

Evidence review: Practices to support restoration

DCJ Pathways to Permanency - Restoration
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We acknowledge the tradition of custodianship and law of the Country on which the University of Sydney campuses stand. We pay our respects to those who have cared and continue to care for Country.

Tree of Knowledge - pokerwork on kangaroo skin, Lynette Riley, 2010
<http://Sydney.edu.au/kinship-module>

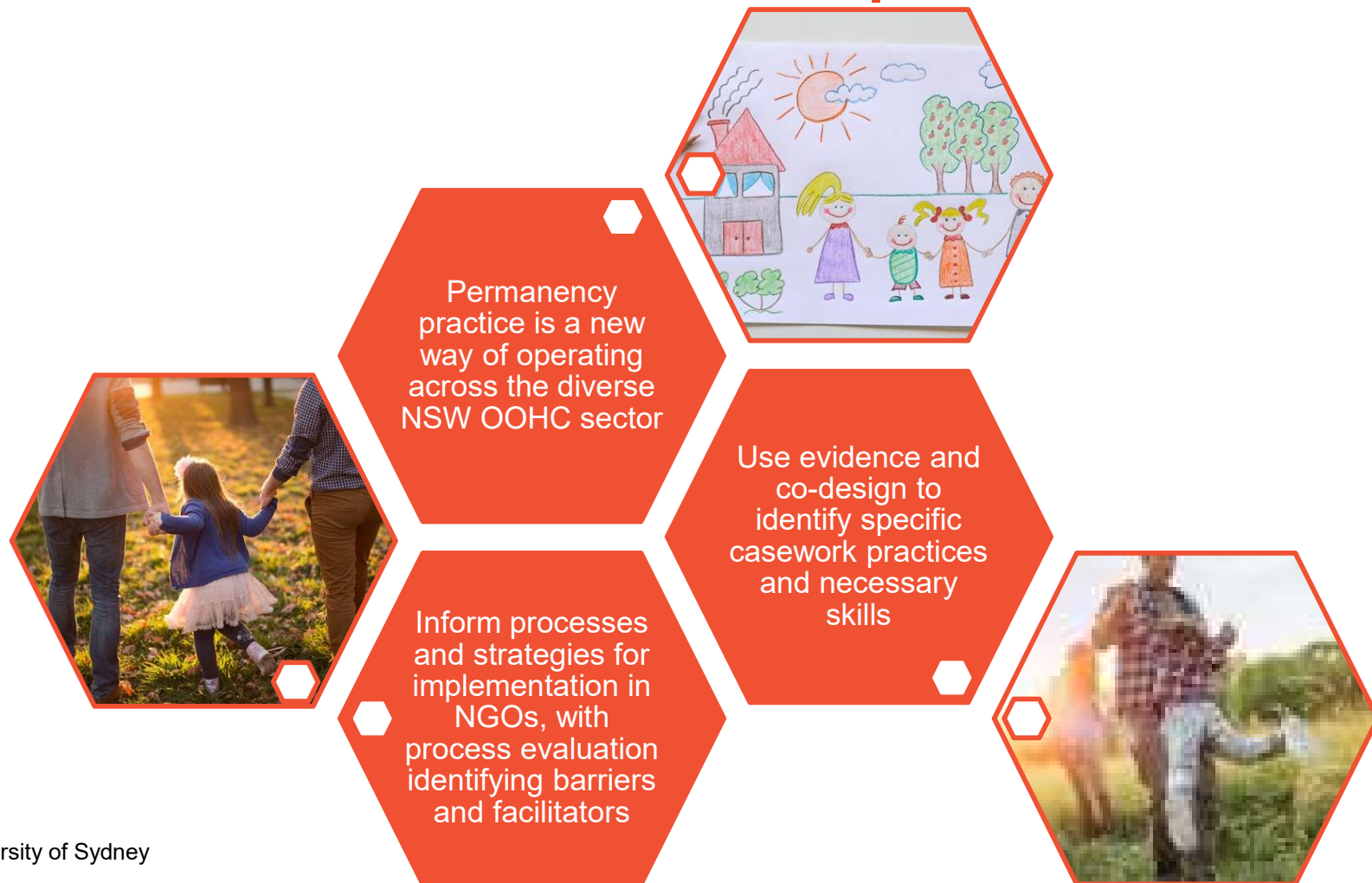


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Overview

- Context of this evidence review, to inform NSW Permanency Practice Framework
- What do we know about evidence-based practices that support restoration?
- Spotlight on practices that promote engagement: Building motivation, parent coaching, goal setting

Context: the need for a restoration practice framework



Evidence review purpose

- This evidence review examined practices that build the capacity of the adults who care for children in order to promote children's development, wellbeing and safety, to inform the development of the NSW Permanency Practice Framework.
- PRC has used review findings to inform the development of the practice framework with Benevolent Society, CareSouth and Wandiyali, drawing on the evidence when exploring each chosen sites' outcomes and existing practices.
- The Permanency Practice Framework is about *practices and approaches for supporting parents and carers to have the required parenting supports, skills and confidence* to be able to offer and sustain a permanent home to children through restoration, guardianship or open adoption.

What do we know about evidence-based practices that support restoration?

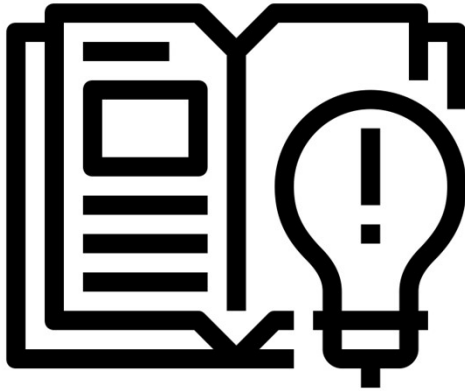
Common Elements of Permanency Practices for Reunification: Evidence Review

- This review systematically assessed current research about permanency programs and utilised a common elements approach to identify practices that support parents towards reunification.
- Search of published and grey literature for programs that have been evaluated using rigorous methodology (experimental and quasi-experimental designs) within US, UK, Ireland, Canada, New Zealand, and Australia.
- Studies published in English between January 2000 and September 2020.

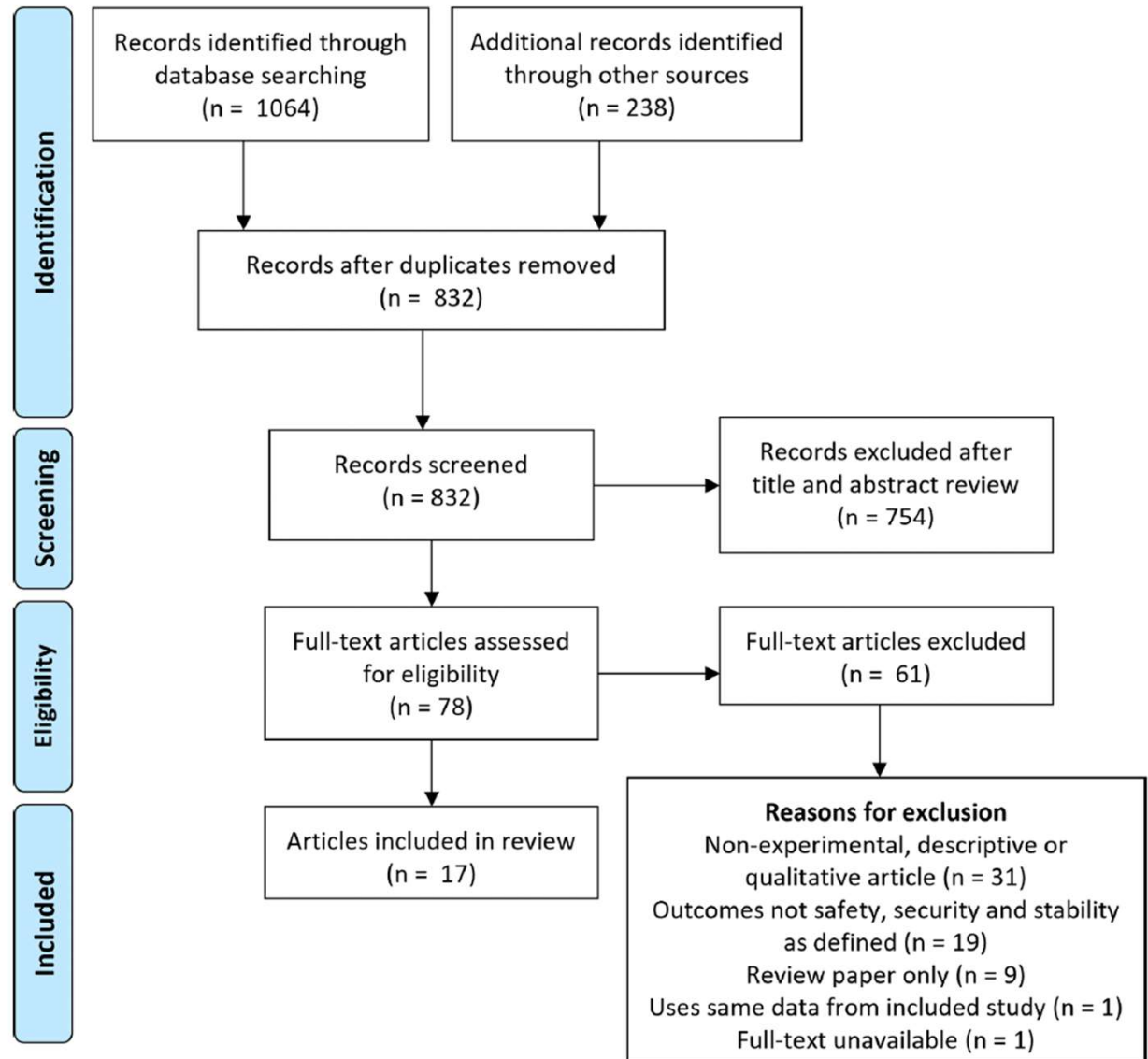
Common Elements of Permanency Practices for Reunification: Evidence Review

- Practices undertaken by caseworkers *to help parents develop the skills and confidence to support restoration*
- Permanency outcomes that focus on:
 - Stability - continuity of care over an extended period
 - Security - lifetime relationships and a sense of belonging
 - Safety - being protected from abuse and neglect

The screening process



Created by Maxim Basinski
from Noun Project



Overview of process

1. Assessment of Research

Identifying interventions evaluated in research

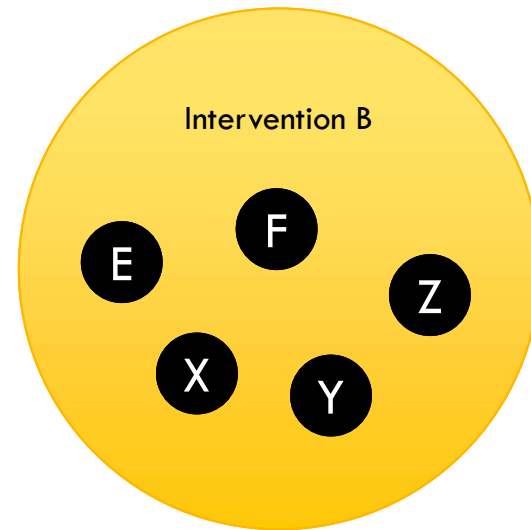
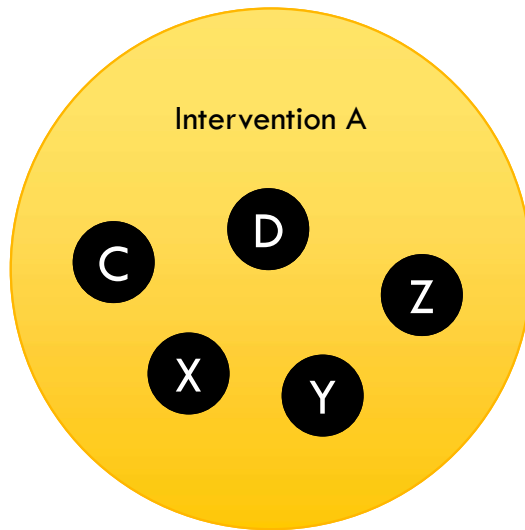
2. Assessment of Intervention

Data extraction based on study design, sample & key results

3. Practice distillation

Drilling down to practices that compose the overall intervention

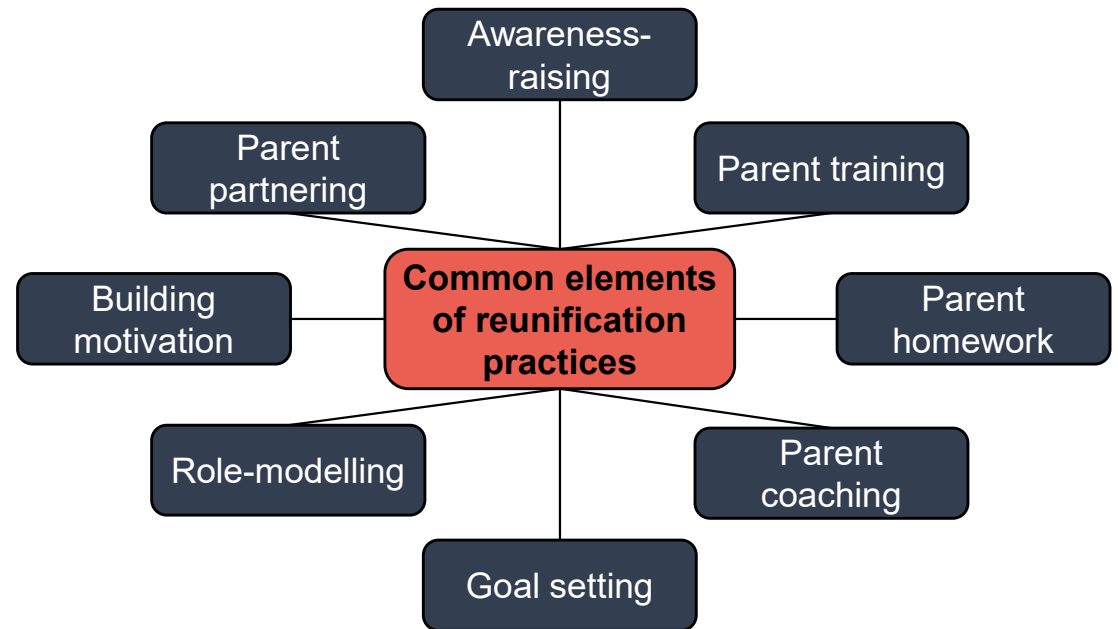
The common elements approach



E.g., well-evidenced and effective interventions (e.g., Intervention A and Intervention B) are comprised of Practices X, Y and Z

Programs and Practices

- Parent Management Treatment Oregon (PMTO)
- Treatment Foster Care Oregon (TFCO)
- KEEP (Keeping Foster Parents Supported and Trained) program
- Promoting First Relationships (PFR)
- On The Way Home (OTWH)
- HomeBuilders
- Intensive Reunification Program (IRP)
- NewPin
- Child Parent Psychotherapy (CPP)
- Shared Family Care (SFC)



Common Elements of Permanency Practices for Reunification

Common elements practices within programs

Name	Aims	EXP	Q-EXP	PT-PT
<i>Awareness-raising</i>	Improve parents' ability to recognize and respond to child behaviour problems.	x		x
Parent coaching	Observe and reinforce positive parent-child interaction skills.	x	x	x
Goal setting	Support parents to identify specific goals to address parenting problems	x	x	x
<i>Parent homework</i>	Reinforce new parenting skills in a familiar environment	x		x
<i>Role modelling</i>	Offer concrete models of positive parenting behaviours	x	x	x
<i>Parent training</i>	Assist parents to recognize and respond to parenting challenges	x		
Building motivation	Encourage parental motivation to change and improve engagement with parents	x		
<i>Parent Partnering</i>	Involve foster carers in the supervision teaching and mentoring of parents to build parenting skills			x

Note. EXP – Experimental; Q-EXP – Quasi-experimental; PT-PT – Pretest-posttest

Spotlight on restoration practices that promote engagement

Practice spotlight: Building motivation

- **Aim:** To encourage parental motivation to change and improve practitioner engagement with parents
- **Actions:** Express empathy and build trust with the parent and explore resistance to change (e.g., the discrepancy between parents' goals or values and their current behaviour).
- **Example:** NewPin emphasises people's strengths and sense of choice through interactions with staff and other parents that treat parents as contributor rather than clients.

Featured in programs: HomeBuilders, Intensive Reunification Program (IRP), NewPin, On the Way Home (OTWH), Parent Management Treatment Oregon (PMTO); Shared Family Care (SFC)

Practice spotlight: Goal setting

- **Aim:** To support parents to identify specific goals to address parenting challenges.
- **Actions:** Invite parents to identify areas that present parenting challenges for them and set small, achievable goals around them for improvement. Practitioners offers support, skill building, reinforcement and monitoring of progress. Can be used in conjunction with awareness raising practices sensitizing parents to child behaviour and assigning parent homework
- **Examples:** Intensive Reunification Program uses goal setting to empower parents to plan and self-reflect on activities to internalise new skills, promote positive interactions or discuss issues related to child removal.

Featured in programs: Intensive Reunification Program; KEEP; Parent Management Treatment Oregon (PMTO); Shared Family Care (SFC)

Practice spotlight: Parent coaching

- **Aim:** To observe and reinforce positive parent–child interaction skills in a supportive environment.
- **Actions:** Observe parents in a structured interaction with their child and provide feedback before, during and after the activity. Parents learn problem solving techniques and to follow the child’s lead during play.
- **Example:** NewPin facilitators engage in emotion coaching by teaching parents how to recognise, understand, and respond in supportive ways to children’s emotions. Promoting First Relationships uses video feedback, recording an interaction between parent and child, which the practitioner and parent view and discuss.

Featured in programs, including: NewPin; KEEP, Parent Management Treatment Oregon (PMTO); On the Way Home (OTWH); Intensive Reunification Program (IRP); Promoting First Relationships (PFR)

Questions?

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