

Children of prisoners are
twice as likely to experience
mental health problems

'You listen to me and under-
stand, you don't tell me what
I should think!' - (year old
girl, Dad in prison for gun
offences.

Boy 16 - Dad In Prison For Murder
*"After speaking to you today my spirits
have been lifted loads and I have put
everything back into perspective -
thanks loads."*

'She was very friendly and guided
me in a way I didn't feel forced. I
didn't feel judged' - 14 year old
girl whose mother went to prison.

**200,000 children and
young people each year
experience a parent
being imprisoned**

Contact Details

For more information regarding Invisible Lives or to
make a referral please contact us using the details
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Formally know as Barnardo's Essex CAPI Service

Invisible Lives



A Guide for Schools



Suffolk, Hertfordshire and Essex

Invisible Lives

Invisible Lives provides specialist support to the most vulnerable groups of children, young people and their families when affected by; the criminal justice system, risk taking behaviours and hidden harms.

EFFECTS ON THE CHILD WHEN A PARENT HAS BEEN ARRESTED OR IS IN PRISON INCLUDE:

- Sadness and missing the absent parent.
- Not understanding what will happen to them or their parent
- Emotional difficulties, feeling anxious, not sleeping.
- Changes in behaviour; anger, withdrawal

7% of children experience the imprisonment of a parent during their time at school.

10,000 children are taken out of school each year to visit a parent in prison. These are authorised absences as long as evidence (the visiting order) is provided.

IMPACT AT SCHOOL

- The child may have been told not to tell anybody which may cause tension and uncertainty.
- The child's concentration and schoolwork may deteriorate.
- Behaviour may change.
- The child and their family may experience stigma and hostility from other families at the school.

Services

• Child and Family Support;

- Provides 1-1 support or group based sessions in the home and school for up to 8 sessions, with the potential for further support based on reviews and outcomes
- Whole family approach to support the child.
- Address fears, anxieties and worries of children and their families by building emotional resilience and positive mental health.
- Liaises with all organisations that may be involved to provide a seamless and transparent support package.
 - Support for families dealing with the shock, loss of a family member, isolation and the stigma of having a family member arrested, in court, in prison or/and coming back into the community.

Other Services Provided:

- School based Prevention and Intervention Programmes (Inc. Gangs, CSE, CCE, Knife Crime & Anti-social behaviour)
- School Mentoring
- Bespoke Professionals Training
- Offender Behaviour Courses
- Military Family Support

See separate leaflets for more information.

(Some services are chargeable)