



# The Helping Families Programme

## An Intervention for High Risk Complex Families

### Programme Evaluation 2010-2011

Between May 2010 and March 2011 the Helping Families Programme was piloted with 10 families from two services in London (Southwark Early Intervention Team and Camden Families in Focus specifically). Both quantitative and qualitative data was collected. Positive outcomes were demonstrated across the board.

### Quantitative results

A range of standardised measures were administered to participating parents and the identified child's teacher pre and post intervention.

Results demonstrated:

- 80% of parents and 70% of teachers report improvements in their child's conduct problems.
- 100% of parents and 80% of teachers report improvements in their child's skills and behaviour at school.
- 100% of participating parents report that their overall wellbeing and their goal achievement improved over the course of the intervention.
- 90% of parents report a consistently high or improved partnership relationship with their practitioner. None of the parents failed to attend a session without prior arrangement.

Please contact Megan Ellis for more detail about the quantitative and qualitative results.



## Qualitative results

All participating parents volunteered to take part in a semi-structured evaluative interview at the end of the Programme.

Below is a selection of comments from these interviews:

*“Hope started after I saw little changes start to happen ... is this the same child?!”*

*“You feel as though the practitioners are still there for you even though they’re not physically there.”*

*“The most important thing is being listened to. If you listen to the parent about their child then the strategies will work.”*

*“I am much calmer around C. “I don’t go C! [scream his name] as soon as there is a fight.”*

*“In the beginning I thought he was the devil child, turned into a demon. I couldn’t stand him. If social services came to take him I’d go ‘yeah, take him’ ... I couldn’t be bothered with L [child]. Now we have a better love and we are more connected.”*

## In summary

The evaluation data indicate that the innovative, systematic intervention provided by the Helping Families Programme leads to significant improvements in engagement and retention rates for high need families, and to very positive outcomes for both parents and their children.