

C-Change approach to assessing parental capacity to change

Does it work?
What are people saying?

1

C-Change approach fills a much needed gap

There is very limited availability of good quality assessment methods for practitioners regarding **parental capacity to change** where the children are in need, or at risk of abuse.

The shortcoming is further highlighted by research and serious case reviews, which have identified a range of practice mistakes, including, for example, a tendency to mistake superficial parental engagement for genuine capacity to change.



1a

Filling the gap – what do people say?

‘C Change approach is clear to use and to understand. It supports assessments using tools and methods and evidences capacity to change.’

‘This offers a clear and concise means of collating information and making decisions clearer’.

‘It helps enormously - it is valuable to break it down to look at facilitators and barriers, goals etc. – it gives structure and helps analysis and focuses recommendations.’

‘I never ever had broken it down like that before. To the five domains like Habits, Automatic Responses, you know, all of those Contextual factors. I didn’t have any framework to hang that on. It’s helped massively.’

‘It definitely helps with the cases where there are a lot of presenting issues and supports me to make more specific, straight forward goals for change, with the voice of the child at the forefront.’

2

Better outcomes for children

This approach is making a **real difference** to children's outcomes. It supports:

- Clear thinking and professional judgement
- Better decision-making for children, including reduced delays and greater coherence between assessments and decisions.
- Improvements in the quality and accuracy of assessments. The addition of parental capacity to change into the analysis or formulation of an assessment enables the worker to follow a logical analytical process.
- Practitioners to enable parents to make meaningful contributions to the plans identifying what needs to change for their children
- Improved decisions and improved timeliness of decisions.



2a

Better outcomes – what do people say?

'It helps focus on the actual ability of a parent to achieve and sustain change within the child's timescales and therefore inform timely decision making.'

'Setting clear GAS goals, which are measurable and achievable for parents, gives them some ownership of the issues too.'

'This supports 'stuck', 'edge of social care' cases, to inform where support should be - EH/SC. Informed evidence based decision.'

'The approach appears to help balance giving parents opportunities but remaining child focused throughout. It ensures goals are related to how these will benefit child.'

'It provides clearer evidence and is fairer to parents re expectations and if and where any change has been achieved.'

'It helps promote better evidence around progress and helps parents to better understand what they need to do to make progress and succeed.'

3

Improves skills and confidence

C-Change focuses specifically on parental capacity to change, with the aim of informing future planning and decision-making for children, and improving practitioner skills and confidence.

The approach supports:

- Improved practitioner understanding of how behaviour change takes place
- Development of skills in how to measure real life attempts by parents to make changes in their lives
- Greater confidence in incorporating capacity to change into a children and families assessment
- A logical approach to analysis in assessments, and
- A systemic change in practice that incorporates capacity to change more fully into routine assessment work.



3a

Improves skills and confidence – what do people say?

'I feel a lot more confident doing this with the scaling resource as this sets out clear expectations for parents and makes it easier to assess / evidence if change has been made / achieved.'

'It's provided me with an evidence base for decision making in relation to families. I can also use this within supervision with student social workers and feel confident to do that.'

'The skills and experience of the trainers really made it relevant.'

'I feel much more confident after the training as this has allowed me to think about the goals I set on different levels. It will assist in getting a true understanding of presenting issues. Will further include the parent, ensure the social worker considers their language used and makes the work more open.'

'I think it allows you to slow down and re-think the case in a different way, noticing things you may have pushed aside during your work. This will allow you to re-establish their ability and set small achievable goals.'

'It was very relevant to practice – thank you!'

4

Transforms Assessments

The potential for C-Change to transform assessments arises because, in cases of alleged maltreatment, a good analytical assessment should consider three essential questions:

- whether there is harm to the child;
- whether the parents/carers are responsible for that harm; and
- whether there is capacity to change things to ensure the child is safe in the future.

Workers have struggled for years with the last of these questions.



4a

Transforms Assessments – what do people say?

'It greatly helps to focus on particular areas of change and how best to approach these with parents. It gives a clearer framework to use in reports to analyse a parents' capacity to change.'

'We focus in on particular areas and tasks that have been identified as in deficit, it informs assessments more effectively with detailed evidence of change or not.'

'It aids interactions with parents through involving them in processes and formulating plans.'

'It gives a structure to an element of assessments that we already do, but don't evidence very well.'

'It gives very clear examples of shared goals that can be measured. It helps particularly in cases where parents do well in the assessment period but where we still have long term concerns about sustainability and ability to change.'

'It helps me to bring out the positive things with families which often get lost in the capacity to change. Also, to help the parents to purely focus on how their capacity to change will benefit their child's needs.'

5

Court evidence and improved outcomes

Family Court requirements have also now included assessment of parents' capacities to change in their expectations of court reports.

The model allows for:

- greater cost-effectiveness - achieved through a reduction in repeat assessments
- greater accuracy in decision-making
- greater credibility of court reports and a consequent reduction in the need for expert witnesses



5a

Evidence – what do people say?

'It is really beneficial for report writing and courts.'

'C-Change assists my practice as it provides something tangible that can be used to evidence whether a child should remain in parents' care.'

'It makes things clearer to parents and professionals re barriers and facilitators, what has been tried and why a recommendation has been reached.'

'This offers a clear and concise means of collating information and making decisions clearer.'

'It enhances evidence of capacity to change, making it more measurable of attempts to support parents to evidence their change.'

'This offers a clear and concise means of collating information and making decisions clearer.'

'It allows a further layer to the assessment of C/YP in order to evidence recommendations.'

'We can evidence change with this – or lack of it.'

6

Training delivered by a Quality Provider

Interface only use the best trainers with masses of relevant experience and a passion for making a difference to vulnerable children and families. Our materials are also excellent. As a result, we receive **outstanding evaluations**.

Interface is a national provider of support for those working with children, individuals and families. As a **value's** based organisation, we want to make a real difference to children's outcomes. Our overall aim is to enhance capacity and expertise with a genuine mission to transform lives. That's why we have aligned ourselves with this approach created by Bristol University.

Our credibility is solid - we have trained over 13,800 practitioners and managers over the last 12 years. We have developed an **excellent reputation** for **quality provision** and are a key provider of training across the Country.

You are in good hands – we know that our training leads to improved practice - Just look at what people say about us!



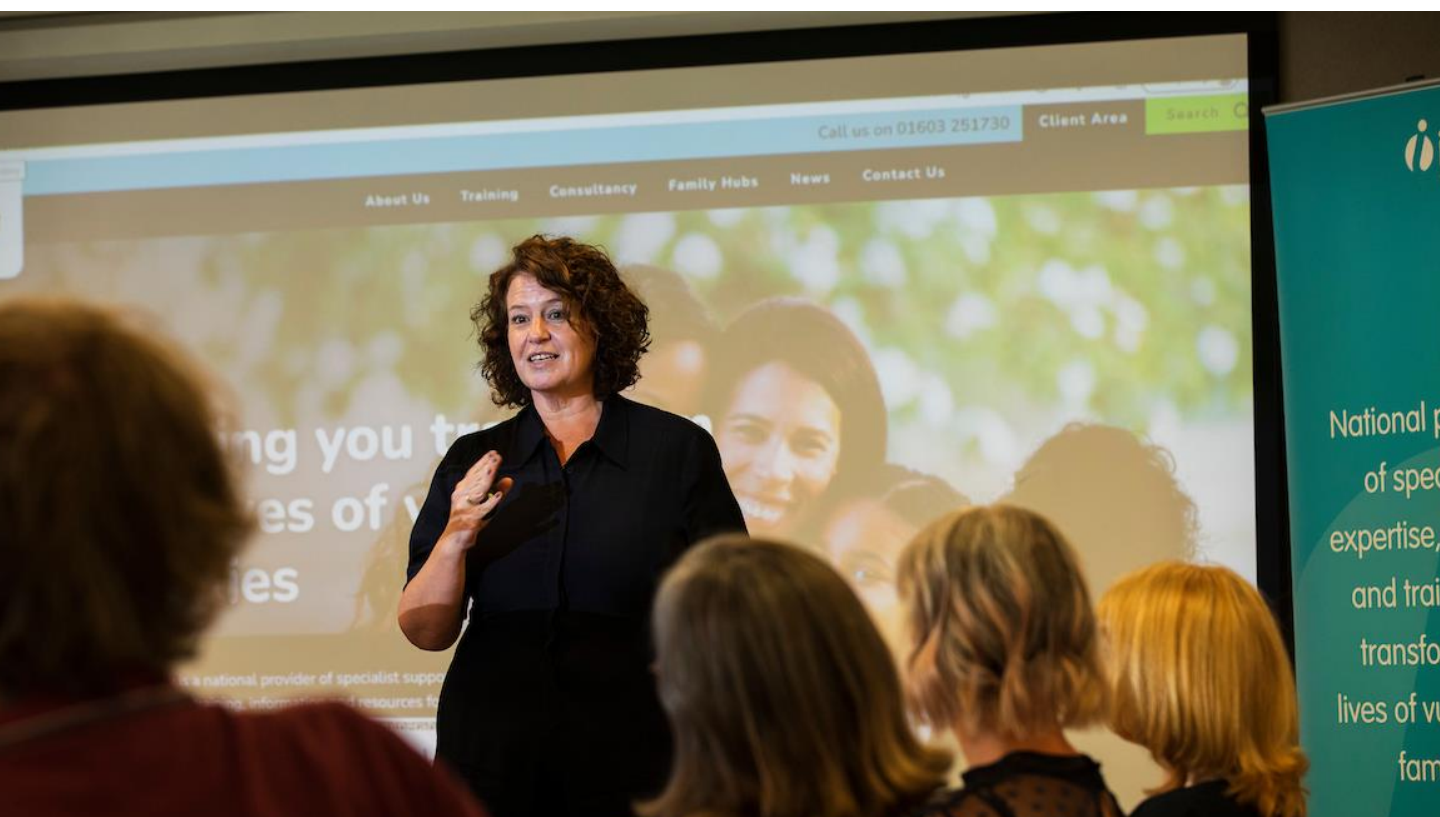
7

Interested in Training?

Face to Face - We can come to you and deliver this training to in house teams

Virtual - Whilst face-to-face delivery options remain popular, we have now adapted the programme so that it can be delivered 'virtually' enabling us to:

- Be very cost effective
- reach more remote teams
- respond to changes in delivery preferences which have come as a result of the Covid 19 pandemic
- accommodate and reach sole individuals or smaller groups of learners who have been expressing interest in taking the course since we started.



The C-Change approach

The C-Change assessment combines two essential elements, **understanding, & action.**

The first involves assessing and **understanding** barriers and facilitators affecting the parents' attempts to change their behaviour. It is underpinned by a framework drawn from behaviour change theory

The second involves time-limited assessment of the parents' **actions** as they try to make changes (with appropriate support and intervention).

The C-Change manual (provided with the training) guides practitioners in exploring relevant issues with families, and includes a range of supporting materials.



Thanks for reading. What next?

I hope that you are interested in the approach and our training. We are delighted to have been chosen by Bristol University to be their delivery partner as we are driven by a desire to make a real difference in supporting the workforce and improve outcomes for children and families so we can put our hearts into delivering this support for you.

I am sure you will have some questions for us. Please pick up the phone or send me an email so that we can start helping you to make a real difference to the lives of vulnerable children and families.



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