#### FOREST TEAM



GIVING FAMILIES OPPORTUNITIES & RESOURCES FOR EARLY YEARS SUPPORT, TOGETHER.



## Background

Pilot developed from research and known data taken from ACES literature regarding poor health outcomes in children and families

Pilot goal to improve early outcomes.

Developed as an early intervention programme.

Encompasses the Assessment Triangle to approach the family holistically and understand their needs.

Eligibility criteria developed for the pilot to reflect the known contributors to poor outcomes.

Pilot being delivered in 3 localities; Yeovil, Bridgwater and South Somerset West.

### The process

- A needs assessment is undertaken by a registered Midwife or Health Visitor. They effectively act as a gatekeeper to the FOREST pathway from 16 weeks gestation to postpartum 6 weeks.
- ► Families assessed as having 2 or more vulnerability points (based on ACEs literature), will be invited to participate in the pilot.
- As part of the Pilot, the FOREST practitioners are working in collaboration with the Somerset Council Healthier Lifestyle Team.
- ▶ A pathway has been developed with SPLASH, a children's weight management service in Somerset for children below the age of 4 years. Families who are being stepped down from the SPLASH service are being offered referrals into FOREST.
- ▶ FOREST are inviting families to participate in ongoing measurements and data collection via a service questionnaire, similar to that in the main pilot. They are being provided with the Healthier Lives toolkit and invited into the Health Visiting led Fun Through Food and Movement Group which is a 10 week rolling programme, including cooking preparation, cooking demonstrations, food tasting, and varying movement activities.

# Eligibility Criteria

Major (2 points)	Minor (1 point)
History of diagnosed significant mental	Mental health concerns
health disorder	
History of domestic violence/abuse	Parent- previous victim of child abuse
Smoking, alcohol, or other substance	Life stressor (e.g., insecure housing,
misuse in pregnancy	bereavement, both parents unemployed)
Previous children social care involvement	Any alcohol or drug use in the home
(Active case exclusion)	
Parental learning difficulties (significant)	Social isolation
Young parent <18	Parental learning difficulties (mild-
	moderate)
Concealed pregnancy	Non-English Language speakers or other
	communication difficulties
Care Leaver	Parent in prison
Health professional concern	

#### Trauma Informed approach

Once a
Forest
Practitioner
has been
allocated,
they will be
the
practitioner
supporting
the familly
throughout
to ensure
continuity
and trust.

We have developed an agreement with families that is carried out initially to set a foundation of mutual respect and understanding and initiating the establishment of a therapeutic relationship with the Forest practitioner.

The practitioner completes a needs assessment to identify what is important to them so that interventions can be based on their desires and priorities.

The Forest
Practitioners
recognise
the varying
circumstanc
es and
complexities
of the
vulnerable
families on
the Pathway
and
therefore
offer
contacts at:

Place of the families choice (Home, public space, community venue)

Time of their choice within our working hours

Frequency and duration of their choice A nonjudgmental
view on
cancelling or
rescheduling
appointment
s due to
complex
lives.

# Any questions?