

# Different Futures

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## A BRIEF INTRO

Different Futures works with parents in Warwickshire who are no longer able to care for their child due to adoption, kinship care or because their children are permanently living elsewhere.

Different Futures aims to break the cycle of recurrent care proceedings and give everybody the chance for a different future in a safe, non judgemental environment.

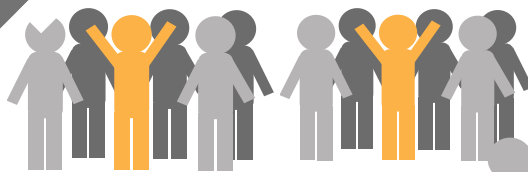


28 Females

11 Males

including 8 couples  
make up the

## Different Futures in numbers;



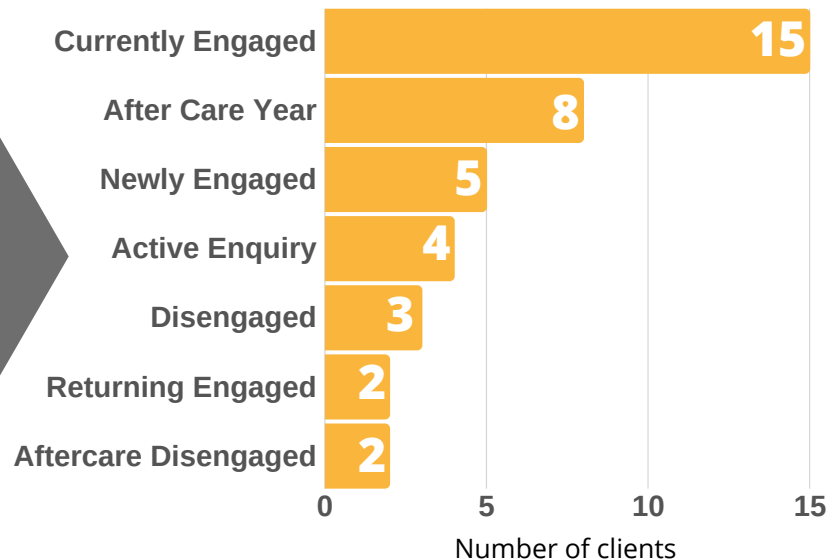
39

Clients with a total of  
87  
children lost to  
permanence



Three full time  
project workers and a  
project co-ordinator  
work across the  
county to support the  
clients through  
different stages of  
their journey.

The clients are at different stages, as below;



## Active Enquiries

Following an appropriate referral to the service, the clients become an 'Active Enquiry' as the Project Workers discuss the service with the referred client and attempt to engage them.

Over half (55.6%) of all new referrals in the last 6 months have gone on to become newly engaged in the service.

Just under half (44.4%) of all new referral activity is in the Active Enquiry stage with workers encouraging the very vulnerable clients to engage with the service.

## Aftercare Year

Clients can continue to access aftercare for a subsequent year to enable them to embed changes they have made and for Different Futures to monitor and continue to review progress. There is a reduced direct input from both the service and Project Worker, with the idea that clients should have an increased support network from other agencies in place.

The idea of a third year was considered appropriate in line with research by Karen Broadhurst et al (1), suggesting that if prevention of another pregnancy/birth is possible for 3 years or more the probability of recurrent proceedings is reduced. This is possibly due in part, to the maturity of the mother and also an ability to evidence change over a period of time.

For clients who have demonstrated significant change with the service and wish to have further children in the future, there is an option to request a Capacity to Change (Pre-Pregnancy) Assessment. This is undertaken by the Parenting Practitioner Team in Warwickshire. This could help our clients make an informed decision about whether having a child is the right choice for them.

Our clients work hard towards their goals and difficulties often arise. Our project workers are there to support them but the decisions are made by the clients. Since the project began there have been;

**3**  
pregnancies  
but

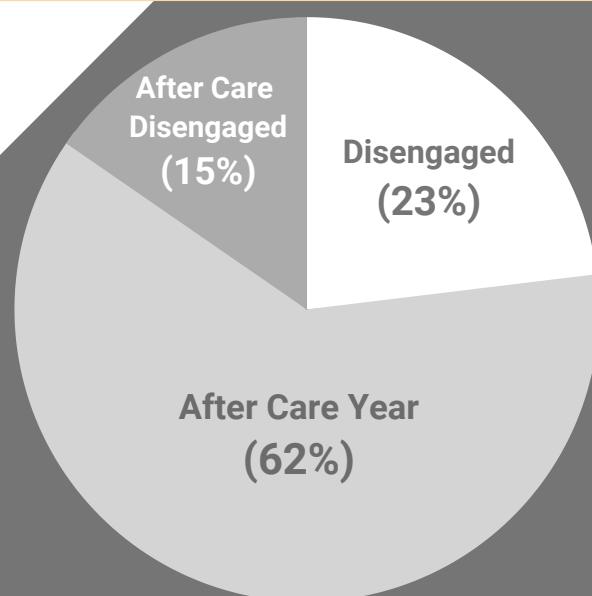
**0**  
births

Two were a result of the partner's vasectomy being the long term contraception in place but then the circumstances changing. It was working with the service that enabled these clients to decide that they were not ready or in a position to parent a child at this time.

## Exiting Different Futures

For almost two thirds (62%) of our clients exiting the programme is a result of successfully completing the 2 year programme and continuing into the After Care year.

Some clients might fully engage for some time and then disengage (23% of exits). Clients are always welcome to re-engage with the service. Of the current clients, 5% have previously disengaged and then returned to the service since October 1st 2019. Some clients have worked hard throughout the project to then disengage in the after care year (15% of exits) even after repeated attempts at contacting them.



(1) Broadhurst, K., Bachar, A., Harwin, J., Shaw, M, Pilling, M, Mason C, Kershaw S, Yeend E (2015). Connecting Events in Time to Identify a Hidden Population: Birth Mothers and their Children in Recurrent Care Proceedings in England.

# Outcomes Star and measuring change

The Outcomes Star is a visual record, a collaboration between client and project worker, to set goals and realistically work towards them.

Each point of the star refers to an area of the clients life;

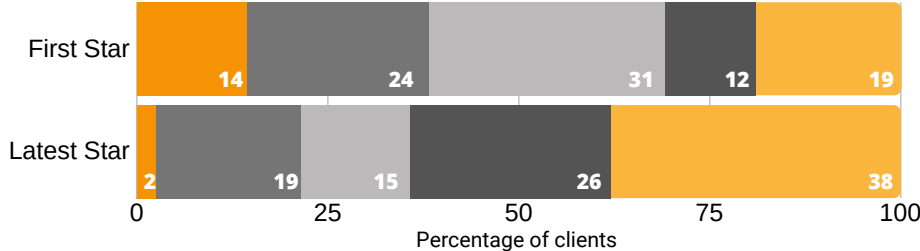
- Motivation and Taking Responsibility
- Self Care and Living Skills
- Managing Money and Personal Administration
- Social Networks and Relationships
- Drug and Alcohol Use
- Physical Health
- Emotional and Mental Health
- Meaningful Use of Time
- Managing Tenancy and Accommodation
- Offending

Each area is scored on a scale of 1 - 10. A score of 9 -10 indicates self -reliance whereas a score of 1 - 2 signals that the client is stuck and needs more help. A new star is created every 4 months to review where the client is now, highlight progress and point to where more work is needed.

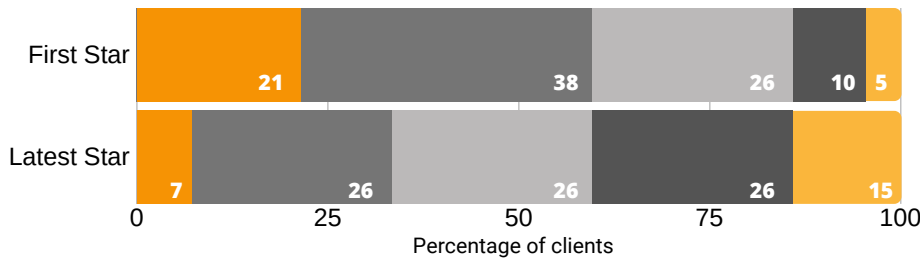
The graph below is a snapshot from 05/05/2020. We can see the percentage of clients who have progressed from the first Outcomes Star they completed to the most recent in each outcome area, and where clients are stuck.

## How much progress are people making in each outcome area?

### Self Care & Living Skills



### Emotional & Mental Health



The percentage of clients who are 'self reliant' in Self Care & Living Skills doubled to 38% between first and last stars. There is a 12% drop in the percentage of clients who are 'stuck' to 2%.

The percentage of clients who are 'self reliant' in Mental Health has tripled between first and last stars, but it is still low at 15%.

The percentage of clients who are 'stuck' is 3 times lower in the latest star but still among the highest stuck at 7%.

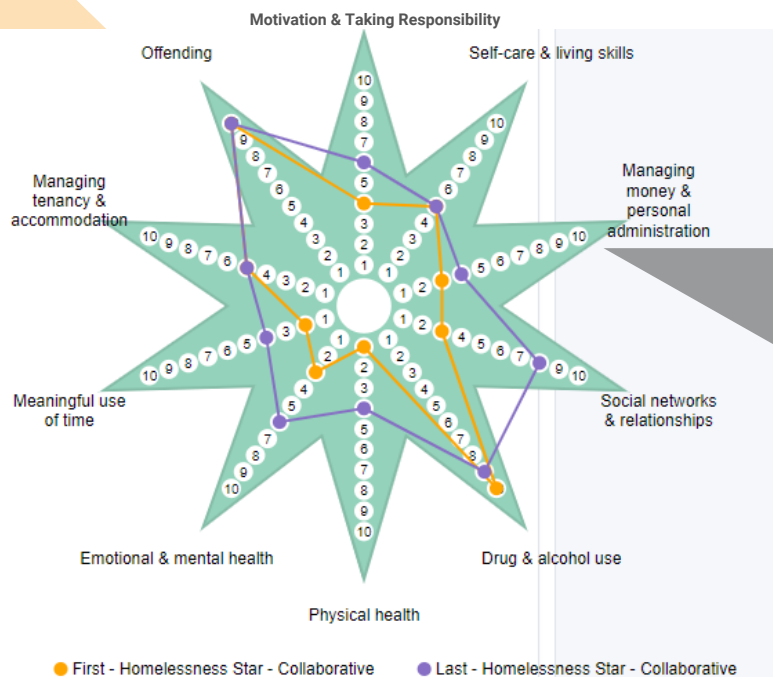
#### Progress Key

- Stuck. Score of 1 - 2
- Accepting Help. Score of 3 - 4.
- Believing. Score of 5 - 6.
- Learning. Score of 7 - 8.
- Self Reliance. Score of 9 - 10.

There is positive progression across the board for all clients, there is an increase in Self Reliance and a decrease in the percentage of clients who are Stuck. However, Emotional and Mental Health continues to have one of the highest percentages of clients who are Stuck and the lowest percentage of clients who score as Self Reliant or maintain a top score.

# Outcomes Star; a case study

Here the Outcomes Star has been used as a visual record of the client's journey with the service.



Steve (not his real name) has an acquired brain injury due to a road traffic accident when he was a child. He has diagnosed depression and anxiety with psychosis.

Steve's wife also has a learning disability and they had previously been homeless and sleeping rough. Steve's wife is his main carer.

The couple lost their child to adoption due to neglect. They were isolated with significant debt issues and their tenancy was at risk due to rent arrears.

Steve began working with Different Futures, along with his wife 2 years ago when they were living in a flat that was marked for demolition in Rugby. Different Futures supported the couple through the enforced move, ensuring the arrears were paid and correct services in place. A Possession Order was avoided.

Different Futures ensured the Crisis Team were aware of Steve's mental health and were supporting him. One to one support was secured with a Rugby Borough Council Housing Coach. A carers assessment was arranged leading to a Physical Disability Service assessment and carer hours put in place. Support from Brancab and the local MP ensured Steve won his PIP appeal at tribunal.

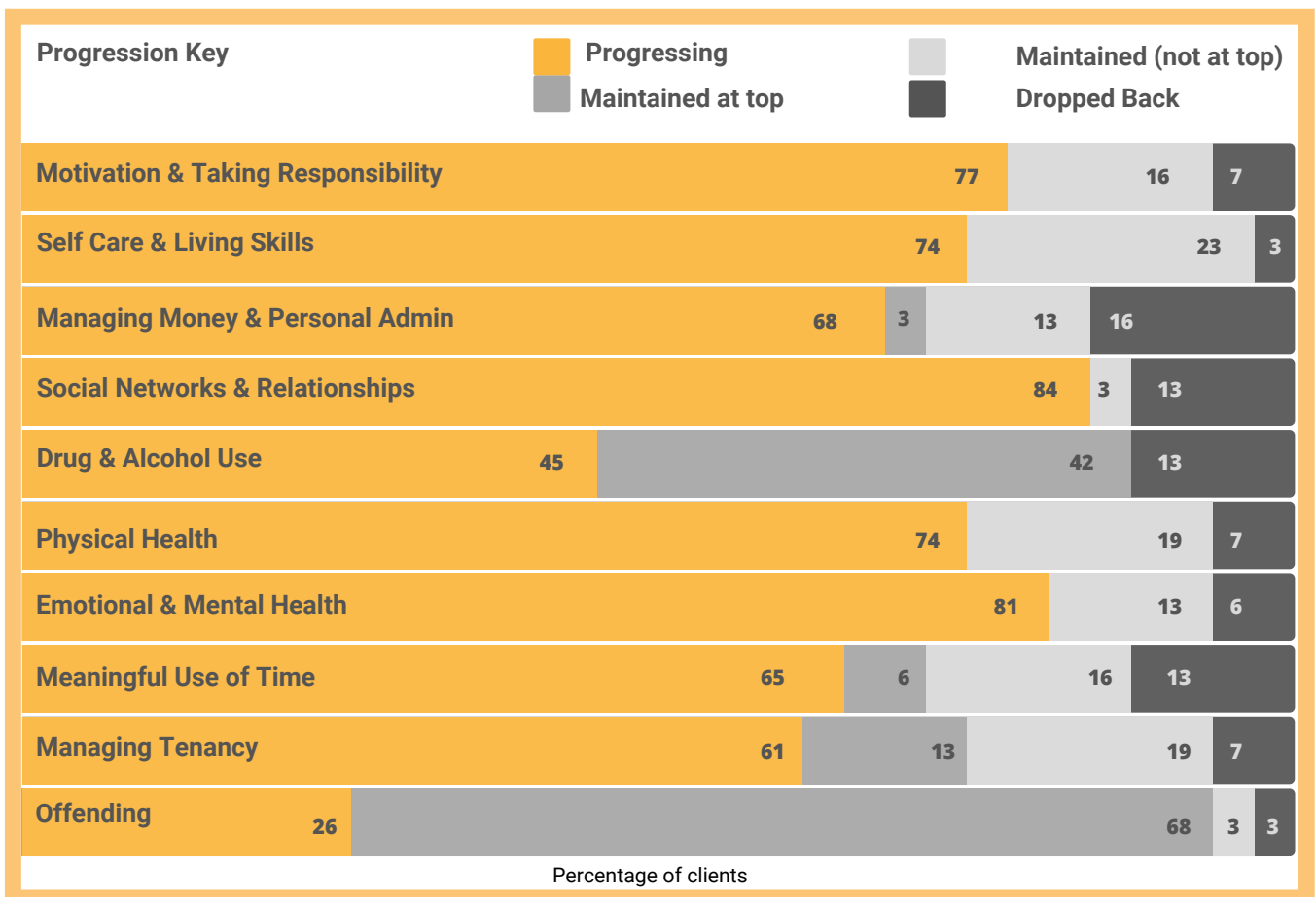
Steve and his wife have progressed a long way. Steve's Outcome Star, pictured above, highlights how far he has climbed. Steve's star also shows that progression is not plain sailing. There are many steps forward but there are also steps back. Different Futures aims to keep clients moving towards their goals even when it seems difficult.

Steve is able to get out of the house more. His finances are managed by Penderalls under an Appointeeship. Steve's confidence is increasing and he is becoming more independent as he learns new skills such as cooking and cleaning. Steve feels safe.

# Outcomes Star and progression

Following on from Steve's Outcome Star in the case study, it is not unusual for clients to make real progression but then find that they are struggling and falling back, even temporarily into earlier behaviours.

The graph below shows the percentage of clients that are progressing from their first Outcomes Star to their most recent on 05/05/2020



The largest percentages of clients are progressing towards the top of their Outcomes which highlights the work that is being done by both the clients and their project workers. As is human nature, progression is not always smooth and straightforward. Complications can happen or problems can build up. Different Futures workers are there to encourage and support clients when the clients feel that they are 'Dropping Back', facing difficulties or finding working towards their goals to be a struggle.

In the above graph the Drug and Alcohol Use and Offending outcomes show a high percentage of clients that have maintained their Outcomes Star score at the top. Some clients have really progressed within this outcome and achieved their goal. With many clients, these Outcomes were not necessarily an issue that the clients felt needed to be worked on as a future goal so had scored highly as Self Reliant (9-10) from the very beginning.