# Wellbeing and Safety Stream Program Logic 1 (children and families)

| Current Situation | Evidence | ACTIVITIES AND SERVICEs  | Outputs | Theory of Change | client Outcomes |
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| Target group: children, young people, families and communities in particular:* Aboriginal children, young people, families and communities;
* 0-5 year olds;
* children and young people at risk of disengagement from school, family and community;
* young parents with known vulnerabilities or who are experiencing a number of hardships.
* children and young people affected by a mental health condition/s.

Child abuse and neglect is associated with a variety of adverse outcomes in both the short and long term. It can affect all domains of child development – physical, psychological, emotional, behavioural and social. It also has enduring impacts that can lead to poorer outcomes later in life (e.g. in educational attainment, health and employment).Family violence is one of the most common issues presenting in child protection notifications in Australia.[[1]](#endnote-2) Children and young people are victim survivors of Family Violence in their own right via exposure to Family Violence.[[2]](#endnote-3) The presence of Family Violence makes a child more likely to experience physical and sexual abuse and all forms of neglect.[[3]](#endnote-4) A study found that young people who had witnessed abuse between family members and had been subjected to targeted abuse were more than 9 times likely to use violence in the home than those who had not experienced any child abuse.[[4]](#endnote-5) Children and adolescents who experience negative parenting practices, neglect or abuse are more likely to:* suffer externalising problems, including aggression and engaging in crime and delinquency[[5]](#endnote-6)
* exhibit low self-esteem, deficits in social competency and have difficulty forming relationships with peers[[6]](#endnote-7)
* suffer internalising problems such as anxiety, depression, withdrawal, and post-traumatic stress disorder,[[7]](#endnote-8)
* engage in substance abuse, self-harm, and suicidal ideation[[8]](#endnote-9)
* experience cognitive delays and learning difficulties and long-term deficits in educational achievement[[9]](#endnote-10)

There is great need for early intervention strategies that focus on reducing risk factors and enhancing protective factors associated with child abuse and neglect. Parents need wraparound and coordinated supports that not only support them to develop positive parenting skills but address the underlying causes of negative parenting practices.[[10]](#endnote-11) This requires flexible and local responsive systems that can respond early and effectively to issues and challenges.[[11]](#endnote-12) | Children need safe and supportive families to thrive and do best when their parents are supported early to give them the best start in life and promote optimal child development.[[12]](#endnote-13) Five core components are common across evidence-based programs that prevent child abuse and neglect, and improve parenting knowledge, skills and behaviours: 1. **Engagement**

How services engage with families is crucial to contributing positive outcomes to ensure parents/carers participate and remain in a program until they have achieved their goals.1. **Case management**

This includes providing wrap around and coordinated support and conducting referrals and case conferencing when necessary vital to meeting the needs of families. It also includes facilitating family-driven goal setting and planning to ensure families have a say about the support they receive.1. **Parental education, coaching and modelling**

This ensures parents have the skills and knowledge to meet their children's needs and is crucial to behaviour change that can prevent child abuse and neglect. The focus of this education should be tailored to the family. It may include practical advice about routines or typical infant and child behaviour. It may also include resolving family conflict or practicing positive parenting behaviour. In the context of Family Violence this may also include activities that support ictim survivors to restore their confidence in parenting, within safe, respectful spaces.1. **Parental self-care and personal development**

Ensuring that parents/carers have their mental health, physical and personal needs met is very important. Parents may be unable to meet the needs of their children if they are struggling with their own issues. Identifying issues parents may face and working with them to address those issues can improve their capacity to build a loving and caring home environment and positive relationship with their children.1. **Building supportive relationships and social networks**

Parents need supportive and positive relationships with family and friends. This provides parents with someone they can go to for advice or respite when they need it. It also ensures that children have a number of adults with the best interests at heart.([DCJ Evidence Portal: Preventing Child Maltreatment Evidence Review](https://evidenceportal.dcj.nsw.gov.au/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment.html))Additionally, these five core components also contribute to outcomes of improved: family functioning; use of support services by parents; parent relationships and social support; parental mental health and reductions in parent substance use; family violence; and child medical care and reduced hospitalisations.  | The following five core components focus on reducing risk factors and enhancing protective factors for children, young people and families at risk of child abuse and neglect (including exposure to Family Violence).These components can be tailored to the local needs of communities; the individual preferences of clients; and availability of service system resources (including referral pathways and service partnerships/collaborative practice). Each core component has flexible activities that describe different ways it can be implemented. 1. [**Engagement**](https://evidenceportal.dcj.nsw.gov.au/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/engagement.html)

Flexible activities:[Build a positive relationship](https://evidenceportal.dcj.nsw.gov.au/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/engagement/build-a-positive-relationship.html)[Remove barriers to participation](https://evidenceportal.dcj.nsw.gov.au/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/engagement/remove-barriers-to-participation.html)(Service Types: All)1. [**Case Management**](https://evidenceportal.dcj.nsw.gov.au/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/case-management.html)

Flexible activities:[Wrap around and coordinated support](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/case-management/wrap-around-and-coordinated-support.html)[Service utilisation and referrals](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/case-management/service-utilisation-and-referrals.html)[Family driven goal setting and planning](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/case-management/family-driven-goal-setting-and-planning.html)[Case conferencing](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/case-management/case-conferencing.html)(Service Types: Family Capacity Building)1. [**Parenting education, coaching and modelling**](https://evidenceportal.dcj.nsw.gov.au/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/parenting-education-coaching-and-modelling.html)

Flexible activities:[Family problem solving](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/parenting-education-coaching-and-modelling/family-problem-solving.html)[Newborn and infant care](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/parenting-education-coaching-and-modelling/newborn-and-infant-care.html)[Prenatal care](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/parenting-education-coaching-and-modelling/prenatal-care.html)[Positive parenting practices](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/parenting-education-coaching-and-modelling/positive-parenting-practices.html)[Child health and safety](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/parenting-education-coaching-and-modelling/child-health-and-safety.html)(Service Types: Education and Skills Training; Family Capacity Building; Indigenous supported playgroups; Parenting Programs; Supported playgroups) 1. [**Parental self-care and personal development**](https://evidenceportal.dcj.nsw.gov.au/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/parental-self-care-and-personal-development.html)

Flexible activities:[Building confidence and self-sufficiency](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/parental-self-care-and-personal-development/building-confidence-and-self-sufficiency.html)[Life skills development and education](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/parental-self-care-and-personal-development/life-skills-development-and-education.html)[Address parental risk factors](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/parental-self-care-and-personal-development/address-parental-risk-factors.html)[Counselling](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/parental-self-care-and-personal-development/counselling.html)[Support to cope with stress](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/parental-self-care-and-personal-development/support-to-cope-with-stress.html)[Anger management](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/parental-self-care-and-personal-development/anger-management.html)(Service Types: Counselling; Family Capacity Building; Supported Playgroups; Specialist Support)1. [**Building supportive relationships and social networks**](https://evidenceportal.dcj.nsw.gov.au/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/building-supportive-relationships-and-social-networks.html)

Flexible activities:[Multifamily recreation activities](https://evidenceportal.dcj.nsw.gov.au/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/building-supportive-relationships-and-social-networks/multifamily-recreation-activities.html)[Involve family and friends](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/building-supportive-relationships-and-social-networks/involve-family-and-friends.html)[Strengthen parent relationships](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/building-supportive-relationships-and-social-networks/strengthen-parent-relationships.html)[Improve parents’ informal support](https://evidenceportal.dcj.nsw.gov.au/content/dcj/evidenceportal/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/building-supportive-relationships-and-social-networks/improve-parents-informal-support.html)(Service Types: Family Capacity Building; Indigenous supported playgroups; Mentoring/Peer Support; Parenting Programs; Supported playgroups) | As per contracted service deliverables | Reducing risk factors and enhancing protective factors associated with child abuse and neglect (including exposure to Family Violence), ensures children and young people are safe and families thrive.Wraparound and coordinated supports support parents to develop positive parenting skills and address underlying causes of negative parenting practices. If more children and young people at risk of Family Violence are identified and supported early, this will reduce the risk of significant harm and the long-term negative outcomes of Family Violence and exposure to Family Violence. Further, fewer children and young people are likely to experience or perpetrate Family Violence in adulthood, helping to interrupt intergenerational cycles of Family Violence. **Engagement**How services engage with families is crucial to ensuring they participate, and remain in a program, until they have achieved their goals. Building safety and trust, and being flexible in delivery to meet client needs is critical. Working actively with families to overcome barriers to participation ensures families continue to receive the support they need.**Case Management**Understanding and addressing the needs of families is crucial to improving outcomes, including providing material, emotional and practical support to parents/carers, particularly those in crisis or chaotic environments. Flexibility (differing levels of intensity and for short or long periods of time) of support is critical. Family-led decision making and planning ensures their needs and goals are at the centre of service delivery and supports self-determination. Developing a holistic plan to support the family can ensure they are provided with multiple and integrated supports for all family members. | **Safety**Reduced risk of entry into the child protection system.Increased safety from Family Violence and (longer term) reduced rates of Family Violence.**Social and Community**Increased participation in community events.Increased sense of belonging to their community.Increased client connection to supportive relationships.**Empowerment**Increased client reported self-determination.Improved client personal wellbeing.**Education and Skills**Increased school attendance and achievement. **Economic**Sustained participation in employment.**Health**Improved health of children and young people.Improved parental health.**Home**Sustained safe and stable housing. |
| **Parenting education, coaching and modelling**Parenting education, coaching and modelling ensures parents/carers have the skills and knowledge to meet their children’s needs, including practical advice about routines or typical infant and child behaviour, and resolving family conflict or practicing positive parenting behaviours.Supporting parents to positively interact and engage with their children fosters the social, emotional and cognitive development of the child. It can also ensure parents understand how to appropriately discipline their children, mitigating the risk of child abuse.**Parental self-care and personal development**Ensuring that parents/carers have their mental health, physical and personal needs met is critical to ensuring they can meet the needs of their children. Addressing parental risk factors can ensure parents are in the best place possible to care for their children and keep them safe. It can also ensure parents have the capacity to develop their parenting skills and meaningful engage with supports that are provided.In the context of Family Violence this may also include activities that support victim survivors to restore their confidence in parenting, within safe and respectful spaces.**Building supportive relationships and social networks**Supportive relationships between parents/carers and their families ensure that children have a number of adults with their best interest at heart. Supportive relationships also enable parents/carers to seek advice and respite from others when needed.Holistic case management that recognises the impact of Family Violence on the whole family including the extended family and kinship network, and supports this network on the pathway to healing, helps facilitate long-term positive outcomes including safety from Family Violence. |

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3. Australian Institute of Health and Welfare. (2022). Australia’s children. Retrieved from: https://www.aihw.gov.au/reports/children-youth/australias-children. [↑](#endnote-ref-4)
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