Department of Communities and Justice 

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# Wellbeing and Safety Program Activity – Children and Families

Community and Family Support (CAFS) Program Logic

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| CURRENT SITUATION | EVIDENCE | ACTIVITIES AND SERVICES | OUTPUTS | THEORY OF CHANGE | CLIENT OUTCOMES |
| [**Please delete this instruction once the form is completed:**Describe the situation of the issue your program seeks to change. Consider CAFS program priority target groups and information contained in the program-level Wellbeing and Safety – children and families program logic (available in the CAFS Program Specifications).Answers to the following questions should be incorporated into your statement:1. Who is your target group?
2. What are the current issues faced by this target group? Please include evidence to support this statement.
3. What are the causes of the current situation?
4. What will happen to the target group if these issues are not addressed?

Reference local data when completing this section. See [Understanding your Local Area](https://dcj.nsw.gov.au/service-providers/deliver-services-to-children-and-families/targeted-earlier-intervention-program/understanding-your-local-area.html) on the program webpage for some suggested data sources.][Click here to insert Current Situation]  | 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.[[1]](#footnote-1)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 victim 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 reduction in parent substance use; and child medical care and reduced hospitalisations.[Click here to insert additional evidence. This is optional, delete this text field if not needed]  | [**Please delete this instruction once the form is completed:**Leave all five core components in this column. Select service types that are funded.If a core component is not funded, indicate who you can refer clients to if needed.]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).[Engagement](https://evidenceportal.dcj.nsw.gov.au/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/engagement.html)Service type/s delivered under this contract[ ]  Counselling[ ]  Education and skills training[ ]  Family capacity building[ ]  Indigenous supported playgroups[ ]  Indigenous parenting programs[ ]  Information / advice / referral[ ]  Mentoring / peer support[ ]  Parenting programs[ ]  Specialist support[ ]  Supported playgroupsService description[Click here to insert description of service delivery. Delete section 1.2 if not needed.] [Case Management](https://evidenceportal.dcj.nsw.gov.au/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/case-management.html)[**Please delete this instruction once the form is completed:**[If this core component does not apply, select “**N/A**” in section 2.1 and complete sections 2.2 and 2.3 below]Service type/s delivered under this contract[ ]  Family capacity building[ ]  N/ACore component delivered by the following providers in the local area/network[Click here to insert the names of provider/s who you refer to in your network/area who are delivering this core component, if this core component is not delivered under this contract. Click ‘Not delivered’ if this core component is not delivered by any providers.] [ ]  Not deliveredService description[Click here to insert description of service delivery] [Parental 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)[**Please delete this instruction once the form is completed:**[If this core component does not apply, select “**N/A**” in section 3.1 and complete sections 3.2 and 3.3 below]Service type/s delivered under this contract[ ]  Education and skills training[ ]  Family capacity building[ ]  Indigenous supported playgroups[ ]  Indigenous parenting programs[ ]  Parenting programs* **Names of parenting programs delivered:** [Click here to list name/s of Parenting Program/s delivered.. Delete this bullet point if not applicable.]

[ ]  Supported playgroups* **Names of supported playgroups delivered:** [Click here to list name/s of Supported Playgroup model/s delivered.. Delete this bullet point if not applicable.]

[ ]  N/ACore component delivered by the following network providers[Click here to insert the names of provider/s in your network/area who are delivering this core component, if this core component is not delivered under this contract. Click ‘Not delivered’ if this core component is not delivered by any providers in your network/area.] [ ]  Not deliveredService description[Click here to insert description of service delivery] [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)[**Please delete this instruction once the form is completed:**[If this core component does not apply, select “**N/A**” in section 4.1 and complete sections 4.2 and 4.3 below]Service type/s delivered under this contract[ ]  Counselling[ ]  Family capacity building[ ]  Specialist support[ ]  Indigenous supported playgroups[ ]  Supported playgroups* **Names of supported playgroups delivered:** [Click here to list name/s of Supported Playgroup model/s delivered. Delete this bullet point if not applicable.]

[ ]  N/ACore component delivered by the following network providers[Click here to insert the names of provider/s in your network/area who are delivering this core component, if this core component is not delivered under this contract. Click ‘Not delivered’ if this core component is not delivered by any providers in your network/area.] [ ]  Not deliveredService description[Click here to insert description of service delivery] [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)[**Please delete this instruction once the form is completed:**[If this core component does not apply, select “**N/A**” in section 5.1 and complete sections 5.2 and 5.3 below]Service type/s delivered under this contract[ ]  Family capacity building[ ]  Indigenous parenting programs[ ]  Indigenous supported playgroups[ ]  Mentoring / peer support[ ]  Parenting programs* **Names of parenting programs delivered:** [Click here to list name/s of Parenting Program/s delivered. Delete this bullet point if not applicable.]

[ ]  Supported playgroups* **Names of supported playgroups delivered:** [Click here to list name/s of Supported Playgroup model/s.. Delete this bullet point if not applicable.]

[ ]  N/ACore component delivered by the following network providers[Click here to insert the names of providers in your network/area who are delivering this core component, if this core component is not delivered under this contract. Click ‘Not delivered’ if this core component is not delivered by any providers in your network/area.] [ ]  Not deliveredService description[Click here to insert description of service delivery]  | As per contracted service deliverables.[Click here to insert contract outputs. This is optional, delete this text field if not needed] | [**Please delete this instruction once the form is completed:**This section brings together all the elements of your program logic into a clear logical statement. It is a check that together your activities and outcomes make sense and connect to meet outcomes.Clearly explain how each proposed service activity will achieve the proposed outcomes. Reference the core components and describe how your activities address these. Use the program-level program logic Theory of Change for guidance as per below.]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.Wrap-around and coordinated supports support parents to develop positive parenting skills and address underlying causes of negative parenting practices.If parents and carers are supported to identify and understand their child’s needs early, they can more confidentially and effectively respond to, and support their child’s learning and development.If parents and carers are supported to build their capacity they are more likely to develop sustainable caregiving strategies that can be adapted as children grow and their needs evolve. Timely early intervention supports during a child’s early years can break cycles of disadvantage, unlock developmental potential, and improve long term outcomes.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 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.**Parental education, coaching and modelling**Parenting education, coaching and modelling ensures parents 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.[Click here to insert Theory of Change] | [**Please delete this instruction once the form is completed:**Add client outcomes that are expected to be delivered under your contract.**Safety** is a Client Outcome for all TEI service providers – do not delete] **Safety*** Reduced risk of entry into the child protection system
* Increased safety from family violence and (longer term) reduced rates of family violence

[**Please delete this instruction once the form is completed:** Below are other Client Outcomes: delete those which are not in your contract] **Social and Community*** Increased participation and inclusion in community
* Increased sense of belonging to their community
* Increased client connection to supportive relationships

**Empowerment*** Increased client reported self-determination
* Families and carers are empowered and confident to understand and meet their child’s needs

**Education and Skills*** Increased school attendance and achievement
* Reduced number of children starting school developmentally vulnerable in one, or two or more Australian Early Development Census domains

**Economic*** Sustained participation in employment

**Health*** Improved health and development of children and young people
* Improved parental health
* Improved client personal wellbeing

**Home*** Sustained safe and stable housing

[Click here to add additional outcomes if applicable. Optional: include additional client outcomes from the Outcomes for Aboriginal People in the CAFS Program as appropriate and/or if included in your contract. Delete this text field if not needed]  |

[Please delete the example below when the form is completed]

Department of Communities and Justice 

Example: Wellbeing and Safety Stream – Children and Families

Community and Family Support (CAFS) Program Logic

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| CURRENT SITUATION | EVIDENCE | ACTIVITIES AND SERVICES | OUTPUTS | THEORY OF CHANGE | CLIENT OUTCOMES |
| There is a large number of families with young children (0-5) in our LGA. There are 6,350 children between the ages of 0-5 (Census 2021) in this LGA.13.7% of children and young people were at risk of significant harm in this LGA (CP and OOHC Heat Maps Key Statistics DCJ).LGA had 11-12% of children assessed as vulnerable on 2 or more domains in the Australian Early Development Census. 2021 Census figures show that parents in our LGA (5.5%) are less likely than their counterparts in the rest of NSW (6.8%) to send their children to preschool.If these issues are not addressed children may not ‘catch up’ developmentally and will potentially disengage from school as they grow older.If families are unable to access support early in the lives of their children and young people, if risk factors (for example impaired parent-child relationships, toxic stress, unsafe home environments) that lead to child abuse, neglect or family violence are not addressed early children will continue to face high risk of significant harm and enter child protection system. | 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.[[2]](#footnote-2)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 victim 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 reduction in parent substance use; 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).[Engagement](https://evidenceportal.dcj.nsw.gov.au/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/engagement.html)Service type/s delivered under this contract[x]  Counselling[ ]  Education and skills training[x]  Family capacity building[ ]  Indigenous supported playgroups[ ]  Indigenous parenting programs[x]  Information / advice / referral[x]  Mentoring / peer support[x]  Parenting programs[ ]  Specialist support[x]  Supported playgroups[Case Management](https://evidenceportal.dcj.nsw.gov.au/evidence-portal-home/our-evidence-reviews/preventing-child-maltreatment/core-components/case-management.html)Service type/s delivered under this contract[x]  Family capacity building[ ]  N/AService description**Family capacity building** includes home visits by experienced case managers providing case management and advocacy for young parents.[Parental 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)Service type/s delivered under this contract[ ]  Education and skills training[x]  Family capacity building[ ]  Indigenous supported playgroups[ ]  Indigenous parenting programs[x]  Parenting programs* **Names of parenting programs delivered:** Incredible Years; Triple P

[x]  Supported playgroups* **Names of supported playgroups models delivered:** Kids in Transition to School (KITS); smalltalk

[ ]  N/AService description**Parenting programs** are evidence-based and specifically targeted at parent/child relationships and/or practical skill building for parents.**Supported playgroups** include engaging parents in vulnerable families to meet and learn new parenting and play skills in a positive environment. Supported playgroups are facilitated by a professional worker with qualifications or experience in early childhood or in working with families with children.[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)Service type/s delivered under this contract[ ]  Counselling[ ]  Family capacity building[ ]  Specialist support[ ]  Indigenous supported playgroups[ ]  Supported playgroups[x]  N/ACore component delivered by the following network providersThis core component is not delivered by our service. However, within our local area, this core component is delivered by XX organisation (Service type: Counselling). Our service makes referrals to this organisation where needed. [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)Service type/s delivered under this contract[x]  Family capacity building[ ]  Indigenous parenting programs[ ]  Indigenous supported playgroups[ ]  Mentoring / peer support[x]  Parenting programs[x]  Supported playgroups[ ]  N/AService descriptionAs above. | 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.Wrap-around and coordinated supports support parents to develop positive parenting skills and address underlying causes of negative parenting practices.**Engagement**How services engage with families is crucial to ensuring they participate, and remain in a program, until they have achieved their goals. Building 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.**Parental education, coaching and modelling**Parenting education, coaching and modelling ensures parents 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. | **Safety*** Reduced risk of entry into the child protection system
* Parents are provided with the support and information they need to keep their children safe
* Parents gain knowledge and understanding of the resources available within their community
* Reduced fear or confusion in asking for guidance, advice, and support
* Increased confidence in managing psychological distress
* Parents develop parenting skills to support family function and child development
* Increased safety from family violence and (longer term) reduced rates of family violence

**Health*** Improved parental health
* Children are supported to stay in safe, stable homes
* Families will have access that support family functioning and wellbeing

**Home*** Sustained safe and stable housing
* A safe, stable family home where children and grow and develop
* Parents develop parenting skills to support family function and child development
 |

1. Australian Institute of Family Studies, 2020, Ensuring all children get the best start in life: A population approach to early intervention and prevention, <https://aifs.gov.au/resources/short-articles/ensuring-all-children-get-best-start-life> [↑](#footnote-ref-1)
2. Australian Institute of Family Studies, 2020, Ensuring all children get the best start in life: A population approach to early intervention and prevention, <https://aifs.gov.au/resources/short-articles/ensuring-all-children-get-best-start-life> [↑](#footnote-ref-2)