

## NEW YEAR 2020.... NEW SERVICE....Changing Behaviours & Attitudes (CBA)

In our last newsletter we were pleased to tell you of the changes to the service given the growing success of Essex CAPI which was responding to growing demands of service users and organisations which prompted the launch of Invisible Lives. New services and programmes were developed and delivered to support and increase positive mental health and well-being in children, young people and their families which we will highlight in this issue of the newsletter. **The new CBA programme will launch on 1st April 2020.**

**\*\*Unfortunately Essex CAPI will not be able to accept any new referrals from 1st March 2020 as we transition to the CBA Programme\*\***

### Who Can Access CBA?

The Invisible Lives CBA programme provides a whole family approach to support children (aged 8-19 years) and their families when there has been an adverse change in the child's behaviour which may result in risk taking behaviours and/or lead to potential offending.

In order to access support the child must reside and attend **mainstream education** within Essex and have a **parent/carer\* or sibling within the Criminal Justice System (CJS) \*\***

The service offers individual support in the family home and school for up to 8 sessions, with the potential for further support based on reviews and outcomes.

The child or young person must be exhibiting **one** of the following:-

Conduct Disorder e.g.

- Aggressive Behaviour
- Disruptive Behaviour
- Deceitful Behaviour
- Violation of Rules

Additional factors can be taken into consideration when making a referral such as:-

- Child at risk of school exclusion or being excluded permanently, or on a reduced timetable as a result of family functions or family offending behaviours
- Children vulnerable and at risk due to other factors

\*Significant person within the child's life who is having a direct effect on their behaviour or home situation.

\*\*When referring to CJS- this can include historical involvement or those currently at any stage of the CJS including arrest, court, community or imprisonment and release.

### Referral Information

#### Who can refer?

All agencies working with children including:

- Education (primary and secondary mainstream only)
- Police
- EWMHS
- Social Care (CIN—subject to discussion)
- Voluntary Organisations
- Self-Referrals

*We are able to consider referrals from Family Solutions providing the case is not open already. Please call to discuss before making a referral.*

*We regret that we are unable to accept referrals from Youth Offending Teams or children that are on Child Protection Plans.*

\*\*

In addition to the presenting child behaviours, the family may also be identified as having:-

Family Function causing adverse child behaviour, for example:-

- Home environment, safety, care, boundaries
- Substance misuse
- Domestic Abuse

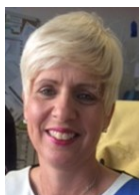
*The Parent/carer must also agree to receiving support*



Version 1 April 2020

## Meet The Invisible Lives Team

Lucy Johnson (CSM) *not pictured*, Suzanne Page (Team Manager), Sarah Sardar, Ros Allen, Toni Tebbs (Project Workers)



Suzanne



Sarah



Ros



Toni



[invisible.lives@barnardos.org.uk](mailto:invisible.lives@barnardos.org.uk)

Kealey Fursedonn is .....



I am a student social worker on my first voluntary sector placement with the Invisible Lives team in Essex and I have been in this role for just over a month. I'm thoroughly enjoying my time here; my supervisor and all the staff have made me feel extremely welcome and part of the team. I have attended several training courses to assist with my learning about the aims and objectives of the service and to introduce me to the valuable work the team do.

So far I've shadowed lots of amazing project work with children and their families, including 1:2:1 emotional and practical support for children and their parents due to a family member being subject to the criminal justice system. I've also seen early intervention group-work conducted within schools addressing issues such as: healthy relationships, drugs, 'legal highs', gang culture and knife crime.

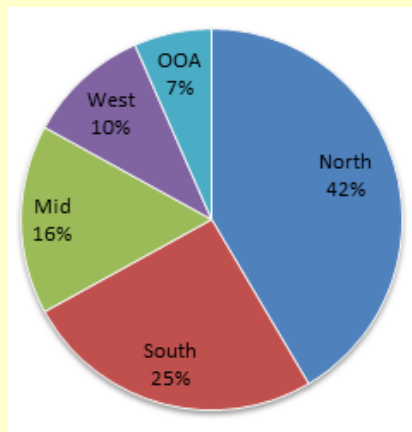
A particular highlight for me has been facilitating children to make memory boxes for a parent in prison. This gave the children somewhere to keep things which are special to them safe; while there is limited or no communication between them and their parent. It was a heart-warming experience to be part of something so special to them, and was my first introduction to life story work. I've been able to witness first-hand the wonderful work that Barnardo's do and I'm looking forward to being able to continue this with my own family support caseload going forward.

*Kealey*

## Invisible Lives Referrals April–Nov 2019

Since the beginning of April 2019 the Invisible Lives team has worked on 100 referrals (individual families) and are receiving new referrals every week!

Due to the high demand for support the service now operates a waiting list, in the last week we have added 4 referrals from North Essex and 1 from South Essex.



### Invisible Lives Train In Suffolk!

Following the huge success of the Hidden Sentence training, Invisible Lives have been funded to deliver

training across the border in Suffolk. Training will initially be carried out at four schools within; Bury St Edmunds, Ipswich, Stowmarket & East Bergholt with host schools being offered workshops for their pupils.

For dates and further information please go to the link below to book your space!

<https://bookwhen.com/capotraining>



National information centre on children of offenders

Training Directory of Services Directory of Resources Directory of Research News Contact

Supporting all professionals to work with offenders' children and their families

GET IN TOUCH

Directory of Services

Directory of Resources

Directory of Research

## National Information Centre For Children Of Offenders (NICCO)

**The NICCO website replaces the previous i-HOP website. It is still a one-stop information and advice service to support all professionals in working with children and families of offenders.**

**We still have an information page with links to our leaflets and referral form .. Click [here](#) to take you to our page**



## On The Ropes

On the Ropes is a new eight week course the service has devised aimed at vulnerable young people aged 11-15 who are displaying risky behaviours and need some awareness raising.

The course covers various topics such as; Criminal and Sexual Exploitation, effects of energy drinks and legal highs, dealing with anger, social media awareness, consequences of having a criminal record, knife crime, drugs and others.

We have three other professionals who come in and speak to the students; Tommy Jacobs who was in prison himself and now a professional boxer; he tells them his story and how it has affected him, Mick Carter from MCLA who talks to them about Prison life and consequences of getting in trouble and the Police have attended one of the courses to answer questions that the students have and also talk to them about how these behaviours and the law.

We have currently run two courses in the Chelmsford area which had great outcomes for both the students who attended and for Invisible Lives – they have generated further funding for the course to be delivered in more schools in other areas such as Braintree. We are nearly at the end of our 3<sup>rd</sup> course which has also gone really well and the students seem to be really enjoying it. We have one further course currently booked in and will be booking more in in due course in the Tendring area.

If anyone would like further information regarding On the Ropes then please contact Invisible Lives.



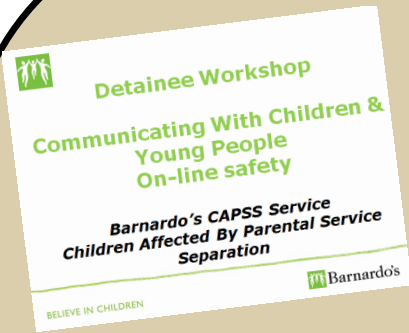
*Crucial Crew provide 'crucial' life skills for the district's youngsters!*

Crucial Crew has continued within the district for many years delivering to year 6's on topics that affect their safety and has been successful, but Rochford felt that the current format needed to be developed to incorporate more the risks that young people face within their lives today. The Invisible Lives team were therefore approached by the Community Safety Officer of Rochford District Council to be commissioned to deliver sessions on the hidden harms in our communities such as knife crime, drugs and gangs.

It was agreed that the team would deliver 6 sessions of 35 minutes per day over a week to the majority of primary schools in the district in a venue that the schools would travel to. Alongside Invisible Lives delivering sessions were Changing Pathways (Healthy Relationships) and a joint presentation on safety from Essex Fire and Rescue Service and Essex Highways. Approximately 800 children were offered the presentations.

The main aim of our sessions was to scope the understanding and knowledge of the children in the topics agreed and explores the risks and consequences of being involved with the harms. To underpin the session, a main priority was to build confidence to be able to question what it is they may become involved in or being asked to do, as well as understanding the need to identify, report or walk away from potential dangers. Consequences of crimes that also could be committed were also discussed to ensure that the children were able to make informed decisions of their actions.

# Military Correction Training Centre News



Prior to the CAPSS Project, Barnardo's delivered talks to detainees on how they could support their children through their various stages of development which coincided with the Parenting Programme that was offered at that time (Incredible Years). However not many detainees could complete the course as they have relatively short sentences. The MCTC approached Invisible Lives and asked if Barnardo's could provide a workshop for detainees to form part of their support package on a continual monthly basis. This workshop was devised by the team and was initially piloted with 12 members of staff at the MCTC and from feedback from the attendees, more emphasis was placed on the on-line safety element of the training.

This really opened my eyes, I was shocked by some of the issues with keeping children safe on-line and looked at how I communicate with my own kids.  
*Member of MCTC Staff*

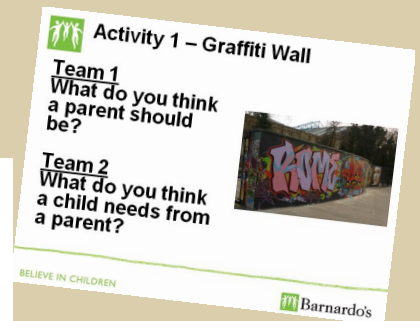
The workshop now covers the following:-

## Communication

- What do detainees think parents should be?
- What do detainees think a child needs?
- What parenting style do the detainees adopt?
- Why is it difficult to talk to children?
- How to improve communication
- Deployment and communication

## On-Line Safety

- Do detainees know the current coded text speak?
- Emojis and the hidden meanings
- Apps and game related logos and the hidden dangers



The first detainee session was delivered on Thursday 19th September 2019 to 13 detainees. After a challenging start the workshop went very well, with lots of the detainees all engaging at different points. Some got more out of it than others but everyone took something away from the session. Some detainees after the session wanted to ask some more questions and find out more about the topic, which shows their engagement in the workshop. There were a few key personalities some of which were a benefit to us and engaged, asked questions, had a laugh with the workshop, and one which was a little more challenging to begin with but by the end of the session he had participated in the workshop, apologised and thanked us repeatedly for the session. The most significant learning element for the detainees was the online content of the workshop, many within the group were totally unaware of some of the issues facing young people.

I thought the on-line part of the training was really useful, I have two boys aged 13 and 9 and made me realise you have to be one step ahead to keep them safe.  
*Detainee 1*

I hadn't realised the link... if you have open communication with your children, they are more likely to tell you when things on-line are worrying them...  
*Detainee 2*