

Reflect



OVERVIEW



Reflect Swansea works with parents who have had one or more child(ren) permanently removed from their care - through Adoption or SGO. The parents Reflect support are vulnerable and face multiple disadvantages. A large proportion have experienced trauma in their childhoods, which is firmly associated with increased risk of poor adult outcomes. Many of our Reflect Parents share the following vulnerabilities:

1



TRAUMATIC CHILDHOODS

Childhood Trauma and experiencing four or more ACEs are characteristics found in women who are involved in recurrent care proceedings (Broadhurst, K et al 2017) (Vulnerable Birth Mothers in Recurrent Care Proceedings). The parents that Reflect Swansea have worked with mirrors these findings with **31%** being care experienced and **75%** reporting historic abuse



HOMELESSNESS/UNSTABLE HOUSING

2

Of the parents that Reflect have worked with **42%** had housing needs resulting in frequent house moves or with increased debt as they had under occupation charges applied to their tenancy now that their children were no longer in their care.

3

SUBSTANCE USE

58% of the parents that reflect have worked with reported having experienced issues with substance use -drugs or alcohol. This impacts on their physical and mental health and their ability to attend appointments; the challenge of dual diagnosis, poor diet and the risk of overdose

4

DOMESTIC ABUSE



75% of the parents that Reflect have worked with reported having experienced domestic abuse and feeling unsafe in their relationships.

5

MENTAL HEALTH

90% of Parents reported that they have a diagnosed mental health need with many reporting multiple mental health diagnoses



IMPACT OF REFLECT SWANSEA

RELATIONSHIPS



Reflect support workers spend a significant amount of time walking alongside reflect parents, supporting them to rebuild their lives and make positive changes once a child is removed from their care. This support includes removing barriers; advocating for them; supporting them to attend their farewell contact; supporting them to access mainstream services - health and well being services along with accessing sexual health services to discuss their options for contraception.

91%

Of mothers who have been supported by Reflect have not become pregnant

Since **2018** Reflect has supported

104 PARENTS

who between them previously had

204 CHILDREN

removed from their care

Only 8 mothers have had 9 babies since being supported by Reflect

3 OF THESE BABIES HAVE REMAINED IN THEIR MOTHERS CARE

OVER THE COURSE OF REFLECT SUPPORT PARENTS REPORT THE FOLLOWING OUTCOMES

100% felt that Reflect helped them to achieve what mattered to them

82% Reported and improvement in their confidence and self esteem

47% Reported improvements in their housing situations

69% Reported an improvement in their mental health and well being

60% Reported that they have better routines

82% Reported that they now get out more

Parents reported that the approach of their Reflect workers made them feel that they could trust them, where **95%** felt that they were listened to and not judged by their workers. **91%** reported that they felt their Reflect worker did not give up on them and **91%** felt that their Reflect worker helped them talk about their goals and hopes for the future.

Most parents being referred to Reflect now have had 1 child removed. At the start of the service in 2018 the parents being referred had more than one child removed. This is evidence that the service is targeting and reducing the number of repeat pregnancies and seeing parents going through the trauma of recurrent care proceedings.