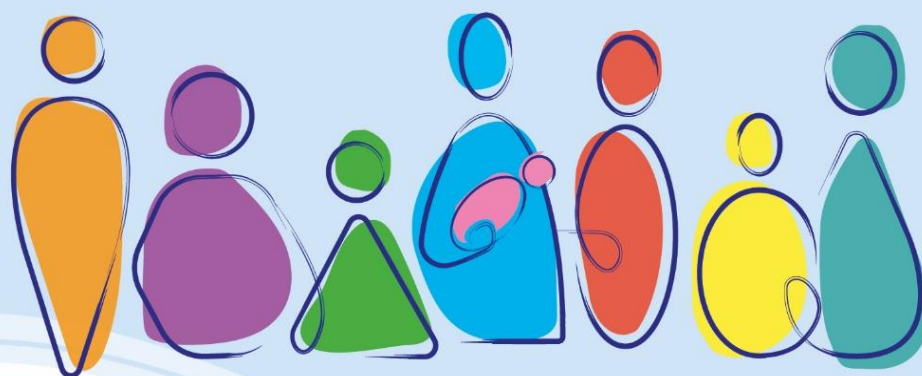


Family Intervention Service



Sheffield
City Council



Our Family Intervention Service

Core Offer

Our Way of Working

We use the solution focused Signs of Safety approach to identify the strengths, needs and ambitions of families, and to build their naturally occurring support network of family and friends.

We are a consent-based service that works collaboratively with families and relevant professionals to improve the wellbeing of children by improving the safety and nurture at home, supporting good physical and emotional health, encouraging engagement with positive community activities and education, and by ensuring that any additional needs are supported.

Our Provision

Our **Parenting Hub** offers seminars, discussion groups and a wide range of evidence-based parenting group programmes Parenting Hub Parents can access information and self-refer through Parenting Eventbrite

Our **School Engagement Team Intervention Workers** offer advice sessions jointly with school or nursery staff in the school setting, covering any of the issues in our support offer. If a brief period of intervention is needed, the same Family Intervention Service worker will usually complete this. If more intensive support than this is needed, then the strengths & needs of the family should be explored by the lead universal service and referred in for more targeted Early Help support using an Early Help Assessment.

Our **Locality Team Intervention Workers** work with families who are struggling with multiple issues. We intervene for as long as necessary to support positive change, and we end our involvement when the family and their support network can maintain those positive changes. A multi-agency support plan that meets the needs of the family will be agreed and reviewed at regular Team Around the Family meetings, with direct support and advice provided in the family home, as well as at school and/or in community settings. The family and involved professionals will receive a letter confirming the lead practitioner and their manager, the notes of the Team Around the Family meetings and copies of the Action Plan(s) and the Maintenance plan agreed when our involvement ends.

Our Intervention workers offer holistic support to families struggling with multiple needs by creating a multi-agency action plan and offering strength-based approaches to address a

range of issues within our support offer. The support offered as part of the multi-agency action plan will be discussed and agreed with the family and support network, so that the plan meets the identified needs of the family. The duration of the intervention will normally be a maximum of 9 months, but many families will be able to sustain the positive changes that they have made with the ongoing support of their network sooner than this.

Our Support Offer

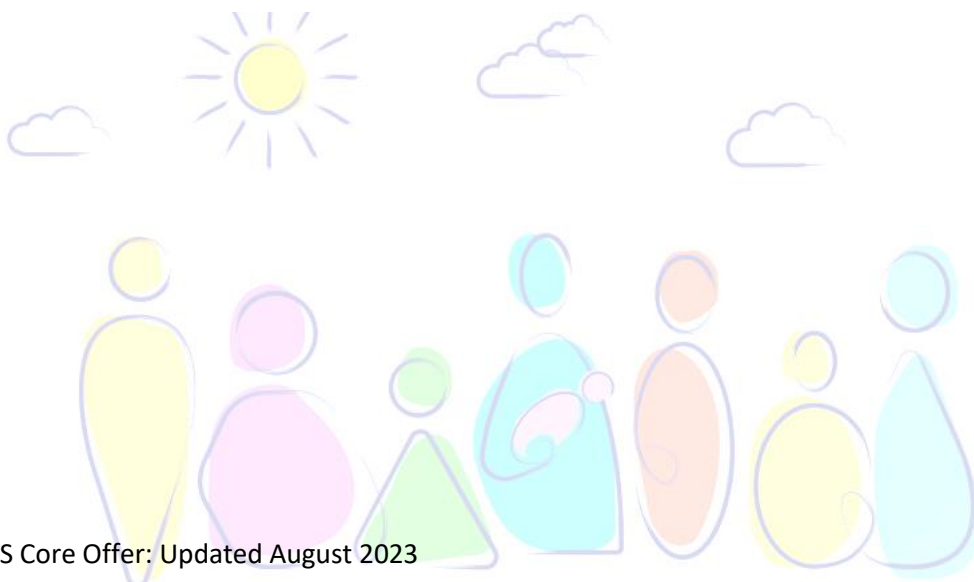
The support that we offer to each family will be tailored to their needs, and can include relevant elements of the following areas of support subject to discussion and agreement with the family:

Getting a good education

- Promoting adult learning and training opportunities
- Promoting good school and nursery attendance
- Liaising with education settings to understand and resolve any barriers to engaging with education and to ensure that SEND needs are met
- Supporting families with good bedtime and morning routines, and good sleep hygiene so that children are ready and able to engage with education
- Promoting adult learning and training opportunities
- Ensuring that families understand their responsibilities if choosing to home-educate
- Helping families to prepare children for adulthood and contribute to “Preparation for Adulthood” conversations for children and young people with SEND
- Working directly with children and young people to understand their anxieties around going to school and to work with relevant professionals to share the voice of the child/young person and to implement support strategies including promoting the Timid to Tiger or Fear Less group programmes.
- Promotion of Family Learning activities
- To consult as needed with Inclusion & Attendance specialists for additional advice about actions needed to improve school attendance

Good Early Years Development

- Promoting Free Early Learning provision in nursery settings
- Liaising with Health Visiting and Midwifery regarding infant development, infant feeding and perinatal mental health
- Promoting safe sleep for babies and ensure that babies and infants have safe spaces to sleep
- Encouraging good dental hygiene habits and supporting families to register children with their dentist
- Encouraging families to ensure that children receive recommended immunisations
- Promoting and supporting access to Family Hub activities
- Role-modelling play and positive interaction with children to parents appropriate to the age and stage of the child
- Supporting positive attachment between care givers and babies/children by demonstrating play, eye-to-eye contact, talking to and singing to babies as well as promoting the importance of comforting physical touch e.g. baby massage and skin to skin contact.
- Sharing and role-modelling positive parenting strategies and promoting the Incredible Baby group programme.
- Supporting families to get children school-ready
- To consult as needed with Early Years Practice Leads for additional support regarding routines, boundaries, potty training, weaning, play or gaining the voice of pre-verbal children.



Improve Mental & Physical Health

- Promotion of healthy lifestyle choices and ensuring that families are registered with GPs & dentists and are encouraged to vaccinate children
- Supporting early attachment relationships and bonding
- Direct work to understand the wishes, feelings and support networks of children and young people and their carers and to ensure that they know who is going to help them and how.
- Explore the emotional wellbeing of children and young people around issues that may be affecting them such as anxiety, bereavement, self-esteem, identity or relationships, and to offer meaningful interventions.
- Implementing strategies recommended by Adult Mental Health Workers or Primary Mental Health Workers to promote emotional wellbeing.
- Encouragement to eat healthy nutritious foods and increase physical activity, and to join groups or access services that may support with weight management if needed.
- Sleep hygiene work to improve sleep patterns, building on direct work to develop a sleep plan with the family and referring on for specialist support if needed.
- Liaison with relevant health professionals to ensure that health needs are met
- Identify, assess and support the needs of Young Carers
- Where there may be undiagnosed SEND needs, encourage family to access support from their GP to gain a referral, signpost to relevant support groups and services, and help family to understand the additional needs of their child including strategies for emotional regulation.
- Working with young people and their carers to create a safety plan to reduce self-harm and support emotional regulation.
- Proactive support to build or engage the family's chosen support network to make family life easier including encouraging and supporting family members to engage with community groups, youth provision etc.
- Supporting the emotional and mental health and wellbeing of LGBTQ+ young people and those who care for and support them by doing direct work as needed and encouraging them to access specialist support from SAYIT youth services.

Promoting Recovery and Reducing Harm from Substance Misuse

- Using the Alcohol Screening Tool to discuss use of alcohol in the family home and to onward refer for support if/as needed
- Encouragement & support to access specialist substance misuse services if appropriate for young people or parents
- Working with families to make a safety plan around substance misuse that involves the family's chosen support network
- Supporting parents and carers to understand the impact of their substance or alcohol use on their children.

Improved Family Relationships

- Explore and acknowledge the important people in the child's life and ensure they are included in the action plan/intervention.
- Be curious about father figures (including absent fathers) and where appropriate, include them in the child's plan
- Advice and support to learn and implement positive parenting strategies using the 4-step and 4-step SEND parenting intervention
- Use of Reducing Parental Conflict toolkit to support discussions and strategies to reduce conflict between parents
- Undertaking DASH (Domestic Abuse Stalking & Harassment) Risk Assessment as required and supporting to access specialist DA services as needed
- Undertaking Peer Abuse Traffic Light Tool as needed and support to access additional specialist support as required
- Direct observations of interactions between family members to identify areas of strength or need, and to support the family to have more positive relationships.
- Recognising any child to parent violence and working with both parties to support more respectful and healthy interactions and to improve their relationship.

- Promoting and encouraging parents to access the Parenting Hub provision and to implement the strategies in the family home
- Identification and assessment of Young Carers to ensure they get the right support
- To consult with the Relationship Champions or Domestic Abuse specialists as needed to inform this area of support

Children Safe from Abuse or Exploitation

- Creation of a safety plan that the safe network will put into place if risks are identified
- Discussion about exploitation concerns using the Sheffield Child Exploitation Tool
- Use of the Graded Care Profile 2 Tool to discuss and assess care in families where there are concerns about neglect.
- Identify and be curious about any child protection concerns including physical, emotional or sexual abuse and to discuss any worries with parents/carers and reflect on any worries in supervision.
- Escalation of concerns of child protection issues to Children's Social Care as needed, in agreement with a manager and advice from an Early Help Social Worker.
- Promotion of internet safety strategies with parents & carers
- Supporting families whose children regularly go "missing" to understand the reasons why and to put supportive safety measures in place
- Direct observations of children's sleeping arrangements to identify potential areas of need for basic items or sleep hygiene advice
- Wishes and feeling work with children and young people to understand what and who makes them feel safe, who they would turn to if they were worried or scared and to communicate this to parents and carers.

Crime Prevention and Tackling Crime

- Work with children & young people, their families and school to identify both protective and risk factors:
 - Protective factors include: child in school, effective parenting, consistent boundaries in place, positive role-models and peer groups
 - Risk factors include: Child/young person at risk of NEET, family breakdown, SEND, engaged in negative peer relationships and negative adult role models
- Encouragement to engage with positive activities in the community e.g. after-school clubs, sports, youth clubs, Scouts, church groups, drama, craft groups and Family Hub activities.
- Support to help parents ensure that home is a safe and welcoming space for children and young people with a variety of age-appropriate engaging activities available.
- Support for family members to make positive friendships and relationships with peers and positive role models.
- Encouragement for parents & carers to know where their teenage children are, who they are with, and what they are doing and when they will be home so that they are confident that their children are safe and engaged in positive activities.
- Support for parents to implement appropriate boundaries with their children and to ring the police if their children are missing or unsafe.
- Encouragement for parents to join the Parenting Hub group provision for parents of teenagers.
- Referral to and joint working with Community Youth Services as needed



Safe from Domestic Abuse

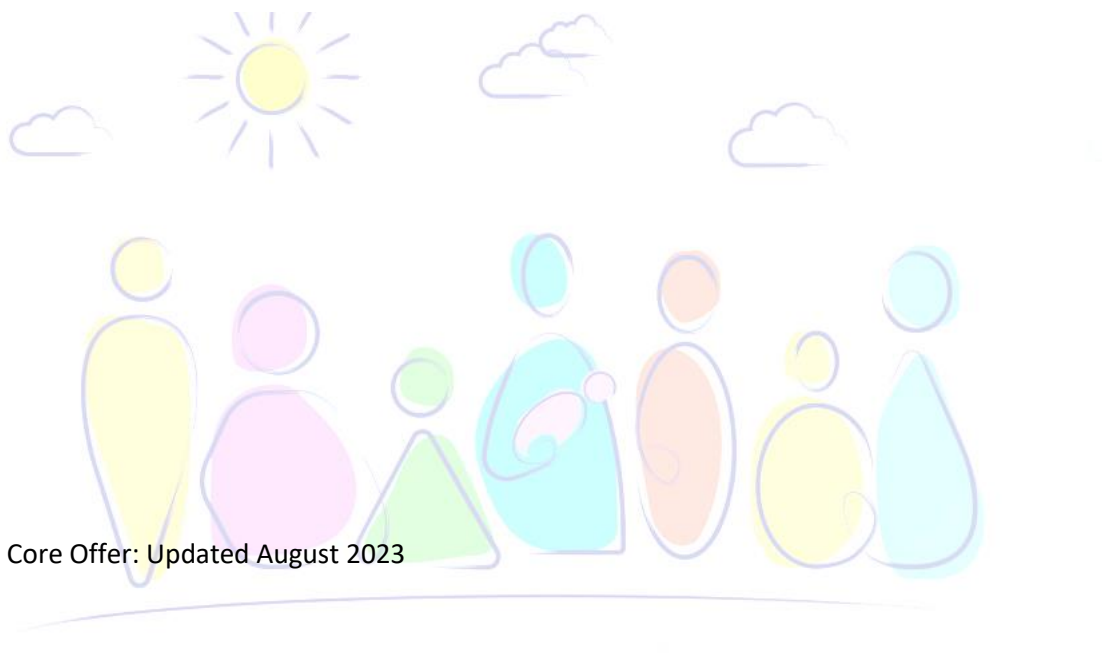
- To support the family within the framework of the Safe and Together model:
 - Keeping child safe and together with non-offending partner
 - Partnering with non-offending parent as default position
 - Intervening with perpetrator to reduce the risk and harm to child/ren
- Support the completion and reviews of a DASH with the survivor to understand the risk and domestic abuse experienced to inform plan for the whole family.
- Work with the survivor of domestic abuse to build on their existing strengths and support access to specialist Domestic Abuse services where needed
- Recognise that children and young people living with domestic abuse are also victims, through direct work understand the impact of the abuse and where more specialist services are required refer and support access
- Hold the perpetrator accountable for their parenting choices with regards to the abuse and the impact this has for their children. Refer and support them to access specialist support.
- Continue to be curious about relationships within the household through observations. Reflect within supervision what we are being told and what we see exploring coercive behaviours
- Escalation of concerns of child protection issues to Children's Social Care as needed, in agreement with a manager and advice from an Early Help Social Worker.
- To consult with Domestic Abuse Specialists to inform plan of support with the family



- Liaison with Housing Services as needed to resolve housing issues
- Support to access specialist advice about homelessness or threat of eviction
- Support to maintain a stable tenancy
- Advice and support to improve and maintain a safe and comfortable home environment

Financial Stability

- Help with basic budgeting including doing budgeting sheets with families
- Referrals for charity provision to access needed home essentials
- Support to access Citizens Advice Bureau for resolving any complex debt issues
- Liaison with Employment Advisors to encourage steps towards employment and to ensure that the correct state benefit support is in place



How to refer

Professionals

Professionals should refer by working with the family to complete an online Early Help Assessment [Family Intervention Service | Sheffield \(sheffielddirectory.org.uk\)](https://sheffielddirectory.org.uk)

Families

Families can request:

1. Places on our Parenting Hub Discussion Groups and Seminars by calling 0114 205 7243 or visiting [Parenting Eventbrite](#)
2. An advice session held at school jointly with a school representative, by speaking to their school
3. For more intensive support, families can request an Early Help Assessment via the professionals that are already involved with their children. The most appropriate Early Help service will be offered depending on the strengths and needs of the family.

