Barnardos

Children at risk

Benchmarking need in Barnardos intensive family support services against the Growing Up in Ireland ’98 Cohort

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Barnardos

Largest children's charity in Ireland
Trauma-informed specialist organisation
56 centres across Ireland > areas of disadvantage and deprivation

Deliver a range of universal, targeted and specialist supports

Intensive family support

- Relationships, empowerment, choice, safety, trust, hope, possibility, compassion, supporting emotional regulation and child-centredness
- Strengths-based, needs-led and tailored supports

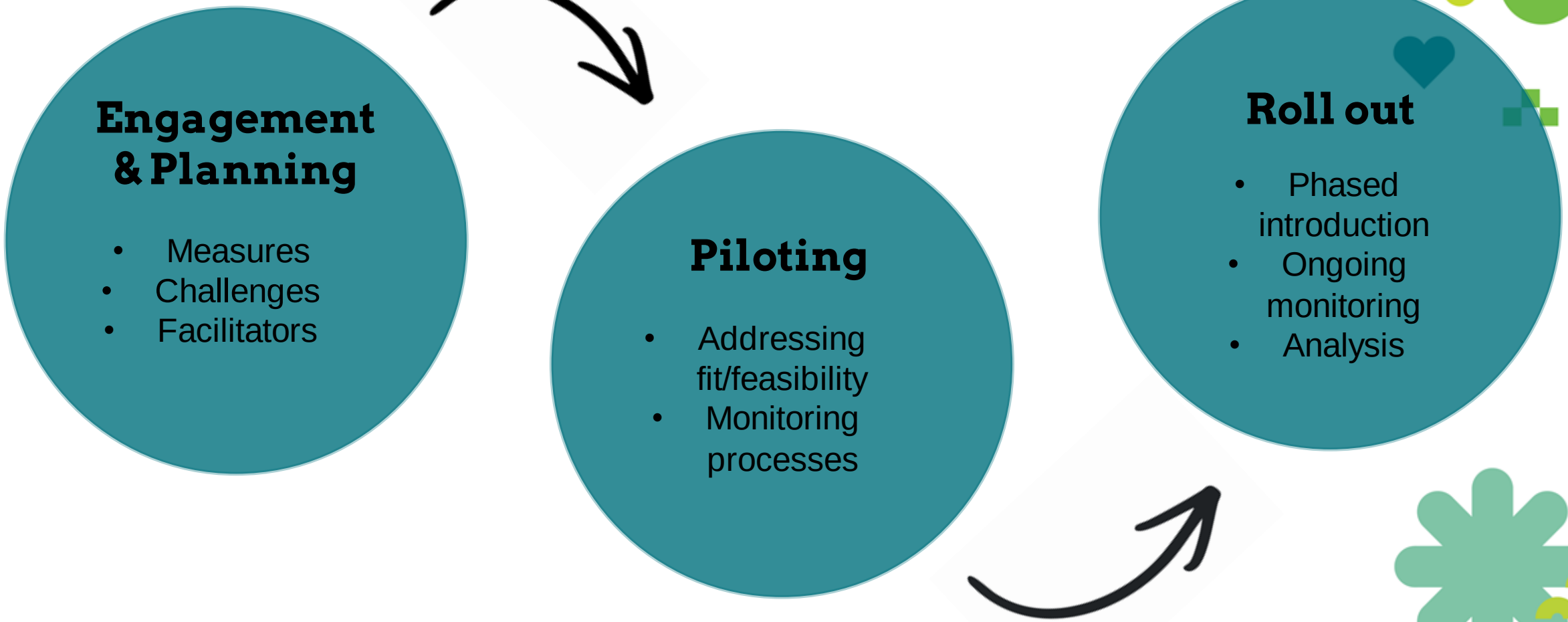
Background

- Growing demand for evidence-informed practice and decision-making
- Family support addresses complex and interconnected needs
- Demonstrating the impact of family support remains challenging

Standardised outcomes in Barnardos

- Capture reliable, valid and timely data which can guide and support actions across a practice and organisation level
- Tracking changes in child and family over time helps to demonstrate outcomes and impact

Process


Engagement & Planning
• Measures
• Challenges
• Facilitators
Piloting
• Addressing fit/feasibility
• Monitoring processes
Roll out
• Phased introduction
• Ongoing monitoring
• Analysis

Standardised Measures

- Strengths and Difficulties Questionnaire
- Pianta Child Parent Relationship Scale
- Short Warwick Edinburgh Mental Wellbeing Scale

Measures are:

- Parent completed
- Index child aged 4 – 18 years
- At the start and end of Barnardos intensive family support

Participants

Measures completed for **1,262 parent and child participants,** 631 families

Children

- 52% boys, 48% girls;
- 10.18 yrs old (SD = 3.8)



Parents

- 83% mothers; 14% fathers; 3% other carers

Ethnicity

- 75% White Irish/White; 10.5% Ethnic minority; 1.6% Irish Traveller



Family structure

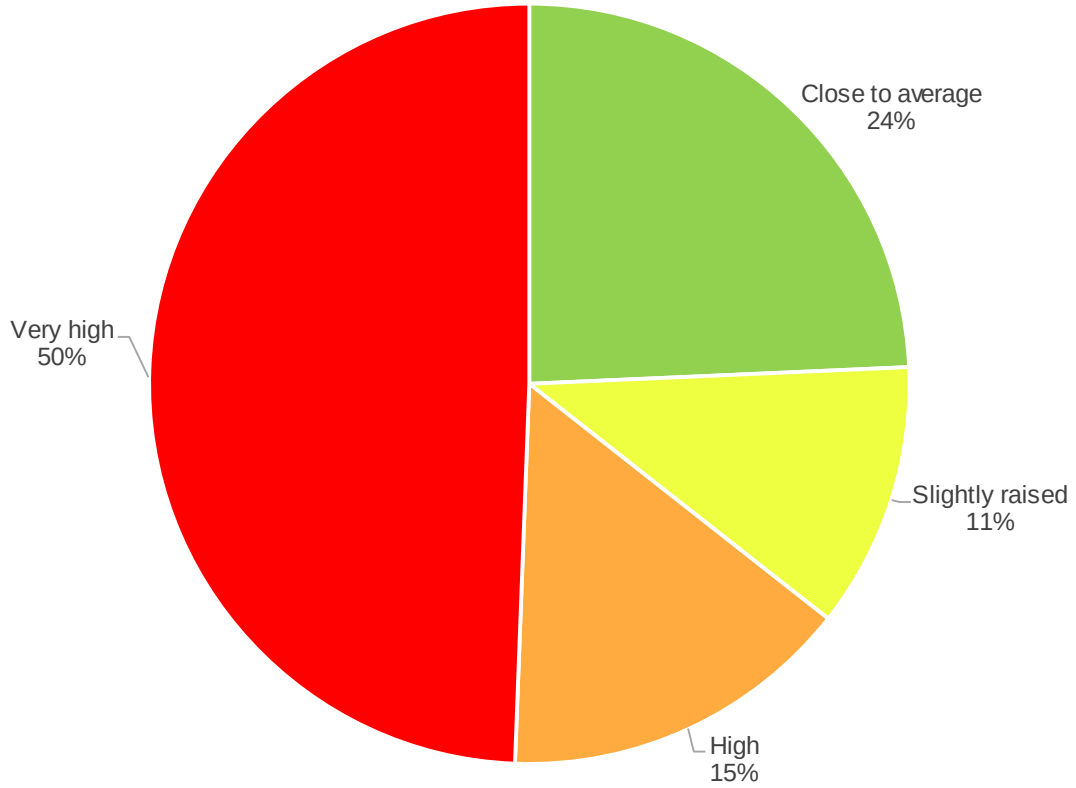
- 30% Lone parents; 29% married/cohabiting; 3% foster care/kin care; 15% separated & coparenting;

Source of referral

- 44% Tusla; 33% self-referral; 8% HSE

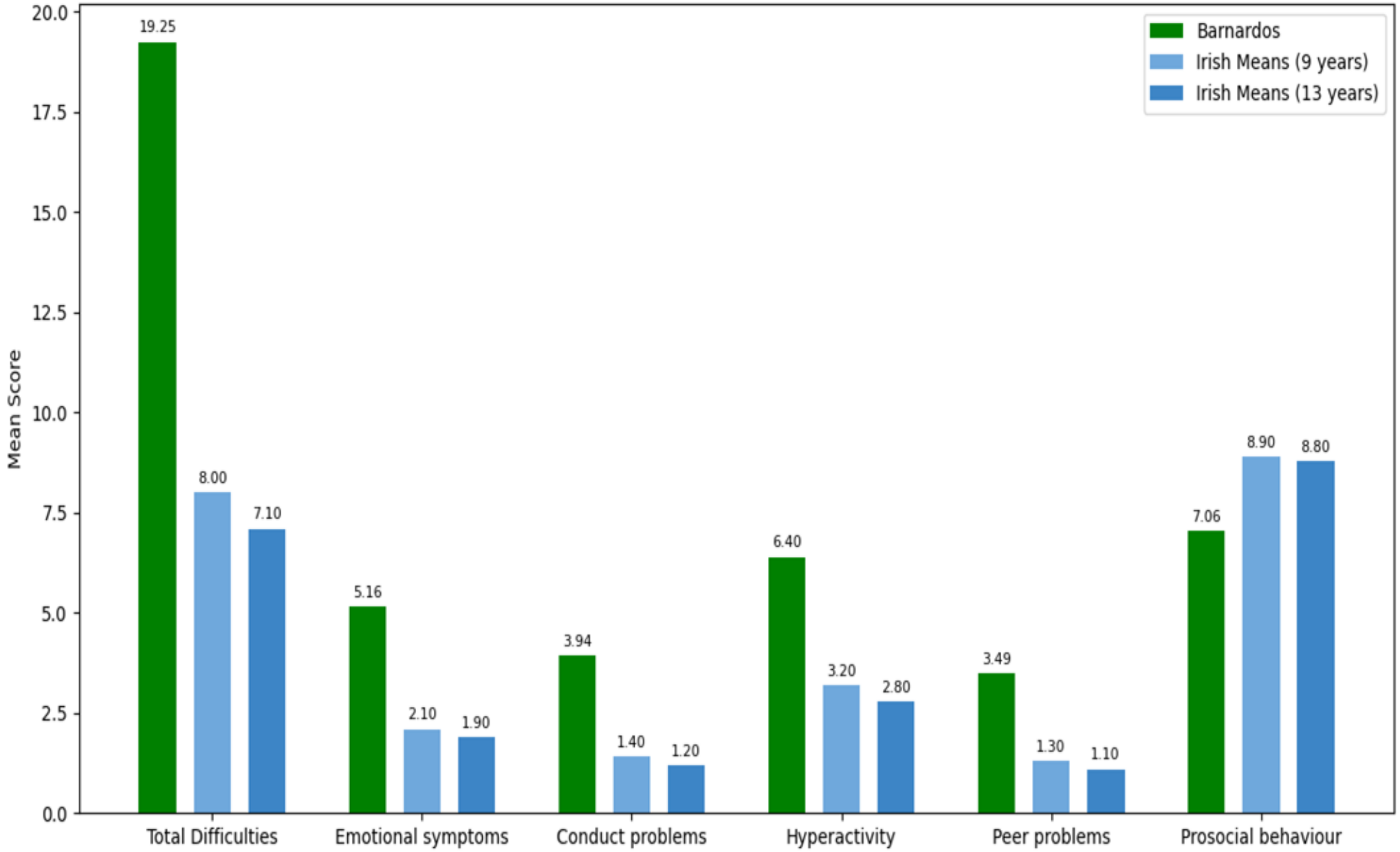
Child Behaviour and Wellbeing

SDQ Scale



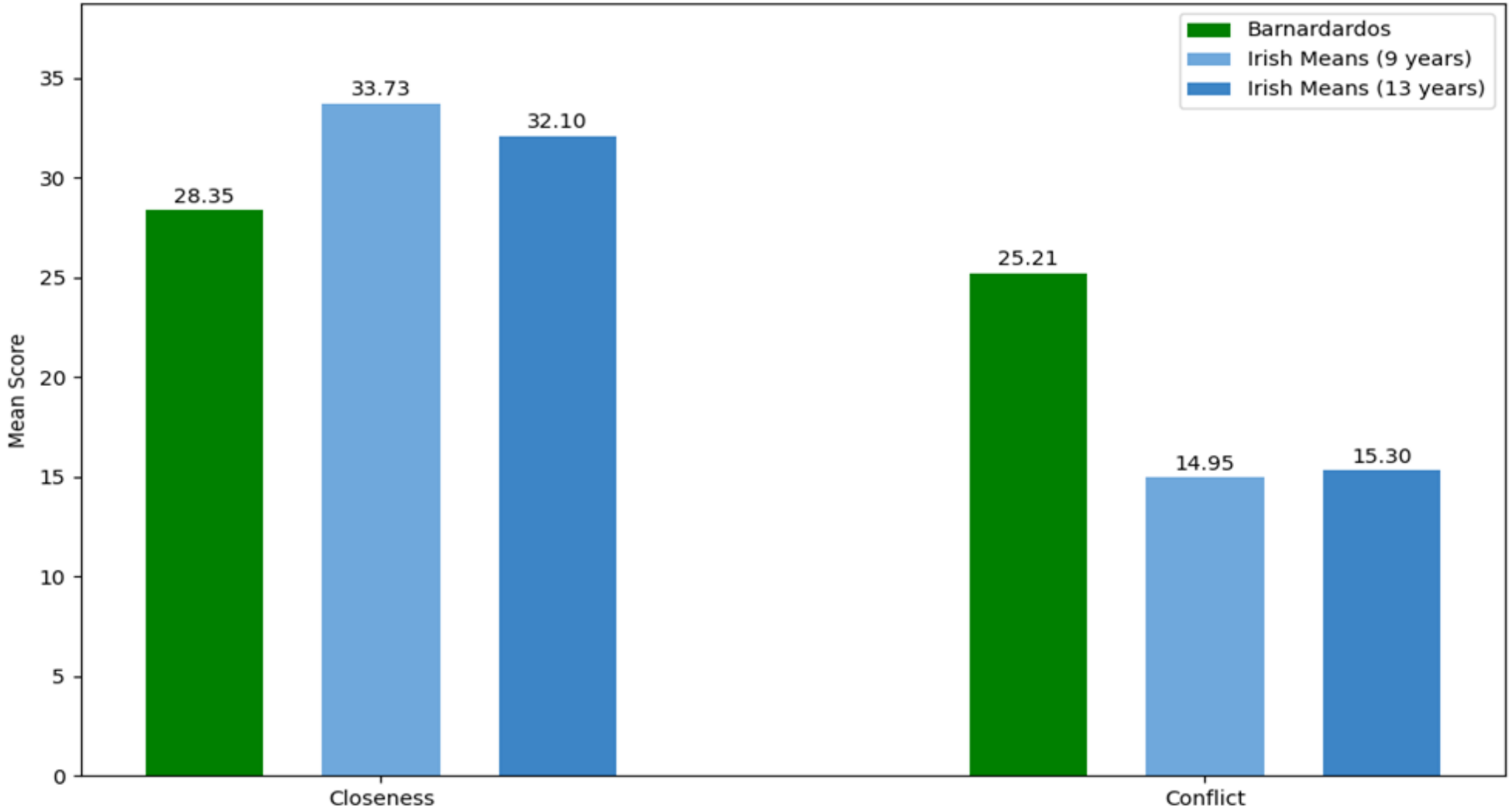
64% experiencing high – very high total difficulties

- 60% of children were demonstrating high/very high emotional problems
- **37% lowered strengths / prosocial behavior**
- **75% of families experiencing distress and social impairment**

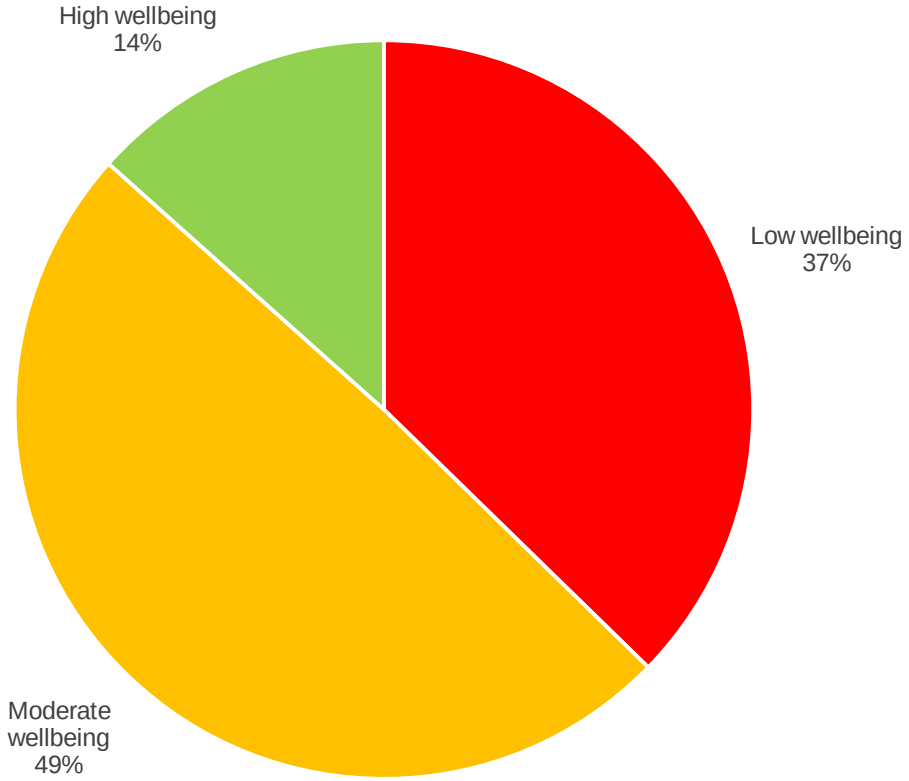

Barnardos
Irish Means (9 years)
Irish Means (13 years)
Mean Score
20.0
17.5
15.0
12.5
10.0
7.5
5.0
2.5
0.0
19.25
8.00
7.10
5.16
2.10
1.90
3.94
1.40
1.20
6.40
3.20
2.80
3.49
1.30
1.10
7.06
8.90
8.80
Total Difficulties
Emotional symptoms
Conduct problems
Hyperactivity
Peer problems
Prosocial behaviour

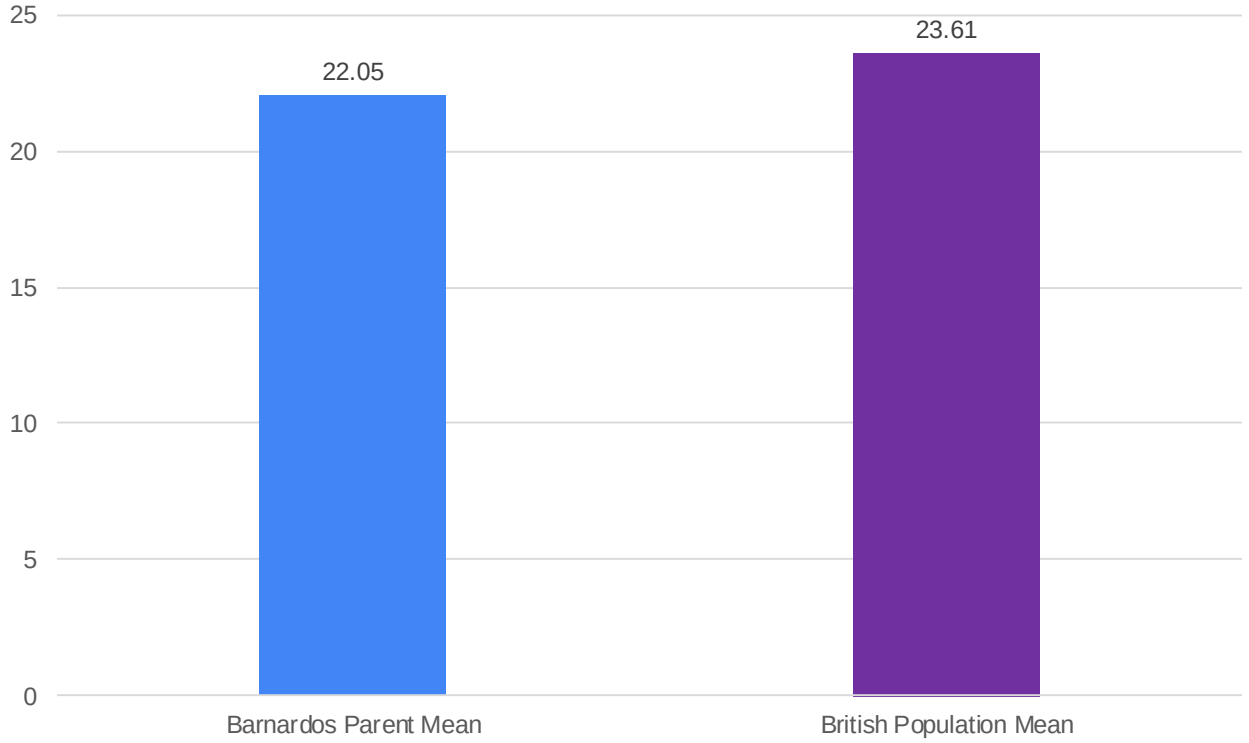
Parent-child Relationships

CPRS



Parent wellbeing
SWEMWBS





Families attending Barnardos services

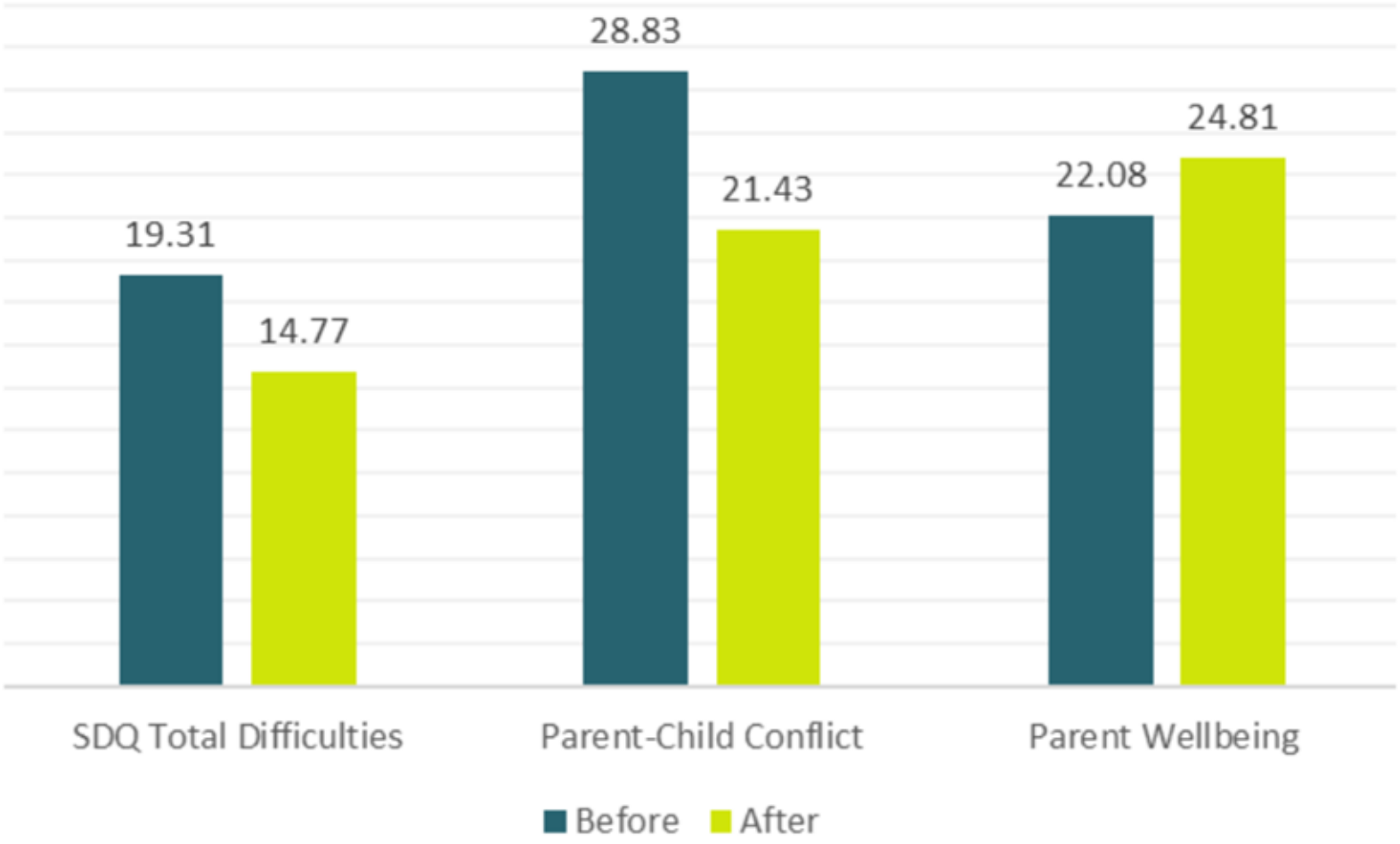
- Comparison with GUI data highlight significant needs among children and families
  - Children often experience complex social, emotional and behavioural difficulties;
  - Relationship strain and challenges within family

Families face multiple vulnerabilities and adversities

- Disadvantage and deprivation
- Parental separation
- Parent Mental Health Difficulties
- Unsuitable or substandard/overcrowded housing
- Social isolation
- Interparental conflict
- Domestic violence and abuse
- Historic substance misuse

Assessing the impact of Barnardos intensive family support

Fig 1: Improvements in Child and Parent Outcomes



Intervening early – intensive family support

2025 Service delivery statistics

Targeted Child & Family Services delivered to 10,997 individual (5087 families)
9580 services >> 85,249 sessions

- Children and young people: assessment and service planning, individual work with children, group work, joint parent-child work
- Parents: practical support and crisis management, parenting supports, group work

Intensive family support: Based on needs, children, young people, and their families are provided with a range of tailored supports designed to address their specific circumstances and strengthen children's positive development

Working at the earliest point: when/where the family are able to engage

Working with intersectionalities: Addressing multiple needs

Prevent further escalation of risk and adversity

Thank you

For more information contact

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