

Family First and Intensive Support (FFIS)

Hounslow Targeted Early Help

INFORMATION FOR FAMILIES



London Borough
of Hounslow

Family First and Intensive Support (FFIS)

What is Targeted Early Help and Intervention?

Targeted Early Help and Intervention is a service offered to families who have been identified as requiring more intensive support than is available through universal services (such as schools and GPs). The support offered can help and empower families to manage their problems and challenges better and increase the protective factors in a child or young person's life

Families First and Intensive Support (FFIS) Service

The Families First and Intensive Support (FFIS) team provides targeted early help and intervention services to all Hounslow families with children under 18.

They offer support to families through 2 key services:

Family Support Services

The Family Support service works with families with multiple and complex needs. The service is available to families with children aged between 5 - 17 years as well as those with younger children where there are children within this age range residing in the household.

The aim of the service is to improve the quality of relationships in the home and promote confident parenting skills, and to support families to engage with specialist services as required to address issues impacting on the family functioning. This work leads to a more stable and settled home environment for children and young people and sustained change within the home environment.

Adolescent Support Services

The Adolescent Support Team works with young people within the ages of 11 to 18 years old and their families who require targeted intervention. They could be at risk of involvement in anti-social and offending behaviour, be involved with substance misuse, or experiencing difficulties within their homes or at school.

The aim of the service is to support young people to develop their resilience and self-esteem, enabling them to make positive choices. The service works with the whole family to understand the context for the young person and seeks to make changes to overall family functioning to improve outcomes for the young person, siblings and the parents or caregivers.

These services usually work with families for up to six months.

FFIS Groups for Parents and Young People

The Families First and Intensive Support (FFIS) team provides support through parenting courses and girls group available to Hounslow families and young people.

123 Magic Behaviour Management Support

The 123 Magic Behaviour Management Programme is a five-week programme for parents only and is delivered online via Microsoft Teams. The course is for parents and carers of children ages 2 to 12 years diagnosed with ADHD or who display challenging behaviour. The programme aims to empower and uplift parents and carers with techniques to use in the home to better manage behaviour, whilst developing your confidence and understanding of your child's behaviour.

For referral forms contact FFISgroupprograms@hounslow.gov.uk

Surviving Your Adolescents

The 'Surviving Your Adolescents' programme is designed for parents in the London Borough of Hounslow, who have adolescent children aged between 13-18, exhibiting frequent challenging behaviour both in and out of the home.

The five-week programme created by clinical psychologist Thomas Phelan, is facilitated by our practitioners from the Family Support and Adolescent Support teams. The programme is delivered online via Microsoft Teams. The programme is approach-based and revolves around reflecting on changes you can make in yourself as a parent, as well as those you would like to see in your teen.

For referral forms contact FFISgroupprograms@hounslow.gov.uk

Skills4Change Girls Group (Open to young females age 11 – 17 only)

Skills 4 Change Girls Group is a six-week targeted group programme for young females. The key focus of Skills 4 Change Girls Group is on supporting young females who are identified as being at an increased risk of developing risky behaviours, and those further identified as being affected by negative peer or social influences.

Weekly sessions are subsequently provided to participants, which are designed to help them develop knowledge/skills, improve their confidence/wellbeing/self-esteem and to form positive relationships with peers.

For referral forms contact Skills4Change@hounslow.gov.uk

Family First and Intensive Support (FFIS)

Can I say 'no' to FFIS Support?

If you would like extra support, then we hope that we can work together. But you do have the choice to decline the FFIS support. Our practitioner will discuss and explain in more detail what your options are. Then you can choose if you want to engage with us.

Does accepting FFIS Support mean I am 'under Social Services'?

Working with early help services does not mean you are 'under social services'. It is about offering additional support. If things change and there is a possibility that social care may be a better service to support your family then this will be discussed with you and you will be kept involved. Sometimes if your family has been working with social care, your social worker may recommend FFIS as a way of accessing support for your family once your work with social care has finished.

How can I access support?

The best place to start is to speak with a professional you already know and trust (for e.g. schools, children's centres, Health services) who can complete a referral form (CFAN) for you. You can also phone the Front Door team in Children's Services on 020 8583 6600 to discuss your concerns and request for support.

What happens to my information?

The information you give on your CFAN document or for referrals to services, will be shared with the practitioners in the FFIS team via a secure database based within the Council. See our Privacy notice at www.hounslow.gov.uk for more information on what information we collect for early help and why. If at any time a practitioner believes a child or adult is at risk of harm, or that a serious crime has been committed, information will be shared with the relevant agencies. If you have concerns about what will happen about your information, or you are worried about information being shared with a specific service, please discuss this with your practitioner.

