

# Families and Children program logic example – multiple services

**Objective/s:** Family and Relationship Services aim to strengthen family relationships, prevent breakdown and ensure the health and wellbeing of children through broad-based counselling and education.

**Needs statement:** In this community, many families are living in difficult and complex social environments (ABS, 2016) including in situations where family and domestic violence is occurring or has occurred (NSW Bureau of Crime Statistics and Research, 2021) and there are high levels of interpersonal conflict. Without assistance, families in these situations are at-risk of negative outcomes related to parenting efficacy, relationships and health and wellbeing (AIFS, 2020; ANROWS, 2020; Kaspiw et al., 2017). By providing prevention and early intervention programs to families in this community, we can support children’s development, strengthen parent relationships and enhance family wellbeing (Rioseco et al., 2020).

Inputs	Activities	Outputs	Short-term outcomes	Medium-term outcomes	Long-term outcomes
Funding Staff (program managers, counsellors, specialists) Partner organisations Transport Office infrastructure Staff training and professional development	Intake and assessment Counselling (men’s counselling, relationship counselling and family counselling) Family dispute resolution and mediation Relationship education Parenting programs (Triple P and parenting support groups) Referrals	Number of clients attending who are experiencing or at risk of experiencing: <ul style="list-style-type: none"> <li>family violence</li> <li>relationship breakdown</li> <li>family dysfunction</li> </ul> Number of activities/sessions delivered Number of activities/sessions attended Number of referrals made	Increased knowledge and skills in: <ul style="list-style-type: none"> <li>communicating effectively</li> <li>self-regulating</li> <li>managing difficult situations</li> <li>responding to children’s needs in a developmentally appropriate way</li> </ul> Improved understanding of how to access support services	Increased use of positive strategies to: <ul style="list-style-type: none"> <li>resolve conflict within relationships</li> <li>manage difficult situations</li> <li>respond to children’s needs</li> </ul> Improved communication between couples and family members Improved parenting confidence and efficacy Increased uptake of support services	Positive parenting practices Positive adult mental health Positive parent-child relationships Positive child health and development Reduced risk of relationship breakdown

### **Theory of change<sup>1</sup>**

Our counselling, parenting programs and family dispute resolution services will help at-risk families make positive changes in their lives. Based on research evidence, we would expect attending families to make improvements in communication, mental health, intrafamilial relationships and wellbeing. We will also refer our clients (including those in crisis) to other specialised services where additional support is needed. This will help to establish new and needed service pathways.

During counselling sessions, individuals and couples will be supported to work through their problems and concerns. Counsellors will use established techniques (e.g. cognitive behavioural therapy) and establish strong alliances with their clients to achieve a range of outcomes including improved conflict management, communication skills and mental health (Evans et al., 2012; Hunter & Commerford, 2015).

Relationship and parenting education interventions will promote the use of positive communication, conflict and behaviour management skills, self-regulation and parent responsiveness. These strategies will help participants to improve their relationships, strengthen their parenting capabilities and positively influence their children's wellbeing (Amato et al., 2011; Hunter & Commerford, 2015; Tully, 2009).

Family dispute resolution will help separated couples resolve disputes and negotiate outcomes. As a result, clients will have improved parenting skills, parent-parent relationships and parent-child relationship (Amato et al., 2011; Armstrong, 2010).

In addition, our systematic intake and assessment processes will ensure that our services are responsive to individual need, and our referral system will help clients access other specialised services when required.

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<sup>1</sup> This theory of change assumes that the program activities are informed by evidence about how to support the target group/s and achieve the desired program outcomes.