Family Service are trained in a range of parenting programmes incorporating the following into 1-2-1 and group work interventions:

Strengthening Families Strengthening Communities (SFSC)

– This is a programme designed to promote protective factors, looking at how children's behaviour is influenced at different developmental stages and how to draw families closer together.

Supporting Parents of Teenagers (STOP)

– The STOP programme is a step-by-step course for parents with pre-teen or teenagers (10-16 year olds). The course aims to improve family communication through learning how to really listen and de-code what your pre-teen/teenager is saying or needing.

Pit-STOP – Pit-STOP is a 1-2-1 parenting programme tailored to individual parents/carers and young people's needs. The objective is to enable parents to 'break the cycle' of negative communication, as they are supported towards a better understanding of the emotional and developmental changes in their young person.

Video Interaction Guidance (VIG)

– VIG is an intervention through which a practitioner uses video clips of authentic situations between the parent/carer and young person to enhance communication within the relationship.

Triple P, Positive Parenting Programme

– Triple P is an evidence-based parenting program which gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behaviour, and prevent problems from developing.

Triple P, Stepping Stones

– Triple P Stepping Stones is a specialised evidence based programme incorporating the positive parenting programme, and is especially tailored for parents of pre-adolescent children who have a disability. Stepping Stones has been shown to work with children with intellectual and physical disabilities who have disruptive behaviours.

Caring Dads – This is a group intervention programme for men who have abused, neglected, or exposed their children to domestic violence. **Partners to be** – Partners matter and this programme of work looks to support partners as they prepare for the arrival of their latest baby, giving them advice and support both on a practical and emotional level.

Mellow Bumps – Mellow Bumps is an antenatal programme for mums to be, intended to decrease the stress levels in pregnancy to help mums-to-be understand that babies are prepared for social interaction from birth, and the importance of early interaction for brain development.

Going Mellow – Going Mellow is an attachment and relationship based group intervention programme for parents who have babies and children. Mixtures of reflective and practical techniques are used to allow parents to address their personal challenges and the challenges they face with their children.

Reducing Parental Conflict (RPC) – The Reducing Parental Conflict (RPC) programme is aimed at conflict below the threshold of domestic abuse. The RPC tools are designed to help practitioners communicate and resolve difficulties more effectively to support parents in conflict.

Non-Violent Resistance (NVR) – Non-Violent Resistance is a new approach, which has been specifically developed for responding effectively to aggressive, violent, self-destructive and controlling behaviour in children, adolescents and young adults. Parents or carers learn to acquire a position of strength, not giving in to unreasonable or harmful demands by the child.

Families Learning About Self-Harm (FLASH) – FLASH is a programme for parents and carers of young people that exhibit self-harming behaviours where these are impacting on the family as a whole. The course aims to create better communication and personal relationships between parent/carers and young people. FLASH allows parents the opportunity to discuss the problem with people who understand, and learn how to manage the concerns within the home.

Assessments

As part of the 'Think Family' approach, we also offer the opportunity for social workers to refer in for 3 main types of assessments. Our assessments are carried out by professionally trained practitioners within the service independently as opposed to outsourcing to agencies.

Assessments can be specifically requested at any time, particularly during the Public Law Outline (PLO) or during Court Proceedings.

Parent Assessment Manual (PAMS)

– The PAMS assessment is a practical-based assessment undertaken when a parent or carer has a degree of learning need. This assessment focuses on a parent's practical capabilities to meet the needs of the child and works with the parent and with a number of tools to meet their learning needs.

Generic Parenting Assessment –

A generic parenting assessment looks again at a parent's capacity to care for a child safely and their ability to meet their needs. The common assessment framework provides the overarching conceptual map ensuring the inter-related domains of parenting are addressed.

AIM3 – AIM3 is an assessment for adolescents who display harmful sexual behaviours and is designed to help practitioners consider targets for intervention as well as quantifying risk and levels of supervision.

Family Network Meetings

All families come up against problems from time to time. Some more difficult situations may need help and support from family and friends. A Family Network Meeting (FNM) is a way of giving families an opportunity to get together to make the best plan possible for keeping their children safe and to improve their future wellbeing.

- Family Network Meetings are generally held by the Acting Social Worker of the child/ren.
- Our Family Network Meeting Facilitators will support and assist the Acting Social Worker where appropriate, and a referral has been made to the Think Family Service



Family Time (contact supervision)

We support children in care by providing a safe place for them to meet members of their birth family, and others who have been important in their lives.

It is in the best interests of most children to maintain links with their family.

Contact must be arranged by referral from a Social Worker. We work with Social Workers to agree:

- how many times family time is allowed each week, month or year?

- how long family time can last?
- whether family time in the community is appropriate?
- regular reviews of contact

Our contact supervisors work closely with families and colleagues, supporting with attachment building and assessments, whilst preserving a child's sense of identity.

Useful Contacts

Social Worker:

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Think Family Service Practitioner:

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Think Family Service:

62-64 Hogg Lane, Grays,
Essex RM17 5QS
01375 652700 / 652013



Want to leave some feedback?

Feedback is essential in our growth and development as a service. We will use your feedback to learn, grow and develop, to better meet the needs of children and their families.

You can provide feedback using the Think Family Service email address: thinkfamilyservice@thurrock.gov.uk or you can do this anonymously via our feedback box that can be found at Oaktree Resource Centre.

How to get in touch?

If you require any further information please contact us by:

Phone: 01375 652700 or 01375 652013

E-mail: ThinkFamilyService@thurrock.gov.uk

Thurrock Council, Children's Services, Think Family Service
62 – 64 Hogg Lane, Grays, Essex, RM17 5QS