

Improving Lives Select Commission

Committee Name and Date of Committee Meeting

Improving Lives Select Commission

Report Title

Rotherham Pause Practice – Impact Report

Is this a Key Decision and has it been included on the Forward Plan?

No

Strategic Director Approving Submission of the Report

Sally Hodges

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Ward(s) Affected

Borough-Wide

Report Summary

The Pause Rotherham Practice launched in July 2018. The initial cohort of women will now begin to exit from the service. This report provides a summary of the impact that the practice has had on the first cohort of women.

Joint funding arrangements have now been agreed to sustain the Rotherham Pause Practice. A new cohort of women will be identified to engage with the model of support, beginning with a period of assertive outreach.

Recommendation

1. That the Improving Lives Select Commission notes the impact of Pause Rotherham since its launch in July 2018.
2. That a further report on Pause Rotherham be brought to the Improving Lives Select Commission after May 2021.

List of Appendices Included

None

Background Papers

None

Consideration by any other Council Committee, Scrutiny or Advisory Panel
Improving Lives Select Commission – 16 April 2019

Council Approval Required

No

Exempt from the Press and Public

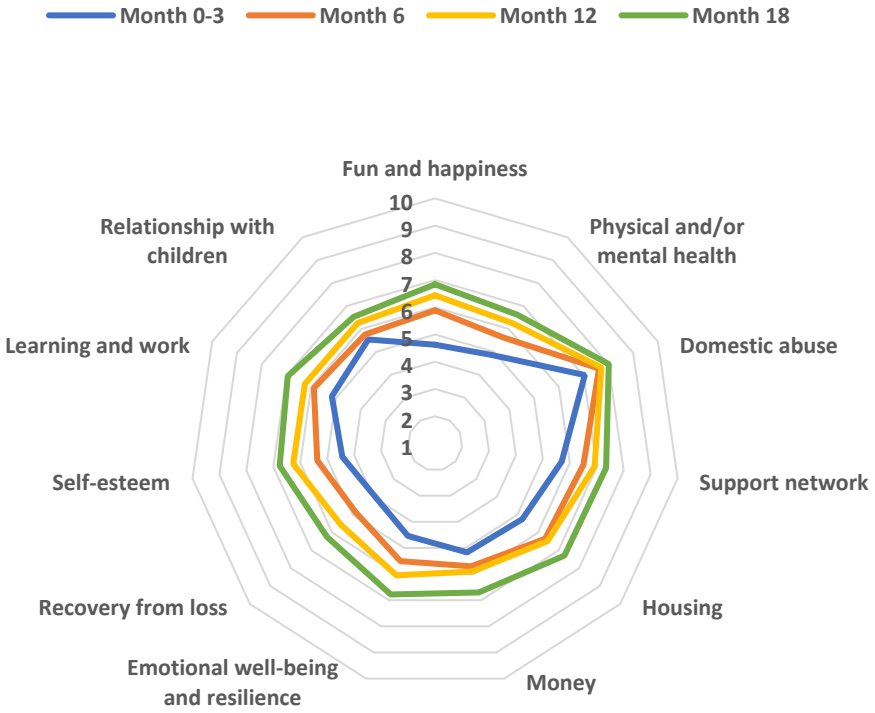
No

Rotherham Pause Practice - Impact

Rotherham Pause Practice – Impact Report

1.	Background
1.1	<p>In October 2017 the Pause scoping exercise was presented to Improving Lives Select Commission. The Committee was supportive of the findings and the recommendation to set up a Pause Practice in Rotherham.</p> <p>Funding was identified from the Early Help budget to set up a Pause Practice for a minimum of 18 months. The planning and implementation phase and recruitment process were completed, and the Pause Rotherham Practice became operational in July 2018.</p>
1.2	<p>From the initial scoping exercise, 40 women were prioritised for assertive outreach. Of these 40 women, there are currently 20 women on the programme who have had 61 children removed from their care. This is an average number of 3 children removed for each woman.</p>
1.3	<p>Using the women's birthing histories, it can be estimated that if there was no targeted intervention for this group of women, there might be 7 new births in any future year.</p>
2.	Key Issues
2.1	<p>Outcomes for Women</p> <p>The Rotherham Pause Practice is recognised by the national team as delivering good practice. The women from the current cohort have achieved positive outcomes across several areas.</p> <ul style="list-style-type: none"> • 2 women have met the prospective adopters • 3 women have started to complete life story work • All women are registered with a GP • No women are now homeless • 7 women have ended relationships which involved domestic abuse • 1 woman has completed college and has 4 university offers • 7 women have reduced their alcohol intake in the last year • 9 women have accessed some form of mental health treatment through support from Pause • 8 avoided eviction and homelessness by Pause working with housing provider • Every woman has had budgeting support over the last year • 12 women have now accessed the correct benefits and addressed their debt issues • 3 women have stated that their relationship with their partner has improved since working with Pause • Every woman has received support around domestic abuse and healthy relationships • 5 women in the last year have re-established contact with their children since working with Pause • 8 women have made new friends since working with Pause • 3 women have been supported with their final contact since working with Pause • 20 women are accessing LARC

2.2	<p>Outcomes Related to Further Education, Training and Employment</p> <ul style="list-style-type: none"> • Three of the women who accessed Pause are working. One woman is accessing a photography course at college and Pause has provided support to enable her to attend a college residential in March. The photography will also be framed and featured as part of Rotherham's refreshed 'Family Time Centre'. This woman aspires to go to university in the next year. • One woman has just completed her first semester at University and passed all her coursework with high 2:1's. She is completing a BA in Zoology and hopes to work with elephants one day. • One woman is about to start a hair extension course, which has been funded through the women's resource. Her practitioner will also be linking her with the Prince's Trust to look at their business program. • One woman is keen on health and fitness and is due to start a course to become a Personal Trainer, funded by the women's resource. • One woman has 9 GCSE's and a Level 3 in Health and Social Care; Pause are supporting her to explore Open University options. • One woman who has a level of learning need would like to work towards employment, so her practitioner is currently exploring a volunteering opportunity in a charity shop for her. <p>This evidences that 39% of the women in this cohort are moving forward by gaining new skills and employment opportunities. These outcomes are particularly positive in the context of the distance travelled from the point at which they engaged with the programme until graduation.</p>
2.3	<p>Pause Progress Tool</p> <p>The radar chart below shows how women have scored themselves on different areas of their lives at different stages of the programme (0-3months, 6 months, 12 months and 18 months). The chart is based on aggregate data of 697 women's responses to Pause's progress tool across 26 Practices. Sample sizes range from 521 at baseline (Month 0-3) to 152 at final (Month 18).</p> <p>On average, women report improvements in all areas—from fun and happiness, to domestic abuse and recovery from loss. These improvements are incremental throughout the programme lifecycle and, although they may plateau for some areas, overall, they move in a positive direction.</p> <p>Women tend to give positive feedback about using the progress tool and both Practitioners and women say that the conversations that the tool generates are of equal importance as the tool itself. These conversations are then used to help women to decide their priorities for their Pause Plan.</p>

	 <p>Month 0-3 Month 6 Month 12 Month 18</p> <p>Fun and happiness</p> <p>Physical and/or mental health</p> <p>Domestic abuse</p> <p>Support network</p> <p>Housing</p> <p>Money</p> <p>Emotional well-being and resilience</p> <p>Recovery from loss</p> <p>Self-esteem</p> <p>Learning and work</p> <p>Relationship with children</p>
	<p>Pause progress tool scores at different stages of the programme</p>
2.4	<p>Impact on Children</p> <p>Pause has also had an impact on some of the children who are now in kinship care or who have been adopted. The Rotherham Pause Practice has worked closely with social work teams and reflected on the importance of ‘holding the child in mind’.</p> <p>Children who were adopted will now directly benefit from the work of Pause, as Life Story Work has been completed and they will see a record that they were loved and wanted by their birth mother. Women have also been able to engage in the Looked After Child review process and there is a record of this. Some women are now engaging with Letter Box contact for the first time.</p> <p>Children who are in kinship care are directly benefiting from the work of Pause as their birth mothers are much more engaged in their education and, in some cases have attended school events. One woman has engaged in a words and pictures exercise with her children’s social worker to explain the current circumstances.</p>
2.5	<p>Financial Impact</p> <p>The financial impact has been calculated based on the cost avoidance associated with the 20 women in Rotherham taking a pause from pregnancy for 18 months and, therefore, not having children removed into care. Pause has created a bespoke tool that summarises costs associated with the removal and support of children who are looked after away from home. It tallies typical costs associated with achieving</p>

permanence for children – including the costs associated with pre-birth risk assessments, decision making processes and the cost of accommodating the child.

The tool maps the journey of children through the child protection process and details the activities involved in their removal. It was developed by process mapping what typically happens with one of Pause's early adopter local authorities. Unit costs have been taken from the Personal Social Service Research Unit – Unit Costs of Health and Social Care 2017 (PSSRU) and the New Economy Manchester Unit Cost Database v1.4. Where possible, costs and occurrence data have been tailored with local figures supplied by Rotherham Metropolitan Borough Council.

Costs have been split into three categories:

- **Cashable costs:** relate to the procurement of additional services; costs associated with the removal of children, including legal costs; and, the placement costs that are provided by the local authority or by the private and voluntary sectors.
- **Internal costs:** comprised of local authority internal costs, for example the cost of social worker time and the cost of internal adoption processes.
- **Total costs:** this is the sum of cashable and internal costs.

The calculations detailed below relate to a pause in pregnancy during the 18 month Pause programme and the associated avoided births nine months after this i.e. a total of 27 months (on the assumption that if a woman does not get pregnant during the 18 month programme, the earliest time she could have another child is 28 months after starting the Pause programme). Pause may well continue to influence a reduction in children being removed after 27 months, however as the programme is relatively new, a longitudinal study has not yet been carried out to verify this. We have therefore excluded these potential savings from the cost avoidance modelling.

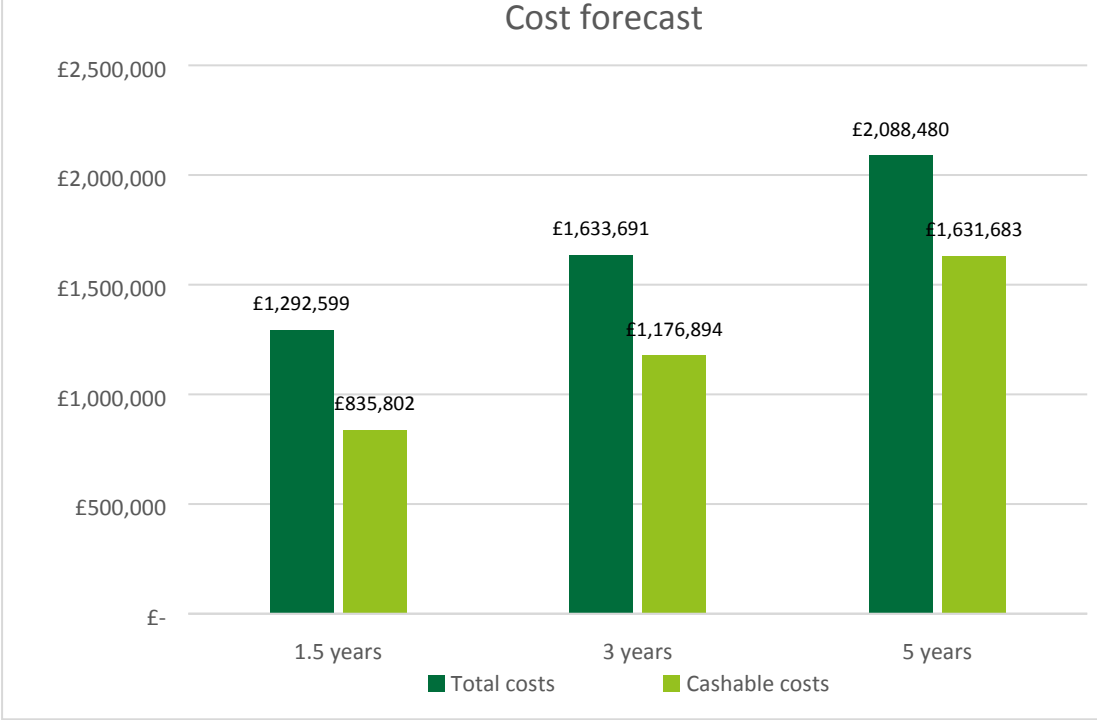
The table below shows the average birth rate of the 20 women and estimates the number of avoided pregnancies and associated births over the 27 month period.

Women in cohort	20
Birth rate	0.33
Time without pregnancy (years)	2.25
Avoided pregnancies	15

The table above has been in conjunction to forecast future costs.

Given the birth rate of 0.33 per year among the identified group of women, it can be estimated that delivering Pause to 20 women has helped avoid 15 pregnancies and associated births over a period of 27 months.

The chart below illustrates the cost avoidance associated with 20 women on the programme taking a pause from pregnancy and the associated avoided births. It shows that the immediate avoidance would be £1,292,599 with the potential for avoiding £2,088,480 over a five-year period – of which £1,631,683 would be cashable cost avoidance.

	<div><p>Cost forecast</p><table><thead><tr><th>Time Period</th><th>Total costs (£)</th><th>Cashable costs (£)</th></tr></thead><tbody><tr><td>1.5 years</td><td>£1,292,599</td><td>£835,802</td></tr><tr><td>3 years</td><td>£1,633,691</td><td>£1,176,894</td></tr><tr><td>5 years</td><td>£2,088,480</td><td>£1,631,683</td></tr></tbody></table><p>Note: The cashable costs make up part of the total costs (they are not additional to the total costs stated); the remainder is made up of internal costs.</p></div>	Time Period	Total costs (£)	Cashable costs (£)	1.5 years	£1,292,599	£835,802	3 years	£1,633,691	£1,176,894	5 years	£2,088,480	£1,631,683
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2.6	<p>Financial Impact Across the System</p> <p>Whilst most of the financial savings relate to the Local Authority, there are also savings to other services. The women’s journey’s identify the predicted costs to some of the partner agencies for two of the Pause women prior to taking part in the program. One of the Pause women has not had a police call out since working with Pause over a year ago, prior to this there had been 13 call outs in one year. This woman was also in a wheelchair and had needed specialist medical care on the maternity ward; these are no longer an issue for her, which demonstrates costs saved. These costs are likely to have continued without her accessing contraception and having the confidence to join Slimming World and start exercising at the gym group.</p>												
2.7	<p>Personal Impact</p> <p>The programme supports the longer-term objective of reducing the number of children who come into the care system. This programme provides women with the support to work towards change. Each woman has her own journey which has involved trauma. Having time and space is crucial in addressing what has happened to them, but also it provides them with confidence, something they all describe struggling with. The women can start to look at life more optimistically and recognise that they can have a positive future and take control of their lives.</p> <p>A Pause lady has commented:</p> <p>“... although I am still on a journey to being well again, I am feeling optimistic about life. I am building a support network with Alice’s help, so that I never get lost again....I want to keep working with Alice and the team because by the end of my time with Pause I feel I will be able to continue with the other support Alice has put in place, and become the women I know I can be. I believe every woman with similar circumstances</p>												

	deserve the chance of help that I have got. We have all been devastated in losing the custody of our children and need support to deal with that to help us change. This support has helped me smile again, realise my self-worth and stop the cycle of pain in my life that put me in this position” Pause Woman - July 2019