

Cost effectiveness and early intervention

Why now? Why you?

- We now collectively face **significant financial challenges**
- Sharing good practice and learning from each other – from “*nice to do*” to a **critical imperative**
- Empowering local partners to deliver: an **opportunity** and a **challenge**
- Making the most of today: **what will I do next?** What will I ask of others?

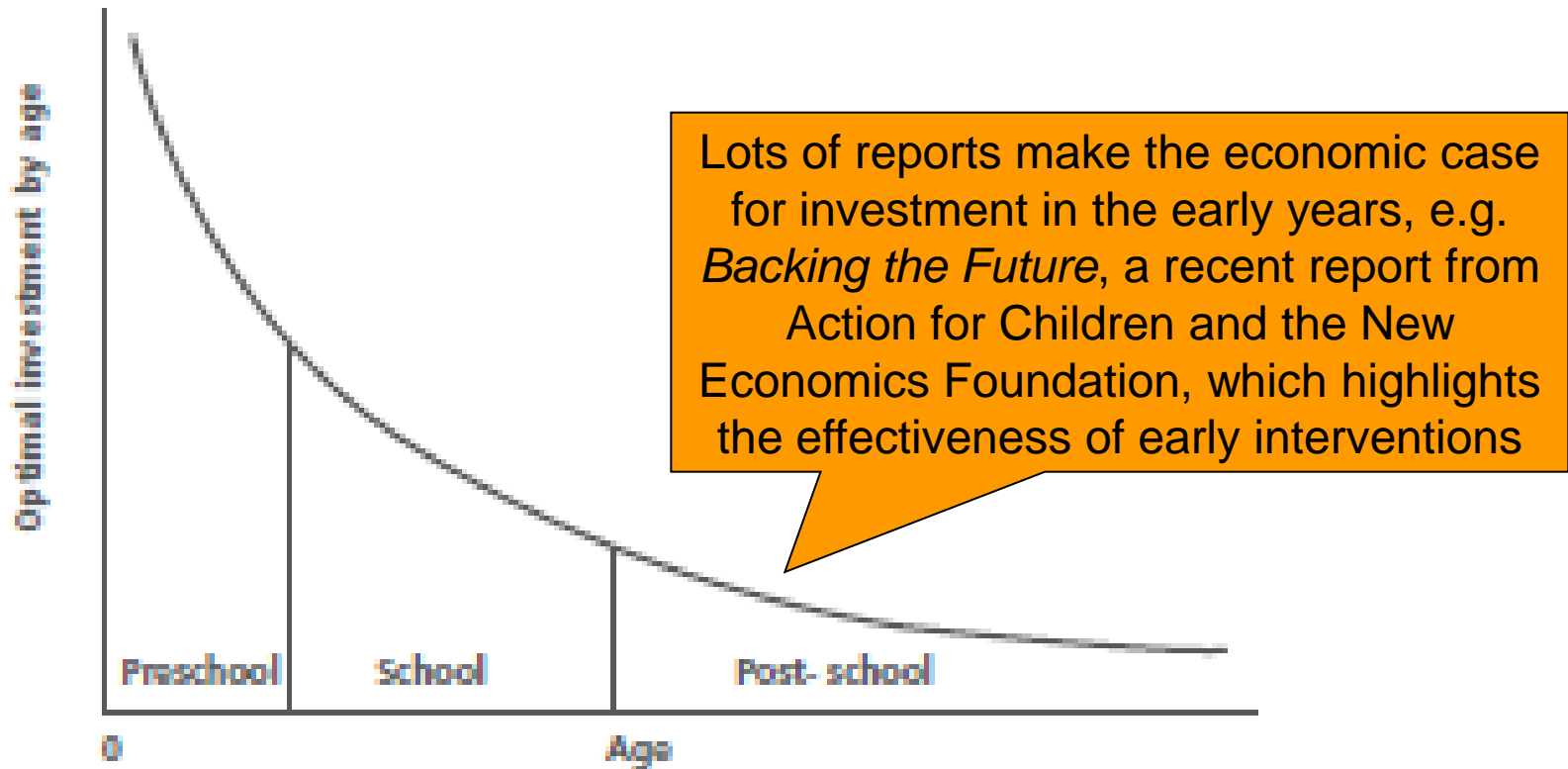
Cost-effective services and early intervention

- DfE is working collaboratively on **cost-effectiveness in children's services** to address the need for savings alongside the increased demand for services
- **Intervening early** is widely accepted as a key component of cost-effective services

“In some ways everyone knows Early Intervention is important. It's cheaper. It's more effective and it is less likely that things go wrong. It saves money in the long run.”

Paul Ennals, chief executive of the National Children's Bureau

The economic case for early investment...



SOURCE: J Heckman & D Masterov (2005) Ch 6, *New Wealth for Old Nations: Scotland's Economic Prospects*

The economic case for early intervention

- There is mounting **evidence demonstrating what happens when children and young people's emerging difficulties are *not* spotted and addressed**, coupled with promising **evidence about the difference that programmes and approaches can make**. It has been suggested that:
 - *a reduction of just 1% in the number of offences committed by children and young people has the potential to generate savings for households and individuals of around £45 million a year.(1)*
 - *Similarly, a study by the London School of Economics for the Prince's Trust has estimated that the cost to the economy of educational underachievement is around £18 billion a year.(2)*

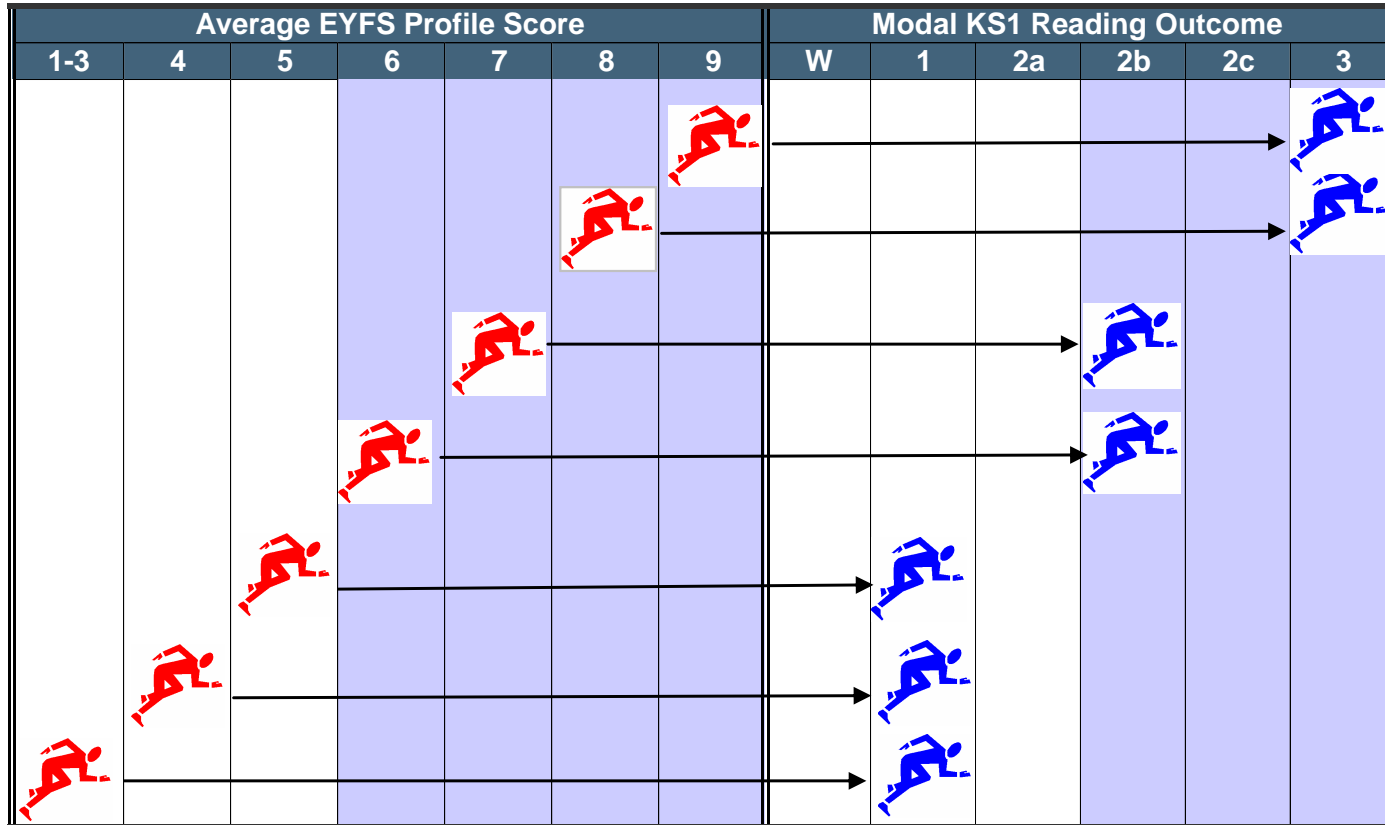
Cost-effective services and early intervention

- But there is a growing need to further develop the **knowledge and evidence base** about the **links between cost-effectiveness and early intervention**.
- C4EO chair an **Expert Group on Effective Early Intervention**. This work is helping to clarify where the gaps in knowledge are on what is effective and also cost effective in prevention.

What we now know about the early years

- **What happens in pregnancy and the first years of life** lays the foundations for virtually every aspect of a child's future development:
 - Physical, cognitive, language, social, emotional and behavioural
- Quality provision is **second only to parenting** in shaping how well children do in the early years and how they progress
- Research shows the **first three years** are the most rapid period of brain development
- A **positive start in life has a significant and lasting impact** – 94% of children who achieve a good level of development at age 5 go on to achieve the expected level of reading at KS1 and are 5 times more likely to achieve highest level!

A good start makes a lasting difference...



N.B. Correlation between EYFS Profile and KS1 outcomes varies across scales.

EYFS Profile  Key Stage 1 

Source: Department for Children School and Families

“Early intervention and the early years: The Coalition Agreement”

- **Support the provision of free nursery care for pre-school children, and want support to be provided by diverse range of providers**
- **Announced that Coalition Government is proceeding with increase in free entitlement for 3 & 4 year olds to 15 hours from September, making sure this reaches vulnerable groups**
- **Funding provision of over 20,000 places for most disadvantaged 2 yr olds and looking at how this could be extended further, as resources allow.**

“Early intervention and the early years: The Coalition Agreement”

- **Sure Start back to return to its original purpose of early intervention**, with focus on the neediest families, and better involvement of organisations with a track record of supporting families
- **Spending on Sure Start in 2010-11 will be protected from in-year cuts: money allocated to all local authorities for Sure Start will be protected for 2010-11, and the ring fence maintained**
- We will:
 - Investigate ways of ensuring that providers are paid in part by the results they achieve
 - Refocus funding from Sure Start peripatetic outreach services, and from the Department of Health budget, to pay for 4,200 extra Sure Start Health Visitors

Early Intervention: what works

- There is a plethora of early intervention programmes available and research suggests that **the most successful programmes tend to share some common characteristics** (3):

They target specific populations. For example, the Family Nurse Partnership programme targets low-income, first-time single mothers and has been shown to be effective.

They are intensive. Programmes with strong impacts on child welfare outcomes tend to provide intensive services, meaning a high number of service hours, often coupled with a requirement for a high level of engagement from participants.

They focus on behaviour. Effective programmes are likely to take a behavioural approach (as opposed to an instructional approach), such as coaching parents one-on-one during play sessions with their children.

They include both parents and children. Many successful programmes take an approach that acknowledges the central role of the parent-child relationship in child outcomes.

They stay faithful to the programme. Some successful programmes have demonstrated the importance of maintaining adherence to the programme model. When looser criteria have been applied the results have not been so good or may even make matters worse.

Early intervention and local collaboration

- However, early intervention is about more than just programmes: **it is a shared responsibility** for all who work with children and young people
- Ministers are also particularly interested in **innovative approaches** to sharing the good practice which exists locally
- There are many examples of highly effective local approaches where **professionals and families work collaboratively to intervene early** and improve outcomes for children and young people

e.g. Westminster Family Support Panels

Westminster holds five Family Support Panels across the authority for children under 12 with multiple needs, bringing together representatives from many different local agencies, including the voluntary sector. Practitioners refer a case to the panel with the consent of the child, young person or family and during the meeting a Family Support Offer is drawn together, and a Team around the Child and Lead Professional identified. Depending on the outcomes, cases are reviewed on average two or three times.

Early intervention and local collaboration

- A number of localities have gone further and developed area wide approaches to early intervention

Nottingham

- ❖ In 2006 the LSP, now known as One Nottingham, developed an early intervention strategy and is now in the process of being implemented.
- ❖ It includes a number of the prevention and early intervention programmes with the strongest evidence of effectiveness, such as the Family Nurse Partnership.
- ❖ Researchers from the University of Nottingham are engaged in evaluating the results

Birmingham

- ❖ Birmingham City Council and its partners have developed a Brighter Futures Transformation Programme.
- ❖ It draws on four of the best accredited programmes – the Family Nurse Partnership, the Incredible Years, Triple P, and Promoting Alternative Thinking Strategies (PATHS); and is taking an evidence-based approach

What does this mean going forward?

- A renewed focus on **sector-led improvement**
- **C4EO is gathering evidence** of effective practice in delivery of early intervention services locally
- We particularly hope that sector colleagues will respond to the **renewed call for evidence**
- We are very interested in specific examples of EI which can substantiate their effectiveness with **robust evidence** (including those involving how CAF is used at local level)