

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

Suzanne Joyner – Strategic Director, CYPS

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Ward(s) Affected

Borough-Wide

Report Summary

The Pause Rotherham Practice launched in July 2018. The initial cohort of women successfully transitioned on and a new cohort of women began to access the service. There were some changes during this period; Pause Rotherham welcomed a new Practice Lead Joanne Kelly. This report will reflect the progress of the second cohort of women accessing the program.

Recommendation

That the Improving Lives Select Commission notes the content in this report as requested at the previous meeting.

List of Appendices Included

Appendix 1 – Report on the impact of the Rotherham Pause Practice - March 2020

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 – Update Impact Report

1.	Background
1.1	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.
1.2	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.
1.3	Since the last report was presented at Improving Lives, the first cohort of women successfully transitioned on, seeing many of these women achieving a number of positive changes within their lives. A small number of the women (13) who accessed the program towards the end of 2019, have also successfully transitioned on.
1.4	There is currently a joint funding arrangement in place between RMBC and the CCG, which will be under review within the next 12 months.
1.5	There are 8 women that are currently open on the programme who have had 20 children removed from their care. A further 8 women are in the ‘Engaging’ phase. The average age of the women in this community is 27. 50% of these women are Care Experienced.
1.6	In total since 1 April 2020 the practice has had contact with 47 women who between them have had a total of 150 children removed from their care.
1.7	The presenting needs of the women who have worked with the practice since 1 April 2020 are: <ul style="list-style-type: none"> • 93% have had mental health issues • 72% have or are experiencing domestic abuse • 33% have experienced homelessness • 33% have reported alcohol misuse • 44% have reported drug use
1.8	As the second cohort was about to begin, the country went into national lockdown due to Covid-19. Over time, and with restrictions easing, the team have been able to engage 47 women. During this time the team has found alternative ways of working in line with Covid risk assessments. This has included outdoor appointments in gardens where space permitted or ideas such as walks and picnics. Virtual group work has also been introduced, allowing women to take part in group activities and gain valuable peer support. Video call technology has been used for appointments for women and their practitioners and also used to support women to engage with other services.
1.9	The practice lead has also completed further work to establish which women would be eligible for Pause Rotherham and has worked closely with children’s

	social care to develop the referral pathway. It is hoped that the practice will start to see an increase in referrals from children's social workers.
1.10	The pathway has been in place since March 2021 and has generated 7 suitable referrals which otherwise may not have been made.
1.11	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.
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 practice has now moved into the second cohort and despite the challenges which have been presented due to Covid-19, the team have continued to support Rotherham Women to access this service.</p> <ul style="list-style-type: none"> • As of the Quarterly report completed at the end of March 2021, Pause Rotherham had 16 women accessing the service, with 10 of those women being open to Pause after deciding to access contraception. A further 6 women were in the engagement phase. It is positive to note that 3 of those 6 women have now also accessed contraception, taking the number of open women to 13. • During this time, the practice has also seen a further 12 women successfully transition on from Cohort 1. • Despite the challenges faced due to Covid-19 the practitioners have worked hard to keep the women safe and cared for: • One woman was able to flee from domestic abuse and was supported to access a refuge. She recently contacted the team to update them on her progress. • One woman has been supported to access housing, prior to working with Pause she had been homeless for 8 months. • Two women have been supported to prevent evictions at their properties. • One woman has been supported to tell her history of living in a violent relationship through the Pause National Podcast 'Pause and Listen'
2.2	An independent evaluation, commissioned by the Department for Education and carried out by the University of Sussex, in partnership with Research in Practice and Ipsos Mori, published in November 2020, found that the Pause Programme is effective in making a positive difference in women's lives, improving their relationships with children, reducing rates of infant care entry in local areas and delivering cost savings for local areas. Pause Rotherham was one of the sites who were included in the evaluation.

	<p>The Key messages from the evaluation are shown below:</p> <p><i>“The cost benefit analysis indicates reductions in placement of 14.4 children per site (after 12 months of opening) per annum, and £4.50 saved for every £1 spent over 4 years” (Pause Evaluation P68)</i></p> <p>From our previous community of women there has been one pregnancy.</p>																		
2.3	<p>Pause Progress Tool – Based on National Data</p> <p>The chart below reflects the self-reported emotional and mental health for women who were open to the practice in December 2020. It shows that throughout women’s journey with Pause Rotherham their mental and emotional well-being improves significantly. This data is captured using the CORE-10 scale which is a nationally used evidenced based tool for assessing mental health.</p> <p>The sample size used for the chart was 10 women at the baseline (start of the programme) and 8 at mid-point (9months into the programme). The attrition is explained as 2 women, who initially rated their mental health as ‘Very Good’ left the programme prior to the 9-month point. One lady had children returned to her care, and one lady was supported to leave an abusive relationship and move to a refuge out of the Rotherham area.</p> <div data-bbox="252 1025 1348 1720" data-label="Figure"> <p>The chart shows a significant improvement in mental and emotional health over time. At the baseline, 10% of women reported 'Very bad' health, 12% 'Bad', 46% 'Neither good nor bad', 22% 'Good', and 10% 'Very good'. By the mid-point, these percentages shifted to 0% 'Very bad', 0% 'Bad', 71% 'Neither good nor bad', 29% 'Good', and 0% 'Very good'.</p> <table border="1"> <caption>How would you describe your mental and emotional health?</caption> <thead> <tr> <th>Category</th> <th>Baseline (%)</th> <th>Mid point (%)</th> </tr> </thead> <tbody> <tr> <td>Very bad</td> <td>10</td> <td>0</td> </tr> <tr> <td>Bad</td> <td>12</td> <td>0</td> </tr> <tr> <td>Neither good nor bad</td> <td>46</td> <td>71</td> </tr> <tr> <td>Good</td> <td>22</td> <td>29</td> </tr> <tr> <td>Very good</td> <td>10</td> <td>0</td> </tr> </tbody> </table> </div>	Category	Baseline (%)	Mid point (%)	Very bad	10	0	Bad	12	0	Neither good nor bad	46	71	Good	22	29	Very good	10	0
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2.4	<p>Impact on Children</p> <p>Women working with Pause tell us that one of their main priorities is to establish or improve contact with their children.</p> <ul style="list-style-type: none"> Two women who began working with the practice were still involved in family court proceedings and had a child returned to their care. 																		

	<ul style="list-style-type: none"> • One woman had contact with her children for the first time in a year at Easter 2021. Contact had broken down as the woman understandably had difficulty managing her grief at the loss of the children. Her emotions often presented as anger towards the children’s social worker, her resulting behaviours were therefore preventing her being able to see her children, as these could be seen as aggressive. Her practitioner focused work around supporting the lady to develop coping mechanisms for her emotions, and to be able to communicate to the social worker and other professionals that her anger was as a result of grief, this helped her to better engage with professionals, and now contact has resumed. • One woman, whose children are adopted, was not engaging in letter box contact when she started working with the practice. However, a year later, having completed her detox from alcohol, started regularly attending the gym, completing her probation order, and applying to college to start her hairdressing course, she now feels that her life is much richer, and she now has positive news to share with her children, and she can be a role model for them.
2.5	<p>Financial Impact</p> <p>The independent evaluation found that the Pause Programme is effective in making a positive difference in women’s lives, improving their relationships with children, reducing rates of infant care entry in local areas and delivering cost savings for local areas.</p> <p>Pause Rotherham was one of the sites whose data was included in the evaluation.</p> <p>The evaluation, using a ‘Difference in Difference’ analysis, indicates reductions in placement of 14.4 children per practice (after 12 months of opening) per annum, and £4.50 saved for every £1 spent over 4 years (Pause Evaluation P68)</p> <p>Evaluation of Pause (publishing.service.gov.uk)</p> <p>Many of the other savings working with this current community of women have been around housing – a cost that is born by local authorities. One woman who was experiencing homelessness is now in suitable accommodation. The PSSRU estimates the cost of one person’s homelessness to a local authority to be £9,189 per year. (<i>Supported accommodation review, MHCLG, 2016 & Greater Manchester Combined Authority Database (2019)</i>).</p> <p>Two women working with practice have also been supported to avoid evictions, a cost which can range from £800 to £7,000 per case (<i>Greater Manchester Combined Authority Database (2019)</i>).</p>
2.6	<p>Personal Impact</p> <p>2 women have left the service in a planned way from quarter 3. One woman was supported to exit an abusive relationship and re-locate to a refuge out of the area. Her feedback was:</p>

<p><i>“Pause went above and beyond for me. I am so grateful for what everyone did for me. You have helped me with a lot.”</i></p> <p><i>“To any women who was unsure whether to work with Pause, I would say work with them, you will get so much out of it.”</i></p> <p>One woman had her youngest child returned to her care; she gave us the following feedback:</p> <p><i>“I can now go out on my own. [Pause] helped me with my confidence and showed me I can do anything I set my mind too.”</i></p> <p><i>“The thing I enjoyed most about working with Pause is being able to be myself and doing craft activities.”</i></p> <p><i>“For any woman who is unsure whether to work with Pause: my advice would be to work with them. You will see a difference in yourself and what you can achieve, just by having a little support by them.”</i></p>

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