

# Cost benefit analysis of the Rock Pool Inspiring Families Programme delivered by Calan DVS

March - September 2018



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# Introduction



The Inspiring Families Programme, developed by Rock Pool in 2016, is an innovative intervention and assessment of families where domestic abuse is an identified component and the families have chosen to stay together.

It provides professionals with a robust framework to assess the parents' behaviour, the level of current risk and the likelihood of future risk. It also identifies the potential for change and reduction of risk within the family, or indeed, whether the risk is too high or the potential for change too low to make working with the family a viable option.

This is a cost benefit analysis looking at the fiscal, social and economic savings of the Neath and Port Talbot Inspiring Families Programme.

In order to carry out this analysis we have looked at the impact of the programme on the first eight families that completed the Inspiring Families Programme in Neath and Port Talbot. These families completed the programme between May – September 2018. Since then we have 12 months post programme data in which we can compare the activity and issues faced by these eight families, compared to the 12 months before the programme started.

# Executive Summary



The Inspiring Families programme as delivered in Neath and Port Talbot by the Calan Domestic Violence Service, saves the taxpayer an estimated £6 for every £1 spent.

Based on a study of the first eight families that completed the programme in Neath and Port Talbot the programme generated an estimated average net fiscal saving (taxpayer savings) of £9,317 per family.

The cost to deliver the programme in Neath and Port Talbot is £1,596 pounds per family. Therefore, based on these initial findings we can estimate that Inspiring Families saves the taxpayer £7,721 for every family that completes the 10-week programme in Neath and Port Talbot.

Across the eight families total fiscal savings amounted to an estimated £74,535 including a saving of £50,715 due to the reduction in domestic abuse incidents resulting in Police intervention.

A comparison of different types of incidents (related to domestic abuse) was carried out in the 12 months before each family first engaged with the Inspiring Families programme and in the 12 months after each family completed the 10-week programme. A comparison of these two 12-month periods has shown that domestic abuse decreased by 87%, convictions for criminal offences reduced by 100%, arrests decreased by 78% and visits to hospital or Accident and Emergency reduced by 75%. Assaults resulting in physical injuries decreased from 9 before to 0 after the programme (100% reduction).

50% of cases closed to Neath and Port Talbot Children's Services or were stepped down, within 2 months of the Inspiring Families programme ending. In total five cases were stepped down from Child Protection Plans to Child in Need Plans, and two cases were closed all-together.

Based on these first 8 families the Inspiring Families programme also has had an impact on the economy, with estimated savings of £2 saved to the economy for every £1 spent, and an impact on society with estimated savings of £11 saved to society for every £1 spent.

# About Rock Pool



“A trauma-informed approach to care or service provision is one that considers how traumatic experiences may impact the person being supported. If service providers approach their care or service provision with an understanding that trauma can influence a person’s behaviour, then the way a situation is handled or care is offered is more likely to result in positive outcomes.”

This is the belief of Rock Pool, providers of specialist training courses and recovery programmes tailored to organisations that support people who have been affected by complex or developmental trauma.

Co-founded by Sue Penna and Kirsty Mooney, Rock Pool harnesses their 40 years’ combined experience working in frontline services dealing with domestic and sexual violence and adverse childhood experiences with the vision of helping to create a society that is trauma-informed.

With a selection of courses delivered by Rock Pool staff and a team of UK wide associates, the course portfolio includes trauma-informed practice training for organisations to offer a better understanding of trauma and its impacts. Additionally, recovery toolkit facilitator programmes enable delegates to then deliver the toolkits to people who have experienced different types of trauma with courses focused on domestic abuse and sexual violence recovery, and specific Adverse Childhood Experience (ACE) training for practitioners working with families and children.

## Our mission

Trauma is universal. Our mission is to contribute to transforming society to accept this reality by understanding how behaviour is influenced by trauma.

Trauma-informed awareness and practice in society delivers hope, resilience and recovery.

## Our values

- **We believe:** that a trauma-informed approach can change society.
- **We are all the same:** we do not differentiate between people with lived experience, service providers and ourselves.
- **We believe:** in supporting individuals to lead independent lives free from the involvement of services.

## We aim to

- Provide education and simple practical tools that enable people to gain new perspectives and change their lives.
- Inspire the workforce to value and adapt their interactions with people through trauma-informed practice.
- Provide individuals with the ability to develop resilience to assist recovery.
- Have an influence on cultural change within organisations to enable them to become trauma informed.

# About Calan Domestic Abuse Service



Calan DVS are a specialist domestic violence charity with extensive experience and an innovative approach to service delivery and excellence. The organisation was formed in 2012 as a result of a merger between Neath and Lliw Valley Women's Aid with subsequent Women's Aid groups also joining the organisation in later years. Last year our community teams supported 661 individuals affected by domestic violence and abuse across a large and varied geographical area including Neath, Bridgend, Powys and Carmarthenshire.

We provide support, information and guidance for women, men and children affected by domestic abuse and deliver programmes which promote resilience and recovery including; The Freedom Programme, The Recovery Toolkit, and the Compass Programme for male victims of domestic abuse. Calan also run sessions that promote healthy relationships for children and young people such as STAR (Safety Trust and Respect), ACEs (Adverse Childhood Experiences) Recovery Toolkit.

Our offices are registered as accredited training centres by Agored Cymru and Calan deliver accredited and non-accredited training to professionals and individuals across each of our delivery areas.

We have delivered Inspiring Families across the Neath and Port Talbot, Bridgend and Powys areas of Wales and have achieved many positive outcomes for families affected by domestic violence and abuse who wanted to overcome their issues and remain together. Our decision to work with Rockpool Life and bring this assessment programme to Wales has been a successful one and we believe this Cost Benefit Analysis will demonstrate the potential of the programme as a sustainable way of working for agencies; and most importantly as a resource that helps families improve relationships, and live together in healthier and safer environments.

At Calan we take a family centered, trauma informed approach which is needs-led and we believe that working with families where domestic abuse is a component can deliver lasting change. We understand that risk is dynamic and changes regularly within the family setting; this alone can make it difficult for professionals to understand the underpinning influences at play and to support the whole family to live in an environment where risk is managed and progress can be made. Having an accurate assessment of the levels of risk is really important to ensuring the safety of the victim and the children in an abusive environment, however having further qualitative information which accurately highlights the abuse typology that is present within the home and indeed the true potential for change is really important to the next stages of decision making for professionals who are tasked with risk assessing and supporting the family concerned.

To further our belief in the whole family approach, and to align with much of the fantastic work that has been done in Wales around the 'Voice of the Child' and 'Adverse Childhood Experiences' we took the additional step of designing a children and young people' element to Inspiring Families which ensures that all children (aged 4+ years) are given support on a 1-2-1 basis through a structured programme which runs parallel over the ten weeks with both the 'victim' and 'perpetrator' sessions. The contribution of the young persons voice in the overall family assessment has been a valuable and often crucial indicator of how all elements of the family can be affected by exposure to abusive behaviours. More details on how our work with children and young people has impacted our delivery of Inspiring Families will be detailed in the independent evaluation that is being produced by **Public Health Wales**. This is due for publication toward the end of 2019.

# Approach and Methodology



The approach taken is based on best practice as defined in existing guidance published in Her Majesty's Treasury Green Book: Appraisal and Evaluation.

**Time periods:** To assess the benefits of the Inspiring Families programme we have compared a 12-month period before the intervention started (each family joined at different periods between March 2018 -September 2018) to a 12-month period after the intervention ended (each family ended the programme on different dates between May 2018 – September 2018).

**Issues:** A search has been carried out for 20 different types of incidents or events (issues) whereby any change could be attributed to the Inspiring Families Programme, such as the number of domestic violence incidents, visits to Accident and Emergency or the number of days children spent in care.

**Unit costs:** Unit costs are assigned to each of these issues to estimate the cost of the total number of events for each family and the overall cohort (only Her Majesty's Treasury agreed unit costs have been used). Unit costs have mainly been taken from the New Economy Manchester Unit Cost Database.

'Fiscal' unit costs (savings to the taxpayer) have been applied to all events as well as social and economic unit costs (savings to society and to the economy) where research is available. See the example of different types of costs in Figure 1 below.

**Figure 1: An example of fiscal, economic and social benefits**

<b>Fiscal Benefits</b>	Savings to the taxpayer – e.g. reduced health services, police or education costs
<b>Economic Benefits</b>	Gains to the individuals/the economy in general – e.g. increased earnings
<b>Social Benefits</b>	Gains to society – e.g. improved health and well-being or increased community cohesion

**Inflation rates:** As much of the research behind the unit costs is not up-to-date, inflation rates are used to provide more accurate present day estimates.

**Counterfactual:** Deadweight' is applied to the total gross savings to estimate what would have happened anyway and what is the estimated impact as a direct result of the Inspiring Families programme, thus producing a net savings.

Every event has its own assigned deadweight based on national data. Applying deadweight is not as robust as comparing to a pre-agreed control group but does allow us to estimate net savings and therefore the direct impact of the Inspiring Families programme. Assigned deadweight's for all the indicators used can be found in Appendix A.

**Costs:** The costs/spend of the Inspiring Families programme is then deducted from the net savings to produce an overall estimate of saving.

**Data:** Family data and information has been accessed through Neath and Port Talbots Children's Social Care system.

# Demographic Summary

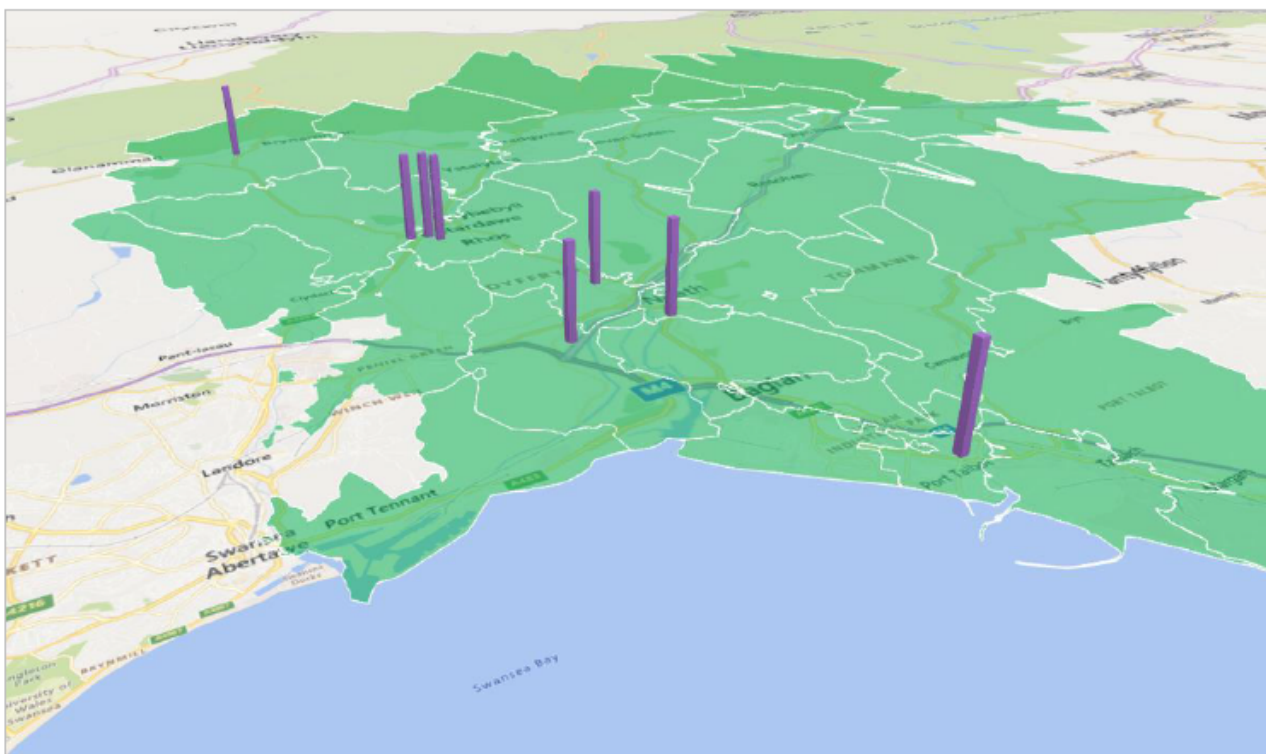


43 family members are listed as living at the home address of the eight families in our study. A detailed breakdown of the composition of each family can be found in Appendix B: Family Summaries.

19 Adults and 24 children live at the home addresses of the eight families. Families tended to have young children in the household, with an average age of 5 years old. The average age of the mothers at the time of referral was 30 years old. The average age of the partners or husbands at the time of referral was 36 years old.

The eight families are spread across the geographic area of Neath and Port Talbot as seen below.

**Figure 2: Home locations of the Eight Families**





# Cost of Delivering the Inspiring Families Programme in Port Talbot



The Calan Domestic Violence Service, who deliver the Inspiring Families programme in Neath and Port Talbot and across the region, carried out a detailed assessment of the costs to deliver the programme in Neath and Port Talbot.

Calan noted that the costs of delivering the programme in Neath and Port Talbot will differ from the cost of delivering the programme in other areas across the region, due to the geographic proximity of families and the geographic size of different regions which can have a significant impact on travel costs.

The assessment of costs to deliver the programme in Neath and Port Talbot included staffing costs across the 10 weekly sessions, travel time, cost of pre-assessment interviews, programme administration, report writing, venue hire, travel expenses, and management costs.

The overall cost to deliver the programme in Neath and Port Talbot equated to £12,768 for all sessions across the 10-week programme: An average £1,596 pounds per family who completed the programme. It should be noted that not every family completed the programme, and if completion rates were higher, then these costs would decrease.

# Benefits after Delivering the Inspiring Families Programme (Outcomes)



In order to assess the savings of the Inspiring Families programme, a detailed assessment was carried out for each of the eight families, comparing what happened in the 12 months after the Inspiring Families programme finished compared to the 12 months before the programme began. The 12 monthly periods are based on when each family participated in their first and last sessions of the 10-week programme. Using a full 12-month comparison period provides us with a robust timeframe to assess the potential impact of the programme.

Data and information was taken from the Neath and Port Talbot Children's Services case notes recording system which records contacts from the Police, health visitors or contacts from other partnership agencies for events or incidents such as reports of domestic abuse, mental health episodes or visits to Accident and Emergency.

## Breakdown of Incidents and Events – Domestic Abuse

To start with we can look at the number of domestic abuse incidents that were reported to have taken place in the 12 months before each family started the Inspiring Families programme, how many domestic abuse incidents were reported during the 10-week programme, and how many domestic abuse incidents were reported in the 12 months after the programme ended.

The results are significant and demonstrate that the programme appears to have had a clear impact in reducing domestic abuse and violence taking place in the homes of these eight families. Figure 3 below shows us:

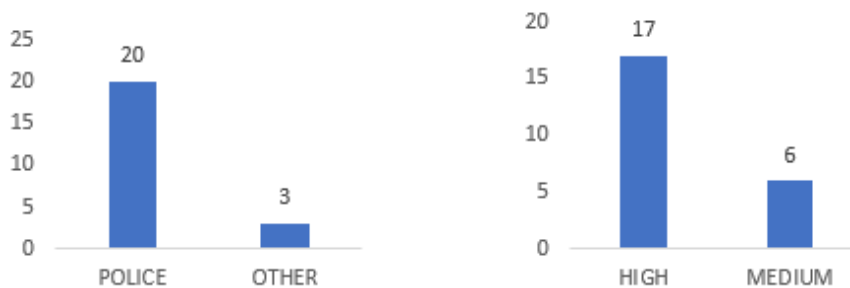
- 23 domestic abuse/ violence incidents were recorded before the programme began (across the eight families), compared to 3 after the programme ended; a reduction of 87%.
- There was a decrease in domestic abuse across 7 of the 8 families. Whilst Family 2 from cohort 2 didn't see a decrease after the programme, there has been no further reported incidents in the 12 months up to the time of writing this report.

**Figure 3: Family breakdown in the reduction in domestic abuse incidents after the programme**

Family ID	REPORTED DV INCIDENTS IN THE 12 MONTH PERIOD BEFORE COURSE START DATE	REPORTED DV INCIDENTS DURING THE 10 WEEK INSPIRING FAMILIES PROGRAMME	REPORTED DV INCIDENTS IN THE 12 MONTH PERIOD AFTER COURSE END DATE	REDUCTION IN REPORTED INCIDENTS BEFORE AND AFTER: COMPARISON
Cohort 1 – Family 1	2	2	0	↓ 2
Cohort 1 – Family 2	8	0	0	↓ 8
Cohort 1 – Family 3	5	0	2	↓ 3
Cohort 1 – Family 4	2	1	0	↓ 2
Cohort 2 – Family 1	1	0	0	↓ 1
Cohort 2 – Family 2	1	0	1	0
Cohort 2 – Family 3	2	0	0	↓ 2
Cohort 2 – Family 4	2	1	0	↓ 2
<b>TOTAL</b>	<b>23</b>	<b>4</b>	<b>3</b>	<b>↓ 20</b>

**Before the programme:** Across the 23 domestic violence incidents in the 12-month period before the programme, 20 of those incidents involved Police call-outs to the home address, one incident was reported to Children’s Services by a Health Visitor, one by the Hospital and one by Women’s Aid. 17 of these 23 incidents were deemed high risk. These 23 incidents resulted in 9 physical injuries to the victims, 4 Hospital visits, 9 arrests and 5 criminal convictions. Perpetrators were given a range of sentences including a prison sentence, 24-month community order, and a suspended sentence. Figure 4, below, outlines the referring agencies and risk level of these incidents.

**Figure 4: Before the programme Domestic Violence incidents: Referring agency and risk level**

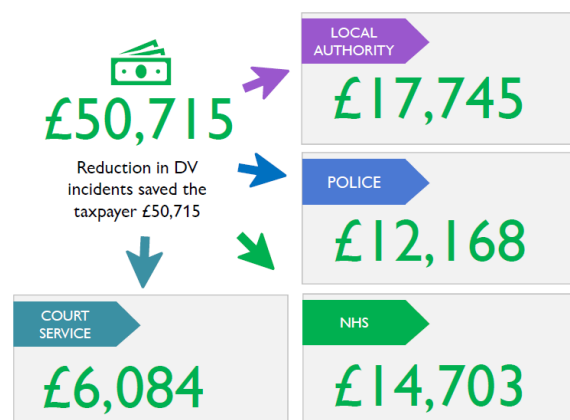


**After the programme:** Across the 3 domestic violence incidents that were reported after the programme, all 3 incidents involved Police visits to the family home. Two arrests were made but didn’t result in any convictions. There were no reported physical injuries to the victims. There was one visit to the hospital for one family member after the completion of the programme but this related to a mental health issue.

This reduction of domestic abuse led to an estimated fiscal gross saving of £50,715 to the taxpayer.

The adjacent graphic shows an estimated breakdown of savings by sector area (based on national cost savings data). As seen in this graphic:

- £17,745 estimated savings attributed to the local authority
- £14,703 estimated savings attributed to the NHS.
- £12,168 estimated savings attributed to the Police.
- £6,084 estimated savings attributed to the Court Service.



## Breakdown of Incidents and Events – All Family Issues

- As well as domestic abuse, there was also marked improvements in other areas including:
- 2 out of 3 adults showed marked reductions in their abuse of alcohol or drugs after the programme ended. One perpetrator stopped taking class A drugs which was evidenced through drug testing, and another perpetrator significantly reduced their abuse of alcohol through engagement with their GP and different local groups and services;
- There was a reduction in ambulance call-outs and known General Practitioner visits;
- One adult's mental health improved significantly (demonstrated through engagement with General Practitioner and taking medication for depression);
- 5 out of 6 children who displayed mental and emotional health concerns before the Inspiring Families programme started, demonstrated a marked improvement in their mental health after the programme ended;
- One child was placed in local authority foster care pre-Inspiring Families. After the programme, this child was placed back in the family home under a Parental Placement Care Order, which represents a significant saving to the local authority.
- The number of days that children were on Child in Need (CIN) plans did increase after the programme (an increase of 742 days). However, this was largely due to the number of cases that were stepped down from CP to CIN which is a clear positive outcome. In total five cases were stepped down from Child Protection Plans to Child in Need Plans, and two cases were closed all-together.

**Figure 5: Impact of the IF Programme: Net Outcomes after the programme**

Indicator	12 months before IF	12 months after IF	Net outcomes (comparison)
No. of domestic violence incidents	23	3	↓ 20
No. of convicted offenders – over 18 (per year)	5	0	↓ 5
No. of arrests where individual is detained	9	2	↓ 7
No. of days in Crown Court	5	0	↓ 5
No. of individuals engaging in alcohol or drug misuse (per year)	3	1	↓ 2
No. of ambulance call outs	4	1	↓ 3
No. of GP visits	1	0	↓ 1
No. of adults suffering from anxiety/depression disorders (per year)	3	2	↓ 1
No. of children suffering from mental health disorders (per year)	6	1	↓ 5
No. of Common Assessment Frameworks undertaken	9	8	↓ 1
No. of weeks children were in local authority foster care			↓ 45
Care Order – Parental Placement	0	1	↑ 1
No. of children in need cases (days CIN)			↑ 742
CP Plan (days CP)			↑ 24

## Breakdown of Individual Savings

Figure 6 represents a full breakdown of the estimated net fiscal, economic and social savings. Economic and social savings are only provided for some indicators where national data is available.

Net savings are calculated by applying assigned deadweight's to the gross savings (a full list of outcomes, gross savings, their assigned deadweight's and net savings can be found in Appendix A).

Deadweight's are used to calculate what would have happened anyway and what we estimate to be the direct impact of the Inspiring Families programme. For instance, the assigned deadweight for the number of domestic abuse incidents is 5% because based on national data we estimate that 5% of the impact (the reduction in recorded domestic violence incidents) would have happened anyway without the intervention of the Inspiring Families programme. Likewise, the deadweight for the number of weeks a child spends in Local Authority foster care is higher – in this case 66% - because it's likely that 66% OF any positive impact in this area would have been down to the work of Children's Services and the Team around the Child. Key estimated net savings as a result of the Inspiring Families programme include:

- A £50,715 fiscal saving as a result of the reduced domestic violence incidents.
- The reduction in domestic violence incidents also resulted in an economic saving of £30,244 and a social saving of £139,518.
- The reduction in the number of days perpetrators spent in Crown Court resulted in a net fiscal saving of £8,077.
- A saving of £4,062 due to the reduction in the number of arrest where the individual was detained and a saving of £618 due to the reduction of ambulance call-outs to the home address.
- Because children spent more days on CP and CIN Plan after the Inspiring Families programme ended, there was an increase spend in this after (£307 and £2,144 respectively).

**Figure 6: Impact of the Inspiring Families Programme: Estimated Net Fiscal, Economic and Social Savings**

Indicator	FISCAL net outcomes	ECONOMIC net outcomes	SOCIAL net outcomes
No. of domestic violence incidents	£50,715.40	£30,244.45	£139,518.67
No. of convicted offenders – over 18 (per year)	£1,698.19		
No. of arrests where individual is detained	£4,062.85		
No. of days in Crown Court	£8,077.18		
No. of individuals engaging in alcohol or drug misuse (per year)	£911.96		£354.14
No. of ambulance call outs	£618.53		
No. of GP visits	£34.20		
No. of adults suffering from anxiety/depression disorders (per year)	£219.50	£1,015.76	
No. of children suffering from mental health disorders (per year)	£1,216.48		
No. of Common Assessment Frameworks undertaken	£534.63		
No. of weeks children were in local authority foster care	£11,090.76		
Care Order – Parental Placement	-£2,191.98		
No. of children in need cases (days CIN)	-£2,144.68		
CP Plan (days CP)	-£307.14		

# Overall Fiscal, Economic and Social Savings



The graphic below details the overall financial summary of the estimated fiscal, economic and social savings generated as a result of the Inspiring Families programme.

The Inspiring Families programme:

- Saves the taxpayer an estimated £5.83 for every £1 spent.
- Saves the economy an estimated £2.45 for every £1 spent.
- Saves society an estimated £10.96 for every £1 spent.

<b>Inspiring Families Cost Benefit Analysis: Overall Financial Summary</b>		
<b>FISCAL ANALYSIS: Average costs of the programme &amp; savings to the taxpayer per family</b>		
		<b>12 months</b>
Average cost of every family who attended the IF programme		£1,596
Average saving to the taxpayer for every family who attended the IF programme		£9,317
<b>FISCAL ANALYSIS: Overall costs of the programme compared to overall savings to the taxpayer</b>		
		<b>12 months</b>
Overall net costs and fiscal benefits	Costs	£12,768
	Benefits	£74,535
<b>Overall savings to the taxpayer for every £1 spent</b>		<b>£5.83</b>
<b>ECONOMIC ANALYSIS: Overall costs of the programme compared to overall savings to the economy</b>		
		<b>12 months</b>
Overall net costs and economic benefits	Costs	£12,768
	Benefits	£31,260
<b>Overall savings to the economy for every £1 spent</b>		<b>£2.45</b>
<b>SOCIAL ANALYSIS: Overall costs of the programme compared to overall savings to society</b>		
		<b>12 months</b>
Overall net costs and social benefits	Costs	£12,768
	Benefits	£139,873
<b>Overall savings to the society for every £1 spent</b>		<b>£10.96</b>

## Conclusion



It is clear from the information presented throughout this report that the Inspiring Families Programme is having a significant and sustained positive impact on families who are affected by domestic abuse in the Neath and Port Talbot area. Reported incidents of domestic abuse, hospital and Accident & Emergency visits and criminal incidents and convictions showed marked reductions across the families included in the sample.

Not only are the families demonstrating real and significant change to their own circumstances, but there is clear and robust evidence to suggest a measurable saving to the taxpayer (fiscal savings), the economy (economic savings) and society (social savings).

The improvements made within each of the families who complete the programme is also having a considerable impact on Children's Social Care and other services and agencies working with these families within the Neath and Port Talbot area, particularly with regards to the reduction in resources responding to and working with the families who were included in the sample.

The estimated cashable and non-cashable savings to partnering agencies for these first two cohorts who completed the programme demonstrates that a continuation of the impactful work of the Inspiring Families by Calan DVS would continue to improve the quality of life for the families they work with, whilst providing positive outcomes for a range of services that provide support to families affected by domestic abuse in the Neath and Port Talbot area.



## Appendix A: Breakdown of Individual Savings



Indicator	12 months before IF	12 months after IF	Net outcomes (comparison)	FISCAL net outcomes	ECENOMIC net outcomes	SOCIAL net outcomes	Deadweight	FISCAL net outcomes	ECENOMIC net outcomes	SOCIAL net outcomes
No. of domestic violence incidents	23	3	↓20	£53,384.63	£31,836.26	£146,861.76	5%	£50,715.40	£30,244.45	£139,518.67
No. of convicted offenders – over 18 (per year)	5	0	↓5	£1,997.87			15%	£1,698.19		
No. of arrests where individual is detained	9	2	↓7	£4,724.24			14%	£4,062.85		
No. of days in Crown Court	5	0	↓5	£9,502.56			15%	£8,077.18		
No. of individuals engaging in alcohol or drug misuse (per year)	3	1	↓2	£959.96		£372.78	5%	£911.96		£354.14
No. of ambulance call outs	4	1	↓3	£651.08			5%	£618.53		
No. of GP visits	1	0	↓1	£36.00			5%	£34.20		
No. of adults suffering from anxiety/depression disorders (per year)	3	2	↓1	£231.05	£1,069.23		5%	£219.50	£1,015.76	
No. of children suffering from mental health disorders (per year)	6	1	↓5	£1,280.51			5%	£1,216.48		
No. of Common Assessment Frameworks undertaken	9	8	↓1	£1,572.44			66%	£534.63		
No. of weeks children were in local authority foster care			↓45	£32,619.89			66%	£11,090.76		
Care Order – Parental Placement	0	1	↑1	-£6,447.00			66%	-£2,191.98		
No. of children in need cases (days CIN)			↑742	-£6,307.89			66%	-£2,144.68		
CP Plan (days CP)			↑24	-£323.30			66%	-£307.14		