

Costs and economic consequences of Parent Pioneers, a pilot Mellow Futures programme for mothers with learning difficulties

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Introduction

The Mellow Futures programme is a group based parenting programme that has been adapted to specifically meet the needs of parents with learning difficulties. It was developed by the *Parent Pioneers* project and piloted in 2014 in two local authorities: Islington and Northumberland. Mellow Futures consists of two distinct parts spanning the time from the ante- to postnatal period, and is adapted from Mellow Parenting's *Mellow Bumps* and *Mellow Babies* programmes (<http://www.mellowparenting.org/>). Whilst the antenatal group is a six weeks course that aims to help mothers-to-be identify their own needs and to access support in pregnancy and after birth, the postnatal group aims to provide parents with the support they need to develop strong relationships with their newborn babies and lasts 14 weeks. Although mothers and mothers-to-be were encouraged to participate in both parts of the programme, they could also participate in only one part. A particular component of Mellow Futures is that in addition to the professionally run courses, mothers were offered support from a mentor. The mentor was trained to help mothers implement their learning in their home environment and to connect with and utilize support in their local community. A full description of the Mellow Futures Programme can be found in the project evaluation report 'Mellow Futures: Parent Pioneers pilot programme evaluation' (Tarleton and Turner 2015).

This report presents estimates of the costs and economic consequences of the two pilots of the Mellow Futures programme. The aim of this study was to understand whether Mellow Futures as run in these two different localities in England was likely to be cost-effective. In order to understand whether an intervention is cost-effective, three components need to be known: the costs of providing the intervention, the outcomes achieved by the intervention and the economic consequences. A qualitative analysis of the outcomes of the programme was carried out by the *Norah Fry Research Centre* and findings are presented in 'Mellow Futures: Parent Pioneers pilot programme evaluation' (Tarleton and Turner 2015). The focus of this analysis was an examination of the costs of the programme and their economic consequences. The latter included the costs linked to referrals for additional support made by the programme staff or cost savings because of prevented service use. Based on previous research of early intervention for parents with learning difficulties during pregnancy and after birth, it was expected that identifiable cost savings would refer primarily to potentially prevented child protection and placement activities (Bauer *et al.* 2015).

In this report, the term 'parents with learning difficulties' is used throughout the document to describe parents who may have a diagnosed learning disability or a milder impairment which causes them difficulties in coping with everyday life.

Methods

Programme delivery costs

The costs of programme delivery from the perspective of the provider were established following a mix between bottom-up and top-down approach described in the literature (e.g. Beecham 2000). Local budget, activity and resource input data were provided by the project coordinator. They included the time spent delivering the programme including preparation and debriefing, phone calls with family and professionals, travelling to family visits, administrative tasks, supervision and training, crèche provision, course materials and refreshments. In Islington, this also included additional elements such as refreshments, crèche provision and the preparation and delivery of an additional booster session. More detailed information was available for Islington so that it is likely that this cost estimate was more accurate than the one Northumberland.

Total programme costs and costs per mother were calculated separately for the mentoring scheme. Sufficient data to calculate the costs of the mentoring scheme was only available for Islington. We therefore applied the Islington costs to both localities. Activities were divided into planning for the overall project, planning for each cohort or programme, recruitment and training, matching mentors with parents, ongoing support and staff meetings. Staff time was then allocated to activities. Staff employed for the volunteering scheme included an outreach coordinator, a learning coordinator, a parent support manager, and an administrator. Additional administration and management time was added to the costs.

Costs for both the professionally run part of the programme and the mentoring scheme were related to the number of mothers who completed the programme. This is a more conservative approach than relating the programme costs to all mothers who signed up for the programme including those who then dropped out. It was considered appropriate because it ensured that costs of the programme were allocated to those who benefitted from the programme.

Economic consequences

Costs of care package

It was originally planned that data for the analysis of costs of public service use would be collected from an adapted version of the Client Service Receipt Inventory (CSRI) administered to mothers at baseline and follow-up. The CSRI is a tool widely used in economic evaluations of health and social care interventions. It collects data on use of health, social, and educational services over the past three to six months before and after the intervention. National unit costs are then applied to service frequencies in order to estimate the costs of service use.

However, although the tool had already been shortened and adapted to the needs of people with learning difficulties, during the course of the research it was found that application of the tool was not feasible. Instead, the researcher who collected the data asked questions about service use through open questions in a personalised manner, taking into account information that the mother had already provided as part of previous interviews.

In addition, interviews were conducted at different time points depending on mothers' participation in only one or both parts of the programme and their availability. Thus, it was not possible to distinguish the costs of service use before and after the programme. Instead, we examined the costs of the care package, which was the cost of the support provided to mothers during the time they received the programme. National unit costs were taken from a number of published sources including PSSRU Unit Costs of Health and Social Care 2014. All costs provided are in 2013/14 pound sterling.

Prevented service use costs

An analysis was carried out in which the cost of the intervention was compared against potentially prevented public sectors costs linked to positive child protection and placement outcomes and the costs of care packages. In the absence of a comparison group, this step was based on assumptions about the likely causality between the support received by mothers and outcomes. Assumptions were informed by additional qualitative evidence that the outcomes happened as a result of the additional support. Unit costs were attached to service use outcomes (i.e. care proceedings, social care involvement) based on national sources, including PSSRU Unit Costs of Health and Social Care 2014. Unit costs are presented in Table 9.

Findings

Twenty one mothers consented to take part in the evaluation. Eighteen of these mothers completed the programme and are included in this evaluation; 8 mothers participated in the Islington programme, with 10 mothers in Northumberland.

Programme delivery costs

The costs of delivering the Mellow Futures programmes were driven by the number and qualifications of staff involved. For this newly developed programme, local practitioners were trained to become facilitators. In Northumberland, the facilitators were experienced practitioners employed by the local Sure Start and included a family therapist who supported the running of the first course. In Islington, the Mellow Futures practitioners included a health visitor who was already a trainer of the generic Mellow parenting programme as well as newly trained facilitators with a background in family support and learning disability. Childcare was provided by experienced nursery and Sure Start workers. Further details can be found in 'Mellow Futures: Parent Pioneers pilot programme evaluation' (Tarleton and Turner 2015).

Tables A.1 and A.2 in the Appendix detail the costs of the professionally provided Mellow Futures pilot programme in Islington and Northumberland. The total cost of programme delivery provided by professionals in Islington amounted to £18,773 and – based on 8 participants - to £2,347 per mother. If training costs of facilitators and supervisors were excluded the total cost per mother was £2,067. In Northumberland, the cost of programme delivery, including training costs, was £11,974. This was equivalent to £1,973 per mother based on 10 participants. When training costs of facilitators and supervisors were excluded, costs per mother reduce to £1,073. The lower programme costs in Northumberland can to some extent be explained by higher salaries, on-costs and overheads in London boroughs compared to non-London regions. At the same time, the detailed data collection in Islington might also have led to a more comprehensive and accurate estimate.

In Islington, the overall costs of delivering the mentoring programme were £47,932. Costs per mother were £5,992. When the same cost estimate was applied to participating mothers in Northumberland the costs per mother were £4,793. The difference in costs was explained by the greater number of participants in Northumberland.

Tables A.3 and A.4 in the Appendix provide an overview of the costs of delivering the Mellow Bumps and Mellow Babies interventions in both pilot locations.

Economic consequences

Care package costs

Tables A.5 and A.6 in the Appendix show the costs of care packages for each participant of the parenting programmes in Islington and Northumberland during the time of the programme (i.e. 20 weeks) and for the whole year. In Islington, average care package costs per mother were £12,591 over 20 weeks and £19,859 per annum. In Northumberland average care package costs per mother were £4,004 over 20 weeks and £7,991 per annum. Care package costs per person varied considerably in each location, ranging from £1,692 (ISM11) to £40,001 (ISM7) over 20 weeks in Islington and from £6,712 (NM6) to £7,278 (NM2) in Northumberland.

Details of the sources of unit costs for all health, social, and educational services used by participants over the past three to six months before and after the intervention can be found in the Appendix (Table A.9).

Prevented service use costs

The main outcomes with service use implications were those related to the child protection status of the child and placement arrangements. Conclusions about the likelihood that outcomes were achieved because of the additional support that the mother had were derived from additional information about the mother and her circumstances, such as whether previous children had been adopted or placed in foster care. Outcomes considered were: whether the child continued to live with the family; whether the child returned to the family; whether the child was taken off or placed on a child protection register; whether the child was placed in foster care; whether the child was adopted.

Tables A.7 and A.8 in the Appendix show potentially prevented costs associated with service use outcomes achieved for children. In Islington, potentially prevented costs for twelve months were £33,896. This included: discontinuation of adoption procedures before the end of the programme for one child (ISM2); prevented adoption procedures and foster care proceedings for one children coming from a family in which all previous children had been removed (ISM 11). In one case (ISM7) additional costs occurred because the child was placed in foster care and an interim care order was made.

In Northumberland, potentially prevented costs related to outcomes achieved for children were £12,866; the majority of these (£10,092) arose from three children initially on protection plans being re-classified as children in need .

Potential cost savings

Table 1 shows the costs of the professionally provided programme, the costs of the care package provided over the period of the programme and potentially prevented public sectors costs. The costs of providing the Mellow Futures programmes were £18,773 in Islington and £11,974 in Northumberland. In both locations the cost of the mentoring scheme was £47,932. The average costs per mother of a care package i.e. the costs of support that mothers received during the perinatal period was £12,591 in Islington and £4005 in Northumberland. Potentially prevented costs per participating mother were £4,237 in Islington and £1,287 in Northumberland. This referred primarily to the prevention of adoption and referral of children to foster care for a number of cases.

Table 1: Costs and economic consequences of Mellow Futures, in £, per mother

Location	Costs of programme delivery (professional part)	Cost of care package during programme delivery (20wks.)	Potentially prevented costs (short-term)
Islington	2,347	12,591	4,237
Northumberland	1,973	4,004	1,287

Conclusion

In this report we explored the costs of delivering the pilots of the Mellow Futures programme in Islington and Northumberland. We also analysed the economic consequences of the programme which included the costs of providing a care package for the programme participants and potentially prevented costs resulting from the programme.

In both localities the costs of the professionally provided programme were only up to one-third of the care package costs. They thus presented a relatively small part of the overall cost of support that these mothers with learning difficulties accessed during the perinatal period.

In both sites, the costs of the professionally delivered programme implementation are offset by the potential short-term savings from favourable child outcomes delivered during the course of the intervention. Yet, when the costs of the mentor scheme and the professionally delivered programme are considered together, neither pilot site is able to offset costs

through short-term savings. Nonetheless, it is important to consider that the skills and experience acquired by mentors is likely to lead to important economic gains through increased employment potential. It may also be possible to utilize volunteers again in future iterations of the programme, thereby reducing future costs of running the intervention.

The analysis had a number of limitations that need to be considered when interpreting these findings. It was not possible to recruit a suitable comparison group for this study and attribution of outcomes and economic consequences to the intervention could not be established. Furthermore, it was not possible to have clearly identifiable before and after time periods over which costs and outcomes could be observed. We used additional information about the mother and her circumstances (such as whether previous children had been removed) to derive conclusions about the likelihood that outcomes were achieved because of the additional support that the mother had.

The affordability of community support options for parents with learning difficulties and other vulnerable groups has been part of an ongoing personalisation debate. Whilst the economic case for early intervention tends to be strong if a broader societal and long-term perspective is chosen, they are much less likely to be cost-effective in the context of short-term (political voting) cycles with a narrow perspective of the exchequer following immediate budget pressures.

In our analysis we took a short-term perspective on potential cost-savings from the perspective of the exchequer. The findings from our research indicate that there could be short-term reductions in costs to public sector because of reduced child welfare activities. Several aspects need to be considered: the evaluation did not capture the long-term consequences; for example, if short-term positive outcomes that parents achieved with the help of Mellow Futures cannot be sustained then there is a risk that children continue to be exposed to potentially harmful parenting. There is evidence that the longer children are exposed to such environments the less likely they will be able to find a stable foster placement and placement instability has adverse child impacts (Selwyn *et al* 2006, Munro and Hardy 2006, Ward *et al.* 2008). The (economic) impact of continuous support to parents needs to be investigated further in future research.

Although not a primary objective of the analysis, our findings showed sizeable spends on care packages for parents with learning difficulties. Those costs often presented what could be called 'good' costs. Mellow Futures – similar to other early intervention targeted at this group - typically supported mothers in building self-confidence and developing skills that enabled them to access the support and services appropriate to meet their needs. Whilst this can drive up costs in the short-term it can avoid the need for more expensive, crises-related services i.e. reducing what might be called 'bad costs'. With the help of Mellow Futures mothers accessed employment help, tenancy support and counselling all of which are services that support mothers' long-term independence and resilience.

The findings of the research indicated that the volunteering scheme could not be run cost-effectively. However, from our research we were not able to derive conclusions about the value of the volunteering scheme. For example, volunteers might achieve outcomes that were not evaluated. It has been shown that volunteering can increase individuals' health and wellbeing and possibly employment skills easing their return to the job market (Volunteering England 2008).

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Appendix

Table A.1: Programme delivery costs for Islington (8 participants)

Cost and unit estimation	In 2015 prices, £	Source and details
Programme delivery (professional)		
A. Pre-course salaries and oncosts	625	Includes Team leader supervision (£43.70), administrative costs (£40.9) and initial contact with mothers through phone-calls and visit (£540)
B. Antenatal programme		
Salaries and oncosts	5,341	Direct salaries and on-costs for running the group including supervision (£30), administrative support (£20.45); group preparation (£3740); in-group facilitation (£540); phone calls to families, professionals and mentors (£310); report writing (£900)
Overheads	2,915	Includes creche (£176.28); refreshments (£140); travel for facilitators (£250); travel for mothers (£2348.5)
C. Postnatal		
Salaries and oncosts	4,360	Direct salaries and oncosts for running the group including supervision (£420); group preparation (£60); in-group facilitation (£2100); phone calls to families, professionals and mentors (£820); report writing (£420); family visit (£180); interviews with mother's (£240); post-group meet-up (£120)
Overheads	3,193	Includes creche (£176.28); refreshments (£417.94); travel for facilitators (£250); travel for mothers (£2348.5)
D. Between courses		
Phone calls with families	60	From project data
Coffee morning for new mothers	40	From project data
E. Training costs		
Facilitators	2,240	From project data
Programme delivery costs (professional)	18,773	
Total cost per participant for programme delivery excluding training (£2,066.57); including training (£2,346.57)		
Mentoring scheme		
Planning for the project	905	Includes staff costs for Outreach Coordinator, Learning Coordinator, Parent Support Manager
Recruitment of mentors	3,095	

Cost and unit estimation	In 2015 prices, £	Source and details
Training, matching and supporting mentors	38,881	and Administrator
Staff meeting	5,051	
Mentoring scheme costs	47,932	
Cost per participant for volunteering scheme (£5,992)		
Total costs	66,705	
Total cost per participant for professional programme delivery and mentoring scheme (£8,338)		

Table A.2: Programme delivery costs for Northumberland (10 participants)

Cost and unit estimation	In 2015 prices, £	Notes
Programme delivery (professional)		
A. Pre-course salaries and oncosts	1,108	Includes Team leader supervision (£152.98), and recruitment of mothers through phone-calls and visit (£882.79); travel (£72.00)
B. Antenatal programme		
Salaries and oncosts	1,096	Direct salaries and oncosts for running the group including in-group facilitation (£221.08); phone calls to families, professionals and mentors (£690.88); report writing (£184.24)
Overheads	2,525	Includes creche and refreshments (£120); travel (£56); venue hire (free)
C. Postnatal programme		
Salaries and oncosts	3,037	Direct salaries and oncosts for running the group including in-group facilitation (£1289.65); phone calls to families, professionals and mentors (£1612.06); report writing (£420); end meeting (£41.45); post-group meet-up (£36.85)
Overheads	2,791	Includes creche and refreshments (£280); travel (£120); admin (£42.99)
D. Between courses		
Phone calls with families	123	From project data
Coffee morning for new mothers	51	From project data
E. Training costs for facilitators and volunteers	1,244	Includes training of 2 staff and 10 mentors
Programme delivery costs (professional)	11,974	
Total cost per participant excluding training (£1,073); total cost per participant including training (£1197.39)		

Cost and unit estimation	In 2015 prices, £	Notes
Volunteer scheme		
Planning for the project	905	From project data
Recruitment of mentors	3,095	From project data
Training, matching and supporting mentors	38,881	From project data
Staff meeting	5,051	From project data
Volunteer scheme costs	47,932	
Total cost per participant for mentoring scheme (£4,793)		
Total programme delivery costs	59,906	
Total cost per participant for professional programme delivery and mentoring scheme (£5,990.58)		

Table A.3: Costs of Mellow Futures programme in Islington, in 2015 prices (£)

Item	Per programme, in £	Per participant, in £
Training for facilitators	2,240	280
Preparation	625	78
Bumps	8,255	1,032
Activities between courses	100	13
Babies	7,553	944
Mentoring	47,932	5,992
Total	66,705	8,338

Table A.4: Costs of Mellow Futures programme in Northumberland, in 2015 prices (£)

Item	Per programme, in £	Per participant, in £
Training and supervision	1,244	124
Preparation	1,108	111
Bumps	3,621	362
Activities between courses	173	17
Babies	5,828	583
Mentoring	47,932	4,793
Total	59,906	5,991

Table A.5: Care package cost per participant based on 8 participants, Islington, in 2015 prices (£)

ID	Cost per care package	In £, 20 weeks	in £, per annum
ISM2	Child protection	2,361	6,138
	Mother and baby fostercare	2,100	2,100
	Swimming (2x p/w)	40	104
	Social worker (4x p/w)	4,400	11,440
	Advocate from Elfrida	4,263	4,263
	Counselling (2x p/m)	500	1,200
	Total	13,664	25,245
ISM3	Child protection	2,361	6,138
	Anna Freud (18 months)	1,273	1,273
	Social worker (1x p/m)	2,200	5,720
	Family support (2x week)	2,000	5,200
	Counselling - personality disorder service (2x p/w)	2,000	5,200
	Health visitor (2x p/m)	650	1,560
	GP visit (1x p/m)	190	456
	Father's groups (1x p/w)	300	780
	Total	10,974	26,327
ISM5	Child protection	2,361	6,138
	Stay and play at children's centre (after babies course)	0	480
	Psychology - postnatal depression (6 sessions)	828	828
	Total	3,189	7,446
ISM6	Child protection	2,361	6,138
	Advocate from Elfrida	42,63	4,263
	Housing advocate from Elfrida (partner)	4,263	4,263
	Child psychotherapist (1x p/w)	1,000	2,600
	ICOPE - support for managing stress and crisis	1,860	1,860
	Counselling (1x p/w)	1,000	1,040
	Strengthening families course from Elfrida	502	502
	Social worker (2x p/w)	2200	4,160
	Health visitor (1x p/m)	325	780
	Child at nursery 2x per week	1,364	3,546
	Total	19,138	29,152
ISM7	Interim care order - father given custody	28,100	28,100
	Mother and baby foster placement	2,100	2,100
	Both parents in assessment centre	1,273	1,273
	Support 2 hrs p/w from Centre 404 (12 weeks)	1,080	1,080
	Social worker (every 2 weeks)	550	1,430

ID	Cost per care package	In £, 20 weeks	in £, per annum
	Advocate from Elfrida	4,263	4,263
	Worker from independent futures (case closed)	770	770
	Baby group every day	1,500	3,900
	Anti-social behavioural officer	365	365
	Total	40,001	43,281
ISM8	Child in need	1,067	2,774
	Key worker (every 3 weeks)	330	953
	Parenting assessment	1,273	1,273
	Social worker for baby (1x p/w; stopped after babies)	1,100	1,100
	Health visitor (2x p/w)	2,600	5,720
	Supporting people from centre 404 for managing tenancy	259	259
	Total	6,629	12,079
ISM9	Child in need	1,067	2,774
	SW for baby (1x p/m)	275	660
	Mentoring and support from Solace women's aid (2x p/w)	2,640	6864
	Family support worker (every 2 weeks)	500	500
	Physiotherapy (5 sessions)	255	612
	Health visitor (1x p/m)	325	780
	Leaving care worker (2x p/m)	200	480
	Occupational therapy assessment	178	178
	Total	5,440	12,848
ISM11	Play group at children's centre (1x p/w; not during course)	0	480
	Health visitor (1x p/m)	325	60
	Specialist family support worker (1x p/w)	1,000	1,000
	Social worker (every 3 weeks)	367	953
	Total	1,692	2,493
<i>Average care package cost per participant</i>		<u>12,591</u>	<u>19,859</u>

Table A.6: Care package costs per mother in Northumberland based on 10 participants, in 2015 prices (£)

ID	Care package	In £, 20 weeks	In £, per annum
NM1	Child in need	1,067	2,774
	Social worker (1x p/m)	275	660
	Mental health worker (1x p/m)	185	444
	Baby group (1x p/w)	300	780
	Perinatal psychologist (1x p/m)	690	828
	Total	2,517	5,486
NM2	Child protection plan	2361	6,138
	Health visitor (1x p/m)	325	780
	Bereavement counselling (14 weeks)	700	700
	Family support worker (1 p/d for 4 weeks reduced to monthly by end of babies)	2250	2,650
	Social worker (1x p/m)	275	275
	Mentoring	88	88
	Triple P parenting programme	887	887
	Family health and stress management course at children's centre	392	392
	Total	7,278	11,910
	NM3	Parenting classes at children's centre	392
Maternity assessment framework meetings (1x every 6 weeks)		195	390
Occupational therapy assessment		178	178
Breast feeding group		15	15
Health visitor (every 2 weeks)		650	1,690
Family support		100	100
Yoga (4 sessions)		12	2
Total		1,542	2,777
NM4	Child in need	1,067	2,774
	Social worker (1x p/m)	275	275
	Family support worker (2x p/w)	2,000	2,000
	Health visitor (1x p/m)	325	325
	Barnados worker (2x p/m)	500	500
	Baby group (1x p/w)	300	780
	Total	4,467	6,654
NM5	Child protection	2,361	6,138
	Health visitor (1x p/m)	325	780
	Parenting assessment	1,273	1,273
	Leaving care worker (2x p/m)	200	480
	Employment worker	44	44
	Counselling referral (after course)	0	300

ID	Care package	In £, 20 weeks	In £, per annum
	Tenancy key worker as in supported accommodation (1x p/w)	259	259
	Baby massage at Sure Start (4 weeks)	60	60
	Total	4,522	9,334
NM6	Health visitor (1x p/m)	325	780
	Maternity assessment framework	65	65
	Baby group (1.5 hrs p/w)	210	780
	Referred to Little Sparkles (1x p/w)	72	266
	Total	£672	1,891
NM7	Child in need	1,067	2,774
	Health visitor (2x p/w)	2,600	6,760
	Family support from sure start (1x p/w)	1,000	2,600
	Parenting sessions at Sure Start	392	392
	Maternity assessment framework	65	65
	Total	5,124	12,591
NM8	Child in need	1,067	2,774
	Social worker (1x p/w)	1,100	2,860
	Mentoring	88	88
	Total	2,255	5,722
NM9	Child protection	2,361	6,138
	Family recovery (2x p/w for 3 weeks)	300	300
	Social worker (every 2 weeks; core meeting every month)	825	2,090
	Incredible years parenting course	1,246	1,246
	Baby group (every 2 weeks)	150	390
	Health visitor (1x p/m)	325	780
	Total	5,207	10,944
NM10	Early help assessment	193	193
	Child services parenting assessment	1,273	1,273
	Health visitor (every 6 weeks)	195	563
	Supporting families will provide support	700	2,650
	Creche (1.5hrs per week)	42	156
	Nursery (15 hours)	51	51
	Total	£2,454	£4,887
<i>Average care package cost per mother</i>		<i>£4,005</i>	<i>£7,991</i>

Table A.7: Prevented costs related to child outcomes in Islington based on 8 participants, in 2015 prices (£)

Child outcome	Cases	Prevented costs in £, per annum	Explanations and assumptions
Adoption plan stopped	ISM2	24,900	Adoption process started before intervention began, was stopped; mother and baby foster care for 3 weeks (£2100)
Placed on child protection from child in need	ISM3	-3,364	Initially child in need, changed to child protection during intervention
Remains on child protection	ISM5; ISM6	0	No change
Mother and baby foster placement; Interim care order; father given custody	ISM7	-30,200	Placed in foster care after baby born (3 weeks £2100), followed by issue of interim care order
Removed from child in need	ISM8	5,548	Case closed - removed from child in need
Removed from child in need	ISM11	30,874	Case closed - removed from child in need; older child placed in foster care, assume foster care prevented
Removed from child protection	ISM9	6,138	Case closed - removed from child protection
Total		33,896	
Average per mother		4,237	

Table A.8: Prevented costs related to child outcomes in Northumberland based on 10 participants, in 2015 prices

Child outcome	Cases	Prevented costs in £, per annum	Explanations and assumptions
Placed on child in need from child protection	NM1; NM7; NM9	10,092	Initially on child protection at start of intervention, changed to child in need by end
Child protection remains in place	NM2; NM5	0	No change
Removed from child in need	NM4	2,774	Case closed – no longer child in need
Child in need remains in place	NM8	0	No change
Child remains living at	NM3;	0	No statutory services provided

Child outcome	Cases	Prevented costs in £, per annum	Explanations and assumptions
home; no safeguarding issues	NM6; NM10		before or after intervention; no change
Total		12,866	
Average per mother		1,287	

Table A.9: Unit costs of care package activities

Service	Unit costs	Source
Social Worker	£55 per hour of client related work	PSSRU (2014: 207)
Health visitor	£65 per hour of client related work	PSSRU (2014: 189)
Family support worker	£50 per hour of client related work	PSSRU (2014: 212)
Barnados worker	£55 per hour of client related work	PSSRU (2014: 207); assume same salary as Social worker
Mental health worker	£37 per hour of client work	PSSRU (2014: 218)
Psychologist	£138 for client related work	PSSRU (2014: 183)
Counselling	£50 per hour	PSSRU (2014: 51); Counselling services in primary medical care
Baby group at Sure Start	£15 per session	PSSRU (2014: 153); provided by Local Authority
Mentoring	£88 total	PSSRU (2014: 59); Befriending. Refers to 12 hours and lower end of cost range
Triple P parenting programme	£887	PSSRU (2014: p104); total cost of course
Family health and stress management course at children's centre	£49 per session	PSSRU (2014: 155); Assumed same cost as Sure Start parenting course
Parenting classes at children's centre	£49 per session	PSSRU (2014: 155); Sure Start cost for parenting course; once a week for 8 weeks
Maternity assessment framework	£65 per hour of client related work	PSSRU (2014: 266); Midwife unit cost per hour. Assuming same unit cost as Health Visitor
Occupational therapy assessment	£178 per care contact	PSSRU (2014: 85)
Breast feeding group	£15 per session	PSSRU (2014: 153); assumed same

		costs as other Sure Start activities
Yoga	£3.00	Northumberland county council website (2015); £30 for 10 lessons, market price
Parenting assessment	£1,273	Bauer (2015: 7); Includes initial contact, referral to children's social services, initial and core assessments
Leaving care worker	£20 per hr of client work	Dixon et al. (2006: 179); average of two meetings per month per case
Employment worker	£11 per hour	Average £22,732 salary per year
Baby massage at Sure Start	£15 per session	PSSRU (2014: 153); assumed same cost as other Sure Start activities. 6 sessions per course
Creche	£3.00 per hour	Northumberland council website (2015); market price
Incredible years parenting course	£1,246	PSSRU (2014:103)
Early help assessment	£193	PSSRU (2014: 155); £18 pre-Common Assessment Framework (CAF) checklist; Completion of CAF £175
Nursery	£3.41 per hour	Islington council website; market price: £170.63 per week for 5 days - 8am-6pm; £3.41 per hr
Swimming	£1 per lesson	Islington council website; market price
Advocate from Elfrida	£45 per client related hour	PSSRU (2014: 75)
Anna Freud parenting assessment and therapy	£1,273	Bauer (2015: 7); Early Years Parenting Unit offering assessment and therapy for parents
GP visit	£38 per visit	PSSRU (2014: 195); consultation lasting 11.2 minutes
Father's group	£15 per session	PSSRU (2014: 153)
Stay and play at children's centre	£15 per session	PSSRU (2014: 153)
Psychology - postnatal depression	£138 per hr of client contact	PSSRU (2014: 183)
Child psychotherapist	£50 per hour	PSSRU (2014: 51)
ICOPE - support for managing stress and crisis	£93 per session	PSSRU (2014: 94); unit costs for CBT
Strengthening families course from Elfrida	£502 per course	PSSRU (2014: 164)
Support worker from Centre 404	£45 per client related hour	PSSRU (2014: 75)

Worker from independent futures	£55 for hr of client related work	PSSRU (2014: 207) same as Social Worker unit cost
Anti-social behavioural officer	£364.77 per case	Whitehead <i>et al.</i> (2003: 30)
Tenancy support worker	£259 per case	PSSRU (2014:58) Debt advice £259 per case
Mentoring and support from Solace women's aid	£66 per session	PSSRU (2014:175)
Physiotherapy	£51 for a one-to-one contact	PSSRU (2014:179)