

Whole Family Approach – Theory of Change

Assumptions

Children and young people only know their own life experience	Children and young people can experience isolation
Disrupted education Due to COVID	There is a lack of knowledge around the importance of nutrition and physical exercise
All children and young people are at risk of harm or exploitation	Children and young people who have experienced trauma may need support
COVID has had a significant impact on mental health	Working with Children and young people on their own goals helps them with their wellbeing and self-esteem
Building positive relationships helps build resilience	Helping a young person get their views, wishes and feeling heard improves self-esteem and self-confidence
Having supportive networks helps young people feel a sense of belonging	

Drivers

-  Strengths based approach to working with young people
-  Coordinated youth focused approach working holistically to improve wellbeing
-  Consistent mentoring from a role model who chooses to spend time with them in 1-1 sessions that are bespoke and flexible to an action plan
-  Feeling listened to being validated promotes wellbeing, self-esteem and self worth
-  Communicating with parents and professionals to help them understand the young person and their perspective
-  Advocating to others helps young person to have a voice
-  We work in a trauma informed way
-  We use plain English and don't use jargon with our children, young people and caregivers

Outcomes

- Children and Young People (12 months)**
 - Improved positive behaviour
 - Able to express, understand and manage feelings/emotions
 - Improved relationships
 - Improved social skills to enable friendships
 - Improved self-esteem
 - Improved self-confidence
 - Feel safer
 - Improved learning readiness
- Parents & Carers**
 - Improved physical health of child/ren
 - Improved home environment
 - Improvement in general wellbeing
 - Improved responsibility of keeping their child/ren safe
 - Improved relationships
- Family**
 - Improved family communication
 - Improved family relationships
 - Improved empathy and understanding
- Impact**
 - Instil self-worth in young people for their future lives.
 - Increased resilience to enable children and young people and families to manage change and adversity.
 - Feel more empowered to act independently

Underlying Values and Ways of Working

Staff use active listening skills, powerful questions, trauma informed practice

Referral pathway

Assessment of needs and risk completed and reviewed regularly to work safely and ongoing action plans

Plans reviewed regularly and staff receive monthly case supervisions