

Fostering Security



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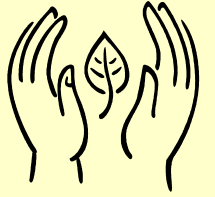
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Why Fostering Security?



- Recognition of a need for extra support for caregivers with attachment disordered children
- To bridge issues of case management and intervention between CAFS and CYF
- To educate and share information in a group setting
- To create a support group



Development



- Training programme developed by CAFS and workshopped with CYF staff for discussion and input
- Decision to take clients of CAFS and/or CYF so that keyworkers available for follow-up interventions
- During first training programme it became apparent that many issues arising related to CYF, its policies and practice, therefore CYF staff invited to co-facilitate



Objectives



- Psychoeducation around attachment theory and attachment disorder, and the effects of early trauma, abuse and neglect
- Establishment of a support group for parents and caregivers
- To provide a bridge between mental health and child protection service interventions with families affected by attachment disorder



Programme Structure



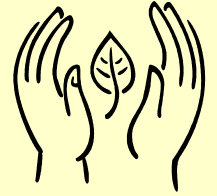
Four Components:

1. Introduction (1 session)
2. Education (4 sessions)
3. Strategies to Manage (4 sessions)
4. Graduation and Evaluation (1 session)



Introduction

Session 1



- Outline programme structure
- Personal Goals
- Group Values
- Tree of Hope
- Parent Stress Index (PSI)
- Strengths and Difficulties Questionnaire (SDQ)
- Diaries and Folders



Education

Session 2-5

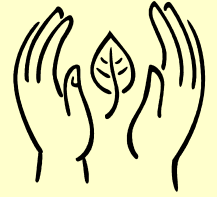


- Attachment and developmental theory
- Psychological and physiological effects of trauma abuse and neglect
- Aims of long term foster care and factors influencing success
- Theorists informing the content include John Bowlby, Bruce Perry, Mary Ainsworth, Patricia Crittenden, Daniel Howe and Daniel Hughes



Strategies to Manage

Session 6-9



- Attachment Disordered Behaviour vs Typical Developmental Behaviour
- Empathy and Sensitivity
- Self Care
- Take home messages
- Parenting to the child's emotional level
- Rewiring the brain
- Being in control
- Regression
- etc



Graduation & Evaluation

Session 10



- Evaluate personal goals
- Re-administer PSI and SDQ
- Programme Evaluation
- Certificates and a gift symbolic of the programme



Research



Quantitative Research:

- A work in progress... looking at pre and post test questionnaires over several training programmes
- The question is whether we will see significant improvement in the child's behaviour after only 10 sessions... we are anticipating lower parent stress levels...

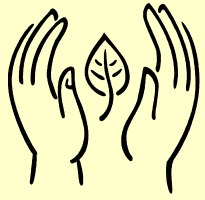


Research



Qualitative Research:

- Content analysis of post programme structured interviews currently in process
- Preliminary analysis identified 6 main themes



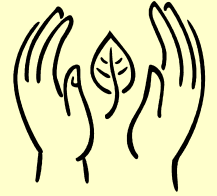
Theme One: Education



- Need for mental health, welfare, education and legal professionals to upskill specifically about attachment problems
- For caregivers - education leads to understanding which improves empathy and behaviour management
- Fostering Security (or similar) to be delivered as soon as possible to new caregivers



Theme Two: Access/Visitation Issues



- Best interests of child is paramount taking into consideration attachment disorder and impact on current placement
- Common practice does not always fit with reality and uniqueness of each child and family
- Need for team decisions around access/visitation - when, who, where



Theme Three:

Grandparents Raising Grandkids

- Lifestyle changes and isolation from peer group
- Different parenting generation
- Guilt issues - "Did I do something wrong when I raised my children?"



Theme Four:

Historical Issues Re-Surfacing

- How they parented their children
- How they were parented
- Negative experiences with professionals
- Own past trauma, abuse and/or neglect



Theme Five: "I'm Not Alone"

- "I'm not a bad parent, I'm not doing the wrong thing"
- "Others experiences give me hope for change, it's not always going to be this way"



Theme Six:



Most Useful Fostering Security Programme Strategies

- Time in vs time out
- Shark music: self-reflection and self-awareness
- More positive and assertive self-talk
- Calmer and less inclined to engage in conflict and control battles
- Steel box with velvet lining - firm but fair
- Focus on positive parenting
- Deliberate family belonging strategies



Next Steps....

- Support group
- Research and write-up
- Training caregivers with NGO's
- Sharing programme information nationally
- Ideas around better support systems for caregivers
- Educational DVD for professionals
- ???