



*Supporting children, young people and families*



Family Support Project

## 2018 End of Year Summary Report



## INTRODUCTION

The Family Project has been established since 2006 within Youth New Ross and is funded by Tusla (The Child and Family Agency). Initially working in the New Ross urban area it now works with families in the greater South Wexford area.

Tusla and The Child and Family Network Coordinator have worked together with Youth New Ross to develop a model for working with families who need support. Direct work has been ongoing with children, young people and families as well as interagency work to run groups.

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## Overview of the Family Project Youth New Ross 2018

- The Family Project had 73 families referred in 2018.
  - 177 children and young people were worked with in 2018.
- 👉 17 families were carried from 2017 and work continued with them into 2018.
  - 👉 10 parents attended parenting programmes and approximately 20 children benefited from their parent's attendance at this Programme.
  - 👉 30 people attended an information evening around "Talking to your children about their use of the Internet". This was part of the Parent Support Champions role and the evening was held during Tuslas Public Awareness Week in September. Services from the South Wexford area were in attendance on the night.
  - 👉 12 families in addition to those referred through Prevention Partnership and Family Support were supported during the course of the year. We receive enquiries on a weekly basis from families or professionals looking for assistance/support. We try where possible to refer these families on to appropriate services in their area. It was necessary to meet with these families for at least an initial meeting in order to determine the correct service to meet their needs.



## Play Therapy/Art Therapy/Equine Therapy/Counselling

Our resident Play Therapist worked with four children and their families through the mediums of Play Therapy, Filial Therapy and Theraplay Techniques.

Other therapeutic interventions included;

- Art therapy
- Occupational Therapy,
- Speech and Language Therapy
- Equine Therapy
- Child Psychologist
- Counselling

These interventions are either entirely funded or part funded by the Family Project and are carried out by an external accredited therapist.

Two of the main interagency pieces of work carried out in 2018 were the Parenting Programme with the Collective Sensory Group and the TLC KIDZ Programme these will be detailed in the report.

During the year we have been facilitated by various services in the Wexford area by the services allowing us to carry out meetings with parents, young people and professionals on their premises. The Project staff use Family Resource Centres in Taughmon, Southend and Raheen as well as the Ferns Diocesan Youth Service building and some schools. Being out in the community like this allows the Project to continue to build strong links with services in the locality. Most Meitheal meetings take place in Ely Hospital. However, most of the work is carried out in the homes of the families we work with or else in the Youth New Ross premises.

It is important to note that during 2018 two staff members were on Maternity Leave this explains a decrease in numbers of people being worked with through such interventions as Play Therapy however overall numbers across the Family Project were successfully maintained when compared to previous years.



## The Family Project and Meitheal:

- A total of 21 Meitheal meetings were attended by Project staff in 2018.
- In 61% of these Meitheals the Family Project staff member was Lead Practitioner.
- 35 Meitheal form 1 were completed.
- 21 Meitheal form 2 were completed.
- 6 Meitheal meetings were Chaired the Family Project staff.
- 10 Meitheal closure forms were completed during the year.



## Types of Interventions:

The types of interventions the Project has provided consist of one to one sessions, small group sessions and family sessions. In some cases, more than one family member engages with the Project worker for example a worker might work with a child and the sessions take place in their school and a parent in the same family and meet them in the family home. During these sessions we use several approaches to complete the work including discussion, therapeutic board games, work books, art and individual delivery of the various Programmes the staff are trained in. The Project also delivers Programmes like the TLC KIDZ Programme which allows both children and their mothers to engage and get support in a group work setting.

The following are examples of programmes etc. used in 2018:

- Parenting Programmes
- Parenting children with Autism
- Non-Violent Resistant Parenting
- Meetings with other professionals
- Art Therapy
- Sessions around resilience
- Letter of support for housing
- Bereavement Programme/Work
- Relaxation techniques
- Access and Maintenance issues discussed
- Anger Management
- Educational options
- Safety Plans with adults and young people
- Anxiety Work with Young People
- Sexual Health Programme
- Red Flag/Green Flag Programme
- Self Esteem
- Eating Disorder Support work
- Parenting when separated Programme



- Parenting the anxious child
- Family sessions
- Play Therapy/Filial Therapy/Theraplay
- Equine Therapy
- Keeping Safe Programme
- Filling out forms
- Separation and Loss Programmes
- Stress Relief

## LENGTH OF INTERVENTION

The length of intervention remains consistent with other years averaging at about 13 weeks per family.

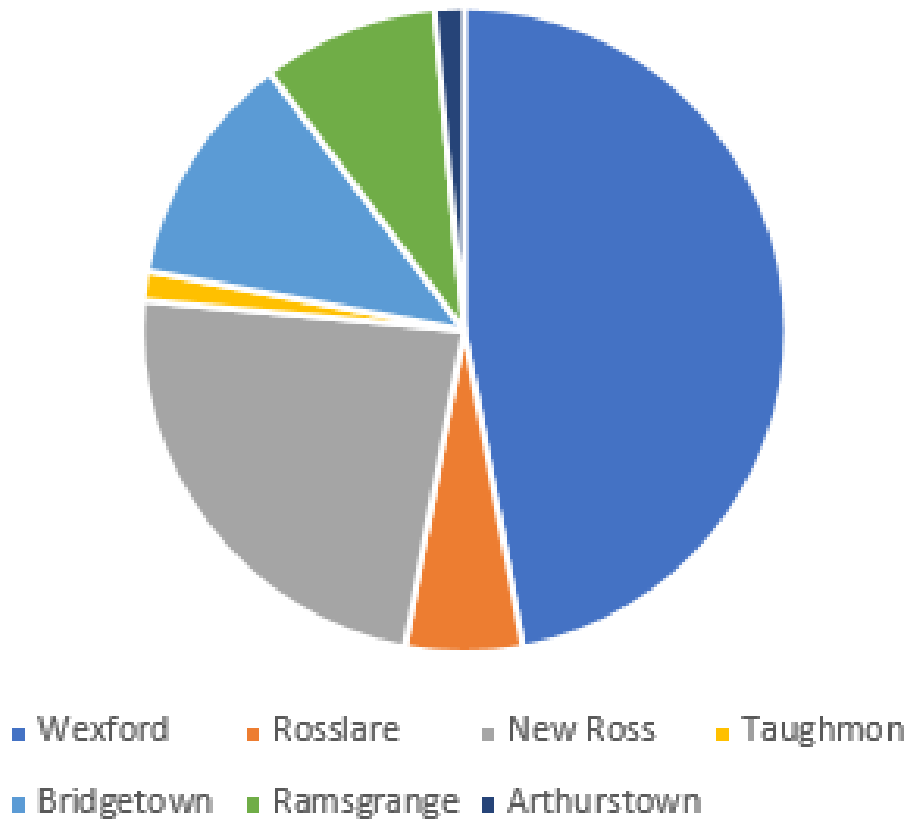
The length of time it takes to know if a family are not going to engage averages at 3 weeks, as we wait to see whether they will respond to phone calls, texts or letter. We take this approach as we believe in empowering families and to give every opportunity for the family to engage at a time that works for them.



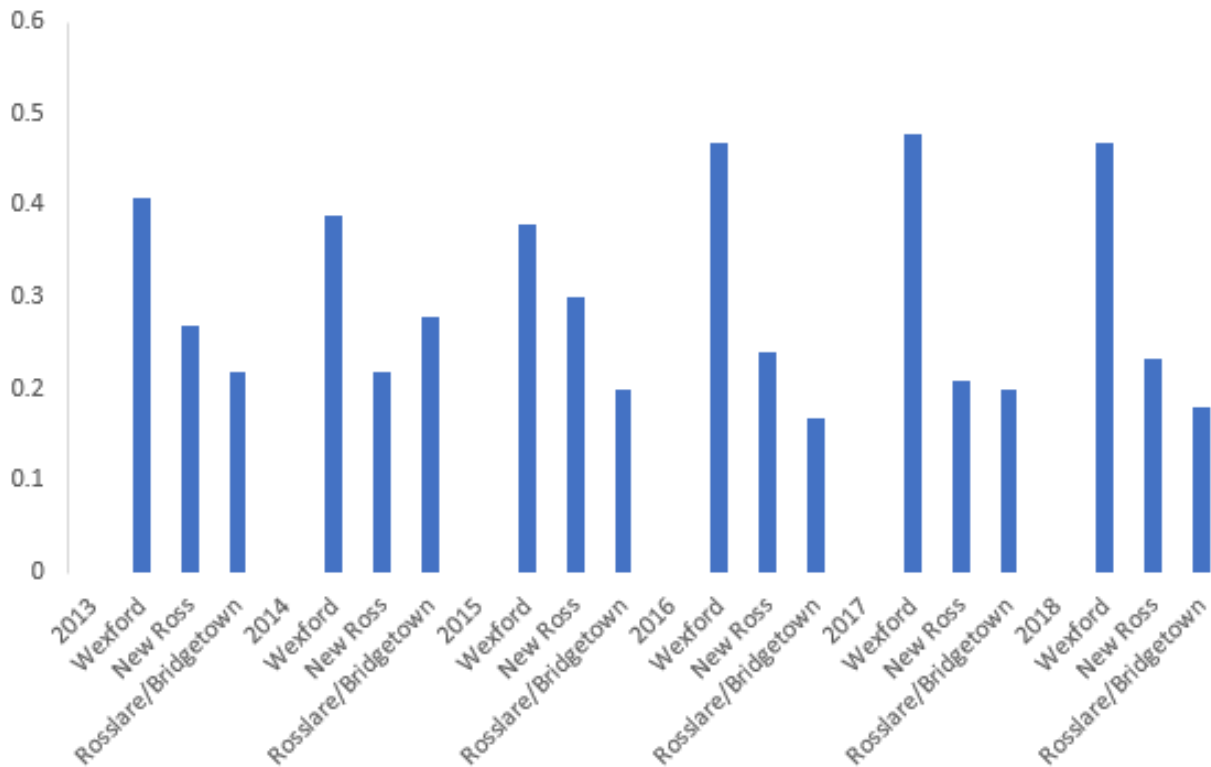
## Geographical Location

The geographical location of the families that were referred via the PPFs referral system (68), in 2018 is shown in the chart below.

The greatest number of referrals during 2018 came from Wexford town and the surrounding areas. The Bridgetown and Rosslare areas continue to have high levels of referrals as does New Ross.







**In 2013 geographical breakdown of referrals was**

**Wexford = 41%, New Ross = 27% and Rosslare/Bridgetown area = 22%**

**In 2014 geographical breakdown of referrals was**

**Wexford = 39%, New Ross = 22% and Rosslare/Bridgetown = 28%**

**In 2015 geographical breakdown of referrals was**

**Wexford = 38%, New Ross = 30% and Rosslare/Bridgetown = 20%**

**In 2016 geographical breakdown of referrals was**

**Wexford = 47%, New Ross = 24% and Rosslare/Bridgetown = 17%**

**In 2017 geographical breakdown of referrals was**

**Wexford = 48%, New Ross = 21% and Rosslare/Bridgetown = 20%**

**In 2018 geographical breakdown of referrals was**

**Wexford = 47%, New Ross = 23.5% and Rosslare/Br**



## Presenting Issue

Main Issues Presenting on the referral form (in no particular order)

There are a variety of issues that families present with on the referrals. Some of these include:

1. Relationship breakdown or separation (between parents)
2. Domestic Violence
3. Addiction
4. Relationship breakdown between child and parent
5. Aggression shown to parent/step parent and/or siblings
6. Bereavement and loss
7. Mental health issues with parent or young person
8. Parenting skills
9. Behavioural issues
10. School Refusal
11. Relationship Difficulties between adults (including separation and domestic violence)
12. Relationship difficulties between parent and child



## ONWARD REFERRALS

There are many times when we feel that the families' or young person's needs, can be best met through an onward referral to another agency which may specialise in the area stated on the initial referral or may be more accessible to the family. Over the course of 2018 we have referred families, children and young people to services appropriate to meet their needs either after the initial meeting or after the family has closed to the Family Project.

The following is an example of services we have referred the families, children and young people to:

- Substance Misuse Team
- Counselling - either private or through GP
- Family Life Services
- Wexford County Council
- ASD support group
- Art and Play Therapists
- HSE Psychology Service
- Women's Refuge
- Disability Services
- Teen Access Project
- Risk and Resilience Project (FDYS)
- Local parent and toddlers group's
- Youth Projects
- Youth Train
- SHIP - Waterford
- JLO and Gardaí
- Psychology Services
- SummerHill/Maryville – adult referrals for mental health via their GP



- GYDP projects such as SAFE project/GYDP in Youth New Ross
- FDYS - mothers group and parent and toddler group
- Family Resource Centres - Raheen, Southend, Taughmon, SWWFRC
- Collective Sensory Group
- Barnardos TPSP
- Cornmarket Project
- Traveller Health Project
- CAMHS (via their GP for a child)
- Local sports groups
- Mediation and Family Therapy
- School Completion and Home School Community Liason Projects
- St. Bridgets Centre
- Cottage Autism Network



## Other Programme Work

The first TLC KIDZ Programme in the Wexford area started in 2018. Five families took part in this thirteen-week programme which allows children to talk about and express the hurt experienced in their home through discussion and creative group work. It was a collaborative piece between Youth New Ross, Barnardos, Wexford Womens Refuge and Tusla.

The Parenting Support Champion attended a number of trainings in 2018 some interesting ones to note were “Working with people from new communities”, the information obtained at this training was given to the entire staff team of Youth New Ross. The Youth Project in Youth New Ross now host a weekly group for ten Syrian young people. Training also took place around Neuro Linguistic Programming, this was a “taster session” and because it was so well received it is envisaged more of this training will be scheduled for 2019. The Parenting Support Champion also attended the Tusla National Conference where a mother from the Family Project spoke about her positive experience of PFFS and the support she received. In the second half of 2018 a new Parenting Support Champion for Wexford North was appointed. During Tuslas public awareness week in September the Parent Support Champion also attended information days in the local Family Resource Centres to disseminate information about the Parenting 24seven website, as well as highlighting the seven key messages for parents. As part of the Parent Support Champion role the worker sits on the PFFS CYPSC sub group as well as the Child and Family Support Networks for the Wexford and New Ross areas. The Parent Support Champions from the Waterford/Wexford area meet four times a year to discuss future pieces of work and training. In 2018 discussion started around a showcase event for the New Year where professionals will be invited to find out more about Parenting 24seven and the Parent Support Champions role as well as other interventions such as Meitheal.

“The 2 Clicks Away” Campaign was another collaborative piece of work between all the agencies who take part in the New Ross Child and Family Network. One of the Family Project workers was greatly involved in making sure this campaign was firmly on the agenda throughout 2018. The “2 Clicks Away” Facebook page was launched on the aforementioned information evening during Tuslas public awareness week in September.

Three families from the New Ross and Wexford town area who have been involved in the Family Project took part in a piece of research around Parental Participation. The purpose of this research was to capture in a very honest way the families experience of their involvement of services like the Social Work Department.



## Training

This year the Family Project team completed training in

- ◆ Manual Handling
- ◆ Fire Training
- ◆ Dealing with families with children with anxiety
- ◆ Human Givens Training
- ◆ Meitheal Chair Training
- ◆ Working with New Communities
- ◆ Neuro Linguistic Programming

## Steering and Advisory groups

In 2018 members of the staff team sat on CYPSC PPFS group and the Board of Youthreach. We are also involved in the National Quality Standards Framework Implementation Team.

## Networks

Family Project staff members continue to sit on both the Wexford and New Ross Child and Family Support Network groups.

## PPFS referral meetings

Regular meetings happen with the PPFS coordinator to facilitate the referral of new families from Tusla to the Family Project.

## Children and Young People Services Committees

The C.E.O of Youth New Ross sits on the main CYPSC group for Wexford. Members of the Family Project have been nominated to sit on some of the working groups namely Prevention, Partnership and Family Support, Information and Resources and Young People and Mental Health.

## Staffing:

*Project Manager:* Joanne O` Gorman

*Administrator:* Sarah Corish

*Project Workers:* Annmarie Costello, Katie O` Brien, Ger O` Connor  
and Amy Goodison.

*Cleaner:* Joan Power



## FEEDBACK FORMS 2018

The following are direct quotes from families and young people who have been involved in the Family Project during the year;

What did you like about the Family Project?

- “The structure of the programme...provided consistent meetings which was brilliant for...young person’s progress. The Project Co-ordinator...her input was truly valuable”
- “We will be forever indebted to...without her support and guidance, I can’t imagine where myself and...young person...would be today. Thank you, always”,
- “It made me a better person” (young person)
- “It felt like it was safe and comfortable place to come for advice and support”
- “I felt it gave me confidence in my ability to believe in myself more and put supports in place for my kids”
- “...guided me on what to do to help my son”
- “I found it very welcoming and open to others, non-judgemental”
- “I’ve gained back my confidence skills and my skills on social situations and I’ve become more open with others around me”
- “Would just like to thank the...that we had”
- “I loved the support and help I got. I was put at ease and the communication with...was very supportive and pleasant”
- “It was lovely to have the support at home once a week. I could communicate honestly with...and get help and support”
- “Very good service enjoyed it. Family support and Meitheal should be accessible without a referral from the social work department (Tusla)”
- “They listened to my child instead of telling him how he felt”
- “They were helpful and supportive”
- “How to cope with my anxiety and confidence as a mother and to move on with my education”
- “Very helpful support was great”
- “It was helpful-got back into school” (young person)
- “I learned to try and be more positive about things and the importance of looking after myself and learning to say NO”



## Have you an ideas about the services that are needed/required in your local area in Co. Wexford?

- “Mental Health supports for children and young adults. Bring mental health education formally into the school curriculum. Many many more services which need days of writing and discussion”
- “More social services are definitely needed as I find it a major benefit for anyone to try even once”
- “That it doesn’t take as long to get help”
- “Some place to drop in to so that you don’t feel that your on your own”
- “More support services are badly needed in the rural areas. Many villages around the area are very disadvantage with no support access”
- “Parent support group for children with diagnoses. Group for kids with a diagnosis. Support group for blended families. Group for siblings with kids special needs”
- “A support group for kids who have to go true contin issues”
- “Parenting Programmes”
- “More info on drugs bullying and dealing with anger issues”
- “A service that specialises in working with children whose families have a lot of contact with the courts in order to enable their voice to be heard. Legal professionals who work with family law cases should specialise in family law. More education in schools regarding domestic violence and abusive relationships. The issue of domestic violence should be publicised more in order to raise awareness of the issue”

