

Introducing Resilient Families Practice Model



What is Camden Resilient Families?

Resilient Families was the name of a programme of work in Camden that started in 2014.

The programme aimed to make support for Camden children and families as helpful as possible. It was designed to build resilience (the ability to bounce forward) and help whole families to feel strong.

There were lots of different projects in this programme of work. Resilient Families Practice Model was one of them.

The Resilient Families Practice Model is the name given to Camden early help's way of working. A way of working means a way of thinking, behaving and practising. When we think, behave and practice in a certain way, it helps us to be as helpful and purposeful in our work with families as we can be.

Why was the Resilient Families Practice Model introduced?

There are lots of different teams and services in Camden early help. We wanted to offer everyone a really helpful way of working so that whatever team you are in, you have a thoughtful, evidenced-based framework to help you in your work with families. It also gave everyone a way to work with whole families, not just individuals in a family.

Resilient Families Practice Model is used by lots of teams, including family support, youth early help, education welfare, early years, school inclusion and housing support. Partners in the voluntary sector also use it. It mirrors the values and principles in the Camden Model of Social Work. It can be helpful for anyone whose work involves children and families.

What are the principles of the Resilient Families Practice Model?

The Resilient Families practice model is based on five principles:



Relational

This means we place a high value on healthy, consistent, positive and helpful relationships, with families, in families, and with each other. It means recognising that relationships are 'the most powerful agent of change'.



Systemic

This means we don't try and locate a problem in an individual in a family. We try to look at the whole family, their history and environment as a system. We think about what has happened in that system in the past and what is affecting that system in the present to try and figure out "why now".



Reflective

This means taking the time to think deeply about what we are seeing and feeling to make sense of it - we are always curious and we always 'listen like crazy'.



Reflexive

This means being able to examine our own feelings, reactions and motives (= our reasons for acting) and how these influence what we do or think in a situation, with families and with each other.



Restorative

This means thinking about our work as helping to repair harm, resolve conflict and restore relationships. We think all families have gifts and strengths, and that their networks and communities can help solve problems (helping families to 'look in the fridge before the professionals go to the supermarket!').

These five principles are a way to be, not a process to follow. It takes time for this to become just 'who you are'. But with practice and in time, you'll find it really helps you to be helpful and purposeful in your work with children and families.

What approaches underpin Resilient Families Practice Model?

Resilient Families Framework is based on three evidence-informed approaches:



Adaptive Mentalisation Based Technique or AMBIT developed by the Anna Freud Centre for Children and Families



Family Partnership Model developed by the Centre for Parent and Child Studies (CPCS) at the South London and Maudsley NHS Foundation Trust



Camden's commitment to whole family working and relational, restorative practice - children and families are at the heart of everything we do and no-one gets left behind

The Anna Freud Centre and the CPCS worked in partnership with Camden early help to develop our practice model. These three approaches form the framework for our practice model. They give us tools, techniques and ideas to help us apply our 5 principles.

Feeling Curious to Know More?

If you've felt energised reading this, and would like to explore how our practice model might be helpful, you can contact Becca Dove

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