

Family by Family

Creating thriving communities through building on the lived experience of families

Parramatta Active Citizenship Conference

Approaches that Build Local Capacity to Create Positive Change

November 2019



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THE
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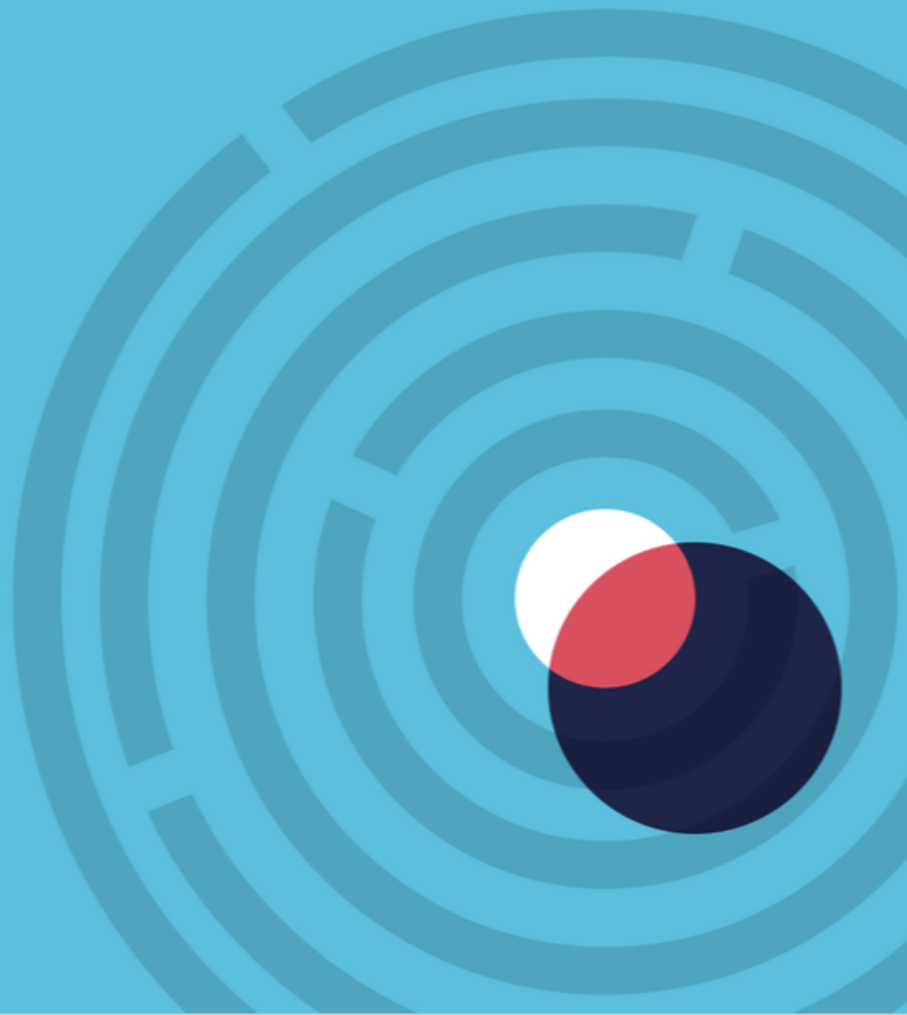
A network of families helping other families make the changes they want to make in their lives.



about ...

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Sharing

A family who's been through some tough times and come out the other side with more ups than downs.

link up[®]



Coach

Family Coaches help match families and keep the link up focused on change.



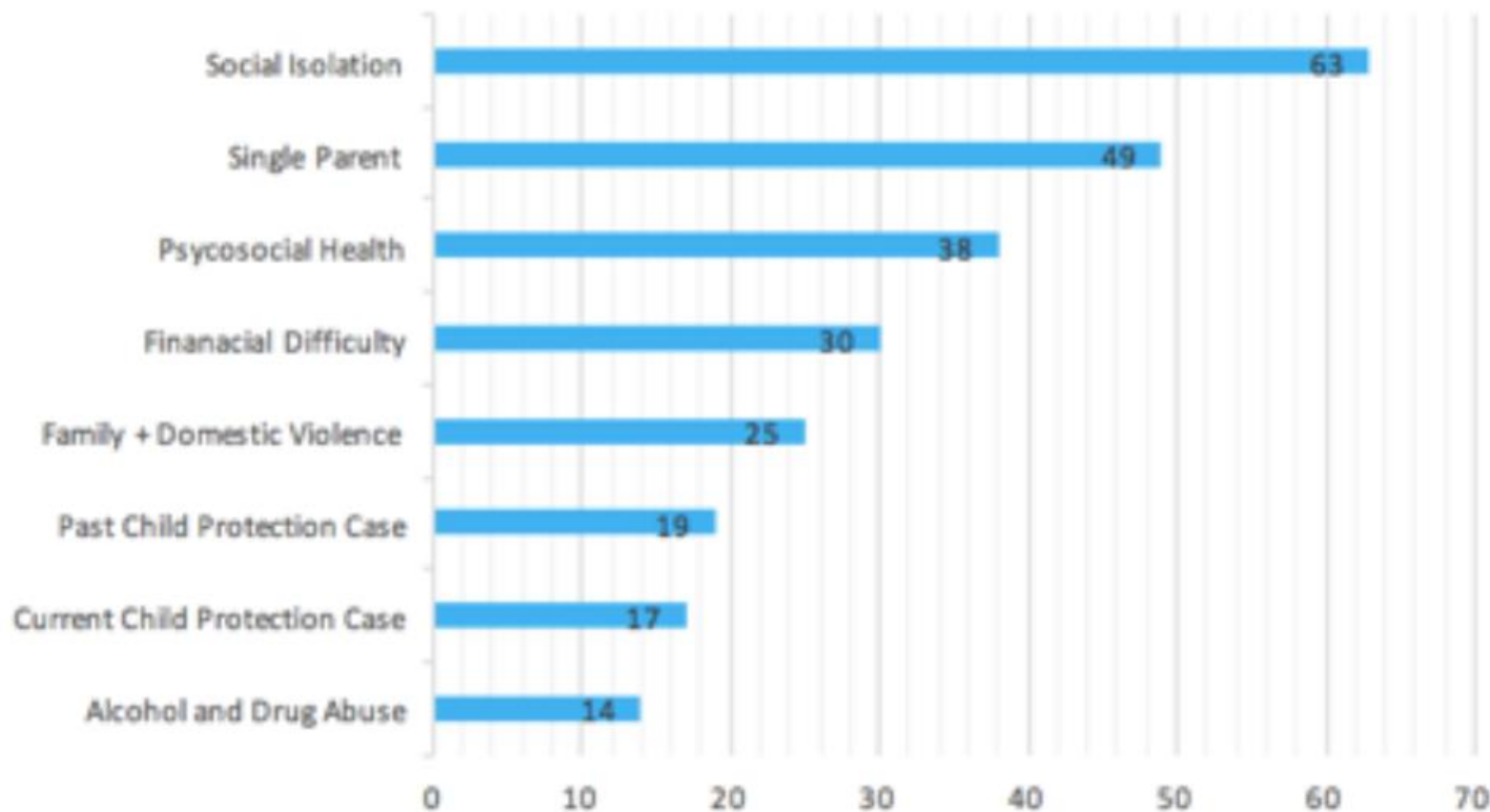
Seeking

A family who's been through tough times and would like to learn from another family to make changes.

Risk factors Seeking Families

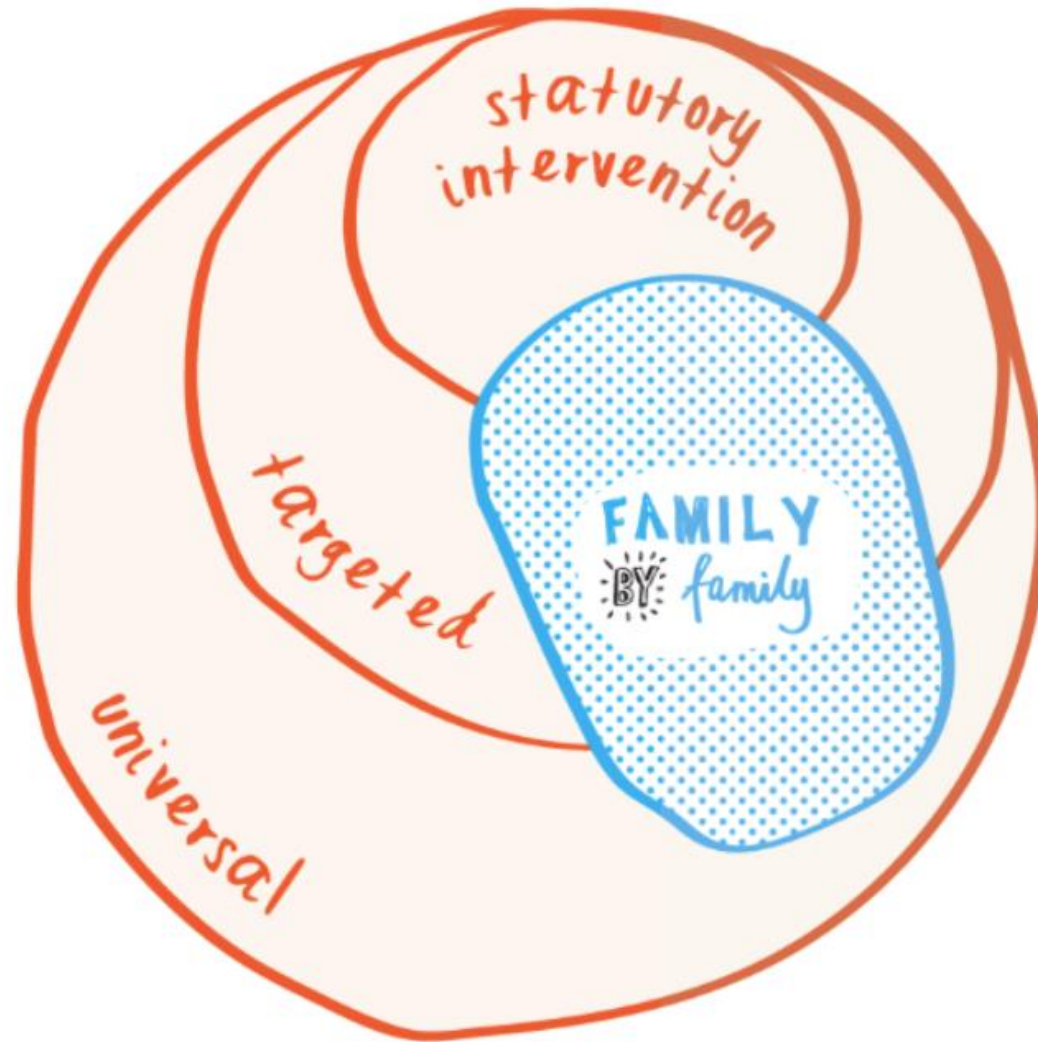
- Social isolation and single parenting are constant stressors
- As the number of stressors increase, family complexity builds and more than likely time in link ups increase as well
- Other stress factors include:
financial strain; housing; drug and alcohol abuse; unemployment/
underemployment

Family Stressors



Family by Family...

where it fits in family
support continuum



Evidence Based Tools

Evidence based practice is designed into the tools to be validating, empowering and accessible to families

Program tools and processes designed to focus on sustained change through out and after program engagement. Specifically examples include:

- goal setting and planning
- relationship and trust building
- motivational interviewing
- celebration and rewards for change

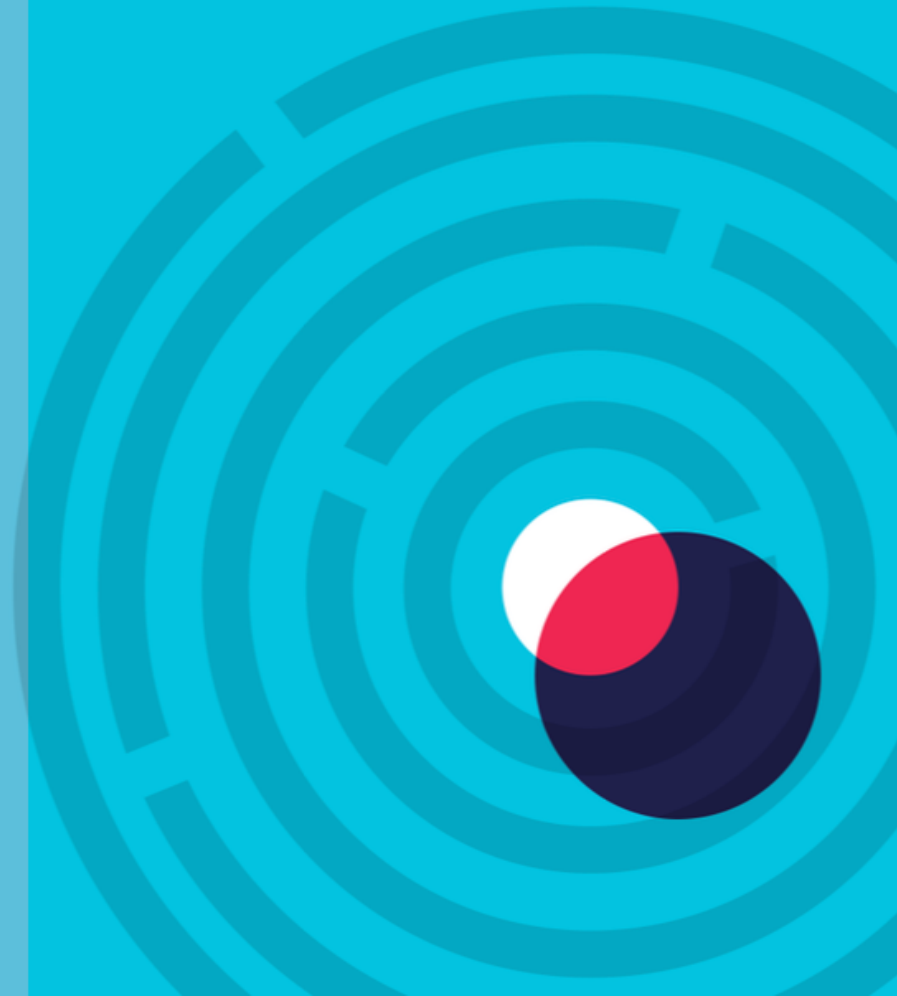
all reinforcing a focus on sustained behaviour change.



Impact + Change



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Impact + Change



External Independent Evaluations - Seeking Families

Reduced Social Isolation



Families report increased connection to their local community and knowing where to go to get the help they need when they need it

Increased Confidence + Self Agency



Contributing to lasting change and a sense of new opportunity, purpose and direction

Increased Parenting Skill



Supporting parents to better understand their children's needs and what their actions mean

Personal Wellbeing



Families report feeling better about themselves and their overall health - feeling positive about being able to continue with their change

Reduced Stress



Where families report increased coping mechanisms for the stress of daily life - often supported by the increase in social and local connection

Reduced Child Protection Notifications



When the program was provided for families it was designed for, notifications 6 and 12mths after engagement reduced and never reached the same levels as pre-engagement

Impact + Change



External Independent Evaluations - Sharing Families [volunteer families]



**Increased confidence
+ self agency**



**Increased value of
reciprocity and social
connections**



**New sense of career
direction and opportunity**



**Child Facing - increasing
child levels of
socialisation + confidence
+ self awareness**



**Improved family
relationships**



**Child Facing - exposing
children and teens to a
wider range of experiences**

Impact + Change

Versatile Family Led model

The programs **orientation around user needs** makes it effective in working with different populations with different needs. Independent evaluator, Community Matters details:

"....the same program design appears to work in different ways for families from different sub- groups....."

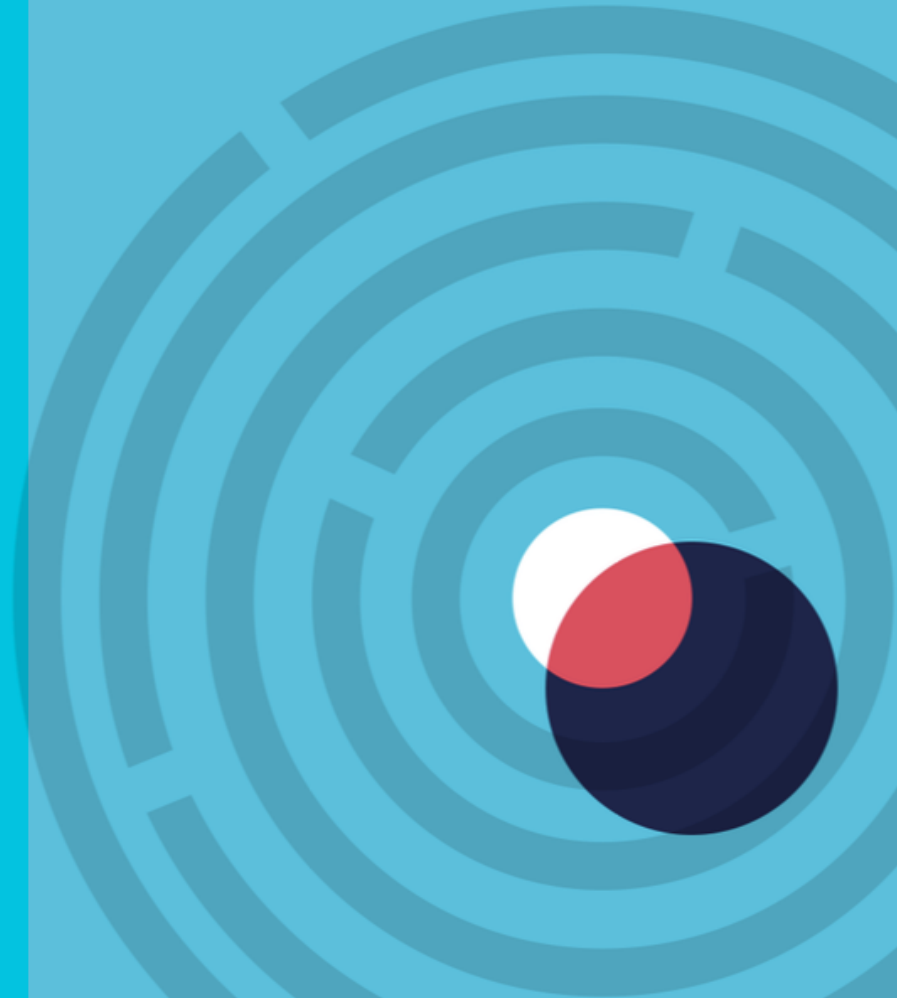
"[the] design seems to set the program apart from other peer-to-peer models."



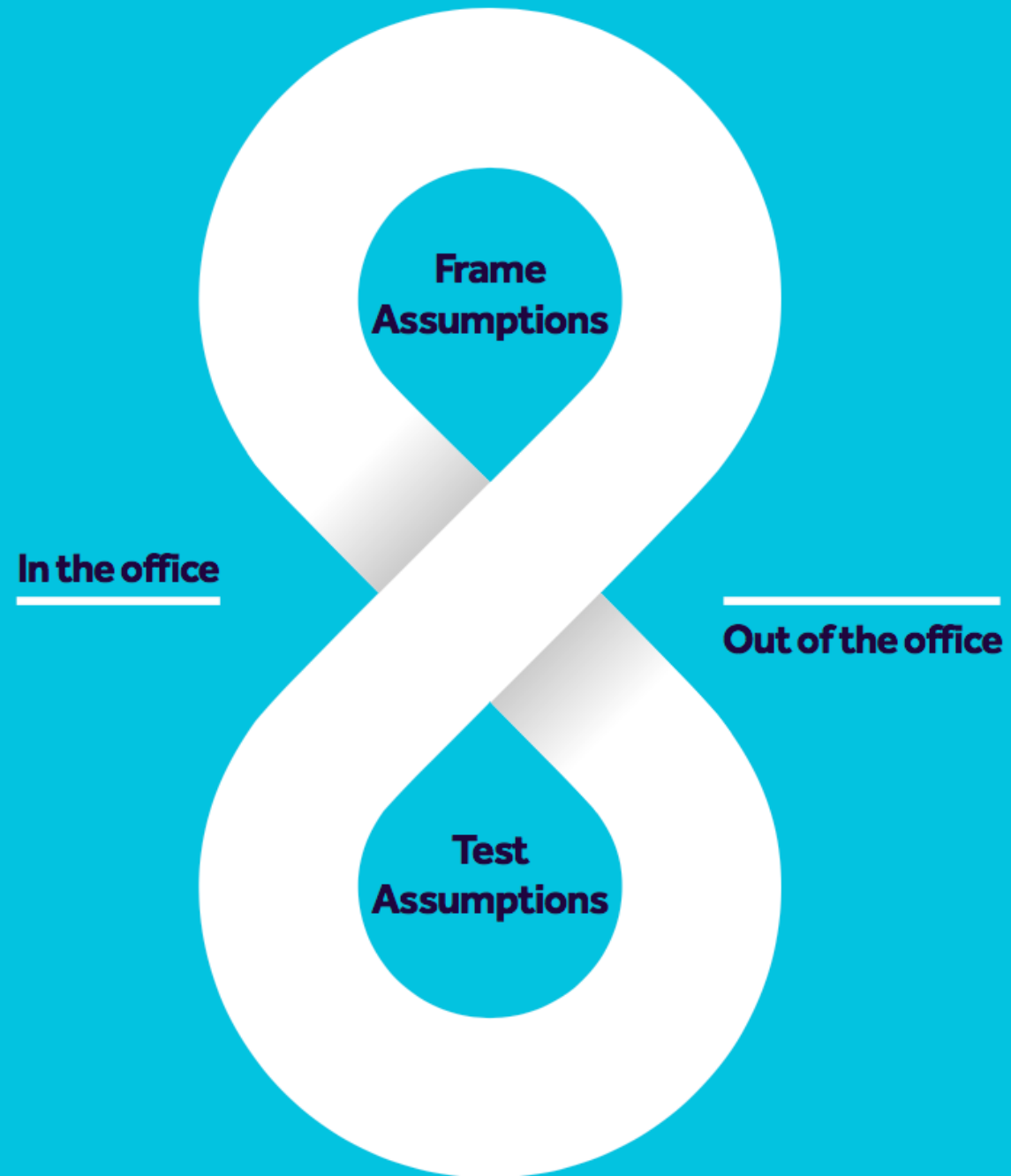
What we do to activate families



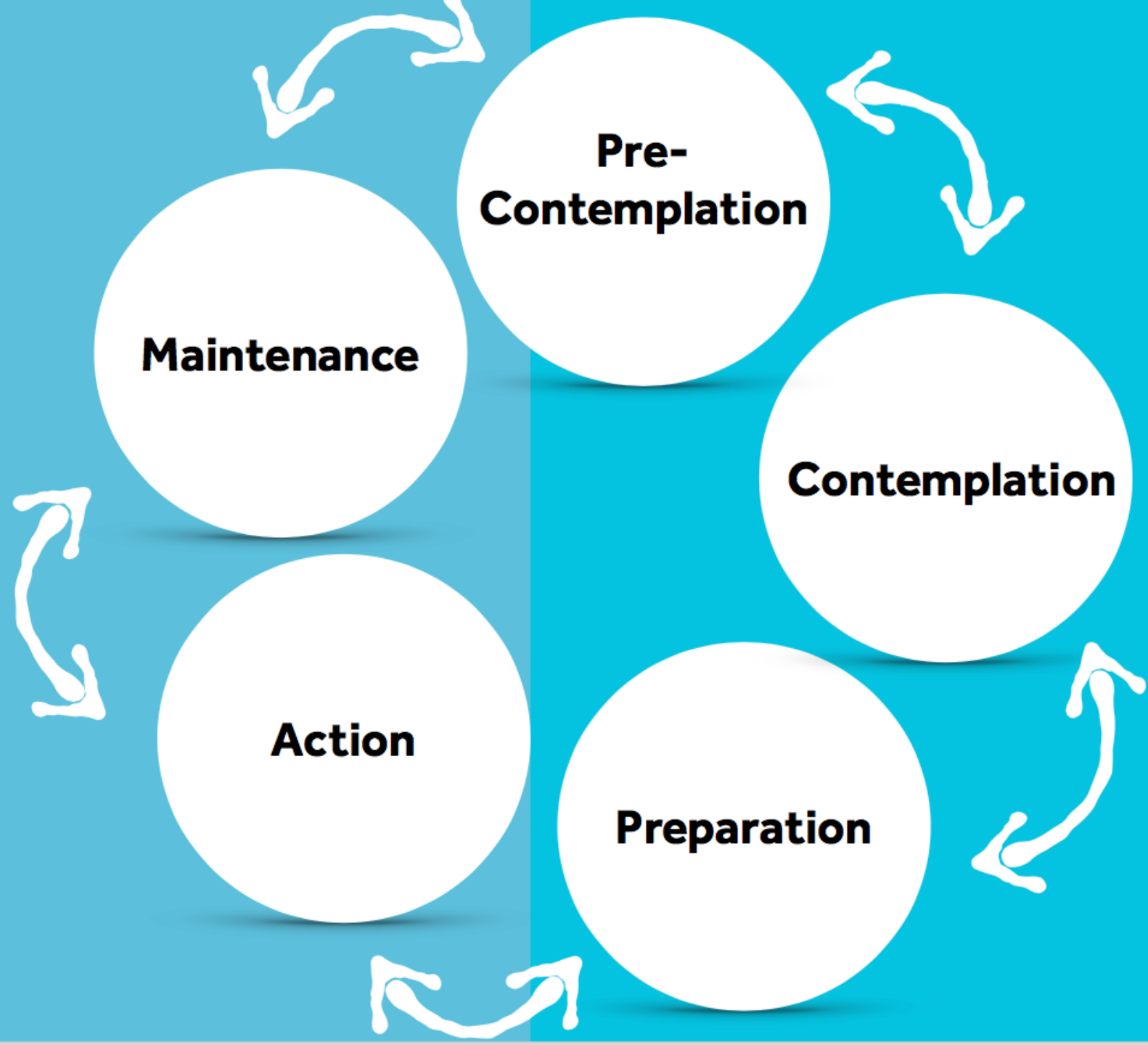
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testing assumptions throughout monitoring evaluation and learning cycles



behaviour change model

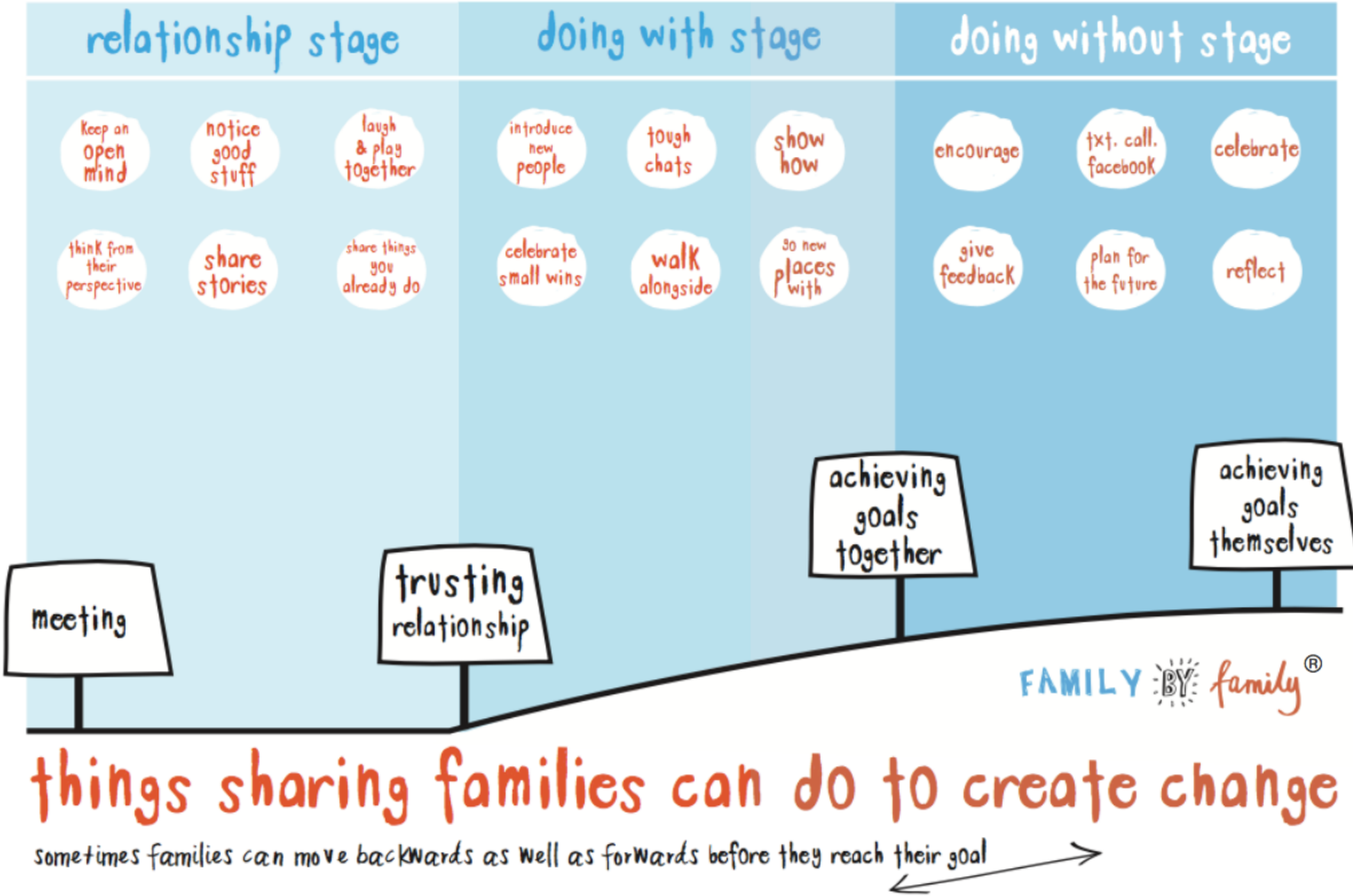


Evidence Based Tools

3 steps to creating change

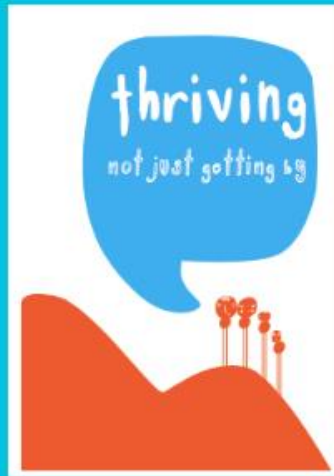
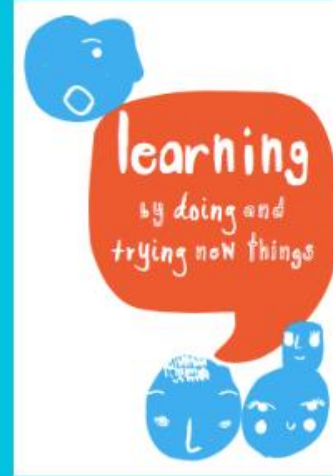
Helpful things sharing families do, say, think and feel in a link up

Designed to support application of Trans Theoretical Behaviour Change



shared values

looking for
opportunity



working
together



families
are
the
experts

shared principles

change

choice

equality

learning

**relation-
ships**

respect

support

**whole
family**

investing in families as change agents



family led change

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