



Early Help & Intervention

Transition Team Newsletter, Derbyshire County Council

Why Early Help Intervention Matters:

All children deserve the best possible start in life. Too many children face the kind of disadvantage that affects their development and threatens their future health and happiness. Early intervention can play a part in offering these children and their families the support they need to reach their full potential. It can improve the quality of a child's health, home and family life, enable them to perform better at school and support their mental health and wellbeing (Early Intervention Foundation EIF, 2018).¹

Research suggests that Early Help can:

- Protect children from harm
- Reduce the need for a referral to child protection services
- Improve children's long-term outcomes
- Support in reducing health inequalities in society
- Reduce some of the suffering children, young people and families experience
- Support the most vulnerable through hard times, such as Covid-19 (Haynes et al, 2015).²

'Providing timely support is vital. Addressing a child or families' needs early on, can reduce risk factors and increase protective factors in a child's life' (EIF, 2018).¹



Early Help and Covid-19:

Clearly, the Covid-19 pandemic has had a profound impact on lives and communities across the UK and around the world. It is clear that identifying and protecting vulnerable children has become much more challenging during the pandemic. We know that some families are living in very close proximity, sometimes in cramped housing, and are under increased financial strain and uncertainty. This will have led to many children witnessing parental conflict, which our work has shown can be damaging and can affect children's mental health and wellbeing (EIF 2021).³

Why is Early Intervention good for children and families?

Early intervention is not a panacea – it cannot solve every problem – but it is vital as a way to minimise the negative impacts of economic disadvantage, increase social mobility, and prevent some of the risks that can jeopardise a child's future (EIF 2021).⁴

Failing to intervene at an early stage can lead to a multitude of negative consequences later in life. By then, it may be too late: these problems may be more serious, more damaging and more difficult to address once a person reaches adolescence or adulthood. Knowing this, we cannot stand by and wait for problems to get worse before we intervene (EIF 2021).⁵

References: (1) Early Intervention Foundation (EIF) (2018) About early intervention: [why it matters](#). Accessed 18/01/2021-(2) Haynes, A., et al (2015) Thriving communities: a framework for preventing and intervening early in child neglect. [London: NSPCC](#). Accessed 18/01/2021-(3) Where next for [evidence-based early intervention](#) in accessed 18/01/2021-(4) [EIF website](#) Why is it good for children and families accessed 18/01/2021-(5) Image taken [Leeds Safeguarding Children Partnership](#) accessed 18/01/2021.

Resources:

Below is a list of resources that have been reviewed by the Early Help Advisors, we hope you enjoy using the resources and they support yourself and your organisation in delivering your early help offer.

Please find below a selection of resources to support early help services, professionals, parents and carers.

Free courses, and risk assessment for home visits:	Feedback:
<p>Home visits / risk assessments - Derbyshire County Council (DCC).</p>	<p>I like this DCC policy it gives clear guidance on home visits and ensures all localities are following DCC protocol.</p> <p>I also like the flow chart.</p>
<p>Parenting - Open Learn - Open University - K204_2</p> <p>Free parenting course - Parenting- Start this free course now. Just create an account and sign in. Enrol and complete the course for a free statement of participation or digital badge if available.</p> <p>About this free course 8 hours study Level 2: Intermediate</p>	<p>Free parenting course</p> <p>This course explores what parenting means, what is meant by quality parenting, how it can be enhanced and promoted.</p> <p>And why parenting may require support from outside the immediate family.</p> <p>Reflective course and it is free for practitioners and parents.</p>
<p>MindEd for families - MindEd for families - children, teens and for professionals.</p>	<p>MindEd is a free learning resource about the mental health of children, young people and older adults. All the courses are FREE for parents/carers and professionals to sign up to.</p>

Speak up for those who cannot speak for themselves. - Proverbs 31:8

More often than not, victims of trauma lack the words to express their grief and fear. As a worker you recognise the need and are the first to respond. You are the ones who will speak hope into the hearts of the hurting.

Adverse Childhood Experiences (ACES):	Feedback:
<p>Early Help - Working Together to Improve Outcomes for Children, Young People and their Families.</p> <p>TES - why ACEs are key to behaviour management.</p> <p>Video included about Attachment.</p>	<p>EXCELLENT! - Thorough study of ACEs and the impact of these on children and adults. Video – excellent.</p> <p>EXCELLENT! - How studies on children gave rise to the concept of ACEs. Physiological responses identifies toxic stress as brought on by regular high levels of cortisol and its effect on both physical & MH. Mentions Bolby and his studies of children’s responses to the adults in their lives, i.e., angry, violent, and the effects of this on their own behaviour in later life “Childcare & the growth of Love”(excellent starter book – used this in my BEd course).</p>
<p>ACEs - handout good one with Fliers which are good and clear.</p>	<p>FANTASTIC HANDOUT: - Could just be used as our newsletter, with bits and bobs of other stuff added. Great for circulating to colleagues in schools and within DCC/NHS.</p>
<p>TedMed Nadine Burke Harris, How childhood trauma affects health across a lifetime.</p>	<p>Fascinating: - talk based upon her experience as a doctor – looks at ACEs and the effect they have on behaviour – leading to diagnoses of ADHD, ASD, etc.</p> <p>Downside – lengthy video.</p>
<p>ACEs, Toxic Stress and Youth Wellness UK.</p>	<p>Association of Toxic stress with poor impulse control, difficulty in emotional regulation, leading to problems in planning & managing life experiences.</p>
<p>Toxic stress the Developing Child.</p>	<p>Differentiates between Positive, Tolerable & Toxic levels of stress and their effects on brain development.</p> <p>GOOD LITTLE COLOURED CHART TO PUT IN.</p>

<p>ACE overview and questionnaire.</p>	<p>GOOD: – asks whether services should automatically ask about ACES as part of the assessment. Add if there is room – discussion point.</p>
<p>Workbook ACES for parents/professionals - part of the ACES and the Beyond Adversity Campaign.</p>	<p>MUST BE ADDED: - Lots of resources for schools and young people: - Young Mind’s usual high-quality stuff.</p>

<p>Early Help Resources Varied:</p>	<p>Feedback:</p>
<p>Working with parents - Introduction and a guide for working with parents of children with Special Educational Needs or Disabilities (SEND).</p>	<p>Good site, written in plain English, easily understood with good links.</p>
<p>Under 5s Working with parents - To support practitioners in developing parental engagement in children’s early learning, PEAL training materials and resources have been produced to support you to engage parents in their children’s learning. These materials cover topics such as relationships, communication and partnership.</p>	<p>As with website 1, written by the same organisation.</p>
<p>Children in Whom Illness is Fabricated or Induced (FII), Derbyshire County Council Perplexing presentations and Fabricated or Induced Illness (FII).</p>	<p>Derbyshire Safeguarding Partnership site. I liked the layout of this and how the information was presented. Think this should be included, not least but as it’s a Derbyshire document and relevant to our area.</p>
<p>Providing early help This chapter outlines the arrangements for:</p> <ol style="list-style-type: none"> 1. The provision of Early Help for families and children with low level or emerging needs. 2. How families may be helped. 3. How services may be accessed; and When Children's Social Care need to become involved and how this transition should be made. 	<p>As above, from the Derbyshire Safeguarding Partnership site.</p>
<p>Working with young parents - Website which support young parents and parents offering advice and support.</p>	<p>Good links included on this site. Offers a live chat facility. Includes videos and information to support young parents.</p>

Breaking down barriers to parental involvement and engagement - St Mark's Primary School – East Renfrewshire.	This is an exemplar written by an East Renfrewshire school in Scotland. A good, current piece of work which might be useful to schools. Case study.
Early help foundation engaging parents - A list of reports, blogs to read around parenting, mental health, important conversations etc.	Good current information included in this site.

Early Help Work with Parents:	Feedback:
Life skills : - Top Tips and advice to help your family build resilience and employability skills for the future.	Like it as varied and links to Recovery COVID plan and up to date.
Trauma & young people : - A guide for parents, carers and professionals, this guide has been developed to help parents, carers and professionals supporting children and young people affected by traumatic events or experiences.	Like it but parents need to have access to download. This is a good booklet to send out to schools and professionals. I like it for schools only.
Teentips - Building Resilience for Life, At Teen Tips, we believe that when teachers, coaches, parents and carers work together to promote strong self-esteem and emotional resilience, teenagers can thrive socially, emotionally and in education.	Like it and very up to date , free resources, information for schools, professionals and parents/carers. Including podcasts and other resources.
Solihull Approach - Resources to read, which are research based that introduce the Solihull Approach.	Yes – this is a good website and is aimed at children and young people aged from 0-18. Good resources and information to download which are free.

Early Help Transition Team Contact Information:

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