



Children and young people at risk



CALOUSTE GULBENKIAN
FOUNDATION

Anabela Salgueiro
Maria João Leote de Carvalho

Children and young people at risk



**Parental Training
projects and
their impacts
2007 – 2018**



Anabela Salgueiro
Maria João Leote de Carvalho

Children and young people at risk

Preface

In 2007 the Calouste Gulbenkian Foundation decided to bolster its intervention with children and young people at social risk by launching an initiative referred to as “Children and Young People at Risk”. This decision was based on the increasing number of children and young people at risk identified each year by the National Commission for the Protection of Children and Young People at Risk and by the courts, a trend linked to public acknowledgement of a lack of responses focusing on supporting families in communities and of a very large number of residential care measures (i.e. at the time, institutional care measures).

Accordingly, two lines of intervention were implemented in distinct periods. The first phase saw the implementation of a set of parental training activities between 2008 and 2011, with the second phase focusing on residential care for children and young people, implemented between 2012 and 2015. An innovative model for technical and scientific monitoring of project implementation on the ground was designed and implemented by a team, with scientific coordination led by Prof. Dr. Daniel Sampaio, which included Prof. Dr. Maria João Leote de Carvalho and Dr. Hugo Cruz, and, from the Foundation, Dr. Anabela Salgueiro.

This report provides a brief account of the work carried out in the field of parental training over these years and incorporates the results of the follow-up made with the organisations and project teams ten years after implementation of the parental training intervention area.

**Support from
the Foundation
for innovative
interventions
on the ground
with the
families
of children
and young
people at risk**

It is clear that the Foundation's support for innovative, scientifically supervised and validated, hands on interventions with families, children and young people, with professionals and their organisations, and with partners and other stakeholders – both in a community context and in an institutional setting – had an impact both on the national system of promotion and protection and on public policies for child protection. This impact is reflected in the different pathways to sustainability that most of the initiatives launched were able to ensure and that were still in place at the time of the follow-up. Most noteworthy among these is the approval by the competent authorities of several Family Support and Parent Counselling Centres (CAFAP – *Centro de Apoio Familiar e Aconselhamento Apoio Parental*), coordinated by the organisations involved in the projects. Also of note are the related activities carried out in the period at the Foundation, from meetings and workshops with renowned national and international speakers to the preparation of content and publications produced with the collaboration of the teams and other project participants, decisive contributions to the building of an ecosystem that provides children and young people at risk and their families better opportunities to fulfil their potential.

Luís Jerónimo

DIRECTOR OF THE GULBENKIAN SUSTAINABLE DEVELOPMENT PROGRAMME

November 2022



© Luana Azevedo, Unsplash

1.

Parental Training

2008-2011

Parental Training helps improve parenting skills, the quality of being a parent or educator, aimed at empowering parents to perform the basic functions of the family.

Daniel Sampaio, 2011

Why Parental Training?

With global awareness of the new social representation of the status of childhood at the end of the 1980s, which saw approval of the Convention on the Rights of the Child by the United Nations General Assembly (1989) and the adoption, in the subsequent years, of other international instruments addressing concerns regarding the protection of children and young people, the Portuguese State carried out an in-depth reform of the jurisdiction of the family, children and young people. Consequently, a new legal framework came into force in January 2001 and it became necessary to regulate measures for the promotion of the rights and the protection of children and young people in danger, provided for in the Law on the Protection of Children and Young People in Danger (LPCJP – *Lei de Proteção de Crianças e Jovens em Perigo*). Among these measures, of note was the new measure on parental education (Art. 41), requiring the setting of guidelines on parental education and training and the improvement of parenting skills. Accordingly, a study was conducted to assess parental education programmes and projects underway in Portugal involving several higher education institutions¹.

¹ Coordinated by Abreu-Lima, I.M. (FPCE-UP), Alarcão, M. (FCPE-UC), Almeida, A.T. (IE-UM), Brandão, T. (FMH-UTL), Cruz, O. (FPCE-UP), Gaspar, M. F., (FPCE-UP) and Santos, M. R. (ESEP-IPP), *Avaliação de Intervenções de Educação Parental*. Relatório 2007-2010.

It was in this context, on the recommendation of Judge Counsellour Armando Leandro, then President of the National Commission for Children and Young People at Risk, that the Calouste Gulbenkian Foundation took the initiative to create the Children and Young People at Risk Programme and decided to implement a first line of action aimed at supporting families, referred to as Parental Training.

The Calouste Gulbenkian Foundation considered intervention with families with children at risk to be the right choice for the first line of action under the “Children and Young People at Risk” Programme:

- Given the **lack of structured actions to support families** that enable the development of the parenting skills of carers of children at risk or in danger;
- Given **the significant increase in the number of children and young people at risk in residential care** under the promotion and protection system due to families being unable to ensure the promotion of their rights and the adequate protection thereof;
- Given that parental training is **one of the primary means of avoiding the institutionalization of children and young people** – a measure taken when families are unable to remove the child from danger and ensure suitable protection thereof.

Which entities were supported?

The Foundation supported **frontline entities with competence in the area of childhood and youth** at local level in promoting opportunities to generate resources that would allow the **development of parental training actions extended to the community**, in general, and, in particular, in **implementing promotion and protection measures**, under the terms provided for in the Law on the Promotion and Protection of Children and Young People in Danger (LPCJP – *Lei de Promoção e Proteção de Crianças e Jovens em Perigo*).

The **call for proposals**, to which 105 entities responded, resulted in the selection of **eight pilot projects for parental training in the Lisbon Metropolitan Area**, to be implemented by non-governmental organisations working with children and young people at risk or in danger and their families, in collaboration with the local Commissions for the Protection of Children and Young People (CPCJ – *Comissões de Proteção de Crianças e Jovens*). The **intervention regions eligible** for co-financing were the municipalities of Lisbon, Amadora, Sintra and Setúbal, since the respective CPCJ had the **highest procedural volumes at national level**.

Each project relied on a **network of partnerships** established between the promoter entity and the CPCJ, local institutions and services, inter alia town and city councils, parish councils, health centres and healthcare units, school clusters, security forces, charities, cultural associations, and higher education institutions, with the latter playing a key role in the external assessment process.

The projects implemented had **different theoretical bases, goals, forms of intervention**, subject-matters, target populations, resources, approaches for the implementation of actions and activities, and assessment plans, in order to **test diverse methodologies that could be assessed and subsequently replicated in other settings**.

Eight parental training projects in collaboration with the local Commissions for the Protection of Children and Young People

Lisbon Metropolitan Area

Table 1.
Parental training projects, per entity

	ENTITY	PROJECT	TYPE OF INTERVENTION	TOTAL FCG SUPPORT (3 YEARS)
Amadora	Pressley Ridge Portugal	NOVA_MENTE <i>(New Mindset)</i>	Parental Training Family Preservation	200.018€
	Instituto das Comunidades Educativas	LAÇO <i>(Bond)</i>	Parent Circle Back to School Individualised monitoring Interlaced spaces Listen, Look, Switch Local Outings Media Workshop Heritage Club A day with...	189.553€
Lisbon	Associação ARISCO	RIF Rede de Intervenção na Família <i>(Family Intervention Network)</i>	GAP - Parental Support Office Early Intervention (0-3 years) Parental Training Workshop (3-10 years) Parent-Child Relationship Labs (6-11 years) Consultancy and Training within the network Communication	199.960€
	Centro Dr. João dos Santos — Casa da Praia	Para Pais sobre Filhos <i>(For Parents about Children)</i>	Casa da Praia Group Kindergarten Group CPCJ Group	82.970€
Sintra	Associação Margens	Escola de Pais <i>(Parenting School)</i>	Individualised intervention with families Extended parental training Intervention in the home	72.360€
	MDV Movimento de Defesa da Vida	SAFER Serviço de Apoio à Família em Risco <i>(Support Service for Families at Risk)</i>	Family project Parental training Psychological support	200.000€
Setúbal	Fundação Portuguesa “A Comunidade contra a Sida”	Espaço da Família <i>(Family Space)</i>	Educação Parental APACCF 2 ACM LATI	70.394€
	Questão de Equilíbrio — Associação de Educação e Inserção de Jovens	NOP Novas Oportunidades Parentais <i>(New Parental Opportunities)</i>	Deepening of the diagnosis Organisation and monitoring Implementation-Coordination with partner entities Technical monitoring Disclosure/Dissemination	199.933€
Total				1.215.188€

Source: *Relatório Intervenções inovadoras na área das crianças e jovens em risco (Report on innovative interventions in the area of children and young people at risk)*, Fundação Calouste Gulbenkian, 2020, unpublished.

What aid was granted?

Over a period of three years, from 2008 to 2011, the Calouste Gulbenkian Foundation provided financial support for the implementation of these eight projects, investing a total of €1,215,188, formed a team, with scientific coordination led by **Prof. Dr. Daniel Sampaio**, which included **Prof. Dr. Maria João Leote de Carvalho** and **Dr. Hugo Cruz**, and promoted the design of an **innovative model for the technical and scientific monitoring of project implementation on the ground**. The contribution of this team of experts, in close collaboration with the Foundation’s team, was decisive for the outcomes achieved. Monitoring tools were created, capacity building visits were undertaken to the project implementation sites, and workshops were held with all the teams and at the initiative of the project teams themselves, in their respective intervention areas.

In this area of action, from the outset and using the monitoring model designed, a balance was sought between **knowledge enhancement – research and evaluation –**, the scope of social responsibility of the intervening organisations, from an **effective co-building and sharing perspective**, and management, focusing particularly on organisational culture.

Who benefited from these interventions?

The intervention between 2008 and 2011 directly or indirectly benefited 1,120 children and young people, 1,068 parents/carers, mostly female (76%), and a total of 899 families.

Of the total 1,120 children/young people, 34.7% (371) benefited from monitoring by a local Commission for the Protection of Children and Young People and 9.8% (109) benefited from the monitoring of a team from Instituto de Segurança Social, I.P. dedicated to children and young people, with a view to the enforcement of judicial promotion and protection measures.

In both cases, they involved the most serious situations of social risk in which children and young people can find themselves. Sixty-six children/young people were in residential care, corresponding to 6.6% of the total target population.

Innovative technical and scientific monitoring model designed by the Foundation

co-development with the project teams

Research

Evaluation

Knowledge

1,120 Children and young people

1,068 Parents/carers

899 Families



Typical profile
**Children/
young people**



Typical profile
**Parents/
carers**

Both sexes	Female
Between 4 and 15 years old	Between 26 and 35 years old
Group of 2-3 siblings	With the 1st or 3rd Cycle of Basic Education
Interspersed sibling group	Inactive (unemployed)
Attending 1st Cycle of Basic Education	Families with 3-5 members
Different ethnic and cultural backgrounds	Different ethnic and cultural backgrounds
Under a CPCJ or another judicial or social measure	Under a CPCJ or other judicial or social measure
	Main associated situations: child neglect, school failure/dropout, and intra-family conflict

23.5%
**Parents, carers
with primary
education**

8.0%
**Have not
completed
any level
of education**

6.8%
Illiterate

Of the total 1,068 parents/carers, and based on the data available from the teams, the majority had completed the 1st cycle of basic education (23.5%), 8.0% had not completed any level of education, and 6.8% were illiterate. Parents/carers who had a higher level of education accounted for only 9% of the population under study. The two projects in the municipality of Lisbon – Arisco (50) and Casa da Praia (22) – contributed most to the latter category, Arisco representing 17.8% of the team’s total and Casa da Praia 20.1%. Conversely, the entities from the municipality of Setúbal worked with parents with lower levels of education.

Of the total number of parents/carers, 26.3% (280) were monitored by the local Commissions for the Protection of Children and Young People (CPCJ) and around 8.8% (94) were monitored by a team from Instituto de Segurança Social, I.P. dedicated to children and young people (ECJ – *Equipas de Crianças e Jovens*), as part of the enforcement of a judicial promotion and protection measure.

Figure 1.A
Parents/carers, by sex

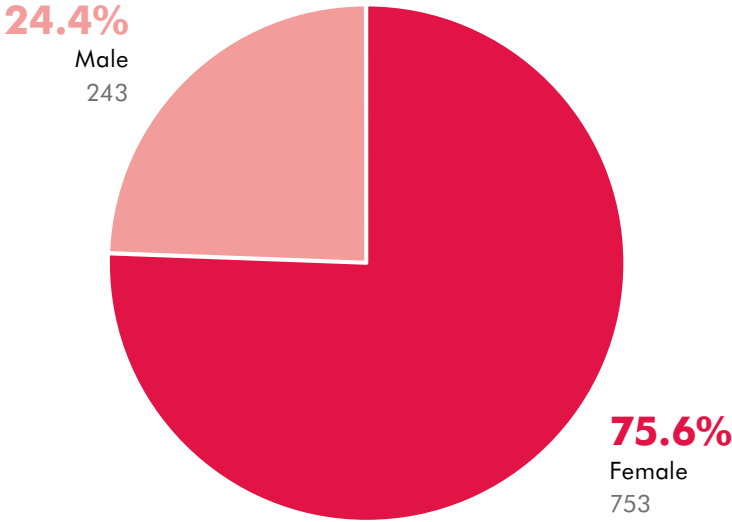
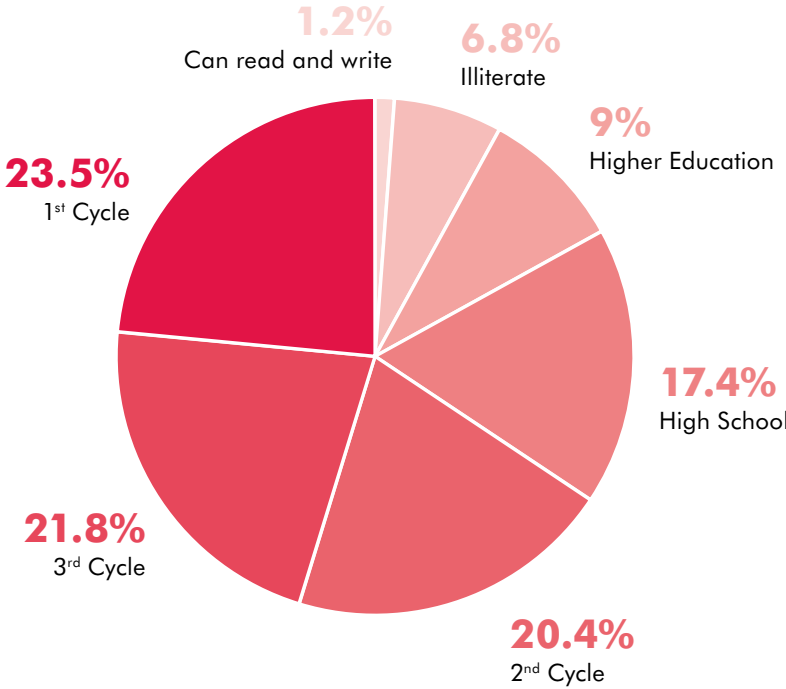


Figura 1.B
Parents/carers, by education



26.3%
Parents/carers
monitored
by the CPCJ

Around 22% were supported by the Social Integration Income Programme (RSI – *Programa de Rendimento Social de Inserção*). Setúbal was the location with the greatest number of parents/carers covered by the RSI measure, around 55% (129).

22%
Parents/carers
covered
by the RSI

In line with the data recorded by the Commissions for the Protection of Children and Young People at Risk, the main issues that led to the flagging and referral of risk situations to the parental training project teams were child neglect, school failure and dropout, and child maltreatment/abuse. Child neglect, in its various forms, was the most representative situation, corresponding to 18.1% of the target population, followed by school failure or dropout by children and young people (14.7%).

Partnerships

The partnerships established, firstly with the local Commissions for the Protection of Children and Young People, a compulsory requirement of the call for proposals, and with local institutions, mostly on the first line of intervention in risk situations (schools, health centres, parish councils, charities, and NGOs), contributed significantly to the outcomes achieved, due to their enabling role in the integration of children and optimal use of local resources.



The book *Crianças e Jovens em Risco – a Família no Centro da Intervenção* (*Children and Young People – Family at the Heart of Intervention*) collates information on the implementation of the programme, the methodologies of the various projects, and the outcomes, and includes conclusions and recommendations. The participation of the project technical teams in producing the final report, explaining resources, methodologies, outcomes and impacts, and reflecting on the work carried out, demonstrates the level of maturity and deep personal and professional involvement in these interventions. Bearing in mind lessons learned, and the successes and also the difficulties faced, a proposal was produced of the guiding principles for future interventions for supporting families and parents.

Overview



2. Parental Training Projects

FOLLOW-UP | 10 YEARS ON

Why/What for?

The need to follow up on the initiatives carried out within the scope of the Foundation's intervention was always front of mind right from the project implementation phase. In Portugal it is not common practice to use such an evaluation instrument and management tool in organisations focusing on social and community intervention.

Given the lack of specific information on the sustainability and the real impacts of the projects supported by the Foundation in the years following the end of the funding, the technical-scientific monitoring team believed it was essential to go back to the teams, technical staff and regions supported to assess, analyse and understand the change and impacts noted.

It was not just a matter of collecting information that could make a valuable contribution to establishing priorities for the Calouste Gulbenkian Foundation's work in various fields. The goal was to generate **greater knowledge about the social changes and dynamics that affect more vulnerable populations in Portugal** (families, children and young people) in order to achieve one of the Foundation's primary objectives: **to promote effective change in people's lives and contribute to the design of more efficient and effective public policies.**

Information was collected using an essentially qualitative methodology, from two main sources:

- i) the promoter entities, through their management/governing bodies and respective teams;
- ii) the technical staff involved in the projects, irrespective of their current ties to or relationship with the promoter entity. The aim was to understand how they, the participating entities and technical staff reviewed the process in which they were involved and how this impacted their current activities, irrespective of whether or not they continued to work at the organisation.

Two distinct action plans were designed for capacity building by the Calouste Gulbenkian Foundation: **an organisational plan and an individualised plan** (for each professional). Just as with project implementation, the Foundation's team was unable to work directly with the final beneficiaries, the families, children and young people encompassed by the different initiatives, due to ethical imperatives aimed at implementing the provisions of national and international regulations on data protection, the right to privacy, and ensuring the confidentiality and anonymity of those covered by promotion and protection measures during childhood and adolescence or where at risk.

Follow up of the initiative took into account several levels of intervention and impact analysis:

1ST LEVEL

The entities/organisations promoting the projects

Impact: in what way(s) and in what areas the entity's current situation/intervention was guided by the implementation of the FCG-backed parental training project.

2ND LEVEL

Intervention with families

Impact: sustainability of the project's intervention model and the outcomes thereof in the progression of the promoter's parenting intervention.

3RD LEVEL

The teams and technical staff

Impact: direct contributions of the project to the training of the promoter entity's employees and professionals.

4TH LEVEL

The beneficiaries of the projects

Impact: assessment of the outcomes of the project in the families targeted by the intervention.

5TH LEVEL

products of the intervention

and public dissemination of the project

Impact: dissemination and validation of the project outcomes among different audiences.



© Kelly Sikkema, Unsplash



How?

In 2019 contact was re-established with the entities coordinating the eight projects. Only Associação Margens, which in the meantime had been dissolved after achieving its objectives, and the Fundação Portuguesa A Comunidade Contra a Sida delegation, which had intervened in Setúbal, were unavailable for participation. Visits to the other six entities took place in June 2019.

Engagement was very positive, both by the professionals who had been involved in the projects and by those who, having not been involved, had knowledge on the subject and had incorporated and harnessed the wealth of information and resources resulting from the work carried out.

To collect information the team created follow-up evaluation questionnaires for the management bodies of the coordinating entities and prepared a guide for interviews with professionals, used to record the testimonials included in the impact analysis of the Foundation’s initiative.

The evaluation questionnaires, built on the Foundation’s IT platform, were designed for three target audiences: the current managers, as representatives of the institutions, the members of the technical teams, whether or not they were still part of the promoter entity, and the partner organisations involved in project implementation. It was the members of the technical teams themselves who suggested contact with the partner entities given the important role they played in development of the projects.

Questionnaires were completed between November 2019 and January 2020.

A meeting was to be held at the Foundation with the people who played an active role in implementing this intervention to present and discuss the results of this follow-up. The purpose of the meeting was to identify and gain a better understanding of the main challenges faced on the ground in interventions with children and families at greater social risk, in order to inform the design of new initiatives by the Foundation. Unfortunately, the meeting did not take place due to the emergence of the COVID-19 pandemic.

Table 2.
Follow-up methodology and participants, per municipality

	LISBON		AMADORA		SINTRA		SETÚBAL	
Promoter Entity	Arrisco	Casa da Praia	Pressley Ridge	Instituto das Comunidades Educativas	Movimento de Defesa da Vida	Margens	Questão de Equilíbrio	Fundação Portuguesa “A Comunidade Contra a Sida”
FCG Team Visits to the Entity	Bairro de Laveiras, Caxias	(*)	Bairro de Casal da Mira	Bairro da Bela Vista	Lisbon	Association dissolved in 2015	Setúbal	Lisbon
	Oeiras	Lisbon	Amadora	Setúbal	Lisbon		Setúbal	Lisbon
	21 Jun 19	Interactions with the Project Coordinator	24 Jun 19	24 Jun 19	05 Jul 19	Interactions with the Project Coordinator Feb-Mar 20	18 jul 19	Interactions with the Project Coordinator Jan-Feb 20
	3 entity members present		4 entity members present	3 entity members present	3 entity members present		3 entity members present	
Testemonials	1 Director 1 Project Coordinator 1 Counsellor	May-Oct 19	1 Director 1 Project Coordinator 1 Counsellor 1 Partnet	1 Director 1 Project Coordinator	1 Director 1 Project Coordinator 1 Counsellor		1 Director 1 Admin.	
Online Quest. <small>(no. of responses)</small>	7 Counsellors 1 Partner	5 Counsellors 1 Entity	4 Counsellors 1 Entity 4 Partners	1 Counsellor + 2 informal contacts	1 Counsellor		3 Counsellors	
Team Meeting at FCG	The meeting scheduled for June 2020 was cancelled because of the COVID-19 pandemic							

(*) Promoter entity unable to host the visit as, at the time, it was undergoing a change in management.

What interventions continue to this day?

The main result of the follow-up revealed that most of the organisations supported by the Calouste Gulbenkian Foundation continued to intervene in the project area eight years after the end of their funding and had made progress in implementing the respective model by adopting different actions and programmes. There was widespread recognition that Movimento de Defesa da Vida (MDV) and Pressley Ridge (PR) continued intensive intervention. Both entities had regular public exposure through television reports and news in the press, as well as a permanent presence in other media.

MDV continued to implement its *Projeto Família* (Family Project), a work methodology carried out directly with families in their homes, with great proximity and intensity, in close and lasting collaboration with technical staff, including follow-up with the families one year after the end of the intervention.

22

Because we work with families in crisis, where there is an urgent need for a change in behaviour to enable children to stay at home, the fact that families know they will have a counsellor available to help them for six weeks is very structuring for families. These six weeks are followed by a one-year follow-up. Focus on solving the problem and monitoring the family is continuous².

Carmelita Dinis, Executive Director MDV

Projeto Família was part of the first edition of Social Impact Bonds (SIB), with the investment being led by the Calouste Gulbenkian Foundation and outcome-based contracting through the Portugal Inovação Social Mission Unit. Over three years, between 2017 and 2020, the MDV team carried out its intervention in Porto with 180 children and young people and achieved outcomes far beyond expectations, most notably avoiding institutionalization of more than 50%. MAZE (MAZE – decoding impact), the entity responsible for the performance management and monitoring of the project, and for coordination with Portugal Inovação Social, drew up the final report on the project.³

Since the implementation of *Nova_Mente* (New Mindset) and to date, the team at Pressley Ridge has come a long way and is a leading entity in the field of psychosocial intervention. It has run a Family Support and Parent Counselling Centre (CAFAP – *Centro de Apoio Familiar e Aconselhamento Parental*) since 2015 in the municipality of Amadora – the only centre in the region for several years – and continues to develop its methodology for intervention with families, children and young people, alongside training the professionals of other institutions working in these fields.

Pressley Ridge has now decided to document its methodology in a publication supported by the Calouste Gulbenkian Foundation and share it with all those who work with challenging families in need of social and emotional support in their role as parents.⁴

With the Nova_Mente project as its springboard, the Pressley Ridge *Manual Famílias* (Family Handbook) reflects on the experience of the past years and speaks to the importance and topicality of the methodology adopted, as well as the demand for technical and scientifically validated actions in an increasingly complex field. This publication reinforces the importance of the impact of these interventions and is a testament to the trailblazing role of the Foundation’s “Children and Young People at Risk” area of action.

23

² Final report of the project (MAZE) – maze-impact.com/wp-content/uploads/2021/07/PF-Report-20210720.pdf

³ Idem

⁴ It will be available on the Pressley Ridge publications website – www.pressleyridge.pt/pt/pages/publicacoes

- 8 Parental training projects
- 8 Promoter entities supported by the CGF
- 8 Cities
- 4 Municipalities of the Lisbon Metropolitan Area

6 Promoter entities maintained intervention with families on parenting based on the original parental training project.

1 Entity maintained specialised intervention with families until 2015; since 2015, it has carried out specific actions in the field.

Fundação Portuguesa “A Comunidade contra a Sida”

25



Sustainability of the intervention, by promoter entity

END OF 2019

Movimento de Defesa da Vida

- Runs 3 CAFAPs under an agreement with Instituto de Segurança Social, I.P., in Lisbon, Almada/Seixal and Gondomar;
- Extended use of the intervention model to other municipalities in the country (Porto, Vila Nova de Gaia and Évora);
- The methodology validated for the Portuguese population under the parental training project SAFER (adapted from FAMILIES FIRST, Homebuilders, Michigan, 1974) is a reference for the Commissions for the Protection of Children and Young People nationwide;
- Trains other professionals working in parenting and with families;
- Received support under the scope of the *Portugal Inovação Social* initiative, with the Foundation funding the amount corresponding to that of social investor.

Pressley Ridge

- Opened a CAFAP under an agreement with Instituto de Segurança Social, I.P. in the municipality of Amadora (since 2015);
- Trains other professionals working in parenting and intervention with children, young people and families through its *Academia de Formação* (Training Academy).

Questão de Equilíbrio

- Runs a CAFAP under an agreement with Instituto de Segurança Social, I.P. in Setúbal (since 2016);
- Diversified its range of responses for intervention with families in the community;
- Continues to run two residential homes for young people, a children's home and an independent-living home, in Palmela;
- Trains other professionals working in parenting and intervention with children, young people and families.

Casa da Praia

- Opened a CAFAP in 2015 under an agreement with Instituto de Segurança Social, I.P.;
- The parental training project is still ongoing, focusing particularly on monitoring families with children at risk and on direct specialised support for the children themselves (between the ages of 5 and 12);
- Expanded its family-based intervention to include families whose children are not receiving direct support;
- At the end of 2019, Casa da Praia was experiencing serious financial and management difficulties as it was not meeting all the agreed targets for the CAFAP. At the time of follow up, the association was awaiting a response regarding the restructuring of the intervention under the agreement established with Instituto de Segurança Social, I.P.;
- Its response capacity was reduced between 2018 and 2019 because of the signification damage caused to its facilities by storms, which prevented the use of all spaces, for safety reasons;
- Trains other professional working in parenting and intervention with children, young people and families at risk.

Instituto das Comunidades Educativas

- Following demolition of Bairro de Santa Filomena, in Amadora, where the parental training project was being implemented, Instituto das Comunidades Educativas began its intervention in Bairro da Bela Vista, in Setúbal;
- Actions with families are a key component of its *Programa Educativo de Intervenção Comunitária* (Educational Community Intervention Programme) focusing particularly on socially excluded populations;
- Roma communities are one of the primary targets of its intervention.

Arisco

- Continued its intervention with several target groups (children, young people, parents, families and communities), in different parts of the country, integrating educational and recreational methodologies and tools, mostly in the form of projects/programmes, with competitive funding and/or funding under agreements with various (inter)national institutions;
- Trains other professionals in family-based intervention.

Fundação Portuguesa “A Comunidade contra a Sida”

- Between 2012 and 2015, continued the parental training project, specifically targeting families with children with HIV, with funding received under a competitive call;
- Since then, it has occasionally carried out parental training activities for its target audience.

Associação Margens

- Association dissolved in 2015 after achieving its objectives following professional placement of its members.
- One of the technical staff of the parental training project *Escola de Pais* (Parent School) is still working at the parish council of the União de Freguesias de Massamá e Monte Abraão (unavailable to participate in the follow-up due to being on leave).

All entities maintain partnerships or collaboration with higher education institutions, offering the possibility of academic internships, master’s or doctoral dissertations, and the use of research teams/centres for different purposes (evaluation, supervision, training). They maintain collaboration with international entities in the field at varying levels.

3.1 Innovation and public policy: impacts of parental training projects supported by the Calouste Gulbenkian Foundation

By supporting eight pilot parental training projects and the dissemination of the proposal **16 Principles for Intervention in Parental Training**, resulting from the assessment carried out (Sampaio, Cruz and Carvalho, 2011), the Calouste Gulbenkian Foundation:

a) Assisted the Portuguese State

- In adhering to the principles set out in ***Recommendation Rec(2006)19 of the Committee of Ministers to Member States on policy to support positive parenting***, adopted by the Committee of Ministers on 13 December 2006 at the 983rd meeting of the Ministers’ Deputies, specifically as regards the definition of “legislative, administrative, financial and other appropriate measures for acknowledgement of the essential nature of families and of the parental role and to create the necessary conditions for positive parenting in the best interests of the child. (...) Particular attention should be paid to difficult social and economic circumstances and to crises within families, which require more specific support – parenting in situations of social exclusion”;
- In compliance with the ***United Nations Convention on the Rights of the Child***, namely in response to the recommendations of the Committee on the Rights of the Child made in the Concluding Observations of the Second Evaluation of Portugal (CRC/C/65/Add.11), 731st-732nd UNCRC Meetings (see CRC/C/SR.731-732), and adopted at the 749th UNCRC Meeting (CRC/C/SR.749), on 12 October 2001 (specifically Rec. 29 – “*The Committee recommends that the State party make every effort, to the maximum extent of available resources, to support families in their child-rearing responsibilities and to ensure the protection of the rights of all children in the context of the family environment.*”; Rec. 33 - “*The Committee recommends that the State party: ((...) (b) Develop deinstitutionalization policies and continue its efforts to reduce the incidence of institutionalization of children*”);



© Charlein Gracia, Unsplash

30

- iii) In defining alternative responses to the institutionalization of children and young people, complying with the provisions of the ***Law on the Protection of Children and Young People in Danger*** (Law No. 149/99 of 1 September, in the version in force at the time), and specifically with its Article 41 – *Parental Education*;
- iv) In **deconstructing the invisibility of parental training in public policies**, by enhancing knowledge about the social reality of intervention with families, needs, challenges and constraints, to move from written provisions (“*Law in Books*”) to the effective practical application thereof (“*Law in Action*”);;
- v) In **building the capacity of organisations and professionals in the area and in strengthening and building new partnership networks** between State services, the third sector, communities and families;

Between what was observed and the information gathered on the ground after the end of the projects, it is unanimously agreed that **the Foundation’s choice to focus on intervention with families was decisive for the positioning of the Portuguese State and the organisations dedicated to the protection of children** by giving visibility to and promoting the (re)acknowledgement of the work carried out by entities working with children and young people and their families.

The parental training projects are repeatedly referred to in the field as the “*the springboard for change*”, catapulting the dissemination of the concept of “*positive parenting*” and the promotion of “*parental education*”, which underpinned the launch/regulation of specific measures, subordinated and/or ignored at the time, by State services, organisations and professionals.

It opened the eyes of various entities, such as CPCJ, EMAT, the Children and Family Court, Social Security, and other entities, to the importance of these types of interventions prioritising family preservation.

Susana Bernardo, Project Coordinator, currently on the Pressley Ridge Board, 2019

31

At that time, the biggest challenge was essentially the lack of support at all levels. Families were lost, they had no effective response. Families needed support for which there were no responses other than ours in that region. This is significant, it was decisive. (...) By funding our project, the Foundation believed in what we were capable of doing and this, of course, was very important for all the work that we later carried out.

Maria da Graça Delgado, Project Coordinator, currently on the Movimento de Defesa da Vida Board, 2019

The Calouste Gulbenkian Foundation gave visibility to the government, to the institutions that focus on these matters; it was no longer the institution asking for money from Social Security or that wanted to support this or that initiative... This was a problem that existed and the Gulbenkian Human Development Programme really lent credibility to it, acknowledging that the problem existed, backed up by the work carried out, the way it was carried out, and the tools that were used. It all confirmed that these issues are deep-rooted, that they must be further explored and that there is a lot of work to be done! This led the State itself to tackle the problem of parental training from a different perspective. (...) The NOP – Novas Oportunidades Parentais (New Opportunities for Parents) project brought clarity and knowledge about the practices and what we could do with families, especially because Social Security itself, at the time, did not have a very clear idea about what should



be done with families. The materialisation and implementation of NOP, with the support of the Foundation, was very important because it brought concrete proposals for action and for experimentation and working in a network; a major innovation. (...) NOP made an important contribution and was a reliable mainstay that gave another voice to *Questão de Equilíbrio* and other institutions working with these types of families, at risk, at official institutions with few responses to tackle those problems. But the voice of the Calouste Gulbenkian Foundation itself, with all the documentation and in all the activities proposed and carried out, proved effective, pushing through and galvanising other institutions to follow and regulate the intervention, to better understand what they could do and what the most appropriate practices were. That was very significant. (...) It was a problem that the Calouste Gulbenkian Foundation itself, with its scientific and technical credibility, confirmed, validating the need and the practices and methodologies that some institutions were following and had implemented or experimented with. It was a very important springboard for change in us and in the country.

Fernando Pinho, Director of *Questão de Equilíbrio*, 2019

32

- b) Encouraged the incorporation of scientific and innovative knowledge validated for the Portuguese population into new public policy measures** for the protection of children and young people and for parenting.

The parental training projects contributed significantly to the advancement of scientific knowledge through the validation of programmes for the Portuguese population and the (re) designing of theoretical models, methodologies and strategies/ practices for intervention.

The programme's technical scientific monitoring team was invited by different entities, inter alia the National Commission for the Protection of Children and Young People/National Commission for the Promotion of the Rights and the Protection of Children and Young People, the Ministry of Labour, Solidarity and Social Security, Instituto da Segurança Social, I.P., and Santa Casa da Misericórdia de Lisboa, to share the results of the final assessment of the programme, which informed:

- The regulation of the form of intervention, organisation and implementation of a new social response embodied by the **Family Support and Parent Counselling Centres (CAFAP)**, taking account of their importance in providing specialised support to families and to children and young people (Ministerial Implementing Order No. 139/2013 of 2 April). CAFAPs were created as a social response offering specialised support to families with children and young people, under an agreement between entities and Instituto de Segurança Social, I.P., aimed at preventing and remedying situations of psychosocial risk through the acquisition and improvement of parenting skills in the various dimensions of family life. They cover different levels of educational and psychosocial intervention which, according to the characteristics of the families, include family preservation, family reunification and family meeting point.
- The national meetings for presentation of the CAFAP response at national level;
- The proposal for regulation of the measures provided for under **Article 41 – Parental Education** of the Law on the Protection of Children and Young People in Danger (Law No. 149/99 of 1 September) and revision of the regulation of the framework for the implementation of measures for the promotion of the rights and the protection of children and young people in danger in a natural environment that incorporate the parental training component;
- The national meetings on intervention with families receiving Social Integration Income (RSI);
- The design of the application form for *Projeto de Apoio à Parentalidade Positiva* (Positive Parenting Support Project) led by the National Commission for the Promotion of the Rights and the Protection of Children and Young People, submitted and approved for funding under the Social Inclusion and Employment Operational Programme (ongoing since 2018).

33

We were able to demonstrate the effectiveness of this type of methodology, which is often very difficult because it isn't based on numbers.

Carmelita Dinis, Counsellor, currently Technical Director at Movimento de Defesa da Vida, 2019

The NOVA_MENTE project allowed us to consolidate a range of knowledge and tools that we brought from the United States, from the parent company, and to adapt and validate them for our population. (...) Focus on outcome assessment, the improvement of procedures, internal supervision with more personalised monitoring, and investment in the personal and professional development of employees.

Susana Bernardo, Project Coordinator, currently on the Pressley Ridge Board, 2019

Besides the fact that RIF was a project focusing on family-based intervention, it also gave us tools to continue intervention with families in other contexts.

Sofia Couto, Direção da Arisco, 2019

The quantitative and qualitative outcomes proved that the strategies followed were effective in transforming most of the families that benefited from the intervention.

Psychopedagogue, Counsellor, Pressley Ridge, 2020

- c) Designed an innovative model for technical and scientific monitoring of project implementation** put into practice by the Foundation's team, recognised as key to the Programme's success.

The Calouste Gulbenkian Foundation's monitoring model, in close collaboration with the funding entity and the other projects, was unique. It was very important at the time. As was the continuous monitoring by the Foundation and seeing what the challenges were, and what actions needed to be taken to change things. Today we carry out a lot of our work at the CAFAP and through projects funded via Portugal 2020, for which there is no monitoring, only a concern for financial execution and final outcomes. I think it is also very important for us as institutions to encourage such monitoring for reflection; in this case there was even internal reflection on our methodologies and on the outcomes, which was very important and unusual.

Carmelita Dinis, Counsellor, currently Technical Director at Movimento de Defesa da Vida, 2019

Another decisive factor for the Calouste Gulbenkian Foundation team as their sensitivity towards something that is probably not easy, not very... not very common. I mean, if things aren't going well you must have faith and that too, of course, doesn't come out of nowhere. There were reasons for the Foundation to believe in the project when we were having difficulties implementing it and to believe that we could still succeed. But they could have chosen not to believe in it. They could have turned around and said 'Look, if that's the way it is, stop.' They could have stood their ground, saying 'No, this is what we agreed to.' They could have simply provided bureaucratic support, monitoring with a bunch of shortcomings that I, who lives and works in Portugal, know exist and that easily occur in all other areas of my life. But they didn't. In this case that didn't happen, it didn't happen, and that is one of the most interesting recollections I have of the RIF project. That's one of the most interesting recollections that comes to mind, that capacity for change that the RIF team only found because we were given the support to make it happen, because otherwise, regardless of the team's ability to rethink and to find a another way, things might not have gone well and might not have materialised at all.

Helder Soares, Project Coordinator and Counsellor at Arisco, 2019

It enabled greater proximity and feedback between the project's technical team and the Foundation's monitoring team. It enabled contact between projects and the sharing of challenges and methodologies.

Ana d'Espiney, Project Coordinator, Instituto das Comunidades Educativas, 2019

The tools developed by the working group of the Calouste Gulbenkian Foundation's Human Development Programme supported the work carried out and facilitated intervention for the future – which is now. The work carried out ultimately provides us with a knowledge of what was and what we can try to do better for the future.

Mário Teixeira, Project Manager, Questão de Equilíbrio, 2019

3.2 Impacts on the community: building networks, strengthening partnerships

The creation and dissemination of innovative and diversified responses that promote positive parenting that goes beyond the initial focus on families at risk and which extends to any family is one of the most significant contributions of the projects for change in communities, once principles, strategies and actions are strengthened for effective community-based intervention.

Optimised management of local resources and continued community-based sharing and learning practices are also some of the impacts most referred to in the information collected in this follow up.

The community benefited from a broader and more differentiated response. Partners now have a family-focused response, with direct and intensive intervention at the family's home, in order to meet the various needs of the family and that would have been impossible to address if not for the Nova_Mente project.

Susana Bernardo, Project Coordinator, currently on the Pressley Ridge Board, 2019

The partner entities saw their actions enhanced by the project team and its resources, with the community benefiting from all project activities, which, besides parental training sessions to empower families, included the enhancement of territorial competences.

Ana d'Espiney, Project Coordinator, Instituto das Comunidades Educativas, 2019

The RIF project promotes community-based responsibility (...) our greatest strength was being able to carry out our activities not only in partnership with, but truly together with and within local institutions, within day care centres, where parent groups were formed.

Helder Soares, Project Coordinator and Counsellor at Arisco, 2019

What is now often referred to, but which we were already implementing with the Foundation, is the fact we take care of the carers. The project gave us this and it is an internal practice at our institution. (...) It is, above all, the ability to create these places for reflection and face-to-face dialogue, where people can openly talk about the difficulties they are facing and share them with the other partners. How the activities are going, what constraints they encounter, but also the experiences, the strategies and the methodologies that are being used and that can also be valuable

input for others. So rather than everyone just working in their own 'tiny corner', we can actually and truly leverage the network and work together as a team to make a concerted and coordinated effort.

Raquel Gonçalves, Counsellor, Movimento de Defesa da Vida, 2019

3.3 Impacts on the promoter entity

For most of the promoter entities the parental training project was decisive in their growth as they ensured its sustainability, mainly due to public recognition that led them to embrace new social responses under an agreement with Instituto de Segurança Social, I.P.. The change in organisational culture and practices, and in management (including financial management) and intervention tools, as well as the consolidation of a strategy of specialisation (re)directed towards intervention with families, are some of the most significant impacts identified nearly nine years after the end of funding by the Calouste Gulbenkian Foundation.

Extension to new target groups and regions and the promotion of a diversified offering of training and capacity building for other professionals and entities on the ground are two of the guiding priorities resulting from the implementation of the projects.

The Laço project reinforces the work we've done and continue to do. It has enhanced our intervention and given it greater visibility.

The Laço project basically consolidates our entire strategy, which we follow to this day: working with people, building relationships, gradually strengthening our bond, and always trying to build with them what is best for them. That is the heart of our strategy.

Manuela Correia, ICE, Project Collaborator, currently Coordinator at Instituto das Comunidades Educativas, 2019

The pilot and the impact and outcome assessment later allowed us to conclude a cooperation agreement with Instituto da Segurança Social, I.P. for the CAFAP. (...) We stayed in the municipality of Amadora, which is excellent in terms of partner knowledge. We were able to continue working with and building the network, which further enriched and strengthened our work, and from then on we always focused more on intervention in the community.

Susana Bernardo, Project Coordinator, currently on the Pressley Ridge Board, 2019

Having results validated in national territory, with identified characteristics and proven outcomes was very important to MDV's growth. By funding our project, the Foundation believed in what we were capable of doing and this, of course, was very important for all the work that we later carried out. (...) The fact that the Foundation recognises the merit – given the Calouste Gulbenkian Foundation's role and reputation –, the fact that it has acknowledged us, has also inevitably opened doors to building relationships with other entities. Perhaps it is because we went to an area that was not new, but at the same time not well-known, with this seal of approval, this validation, supported and monitored the Calouste Gulbenkian Foundation, which was very important for us and added significant value, that we now operate nationwide.

Carmelita Dinis, Counsellor, currently Technical Director at Movimento de Defesa da Vida, 2019

All the work we've done with the families living in those areas, besides shaping the project itself, also allowed us to think about, when implementing the project, to reflect on how we implement our projects, on how we approach these areas and the needs identified, and on how we implement our projects in the various regions. We had to think about what could enhance our work or make it difficult, and this is ultimately, in one way or another, applicable to all our other projects, which are mostly all community intervention projects.

Sofia Couto, Arisco Board, 2019

3.4 Impacts on professionals

The technical staff involved in the projects were impacted on two levels: personal development and professional development. With regard to personal development, they are "*much better prepared*" in terms of critical thinking skills, problem solving, knowing how to deal with unexpected changes, taking initiative, knowing how to bring acquired skills to bear, working as a team, and connecting in other contexts.

Portrayal of the impacts on professionals outlined in this report focuses only on the testimonials collected that highlight some of the changes that have taken place.

Looking at an individual as a person and not as a mother who, sometimes, is flagged and referred to us with a long list of shortcomings, weaknesses and difficulties. To see her as a person with strengths, potential and weaknesses who is simply at a stage in her life where she is struggling and is doing the best she can for her children. This was undoubtedly one of the greatest lessons of the Nova_Mente Project: to look at the other from a different perspective, to give them the opportunity to believe in their strengths.

Susana Bernardo, Project Coordinator and currently on the Pressley Ridge Board, 2019

These past 10 years have very much been years of personal growth. I think I have become... correction, I know I have actually become a better person and consequently a better professional because I have gained a truer picture of what the needs of this community are.

Ana Vaz, Counsellor, Pressley Ridge, 2019

I feel the impact on my professional life every day because it has helped me to better integrate this dimension of parenting intervention with the type of patients I deal with every day, many of whom are parents. It allowed me to learn more and this clearly had a lot to do with the theoretical construction of the project, with the study, with what I learned with my colleagues, with what I could then learn in practice in the intervention, with the reflections, with what I learned from the other projects being implemented at the same time as the RIF (Family Intervention Network) backed by the Foundation. And I feel it, I feel it every day! So that is something very, very positive. I got so much out of it.

Helder Soares, Project Coordinator and Counsellor at Arisco, 2019

For me, personally, I think the RIF project was very important, starting right from when we began shaping the project. How do you shape a project? How does one find a common theoretical thread among such a diverse technical staff that makes us shape a project? I think that experience was very important. So too was the experience of adapting a project that was so well thought out, that we considered to be theoretically sound and that we truly believed in, and then implementing this very theoretical idea on the ground in what was a completely new field for us at the time. The entire process of adaptation on the ground, I think, was a great professional and personal learning experience for me.

Carla Sampaio, Counsellor, Arisco, 2019



The project was really a period of great growth even at an individual level (...) It was a stepping stone to working effectively with people who were somewhat forced to participate and with the added challenges this entails in our intervention as counsellors. I look back on that period with fondness.

Carmelita Dinis, Counsellor, currently Technical Director at Movimento de Defesa da Vida, 2019

3.5 Impacts on the beneficiaries of the interventions: families

As with the professionals involved, information on the impacts of the interventions on the beneficiaries of the projects so many years later, owing to the legal constraints already mentioned, was collected from the testimonials obtained from entities and professionals.

The primary goal of family preservation was achieved for the overwhelming majority of participating families and this guiding principle continued to be followed over the years, according to the indicators collected during the visits undertaken to the entities.

Worthy of note, since the Foundation's support ended, is the growing demand and requests from official bodies with competence in the matter (courts, protection commissions, and the departments of Instituto de Segurança Social, I.P., Santa Casa da Misericórdia de Lisboa, among other bodies), as well as requests from families in the respective communities, on their own initiative, for parental training and family monitoring interventions. This trend is clearly reflected by the majority of the promoter entities that continued to pursue this type of activity, with the exception of Casa da Praia in the last two years considered in the follow-up.

Moreover, some of those responsible for these entities have noted that some of the new social responses from Instituto de Segurança Social, I.P. do not go so far in terms of the forms of intervention developed and actions taken compared to what was accomplished through the projects, and, based on the validated outcomes, therefore seek to complement their intervention with other activities aimed at strengthening the autonomy of the families.

We need to be with the families, in their environments, in their homes, to understand their difficulties. (...) We maintain contact with many of the families with whom we worked in the project. The most important impact is for them [the families] to feel excited to tell us when things are going well and that they know that they can come to us and ask us for help when they are not. I think that is the most important impact for us, building relationships of trust, which we were undoubtedly able to do.

Ana Vaz, Counsellor, Pressley Ridge, 2019

The approach of the SAFER project is to respect families, their freedom, including their desire for intervention, their freedom to choose, the path they want to follow, and their options, and, therefore, families reacted very well to this form of intervention. They didn't expect to be shown respect. It was an innovative approach, a new approach... They were not used to the idea of the counsellors being so accessible..

Maria da Graça Delgado, Project Coordinator, currently on the Movimento de Defesa da Vida Board, 2019



© Scott Webb, Unsplash

3.6 In conclusion

In the words of Prof. Dr Daniel Sampaio at the launch of the parental training projects under the Gulbenkian Human Development Programme in 2007 ***“I believe that this line of intervention by the Foundation will help set a new policy for families and children and will build the capacity of psychosocial technical staff who intervene in this sector”***. This report identifies a set of indicators that confirm that the objectives of this initiative were largely achieved and a substantial number of the projects and organisations supported are a benchmark for intervention with families, children and young people.

It was only in 2013 (Ministerial Implementing Order No. 139/2013 of 2 April, issued by the Ministry of Labour, Solidarity and Social Security) that the need for specialised intervention with families at psychosocial risk was acknowledged, carried out by multidisciplinary teams, to enhance the parenting, personal and social skills of families, with a view to the full development of children and young people within the family, and establishing the form of intervention, structure and operation of the CAFAPs.



FCG A TRAILBLAZER IN THE AREA OF INTERVENTION WITH CHILDREN AND YOUNG PEOPLE AT RISK knowledge, innovation, empowerment, change	INNOVATION AND PUBLIC POLICY Contribute to the setting of more efficient and effective public policies	CONTRIBUTIONS TO OFFICIAL BODIES	
		DECONSTRUCTING THE INVISIBILITY OF PARENTAL TRAINING IN PUBLIC POLICIES: <ul style="list-style-type: none">production of scientific knowledge (bottom-up)making ‘voices’ heard on the ground to policymakersestablishing indicators on children at riskpublic (re)awareness of the need for specialised intervention in the areaconsolidating monitoring and evaluation mechanismsmobilising new actors for intervention in the promotion and protection system	<div>Support for the Portuguese State in adhering to/complying with international conventions and recommendations (UN, EU)<ul style="list-style-type: none">Positive parentingRights of the childChild protection</div> <div>Incorporation of innovative knowledge validated for the Portuguese population into public policies:<div>Contributions to new social responses and programmes (CAFAP, Positive parenting; Intervention with RSI families; National Council of Children and Young People);</div><div>Regulation of public policy measures Parental education, Measures for empowerment in a natural living environment, Residential and family care).</div><div>From policy to practice:<div>Intervention programmes/models based on scientific evidence;</div><div>Project tools are trend-setting on the ground;</div><div>Proposals for assessment and monitoring models.</div></div></div>
	REAL-TIME EMPOWERMENT Promote effective change in people’s lives	SUSTAINABILITY OF THE INTERVENTION / CAPACITY BUILDING	
		PROMOTER ENTITIES	<ul style="list-style-type: none">6 entities bolstered/diversified their activities in the area, 2 maintained their activities, and 2 were dissolved;Extension of the social responses under agreements with the State (6 CAFAP; new (a)typical agreements; independent living apartments)Enhancement: replication of the projects in other entities/regions;Incorporation of tools in daily practice.
		COMMUNITY(IES)	<ul style="list-style-type: none">Expansion and diversification of social responses;Empowerment of local and national networks and professionals;Training new audiences (higher education).
		PROFESSIONALS	<div>Personal development Emphasised by the professionals themselves</div> <div>Professional development Knowledge acquisition, development of technical skills</div>
		BENEFICIARIES	<ul style="list-style-type: none">Ensuring access to basic services and care;Greater effectiveness of interventions (especially family preservation, transition to independent living of young people under care);The beneficiaries of the interventions are now community “resources”.



FUNDAÇÃO CALOUSTE GULBENKIAN

Children and Young People at Risk

Parental training projects and their impacts 2007-2018

Editorial coordination and content production

Anabela Salgueiro

Fundação Calouste Gulbenkian

Maria João Leote de Carvalho

Assistant Researcher, Faculty of Social and Human Sciences,

CICS.NOVA – Interdisciplinary Centre of Social Sciences

NOVA University Lisbon

Graphic production

Clara Vilar

Graphic design

Andreia Constantino

Catarina Castro

Translation

Lima Translations

ISBN 978-989-8380-41-8

Lisbon, November 2022

