

**MacQueen Award
Excellence in Practice 2009**

Deborah Rountree

**PPT for the CPHVA Professional
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Family Action Support Team (FAST) PROVIDES

A unique triangulated approach, working with families with children experiencing enduring social, emotional and behavioural challenges.

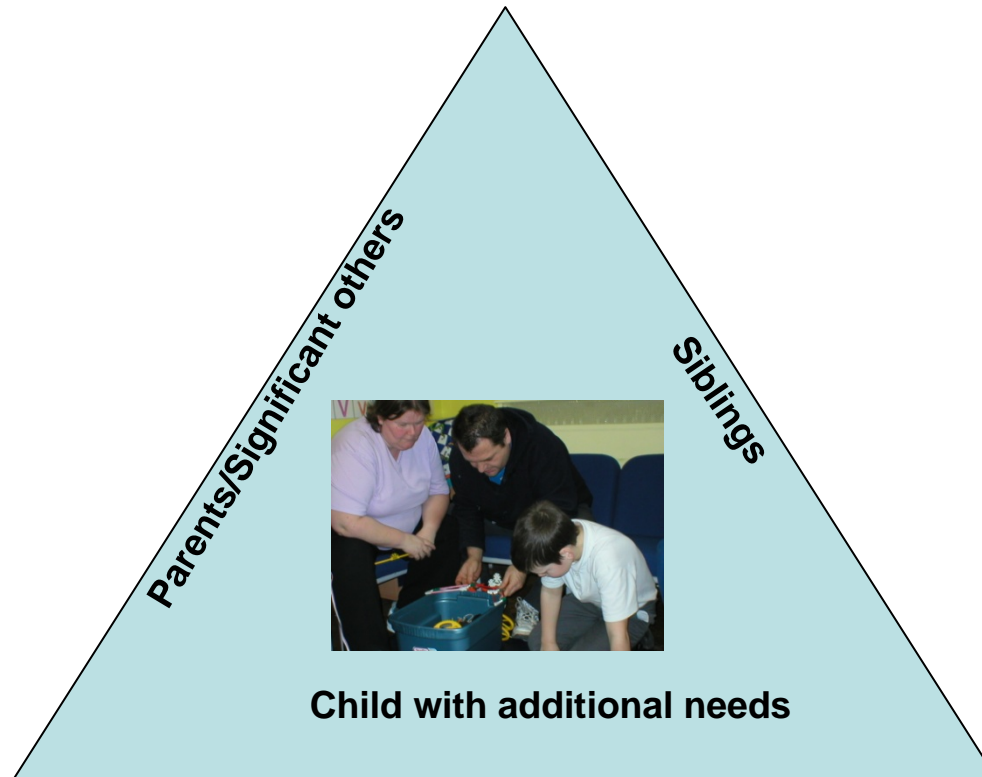
The aim of the service is to promote the mental health, social and emotional well-being of children and their families in a community setting.

Deborah Rountree FAST Coordinator

FAST: Who We Are and What We Do

- Small team of 8 (6.4 WTE)
- Preventative targeted tier 2 plus service
- Offer a range of therapeutic programmes and training- for parents, children and multi-agency partners to meet different levels of need
- Many of the children and parents have a hidden disability

Unique Triangulated Approach



Holistic Assessment → **Solution Focussed Interventions** → **Promote Positive Change**

Service User Evaluation

Standardised family and child assessment tools

Additional validated and service developed tools include:

- Goodman's SDQ
- Snaith's Adult Well Being Score
- Every Child Matters Score, Adult and Child Perception Scores, Adult and Child Social Skills Rating
- Work Shops, Training and Family Day Evaluations
- Focus Groups Data

Family's Journey-Referral

- Mum Jane, referred child Annie (10) years, brother John (12)

Areas of concern identified by school:

- Violent at home and school
- Bullying victim and perpetrator
- School refusal, truanting, exclusion
- Police involvement- Annie arrested
- Mum physically injured

Family's Journey- Assessment and Engagement

- Holistic assessment – determine the needs of family
- Referred child initially refused to engage
- Gradual engagement evidenced social skills and communication impairments
- FAST offered initial 10 week parallel programme
- Outcomes: physical aggression ceased at home and school
- Incidences of self harm reduced
- It was noted that ongoing work was needed to assist the family to transfer skills in the home.

Family's Journey- Progression

- Through FAST observation referral to paediatrician- resulted in diagnosis of ASC
- Jane attended further training to support understanding of autism, communication and managing anger
- Annie attended- social skills development and understanding of autism
- John identified low self esteem- attended sibling programme to meet with others, have fun and learn about autism

Family's Journey Outcomes

- Annie SDQ significant improvement (from 28-18)
- Jane improved Wellbeing score and more confident in parenting role
- Annie no longer violent, no further police involvement, no more self harming
- Annie in school, Statement now in place, bullying stopped (self and others)
- Jane returned to work part time
- Anger and arguments reduced
- Family relationships improved

Public Health Outcomes – Linked to National Indicators

- A reduction in family violence - child perpetrator (NI 54, NI 32, NI135)
- A reduction in the risk factors for anti social behaviour and criminality (NI17)
- Improvements in mental health/wellbeing (child, parent and sibling) (NI 50, NI 54, NI 110, NI 119, NI 135)
- A reduction in isolation (N110)
- A reduction in bullying (NI 69)
- Annie-Improved access to learning (PSA 14)
- Improved opportunities for mum through employment (PSA 9)

Wider FAST Service Data Analysis Innovative Public Health Journey

- **Risk Taking- Parent led Road Safety DVD**
 - **Fire Statistics-Safety DVD,**
 - **Family violence- Parent and child DVD**
 - **Sibling Data- Research – Sibling led DVD**
 - **Transition data – Research**
 - **Aiming High Parent Forum- Research**
 - **TaMHS – National research project to support mental wellbeing in schools**
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Family Action Support Team

Contact Details

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