

# Module 1

## Why we are involved

### AIM:

- **Families understand why we are involved**
- **Begin to build a working relationship with the parents**

### Building a relationship with the family

This is your opportunity to build a good working relationship with parent (s) and children /young people to encourage their engagement and continued participation. It is important to respect their views allow the parent to be in a position “of being the expert in their own life” give them the opportunity to consider what they think the issues are and why we are involved and what they think would help and support their situation.

This should involve: actively listening to them, being open and honest, avoiding blame, inviting, recognising and discussing any worries they may have about specific interventions they will be offered. These interventions should be in partnership with the family and it is important to build a level of trust.

Work in a way that enables trust to develop while maintaining professionalism and not being adversarial /authoritative.

This session is for you to be clear about the purpose of your intervention and Children’s Services involvement– why you are working with them and their family. Using motivational interviewing techniques checkout their understanding of why you are involved and identify any family strengths and what is going well, no matter how small.

Explain that part of your work will be looking with them, at what changes are needed and what you want to do to support them achieve and sustain the changes, and for them to also identify what support they need (Family Plan)

Be clear and explain what is negotiable and what is not, help them to identify what is unacceptable and acceptable care of the child/ren and why.

Each session should allow for asking if any significant events have occurred and reflection since the last session and any achievements however small.

Spend some time checking out with them about any significant events that may have occurred and make a decision about when you will deal with the issues raised (immediately if high risk or at the end of the session to avoid these issues dominating the discussion.

Be empathic, collaborative and motivational. Listen to their views with the aim to understand what they are struggling with and how you will support them.

- Ask them what is going well
- Using Motivational Interviewing go through the CIN/CP plan and ensure all the adults in the family have a good understanding of the areas of concern and why you are involved.
- Start to explore if there any barriers to change
- Introduce and share the Family Safeguarding Intervention Programme in detail with the family and who will be involved e.g. social worker, children’s practitioner, adult workers, and how they will work with the family.
- Explain that a number of direct work sessions will be undertaken with the children throughout this intervention, prepare dates, plan of sessions, venues and agree these with the family.
- **Obtain their consent.**

### Suggested Tools & Resources

Consider the appropriateness of tools for individual families.

- Schedule of intervention sessions plan
- My Understanding of the concerns
- Cycle of Change
- Service User Self-Assessment of Motivation to Change
- Using MI exploring Ambivalence and Developing Discrepancy (See MI Tools) – and the *Decision Balance Sheet* to explore capacity to change and their understanding for the need to change and revisit midway through the programme.
- Use the radar chart for parents to identify where they see themselves. Use safety scale of CP conference to show where professionals see them.
- MI Family Plan Outline
- MI Family Plan Template
- MI Donald Forrester Article
- End of Session Template
- SMART Plans

### Outcomes

- Establish a working relationship with the family
- Reaching a judgement on the family’s level of understanding of the CP/CIN plan and what is expected of them, and your initial judgement their capacity to change.
- Reaching a judgement on the family’s level of engagement.