

iinsight

A specialist parenting capacity assessment service



What is the Insight Service?

Insight is a Specialist Parenting Capacity Assessment Service delivered in Aberdeen City by two leading charities, Aberlour and VSA in partnership with Aberdeen City Council.

What we can do for you:

Insight has been commissioned to provide an independent, evidence-based assessment service to help in the decision making process for children who are considered to be on the edge of care. We can provide community-based specialist parenting capacity assessments and interventions to help parents learn the skills they need to safely parent their children at home. We work closely with families to help them show whether they are able to consistently meet the needs of their children. We look at all elements of the child’s safety and wellbeing from physical to emotional, social to educational. Reasons for requiring this level of intensive intervention can include:

- Parental substance misuse
- Domestic abuse
- Parental mental health
- Parent having a learning difficulty/disability
- Impact of parents’ adverse childhood experiences
- A combination of these factors

We provide assessments for children aged 0 to 12 years.

We will assist ACC social work in the long-term decision making for children, where there is a significant concern regarding the parent’s capacity to meet the child/ children’s needs (physical, emotional, social and educational).

Our delivery model will:

Assess	The strengths and risks within the family. This will include assessment of the parent - child relationship. Using a toolkit of interventions to coach and support parental learning within the assessment process
Report	In a timely fashion on parental progress and outcomes achieved
Recommendations	To support permanency/ rehabilitation plans within the most efficient timescales possible to ensure the best long-term outcomes for vulnerable children.

Our Approach

The assessment process will take on average 12 weeks (this may be longer where parents have identified or unidentified additional needs, such as a learning difficulty) and will involve trained staff undertaking structured parental assessment through: reflection, observed family contact, providing guidance and feedback, assessment and analysis. Planned work will predominantly take place in the family home and will incorporate early morning, evening and some weekend sessions.

Core aspects of the assessments:

1. **Assessment of parenting skills and parenting capacity** - ability to meet the child’s basic physical and safety needs; emotional and development needs – using the National Practice Model (GIRFEC) and theory-based analysis i.e. attachment theory
2. **Assessment of independent living skills** – ability to undertake basic household routines (e.g. washing, budgeting, cooking), parental healthcare, household hygiene, and specifically those which impact on parenting capacity
3. **Personal/ community relationships assessment** – ability of parent/s to deal with and manage family/ wider relationships, external family engagement and support for child/ren and parents
4. **Capacity to change assessment** – motivation of the parent/s to address issues which impact on their parenting capacity, including behavioural change and sustaining the positive changes within a timescale to meet the child’s needs.

Our Assessment Toolkit - we will use an assessment toolkit including various approaches and tools that will be personalised to the needs of the family, including:

Tool/approaches	Summary
PAMS	A guide used by social services to work with and assess parents and families when there are child protection concerns.
Bonding and attachment sessions	Underpinned by attachment theory and focused on parents’ own childhood experiences as related to the current parental role and relationships.
Domestic Abuse Programme	Focused on domestic abuse and its impact on children
Mellow Bumps Baby Matters programme	Informs parents of the significance of healthy attachment for the overall wellbeing of their child; impact of domestic abuse on children
Baby Yoga/ Baby Massage	Inclusive set of practices to enhance playful interaction and communication between parent and child
Signs of Safety	Tool to assess and manage risks and undertake robust safety planning when working with vulnerable families
VIG	It is a relationship-based intervention which helps parents become more sensitive and attuned to their child’s emotional needs
Assertiveness programme	Helping parents to manage their behavior so that they can better express their views

An Evidence Based Report:

The final assessment report will include robust recommendations for the parent/s. This will be shared with the parent/s in draft form prior to the final version being circulated to the Council (and relevant agreed partners). The final report will consider:

- Parent: personal functioning; relationship to the parenting task; relationships with the child; adult attachment theory
- Child: evidence of significant harm; contribution to the parenting relationships; attitude to parental figures; child’s understanding, particular vulnerabilities e.g. age, disability, communications
- Context (environment): family functioning; social stresses; potential for stability; relationships with others (professionals and extended family etc).

The report will include recommendations of future support requirements of the parents and will be robust and to a standard that can be used to inform statutory meetings (e.g. courts/ children’s hearing system).

Who can refer:

All referrals will be identified by social work and made via child’s plan. These will be screened by the relevant ACC Service Manager before referrals can be made to the service. Referral is via a Child’s Plan, upon receipt of which the Insight service will be in touch to do a screening meeting with you as the referrer.

The service has two half time managers and enquiries can be made by contacting either:

Saira Walker Richmondhill House 18 Richmondhill Place Aberdeen AB15 5EP	Louise Forbes Primrosehill 8 Sunnybank Road Aberdeen AB24 3NG
T: 01224 358132 / 01224 358600 insight@vsa.org.uk	T: 01224 483 381 insight@aberlour.cjsm.net



VSA, Richmondhill - T: 01224 358 600
Aberlour, Primrose - T: 01224 483 381

E: insight@vsa.org.uk

E: insight@aberlour.cjsm.net

www.vsa.org.uk
www.aberlour.org.uk

Registered in Scotland as Aberdeen Association of Social Service operating as VSA Company Registration Number 18487;
Registered Scottish Charity Number SC 012950 Head Office: 38 Castle Street, Aberdeen AB11 5YU

Aberlour Child Care Trust, 36 Park Terrace, Stirling, FK8 2JR | Scottish Charity no: SC007991 | Guarantee Company no: SC312912