



Family Futures



C4EO for the sector
from the sector

Cost Effective Post-Placement Support

**Holding Families
Together**





Family Futures

Investing in families is the cost effective option

Woolgar et al (2018) in a CoramBAAF Briefing paper based on a study by the Maudsley Hospital concluded that:

“Multi-professional cooperation and working in partnership should be core to providing adoption support effective interventions”

Family Futures is an Adoption Agency that provides an integrated multidisciplinary Assessment and Therapy service incorporating a variety of therapy techniques and practices including Child Psychiatry, Child Psychology, Child Psychotherapy, Neuro-Developmental Psychology, Theraplay, Dyadic Developmental Psychotherapy (DDP), Sensory Integration (SI), Drama Therapy, Social work (practised by professionally qualified staff) and much more. Family Futures’ work is based on evidence from medical research, scientific study and clinical experience.

Our child therapy approach begins with the premise that most of the children who as infants or young children have experienced “Significant Harm” in infancy, can be thought of as developmentally traumatised, and that every aspect of a child’s development is impacted by poor parenting or trauma. Therefore, we assess not only behavioural development but also sensory, emotional and cognitive development as well. Based on this, Family Futures has developed its own multidisciplinary treatment service called ‘Neuro-Physiological Psychotherapy’ (NPP). This NPP model integrates Sensory Integration, Theraplay and Dyadic Developmental Psychotherapy, therapeutic parenting and strategies to support cognitive functioning.

Evidence Based Outcome

Our therapy programme entitled Neuro-Physiological Psychotherapy (NPP) has been independently reviewed and had researched papers published, which show significant positive developmental change in children participating in the programme (McCullough et al, 2016). A second phase of our re-testing research (to be submitted for publication in July 2018), has revealed that the control group of children who were assessed but did not receive treatment at Family Futures largely due to non-availability of funding, did not show the same level of improvement. In fact, many problems reported at assessment were still present at re-test which had wider implications for their relationships, education, outcomes, mental health and involvement in the criminal justice system.

An Accredited Supplier

Family Futures CIC is a not-for-profit Social Enterprise, regulated under Adoption law by the Children and Families' Services inspectorate. Family Futures is OFSTED registered and is rated Outstanding (the highest rating) following our last two inspections. Furthermore, all Family Futures' therapy practitioners are members of their respective professional bodies in addition to their Health and Care Professionals Council (HCPC) registration. All are PAYE employees so that we can maintain quality control. Family Futures Assessment and Treatment programme was validated by the UK government sponsored C4EO (Centre for Excellence and Outcomes in Children and Young People's Services). Family Futures is recognised as a centre of excellence in achieving positive outcomes for children who are fostered or adopted and is the only UK service to have done this to date. We operate from a building specifically designed to offer therapy rooms, consultation rooms and Sensory Integration treatment rooms.

Cost effective service

Local Authorities who commission our services understandably ask us about our costs. As a regulated agency providing multidisciplinary treatment programmes we have costs which an unregulated provider does not have, such as regulatory compliance costs, insurance costs, supervision and consultation costs, pension costs and so on. These are all essential to the running of a regulated, Ofsted registered 'outstanding' service. We are also inspected by an independent inspector on an annual basis.

Other Therapy-providing agencies tend to charge an hourly rate of around £150 upwards. Lone providers who often practice from home and therefore have low overhead costs (as they are unregulated and don't have the same stringent requirements for venues, insurance, PAYE, pensions etc) tend to range from £50 - £100 per hour. Family Futures cannot be compared with sole practitioners in private practice, as they are not offering the same service.

Unregulated providers are required to operate under the umbrella of the Local Authority who is responsible for providing overarching insurance and clinical supervision for their practice, ensuring that they comply with HR, GDPR and other regulatory procedures and legislation. This leaves the liability and risk with the Local Authority. This is also an additional cost to the Local Authority.

CAMHS Tier 3 and Tier 4 services are more expensive than ours. Investing in families' futures and keeping children safe is the cost effective option.

Consumer Choice

Consumer choice was an integral part of the government's outline for post-adoption support. It is vital, if a programme of therapy is to be successful, for the recipients of the therapy to accept the therapists and to be happy that they can provide the therapy that is required. It is poor practice if the family are allocated a therapist but are not actively engaged in the decision making. Therapy is not something that is being 'done to them'. This is particularly pertinent for clients who have experienced trauma and attachment difficulties where trust, and needing to feel safe and in control, is fundamental to the therapy being successful.

An Intensive and Integrated Treatment Programme

Part of the success of our programme over the last twenty years has been intensive full-day sessions, as they have been found to be more effective than weekly sessions, enabling clients to fully engage in the therapy and utilise the multi-professional inputs. Parents prefer this approach as it is less disruptive to everyday life, with sessions being fortnightly or monthly.

In our experience of working with families who have received single strands of therapy (eg. Theraplay only, DDP only or CBT only), this has not been effective for developmentally traumatised children. Our model is based on an integrated multidisciplinary approach. By definition, children who are developmentally traumatised have more than one developmental pathway impacted by early abuse and neglect, hence the need for the neurological, physiological as well as psychological therapeutic approach which Family Futures offers.

Short or Long Term Solutions?

When spending money from the public purse it is important to invest it well. Children who require long-term fostering or adoption, do so because they have been caused significant harm in their birth family and have been removed by the Local Authority. Harm caused in infancy and childhood has a long-term adverse effect on their development which the Local Authority has a responsibility to address. If this is done well then the long-term cost to the Local Authority and to society will be minimised. If short-term solutions are used then the cumulative cost to the Local Authority and to the child's mental health and wellbeing will be cumulative too.



Family Futures



Consortium of Voluntary Adoption Agencies

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