



Changing childhoods.
Changing lives.

Barnardo's Reflect Service

Research & Evidence

The need's of women that experience successive losses of their children to the Care System (Broadhurst & Mason 2013, Cox 2012).



More recent Nuffield Family Justice Observatory research and has identified Reflect as an effective model. Mothers in recurrent care proceedings: New evidence for England and Wales (cfj-lancaster.org.uk)
Vulnerable birth mothers and recurrent care proceedings - Nuffield Foundation



Working with recurrent care-experienced birth mothers | Research in Practice



Born into Care: Best practice guidelines for when the state intervenes at birth

Reflect aims:

To contribute to the transformation of children's services programme in Wales

- to work with mothers and fathers to reduce the numbers of children taken into care by breaking the cycle of repeat pregnancies, where the outcome is likely to be removal of the child.
- to give the mothers and partners the opportunity to reflect, break the cycle of unhelpful behaviours and develop new skills that can help them and take positive choices for the future.
- to prevent financial costs to society, as well as the emotional costs to a child, parent and the whole family.
- to improve outcomes for children who are removed by improving birth parent contact and relationships with carers

“Makes good economic sense however from a humanitarian perspective it relieves pain and suffering”

(HH Judge Mifflin, March 2017)

Understand your past, work with your present, achieve your future'

Reflect seeks to offer therapeutic, behavioural, and practical advice to women and their partners that have experienced or who are at risk of repeat removals of children from their care. The support is trauma informed :

- Referral toward end of court process
- 12-month intervention – from point of engagement. Intensive support – particularly at engagement phase, using assertive outreach to build relationships
- Peer group sessions on a monthly basis
- Signposting to support services and often co-ordinating a multi-agency response around parents
- Support with adoption and contact

Reflect Parent Data

Data Item	Total %
% of cases have had multiple children removed from their care	59%
% of those with 3 or more children removed	35%
% of cases have a history of domestic violence	86%
% of cases have been in care	47%
% of cases have a history of abuse or neglect as a child	59%
% of cases have a learning difficulty or wider support need	23%
% of cases are accessing Food Banks	21%
% of cases report as NEET	79%

Key issues parents needed support with:

Housing

Money/benefits

**Mental Health/
Wellbeing**

General health

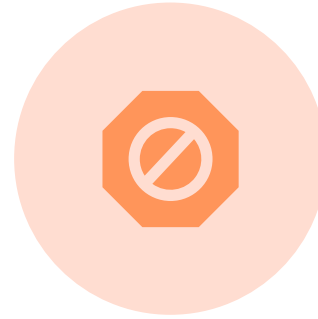
Sexual health

Domestic abuse

When services did support you what made a difference to you?



Compassion and
Understanding



Non-judgemental



Enabling approach



Time

Referrals and Parents worked with 22-24

Total number of referrals received – 158

Open during this period – 109

Closure breakdown in period:

Successful intervention – 49

Closed due to non-engagement after a successful period of contact – 20

Closed due to non-engagement after no successful contact – 10

Closed due to declining support - 5

Closed due to pregnancy – 4

Outcome Data 22-24

% of parents experienced an improvement in their emotional health and wellbeing	72%
% of parents experienced an improvement in motivation and taking responsibility	60%
% of parents experienced an improvement in their social networks	50%
% of parents experienced an improvement in managing money	41%
% of parents feel they have better knowledge around Contraception	48%
% of parents feel they have greater awareness around STIs	26%
% of parents report an improvement in their Confidence to make the right choices around their sexual health	31%

Newport Cost Benefit analysis

60 opened in period

Deep Dive on 45 who were referred by Children’s Services

91.2% success rate in avoiding further pregnancy and removal of children

for every **£1** invested in the service, the benefit to the local authority is about **£4.10**.

Total Parents	45
Open Parents	12
Closed Parents	33
Further Involvement with Newport Children Services	4
No Further Involvement with Newport Children Services	29

Gwent Deep Dive Data

Blaenau Gwent

15 parents:

- 10 didn't have any more children (at least not known to BG)
- 4 went into having more children (total of 4 children although 1 child is linked with two parents who received Reflect intervention) – all children living with mothers according to our data
- 1 went into have 4 more children (3 living with their father, 1 adopted)
- **93% success rate**

Caerphilly

32 parents:

- 4 cases closed within last 3 months (of date information provided) and
- 4 cases had been closed for just 9 months

Of the 24:

8 women went onto have another child (33.3%) and 16 did not or have not to date (66.6%).

Of the 8 children:

- 5 became CLA (20.8% of 24)
- 1 lives with grandmother and
- 2 remained with mother – positive outcome which REFLECT will have contributed to
- **71% success rate**

Newport

45 parents:

- 12 still being worked with
- 33 closed
- 29 of which have had no further involvement with CS
- 4 have had further involvement with CS
- **91.2% success rate**

Influencing

AFKA – Developing content for foster carer training – working with birth parents.

NAS – Good Practice guides [Good practice guides – National Adoption Service](#)

If not now, then when? Radical reform for care experienced children and young people (May 23)



Co-production and Service Design

- Leaflets
- Consultation and service design
- Opportunities – e.g. South Wales University
- Wellbeing tools
- Letter box contact guide for the adoption service



Parent Feedback

Parents were asked what difference Reflect has made to their lives:

"It saved me. Gave me the skills to be able to navigate my way through the most difficult time of my life. It empowered me, gave me a voice and made me feel hopeful again."

"It's given me so much more confidence."

"It's helped me get through the toughest time of my life."

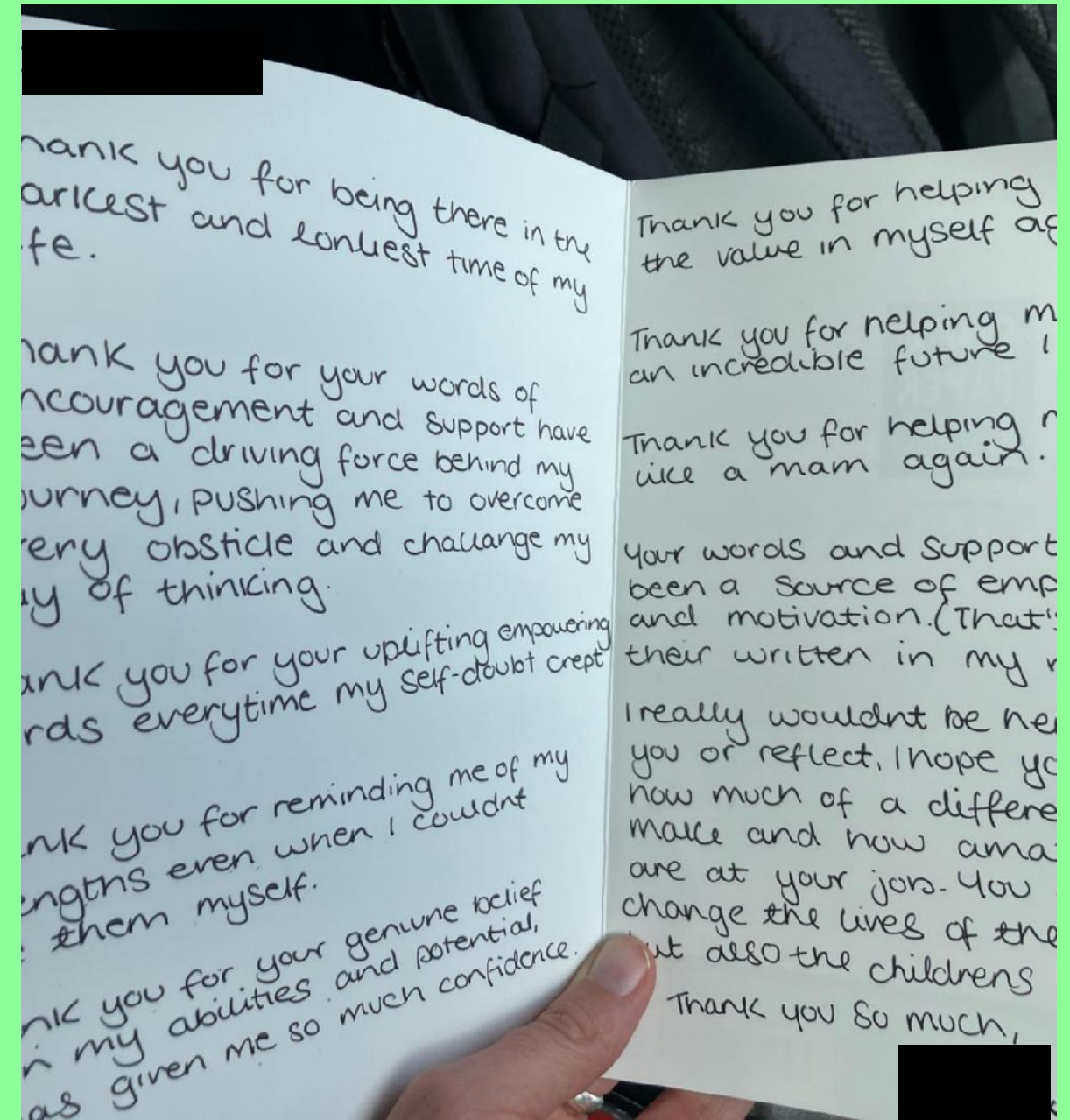
Parents were asked what skills they have learned since working with Reflect:

"Acceptance, emotional regulation. The ability to reflect and control."

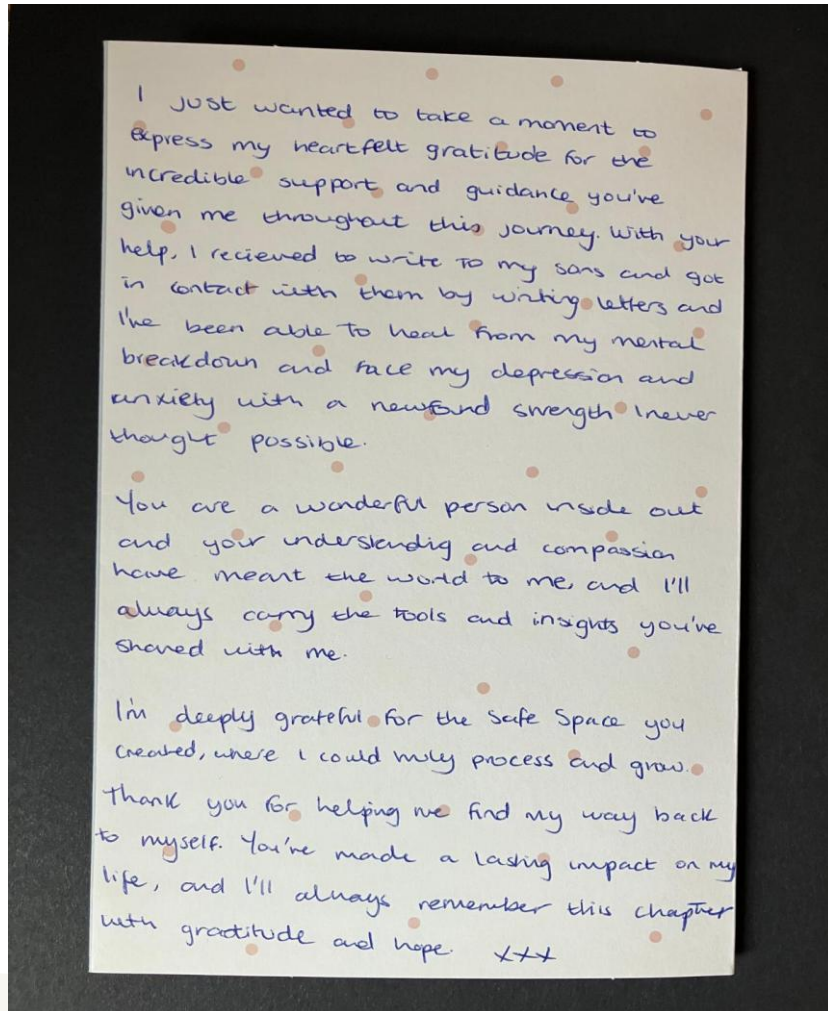
"Better communication skills and organisational skills."

"Confidence building."

"Emotional resilience and how to stay focused on what's important."



Parent Feedback continued



Parents were asked if they feel they are now able to work better with social workers and professionals:

"Yes, Reflect has helped me understand what professionals are saying."

"Yes, Reflect have given me the skills to be able to process information better."

"Yes, there will always be some challenges, but it's better."

"Yes, they have allowed me to trust again, so now I'm willing to give others a chance and be open to their views."

Parents were asked how we could make Reflect better:

"Work with parents forever"

"For support to be longer"

"More frequent peer group sessions"

"To be available as soon as children are removed"

Parent Feedback on closure

“We’re in the background, no one helps us, we just give up, other organisations ignore us, but we are vulnerable, we need help, someone to hold our hand, tell us everything will be ok and help us slowly at our pace, no other organisation does this, nothing else compares to Reflect. I’m so happy I found the service, we’ve gone through so much and we’ve achieved so much. I’ve been able to put the past in the past and be grateful for what’s happening to me right now and appreciate what I have. I’m now looking forward, who knows what’s in my future. I have hope now, something better will happen. Reflect has made me more self-aware. I can still be happy, even though my kids aren’t with me, I can find joy in other things. It’s made me realise I am a warrior – I survived that, I overcame - it I can do anything. I faced my fears, put my big girl pants on and faced my problems”.



“If I hadn’t found Reflect I still wouldn’t know how my son was and if he was ok. I had no idea how to stay in contact. Reflect came to me at the right time, I had given up, I thought it was done and dusted. In court I had just given birth, my emotions and hormones were all over the place, I had no idea, I just went along with what everyone said. They said there would be letters from him and I could write back but nothing came and no one contacted me. There was no contact for 5 years. Reflect helped me contact the Adoption Service, they arranged meetings, asked for my letters and helped me write back. I felt relief finally getting the letters from the adoptive parents, it made me feel at peace, at ease. They had been waiting too, they understood it wasn’t my fault and there was no blame either side. I now have a good relationship with my son’s adoptive parents. I would not have reconnected with my son without Reflect.”

Parent Feedback on closure

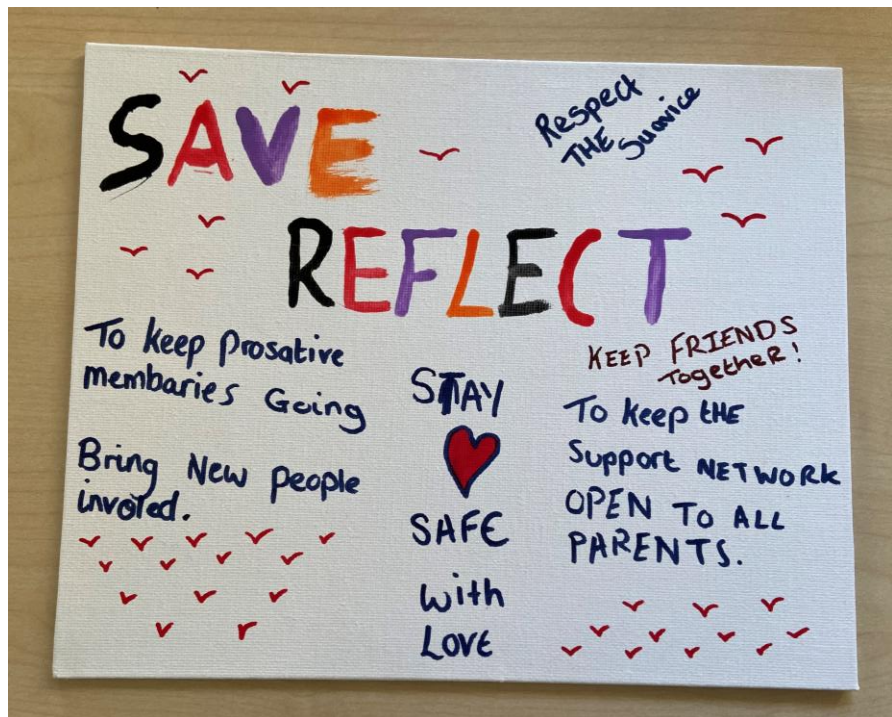


“Reflect should be bigger not being cut. There should be more Reflect Practitioners so parents aren't waiting for months to get support. Parents have no-one, they are vulnerable, they are traumatised, they are suicidal, they aren't thinking straight. Reflect practitioners understand our pain, they comfort us and they help us. It might be a small service but the work speaks volumes. Parents should not have to wait for support and they shouldn't have a service that actually helps them like Reflect taken away.”

‘It's unfair to other parents. We've had help and they'll have nothing’.

‘It helps people who suffer poor mental health. It's helped with my depression and anxiety’.

What do parents want Peer Group to look like?



Cardiff & Vale parents want Peer Support Group to continue to operate with Gwent as they have built friendships - *'many of us have come a long way with the support of the group'*.

Cardiff & Vale parents want to continue to have the opportunity to meet with other parents who have been through similar experiences, and they want other parents to have the chance to do the same.

Cardiff & Vale parents want Peer Support Group to continue to offer a variety of opportunities to include, sessions in the office and sessions in the community. Parents shared some of their favourite sessions, including attending the Senedd and having their voices heard, accessing the well-being opportunities in Cardiff Bay for Mental Health Awareness and Reflect Sports Day!

National Delivery

Local Authority Provision:

- Flintshire
- Anglesey
- Gwynedd
- Conwy/Denbighshire
- Swansea
- Neath Port Talbot
- Bridgend, RCT, Merthyr
- Cardiff & Vale of Glamorgan

Barnardo's :

Gwent

Action For Children :

Powys

Ceredigion

Carmarthenshire

Pembrokeshire