

Divisional Based Intervention Team

Hopes, successes and sparkling moments - Solution Focused Practice - Inviting Change in Families

Presenters:

Caron Durrance – Senior Practitioner

Luke Goldie-McSorley – Practice Supervisor

With Participation and input of:

Sue Lancaster – Service Manager

Loredana Grigore – Team Manager

26th September 2018



Essex County Council

Who is DBIT Essex?

DBIT core service – supporting young people 8-17 years old to remain in their family whenever safe and possible to do so. Short (up to 12 family sessions), intensive work with families using primarily a Solution Focused approach.

Secondary, voluntary service, focus on family's aims and building strength.



Who is DBIT Essex?

The DBIT Reunification and Reconnecting team was established in supporting and promoting work with children, young people and their families, where children are currently living in long term care placements/environments. We work alongside Children in Care teams where a potential plan for reunification has been agreed. We will support the family both pre and post reunification, on average 18 months in total, to ensure the return to the family network is appropriate, sustained and results in improved outcomes.



DBIT's journey...

From demonstration project to business as usual – DBIT's journey

Responding to identified need within the wider social care network (developing new workstreams, never standing still):

- Helping families stay together
- Helping families reconnect and get back together
- Helping young people experiencing homelessness and still aiming at supporting relationships with family



DBIT Circle

Safe, Stable, Happy Home



Edge of Care

DBIT Core

Reactive Care

18+ months Care

Core & Reunification can combine

Consultation

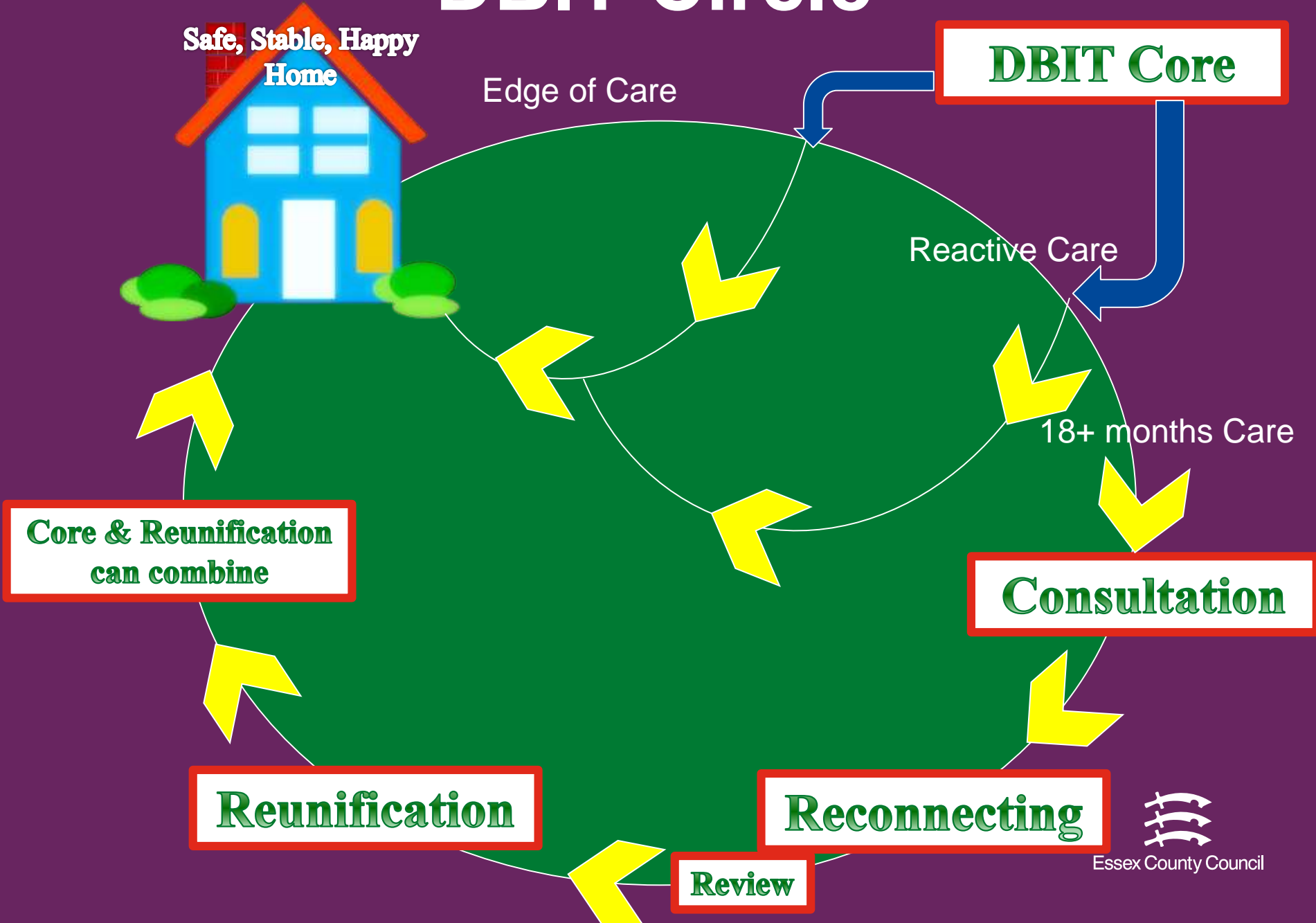
Reunification

Reconnecting

Review



Essex County Council



Solution Focused in DBIT Essex

Solution Focused is a language and way of thinking; it is a structured conversational approach that's built on a set of assumptions and uses questions at its heart.

- ❖ What does the person/family want from our work together? (best hopes)
- ❖ What would their life be like and look like if that was achieved? (the preferred future description)
- ❖ Scales – to amplify what's already working and describe signs of further success
- ❖ What are they already doing and what have they done in the past that might help this to come about? (instances of success)
- ❖ How are they coping/managing/not giving up (if things are the worse/not better)



Solution Focused in DBIT Essex

Structure in DBIT Solution Focused work

1st Session

Best hopes

Preferred future description

Scaling

Follow up sessions

Amplifying (what's been better/coping & managing)

Scaling



Solution Focused recorded mock family session

1st Family session with a whole family where there are concerns the child is on the edge of care. (insert Hyperlink to Mock session video)



Solution Focused assumptions & Core Social Work Values

- The future is both created and negotiable
- There is not necessarily a logical connection between the problem and the solution
 - A small change can lead to bigger changes
 - Families bring with them resources and strengths
- No problem happens all the time; there's instances of success
 - A focus on what is wanted and what works well (resilience, strengths, and resources) is more helpful in moving forward than the focus on what is not wanted or not working
- People have their own good reasons for doing what they do in that moment
 - Trusting the client to find their own best way
 - Clients are the experts of their own lives
 - Believing in your clients capacity to change



Sparkling moments of Solution Focused practice

B – Young person age 13 reunited home to mother after living in foster and residential care for 5 years.

A – Young person experiencing mental health difficulties and family relationship difficulties.

T Family – Family of mother and 4 children all on the edge of care.

P – A 17yr old who was at extremely high risk in the community, living with her mum.



What families tell us...

“The DBit workers were different , they asked us what our family needed. We felt listened to.”

“Help teenagers [...] come out the other side stronger and to be able to manage life challenges, emotions.”

I liked playing all the games, it was fun

“...helped our family bond again.”

“Sometimes we felt it was taking far too long, but having our son home was worth it.”

“DBIT’s non-judgemental approach has been really helpful [...] as they helped us see each other’s point.”



What families tell us...

Video feedback given by Young people who worked with
DBIT (Insert hyperlink to Video of feedback)



DBIT activities



DBIT activities



DBIT activities



DBIT activities



DBIT activities



Questions?



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