

Wilks Forensic Psychology

The Fiona Programme

29th April 2025

© 2025 Wilks Forensic Psychology Ltd. All rights reserved. Wilks Forensic Psychology Ltd., is a registered trademark of Wilks Forensic Psychology Ltd. This presentation, including all supporting materials, is proprietary to Wilks Forensic Psychology Ltd., and is for the sole internal use of the intended recipients. Because this presentation may contain information that is confidential, proprietary or otherwise legally protected, it may not be further copied, distributed or publicly displayed without the express written permission of Wilks Forensic Psychology Ltd.

Agenda

The challenge

What we do

Our impact

How we do it

Contact us

Agenda

The challenge

What we do

Our impact

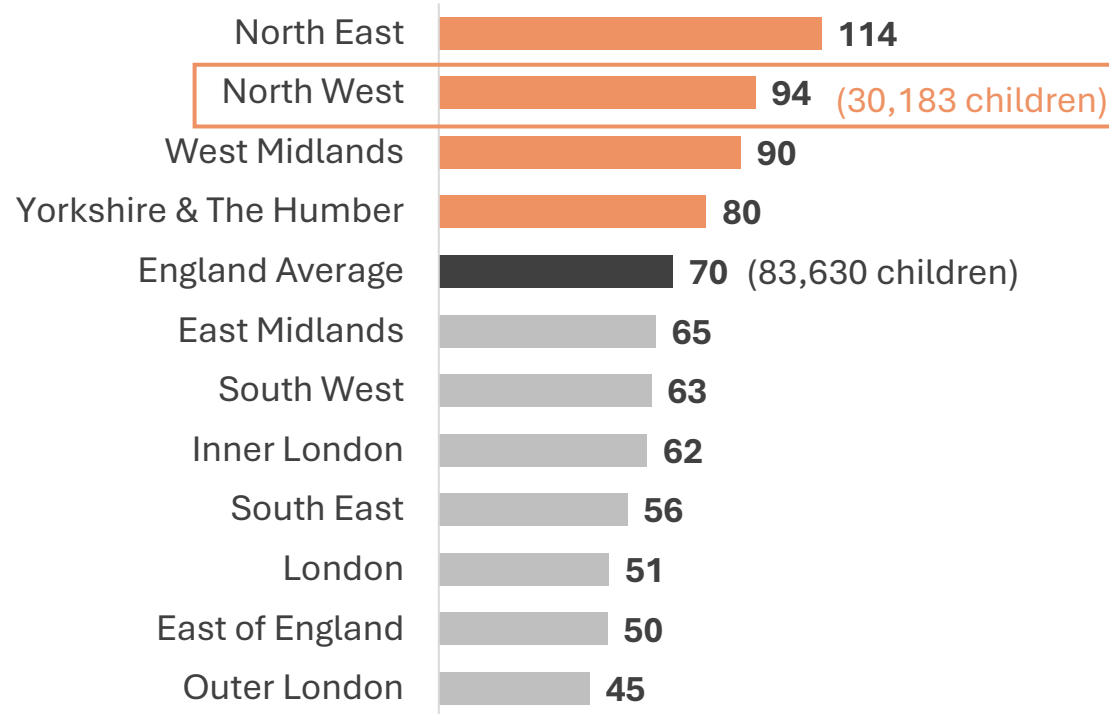
How we do it

Contact us

The North West has the second highest rate of Children Looked After in England

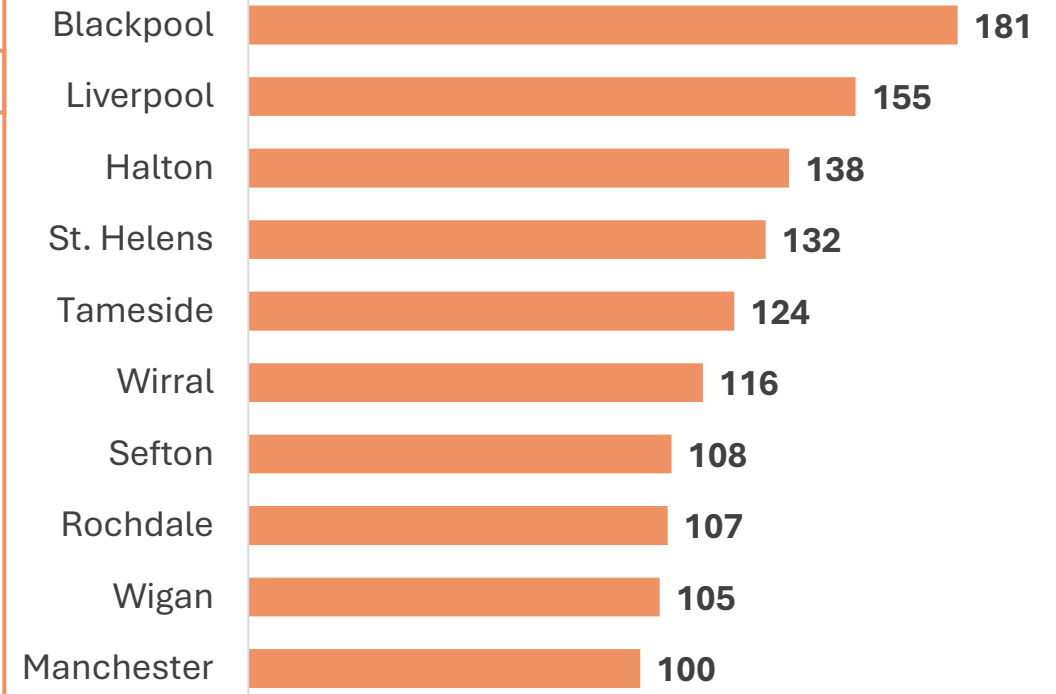
Children Looked After by region in 2024

Rate per 10,000



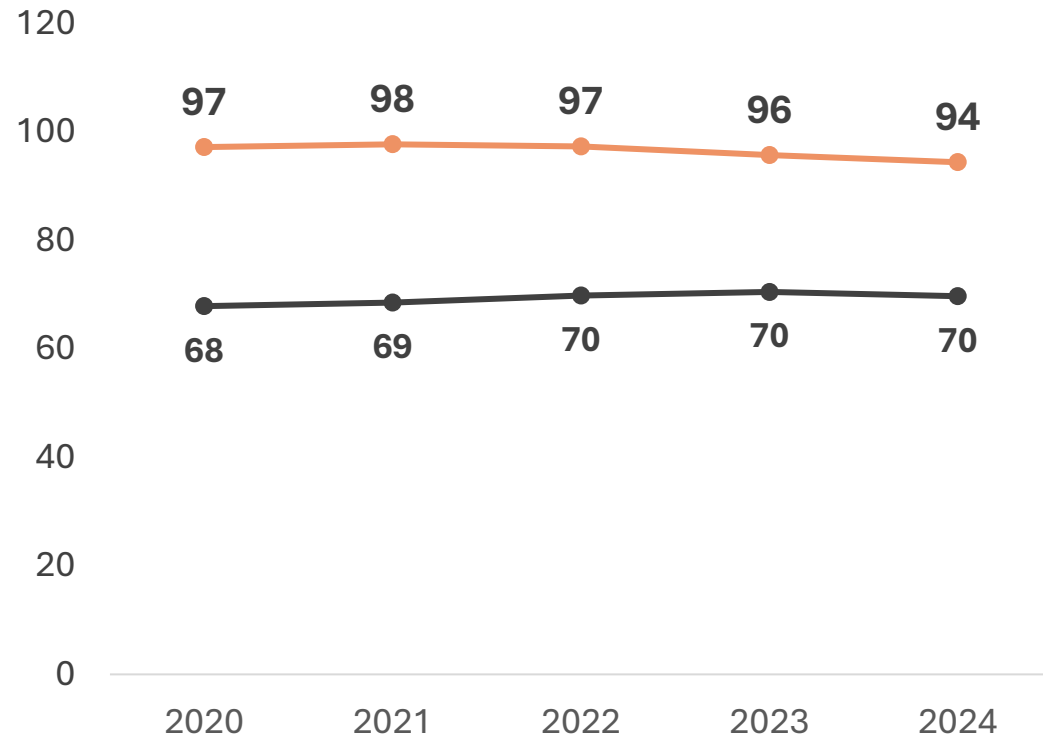
10 North West Local Authorities with highest averages of Children Looked After in 2024

Rate per 10,000



The rate of Children Looked After is not decreasing significantly, with key implications

Children Looked After from 2020-2024 in the
North West and **England average**
Rate per 10,000



The implications of children going into care are severe

- £45,000 cost to council per child per year
- Children Looked After have a higher likelihood to :
 - Develop mental health problems
 - Be imprisoned

Agenda

The challenge

What we do

Our impact

How we do it

Contact us

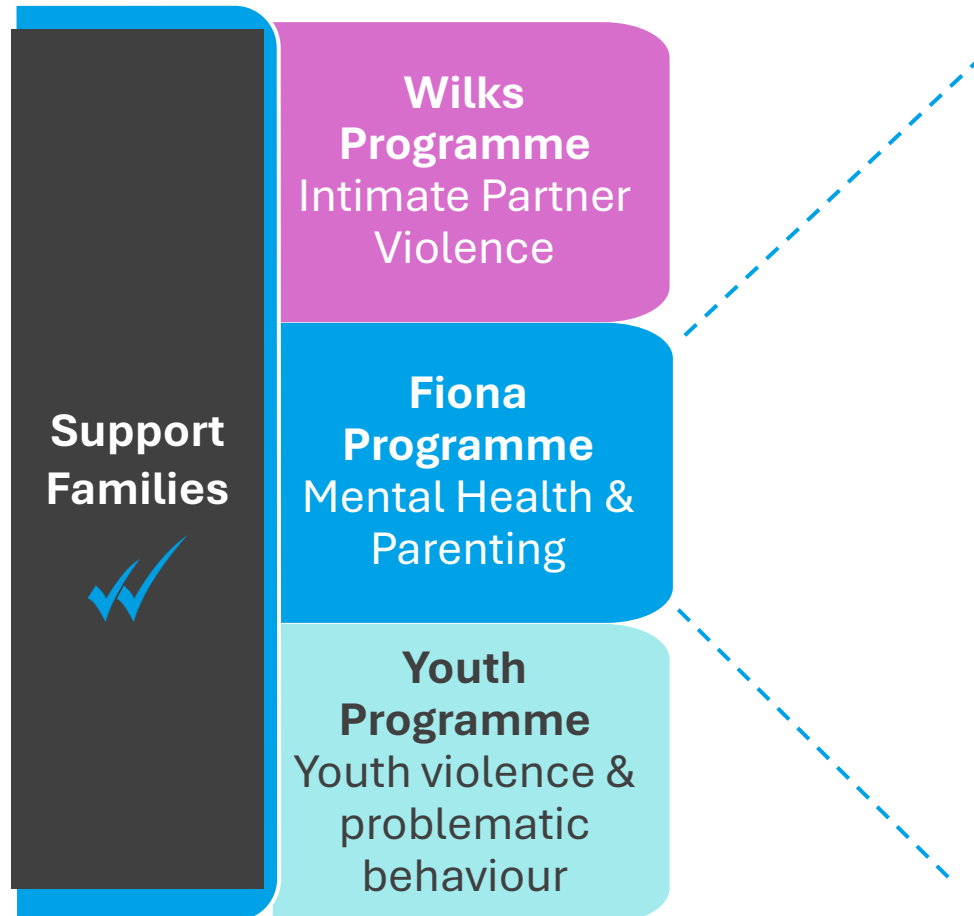
Improve the lives of individuals, support families and communities through psychological intervention.

Our mission



We currently offer three programmes to Support Families.

Today we will focus on the 'Fiona Programme'



Key Features

- **Audience** – Parents with children in family support
- **Objective** – Improve mental health, parenting, and relationships by developing skills to manage emotions, stress and conflict.
- **Programme Duration** – 6 months
- **Method** – Bespoke Trauma-Responsive methodology using CBT, DBT, MBT, and EMDR

Delivery Model

16 Families annually	
8 Families per 6 months	8 Families per 6 months
Hour-long 1:1 session twice per week...	Hour-long 1:1 session twice per week...

Agenda

The challenge

What we do

Our impact

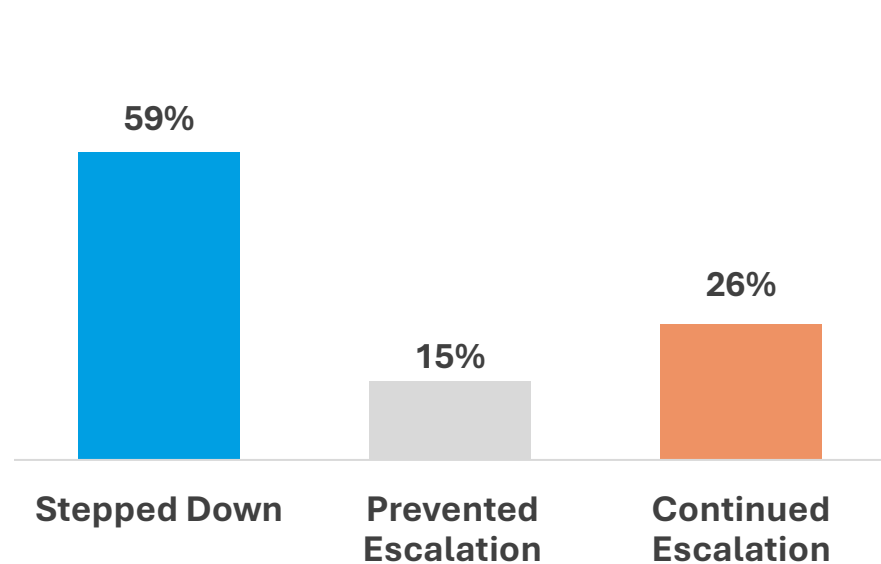
How we do it

Contact us

'Fiona Programme' has delivered cost avoidance in '23 & '24 of £2.07M, with £18.17M savings to age 18

2023

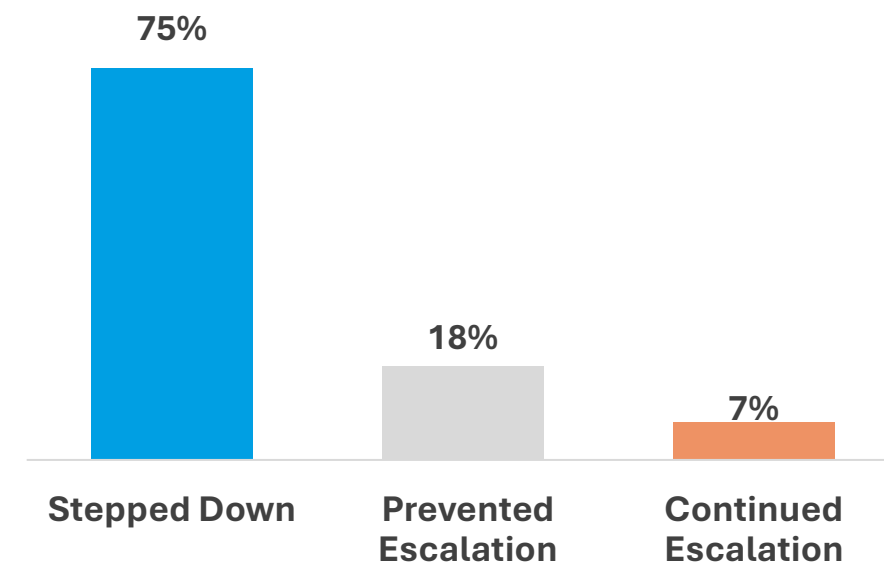
Impact of 'Fiona Programme' on % of children's care Status. N = 27



Annual Cost Avoidance	£720k	£180k	£0
Cost Avoidance up to age 18	£6.17M		£0

2024

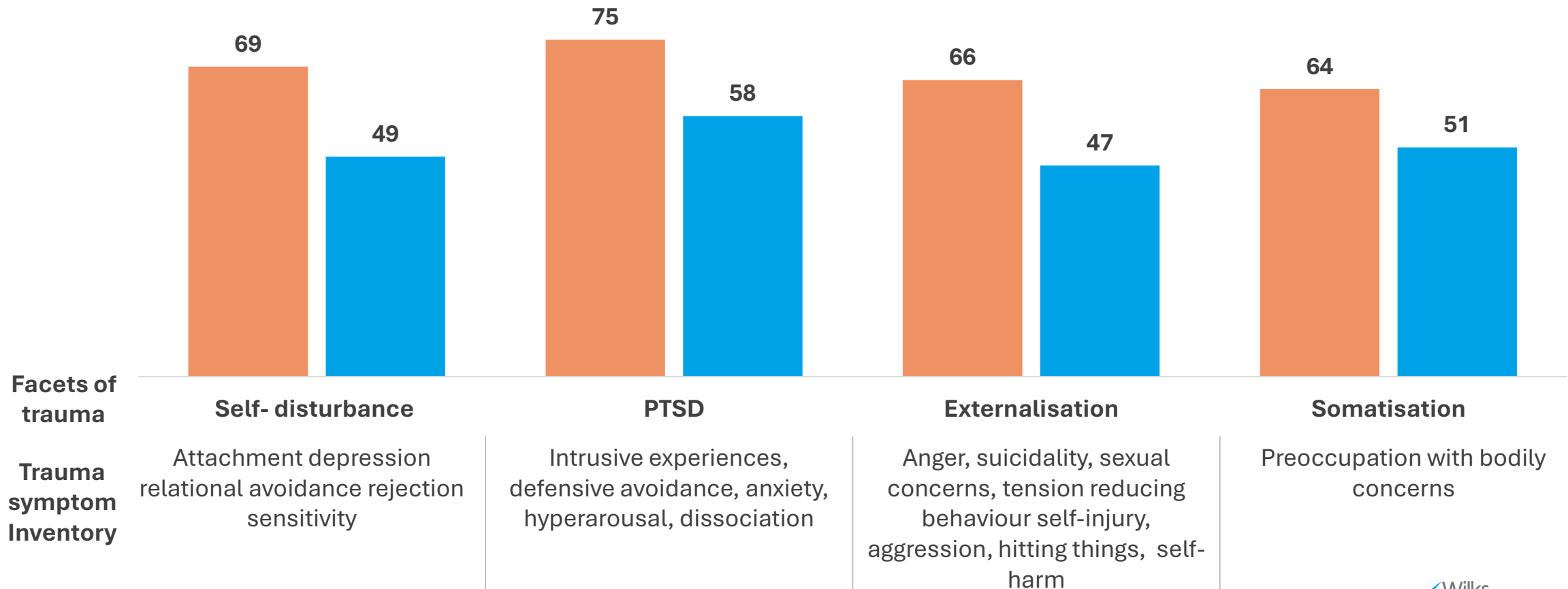
Impact of 'Fiona Programme' on % of children's care Status. N = 28



Annual Cost Avoidance	£854k	£315k	£0
Cost Avoidance up to age 18	£10.77M		£0

Trauma symptoms have reduced to subclinical level

Trauma symptoms **Pre-intervention** and **Post-intervention** mean T scores

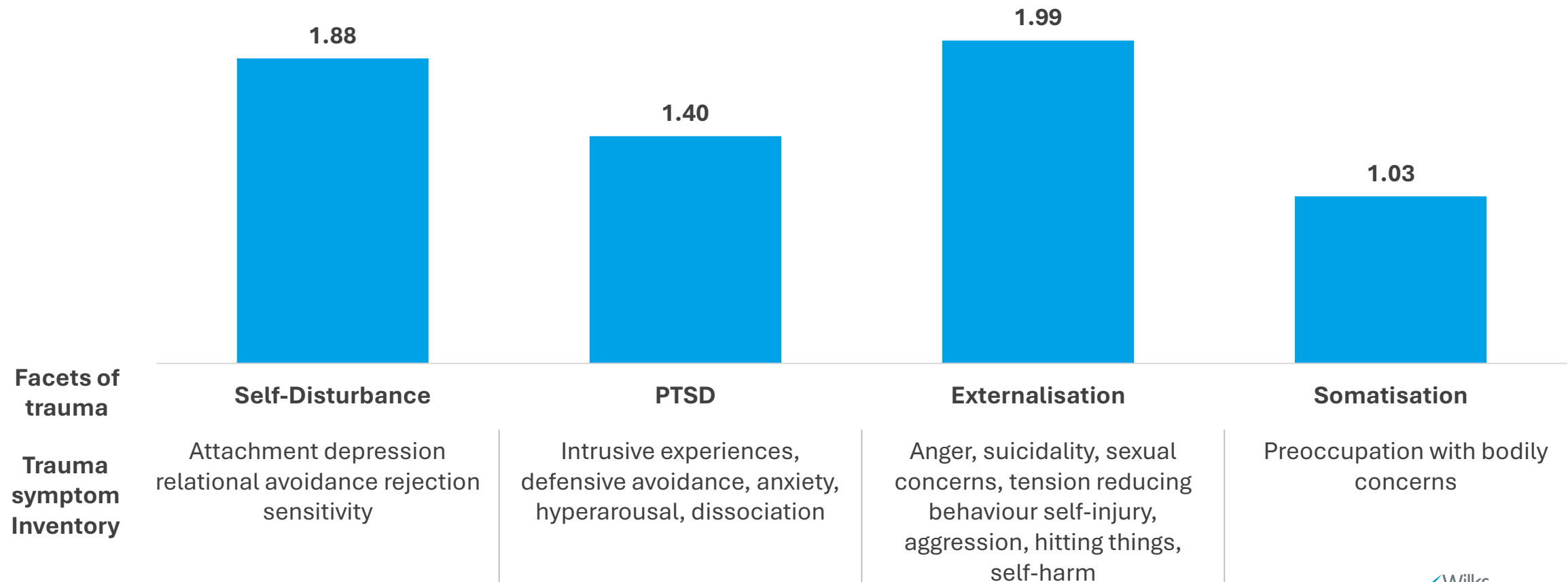


Facets of
trauma

Trauma
symptom
Inventory

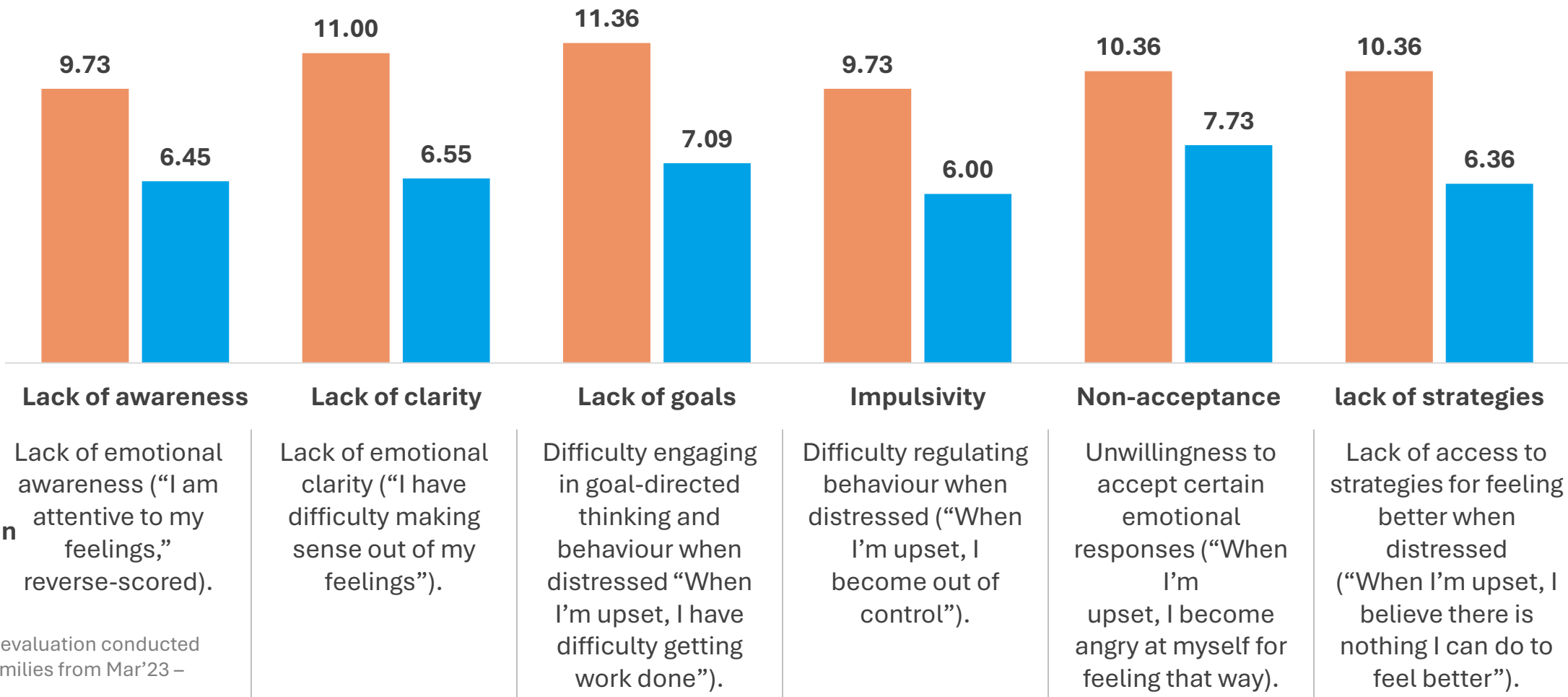
Effect size for reduction in trauma symptomology is very large

Trauma Symptoms **Effect Sizes** (0.8 being an average effect size for CBT)

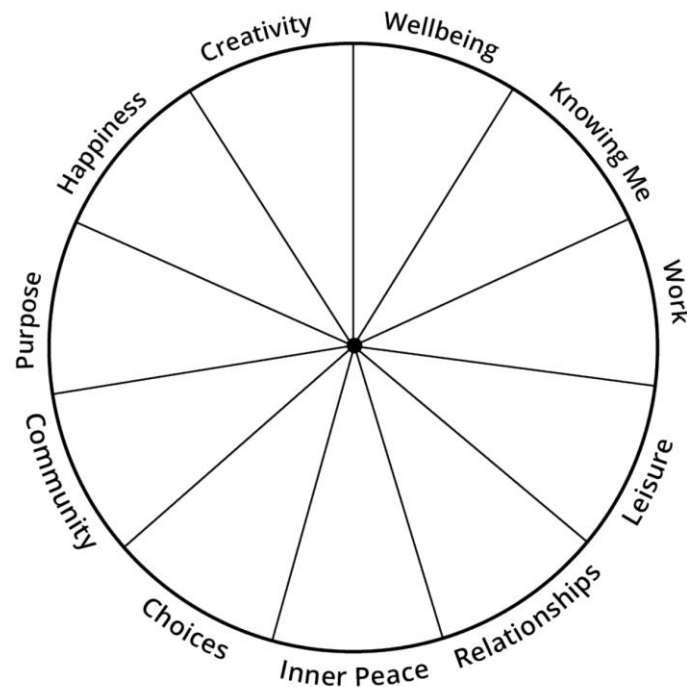


Difficulties in Emotional Regulation have reduced significantly

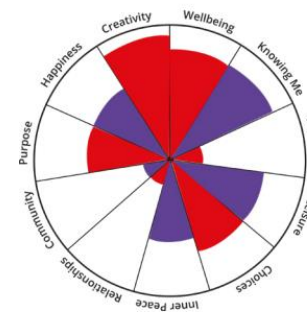
Difficulties in Emotional Regulation **Pre-Intervention** and **Post-Intervention** mean scores



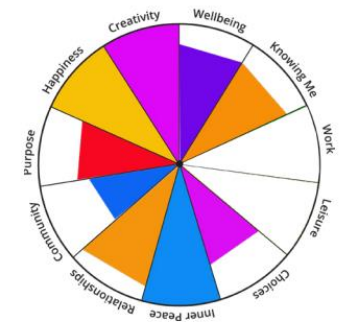
‘Good Life Wheels’ Review shows substantial improvement



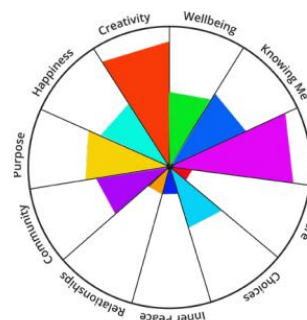
A1 Pre



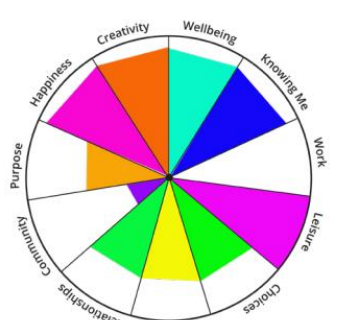
A1 Post



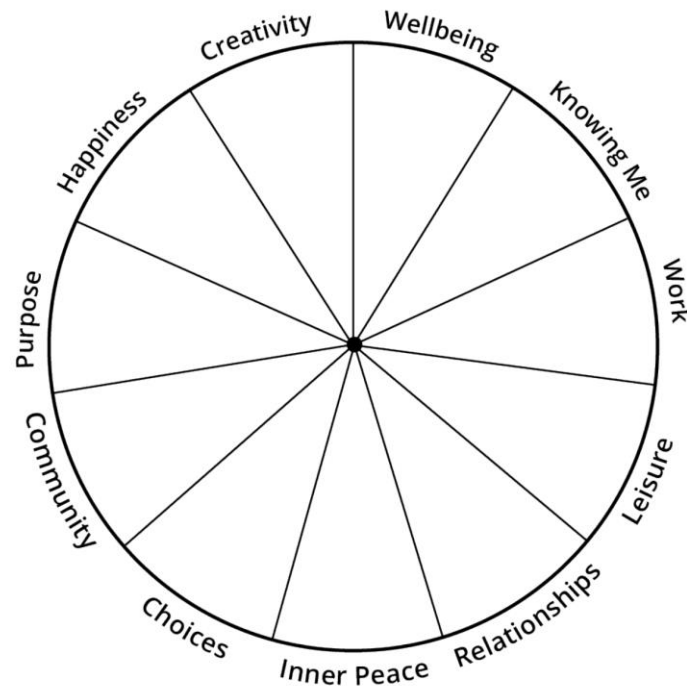
B1 Pre



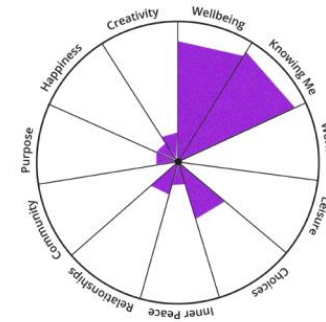
B1 Post



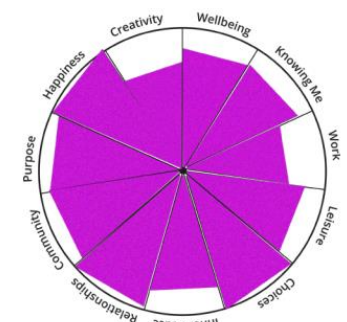
'Good Life Wheels' Review shows substantial improvement



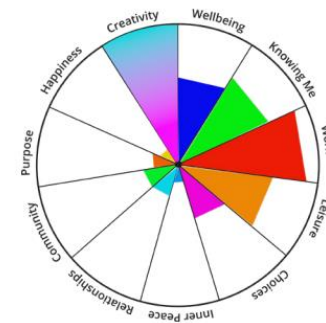
C1 Pre



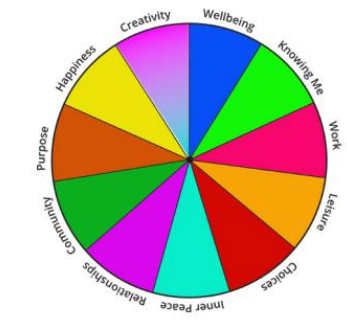
C1 Post



D1 Pre



D1 Post



Testimonials: Participants

“”



“I had a lot of a lot of anger issues and a lot of hate in myself that I didn't know how to balance between myself and my children. And it's helped me, **the programme has helped me understand, not only ADHD, my children's needs, also my needs my feelings my children**, and it's helped me a long way.

I just wish more people would do this; I wish more people would stick to this. Stick to the programme... You need to move more put more out there for people to understand that it's for them, and not for the social services. So, it's for yourself.”

- Rosie

“It's helped me learn **how to stay calm and stay mindful stay relaxed** because I used to be a very snappy angry person.”

- Holly

Testimonials: Social Work Managers (p.1/2)

“““

“This project was like a calming sea in the waves of chaos!

We thought we would be issuing care proceedings on a case where we would have no option but to seek removal. This project helped Mum Things improved significantly for the children. Life changed because she was assisted to make those changes. She described the project as **the best thing that ever happened to her.**”

- DS Team Manager Safeguarding Team

“The programme FSW has been absolutely amazing, she has gone above and beyond for mum and the family...I truly believe that **if the FSW hadn't been able to build such a strong professional relationship with mum and encourage her to make safe decisions, we would've had no choice but to apply to court to remove the children**, which would have broken down our relationship with the children and mum completely, in addition to adding the trauma of coming into care. ”

- ND Team Manager Safeguarding Team

Testimonials: Social Work Managers (p.2/2)

“““

“The Fiona Project is intensive but exactly what parents need to get to the root cause of issues and move forward in their lives. The mixture of therapy and practical family support has been crucial for many of the families I have worked with... **If I could have every family on the Fiona Project, I would.**”

- *EB senior social worker safeguarding*

The Fiona Programme in Action

Situation



Son sent home from school due to challenging behaviour.

Task



Client used active listening and learned that the son wanted to come home and play because mum's friend and her son were staying over.

Action



Client: 'put herself in son's shoes', validated his feelings ("I understand you want to come home and play"), explained that he couldn't behave like that in school (as it wasn't fair on the other children or the teachers), and that he needed to listen to the teachers.

Result



Son felt he had been listened to and understood.
Next day he came home with a glowing report card and a page full of stickers!

Agenda

The challenge

What we do

Our impact

How we do it

Contact us

Three pillars drove the success of this programme

Addressed the root cause

- Addresses need through unique Trauma-Responsive methodology integrating CBT, DBT, MBT, and EMDR



‘We don’t give up on people’

One of our core values is ‘We don’t give up on people’.

- Led to **70% of sessions rearranged** with customer vs. Mental Health service user approach (2 missed sessions = removal from therapy).
- Worked in **partnership with client’s family support workers** to increase their engagement levels.

Strong Collaboration

One of our values is ‘We practise what we teach’

- Leads to creating **strong relationships with our council and family support workers** – resulting in a close team effort
- Thank you, Trish Berry, Sophie Belcher, and team for your fantastic partnership!**

Recommendation from Dr. Shrader McMillan “The intervention [Fiona Programme] should be sustained and scaled up”

Agenda

The challenge

What we do

Our impact

How we do it

Contact us



Wilks Forensic Psychology

Dr Fiona Wilks-Riley PhD, Consultant Forensic Psychologist WFP
Lecturer University of Manchester

fiona@forensicpsy.co.uk

0779 692 3576

Delia Gaydon, Operational Lead

delia@forensicpsy.co.uk

0779 959 0336