C-Change Capacity to Change Assessment Manual

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Sample chapter (pre-publication draft)

Chapter One, Introduction and How to Use This Manual

The C-Change assessment process was developed for use primarily by social workers as part of the work of a Knowledge Exchange Opportunities Scheme project funded by the Economic and Social Research Council in England. The principles behind the assessment are suitable for use in other professional areas, and multi-disciplinary approaches to the assessment are to be welcomed.

A pilot version of the assessment was developed and evaluated during 2014 – 15, in a partnership between the University of Bristol, and three local authorities' Children's Services departments, Bath and North-East Somerset Council, North Somerset Council, and Somerset County Council. The evaluation of the approach yielded positive results, which gave us confidence in continuing with its use and development. A summary of the evaluation is presented in Chapter 8.

C-Change is designed as a complementary assessment process, to be used alongside standard methods of assessing children and their families, such as the *Framework for the Assessment of Children in Need* [2]. It is an assessment that focuses specifically on parental capacity to change, with the aim of better informing future planning and decision-making. Materials to support the assessment are freely available via our C-Change website, www.capacitytochange.org.uk, as well as within this manual. All items in the manual can be printed without permissions or charges, subject to the terms of the copyright statement. However, since all the materials are free, we may ask you, in return, to give us some limited information about how you are using them. This feedback is important to us, because the funders of the project that developed the approach require us to show how the C-Change assessment may be making an impact on practice.

Using the C-Change Manual

The next six chapters set out ways of undertaking the assessment of capacity to change. Chapter 2 gives an overall outline of the C-Change model. Chapter 3 focuses on barriers to and facilitators of change, and Chapter 4 on ways of gathering information about these factors. Chapter 5 explores goal-setting and other methods of gathering evidence of actual change. Chapter 6 deals with specific questions of maintaining the focus on the child where the C-Change assessment necessarily draws the social worker into the parents' functioning. Chapter 7 offers ways of drawing conclusions from the material collected, and Chapter 8 sets out the background academic work that lies behind the methods put forward.

The C-Change model offers an overall framework (see Chapter 2). Within that there is a selection of materials to suit the needs of the child and family, and the style of the worker. Practitioners would be expected to use the overall framework as a basis for practice, and to select practice materials relevant to their particular context. This manual is not, therefore, intended to be read at a single sitting, but to be used as a sourcebook, and as a back-up to practice.

Navigating the C-Change Assessment Process – diagrammatic overview

This chart aims to help readers navigate this manual. Each box represents a core part of the assessment, and indicates where the relevant information can be found.

Child & Family assessment, with need for a capacity to change assessment

Identifies target behaviours that parent needs to change to ensure child's well-being

(Chapter 2 for this and other core principles)

Assess barriers to and facilitators of change:

- Priority & relevance
- Knowledge & skills
- Motivation & intentions
- Habits & automatic reactions
- Contextual factors

(Chapter 3 for background understanding.

Chapter 4 for practice guidance)

Provide intervention and gather evidence of outcomes:

- Before & after measures if required
- Set goals and monitor changes (Goal Attainment Scaling)

(Chapter 5)

Maintaining the focus on the child/young person – Chapter 6

Advice for supervisors – Chapter 6

Analysis and Conclusion

(Chapter 7)