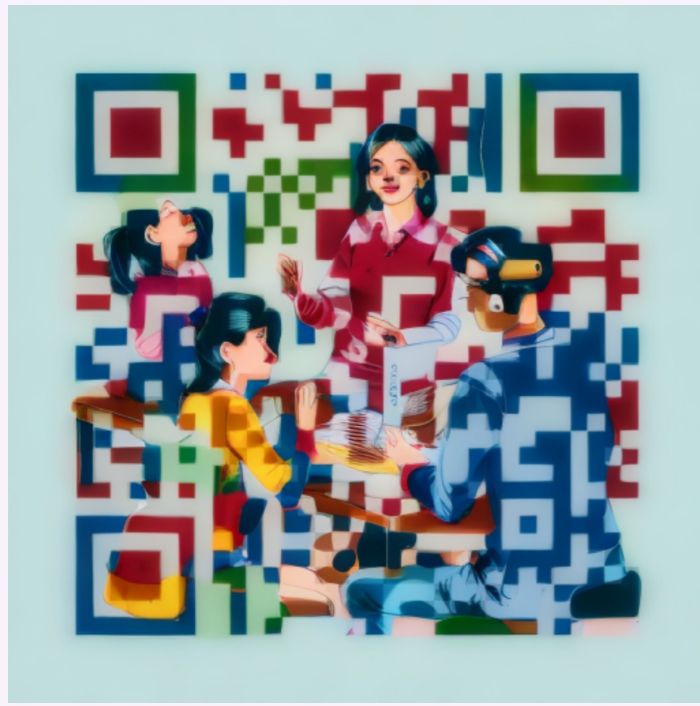


Brandon Centre: Systemic Integrative Treatment Feasibility and Pilot Study

Produced by Marcus Bull, University of Hertfordshire, for a conference in April 2024

Background



This poster summarises the key information from a report of an evaluation published in 2023. The QR code takes you to the full report.

Systemic Integrative Treatment



Aim: To help parents and carers manage their children's violent behaviour, crime, and other anti-social actions.



Two phases: Phase one is intensive therapy with parent/carers, focusing on equipping them with tools to handle the child's behaviour. Phase two, in the last six months, involves tapering off therapist support while parents implement what they've learned independently.



Approach: Works to address multiple systems in a child's life, using a social-ecological theory of change and community-based focus.



Method

February 2020 - April 2022



Areas of interest

- Factors influencing programme delivery
- Service users' experiences
- Changes in youth emotion, behaviour and criminality, and family functioning
- Programme readiness for larger evaluation



People

- A total of 49 families were in the study
- For the pilot study, 12 people (including three parents and nine professionals) also took part in an interview or focus group.



Information analysed

- Group and individual interviews were analysed to assess processes.
- Outcome measures--behaviour change, family functioning, programme adherence and completion rates--were also analysed.

Feasibility findings



Service users appreciated:

- The holistic approach to complexity of youth problems.
- Person-centred, flexible support.
- Regular contact and service familiarisation.
- Removal of stigma.



Staff and referrers noted:

- BC team's responsiveness and proactive feedback on progress;
- Positive changes in families;
- Flexible engagement.

- All referrals resulted in acceptance onto the intervention, and continuation rates for follow-up work were generally good.

Pilot findings



Effectiveness of programme

Change over time indicates that the programme had a significant positive impact on child behaviour and family functioning, with reduced offending and emotional and behavioural problems in youth.

However, beyond six months, interpretation becomes more challenging due to large amounts of missing data and families withdrawing from the programme.

Referral and Screening Process:

- At enrolment, the average age of the children was 12.5 years, and 67% were male. It was not possible to assess processes prior to referrals and no families were screened out post referral.

Client Retention:

- Data completion rates were moderate for adults up to six months but decreased thereafter. Less than 15% of measures were completed by the children at any point. Retention of families in the study remained strong up to six months but dropped to just over half the cohort at 12 months.

Assessment of Implementation Process:

- The programme was broadly implemented as intended.
- Engagement between the service and families was often very good.
- The relationship between family and therapist was identified as critical to whether outcomes were positive.

Interpretation

- Families felt listened to with parents reporting positive experiences, appreciating the flexibility and non-judgmental delivery.
- Parental well-being improved, with reports of reduced stress.
- Low completion rates of outcome measures and challenges in monitoring goals were noted.
- There were some concerns about bias and withdrawal from the programme, potentially influenced by changes in therapists and the impact of COVID-19.
- Challenges in data completion included measure fatigue and children's reluctance to engage in the evaluation, leading to limited representation of youth voices.

Successes

They just really took the stress off me. I'm so grateful, honestly.

BC gave us two things - the knowledge, and the emotional support and back-up to put that knowledge into action, and they were both essential.

He's [gone] from being a bit of a monster to being very affectionate, very loving.

We do stuff as a family. We sit down together. All those things weren't happening before.

2020-2022 - 89% young people were in education by end of treatment, 95% committed no further offences, and 91% were living at home.



University of Hertfordshire **UH**

Acknowledgements

The following AI driven software were used to help make summary notes and generate imagery:
ChatGPT 3.5 Hello Qart Imagen

