



Barnardo's THRIVE-like Ways of Working Story

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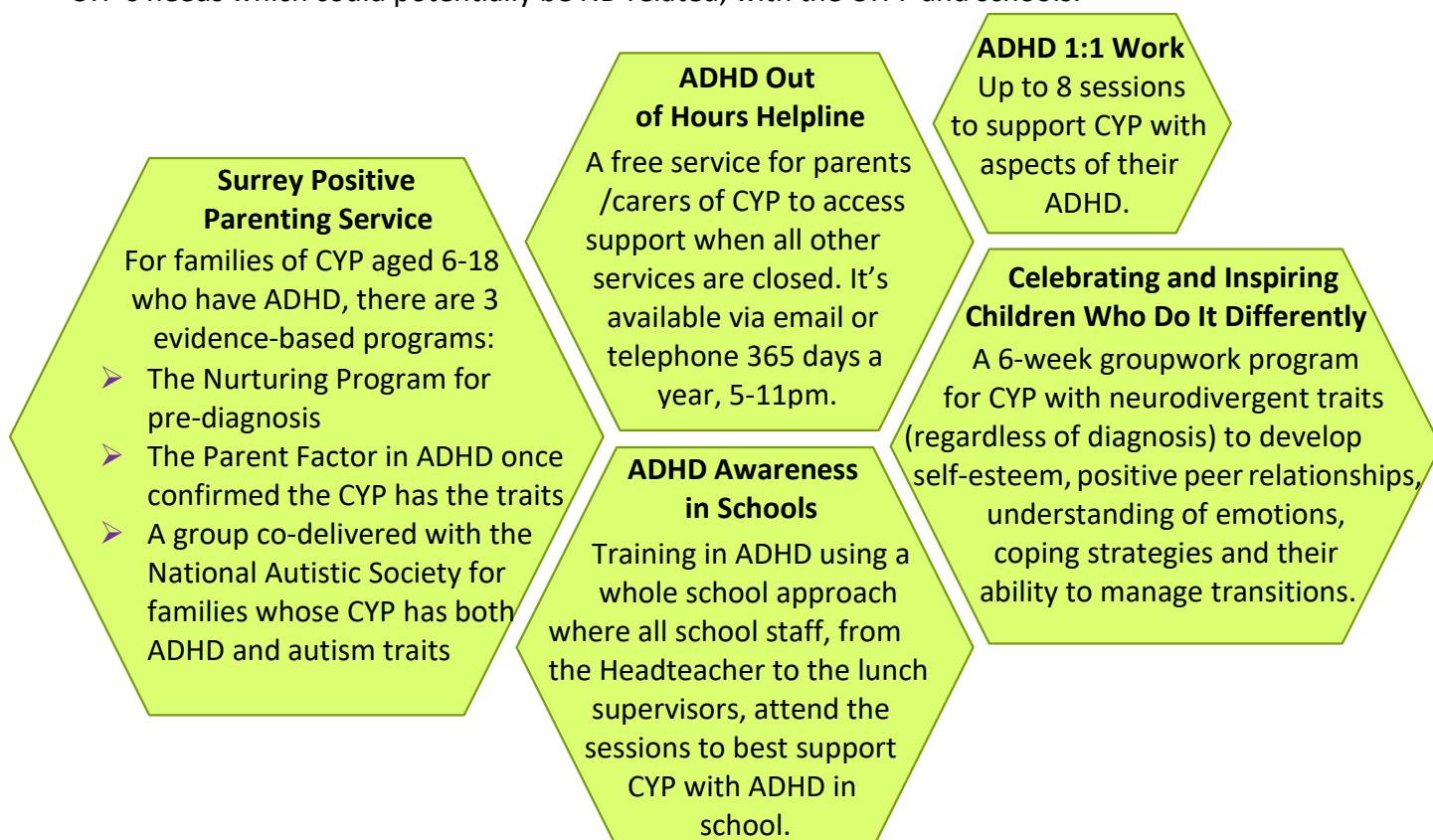
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Who are Barnardo's?

Barnardo's are one of the key Mindworks Surrey partners who support children, young people and their families (CYPF) by delivering a specialist family support service, leading participation with young people, and providing neurodevelopmental (ND) support.

How do Barnardo's provide support to CYPF?

Barnardo's have five services that work across Surrey, offering a holistic approach to supporting CYP's needs which could potentially be ND related, with the CYPF and schools:



How do these services align with the THRIVE Framework (Wolpert et al., 2019)?

1. Partnership Working

- The five services work in partnership with each other and with the wider community around the CYPF.

For example: It is common practice that parents receive support from the **Surrey Positive Parenting** service, whilst their child is seen by the **Celebrating and Inspiring** service in their school and attends sessions with the **ADHD 1:1** service, whilst the school receives training from **ADHD Awareness in Schools**, and then the family can access 'as and when' support regardless of diagnosis through the **ADHD Out of Hours Helpline**.



- In addition, the **Celebrating and Inspiring** service offers guidance to schools' Special Educational Needs and Disabilities Co-ordinators (SENDCos). All five Barnardo's services offer CYPF and schools resources and signposting of the alternative support options available within and external to Barnardo's. They also work closely with National Autistic Society and Learning Space.

2. Needs Led

- The **Celebrating and Inspiring** 6-week programme is needs-based, and child led, whereby materials are adapted based on the group's needs.



For example: A year 5/6 student group would focus more on resilience and transition to secondary school.

Such a lovely course for children who really need nurturing and positive reassurance. The facilitators were both amazing not only with the children but staff equally. Happy to help, answer any questions and support wherever possible. I would highly recommend this course to other schools and encourage all parents to give their children the opportunity to take part.

Primary School – Received Celebrating and Inspiring Children Who Do It Differently programme in January 2023.

The children absolutely loved the programme. They haven't stopped asking if they can go again! They have been delighted to share their tools made in session and talk about all they learned with family, teachers and classmates.

Primary School – Received Celebrating and Inspiring Children Who Do It Differently programme in October 2021.

- The **Surrey Positive Parenting** service's course content is tailored to meet the needs of the parents/carers in a particular cohort.



For example: Some parents may need more understanding on how to manage behaviour effectively, and another group may want to learn more about meeting their CYP's sensory needs so more time would be spent on what is most helpful to the particular group, whilst maintaining all areas are still covered.

3. Outcomes Informed

- The **Celebrating and Inspiring** service, **Surrey Positive Parenting** service and **ADHD 1:1** service all measure progress of the CYPF who attend individual or groupwork sessions using Goal Based Outcomes (GBOs).

4. Accessibility

- The **Surrey Positive Parenting** service and the **ADHD 1:1** service require referrals from practitioners, and schools request input from the **Celebrating and Inspiring** service and **ADHD Awareness in Schools** service. This means Barnardo's work with a wide variety of CYPF across Surrey's population – who all have access to the free **ADHD Out of Hours Helpline**. For families who speak English as an additional language (or sign language users), Barnardo's can readily provide an interpreter with no cost for the family.
- Additionally, Barnardo's make adaptations to their presentations for parents/carers with disabilities ensuring equal **accessibility** for all. This could also mean offering a choice of face-to-face or videocall groups, 1:1 sessions instead of being part of a group, sending out information in advance, or offering follow-up calls. This also aligns with the **shared decision making** THRIVE principle.
- Furthermore, the **ADHD Out of Hours Helpline** recently added the option for parents / carers to email in requests for support, recognising that this may be an option more easily accessible for some families who may not have a safe space to make a call.

Reaching all demographics

Offering adaptations

Round the clock



5. Reducing Stigma

- Barnardo's support families holistically and actively support mothers, fathers, grandparents, foster parents, older siblings, aunts, uncles, carers. They believe that the more people surrounding the CYP who understand their neurodiversity, the better.

THRIVE Needs-Based Groupings

As a service, Barnardo's provides help and support across the five THRIVE needs-based groupings. The **ADHD Out of Hours Helpline** provides that listening ear struggling families need before offering a selection of strategies to use, making a referral to another organisation for further help and talking through the variety of options available to them.

They work with service users who carry risk and work closely with the referring practitioners who can continue to hold the risk by supporting Barnardo's to offer direct interventions. The **Surrey Positive Parenting Service** and **Out of Hours Helpline** support the parents/carers whose CYP present with risk – self-harm, suicidal ideation, risk of exclusion from school, and risk of violence to others. The teams report risk and safeguarding concerns (should they arise or escalate) to the referring practitioner who can offer consultation to support or they may refer cases to more specialist services better equipped to hold escalating risk if necessary.

Similarly, the **ADHD 1:1** team feedback to referring practitioners if necessary. However, although they do not solely hold risk, the work they undertake can have an impact on reducing the level of risk. The practitioners work with CYPF, setting goals that are individual and meaningful to them. These are mostly linked to aspects of the CYP's ADHD, which is often the presenting need.



For example: A CYP might be offered strategies to support them to make friendships or manage their frustrations, which could help reduce the level of risk that they present for instance support to establish friendships could make a suicidal young person feel less lonely and develop stronger support networks.

*Or a CYP prone to lashing out when they have lost their temper may learn to apply strategies to manage their feelings, reducing the likelihood of them hurting others. The **Celebrating and Inspiring** and **Schools Awareness** teams will share similar strategies with the pupils and teaching staff at the schools they visit.*



Future Directions

As a Mindworks partner, Barnardo's are continuing to help develop and utilise the Outcomes Framework and will continue to support CYPF using child-centred practice, which is aligned to the THRIVE principles.

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