

DESCRIPTION OF THE PRACTICE

1. Title of the practice

Espai Cabestany – Targeted support for young care leavers in their pathway to autonomy

2. Organisation responsible for the practice

Department of Social Welfare and Family, Regional Government of Catalonia, Spain

3. Contact person(s)

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4. Summary of the practice

“Espai Cabestany” is a programme for children and young people in care and those leaving the care system. The programme was initiated to provide a new kind of service to this specific target group and intends to better meet their needs. “Espai Cabestany” follows an integrated model providing young people with housing, education, training, financial support, legal assistance, as well as support for their social and labour market integration.

An integrated approach

Young people in the programme benefit from individual action plans that enable resources to be made available for individual measures. This approach makes the support very individualised and it allows it to respond closely to what the young person needs.

In the implementation of the individual action plans, different professionals from the public, private, and third sector cooperate with each other. The development of each young person is monitored closely after entering the care system and the monitoring system follows a standardised procedure. At the beginning, the young person receives a lot of support, which gradually diminishes over time. This step-by-step reduction in support is expected to improve the young person’s independence. The individual action also leads to very close relationships between the professionals and the young people.

5. National/regional/local context of the practice

Regional context of the practice: The regional government has the exclusive competence over the child protection system. This means that the regional government provides care facilities and makes guardians available for vulnerable children. In the specific cases of young offenders, the regional government is also responsible for the juvenile justice system.

In accordance with Articles 146, 151 and 152 of the Law 14/2010, the responsible authority needs to provide young people in the care system with specific support in their transition to adulthood.

The following organisations cooperate for the implementation of the programme:

- General Directorate for Children and Adolescents;
- FEPA (Housing programmes National Federation);
- Servei Solidari (private foundation);
- Consorci d’Acció Social de Catalunya (public entity);
- “la Caixa” Foundation.

6. Staff involved

Staff from different professional background are involved in the programme: education, health, employment, social services, and public and private organisations.

7. Target group

“Espai Cabestany” is a programme for young people leaving care between the ages of 16 to 24 years, who are making the transition into adulthood.

8. Aims of the practice

- Helping young people to become autonomous adults;
- Ensuring an effective child protection system;
- Providing young people with community-based and person-centred support across different areas (care, housing, education, training, employment).

9. Issues for social services

Service Integration/ Cooperation across services	x	Service Planning	x	Contracting	
Technology		Skills development (of the workforce)		Quality of services	
Others: _____					

ANALYSIS OF THE PRACTICE

10. Status

Pilot project (ongoing)		Project (ongoing)		Implemented practice (restricted areas)	
Pilot project (terminated)		Project (terminated)		Widely spread practice/rolled out	x

11. Scope of the practice

Describe the setting of the practice, considering the following criteria:

- *Micro level practice:* practice that involves individuals at local level
- *Meso level practice:* practice that involves organisations or communities
- *Macro level practice:* practice that involves large population groups

Meso level: The programme is implemented at regional level in cooperation with local authorities and other partner organisations across various sectors such as education, health, employment, social services, and public and private organisations.

12. Leadership and management of the practice

Description of the leadership of the practice, considering the following criteria:

- *Collaborative management:* shared between large partnerships, often of central, regional and local representation
- *Organisational management:* by one organisation
- *Professional management:* managed by a single person
- *Shared management:* shared with no defined leadership

Organisational management: The child care system is the exclusive competence of the regional government.

13. Engaging stakeholders in the practice

Description of the engagement of stakeholders, considering the following criteria:

- *Individual practice:* individuals have sought practice change
- *Network approach:* one or more organisations develop a network
- *Collaborative approach:* large collaboration with relevant stakeholders

Network approach: The programme is based on cooperation between different providers, but the Regional Government of Catalonia is responsible for the overall leadership.

14. Involvement of service users and their families

Description of the involvement of service users, considering the following criteria:

- *Team involvement: service users and carers were part of the practice team*
- *Consultative: a consultative body of users was set up for an on-going dialogue and feedback*
- *Involvement in care: person-centred approaches to care/support*

Involvement in care and team involvement: The care team consists of experienced professionals who cooperate both with the young person regarding their care and between the staff. The various professionals involved have access to information regarding the young people. Young people in the programme have the opportunity to involve their families in “Espai Cabestany” according to their individual care and family situations.

15. Costs and resources needed for implementation

Description of how the practice is financed, considering the following criteria:

- *Within existing resources: staff time and other resources are provided ‘in-house’*
- *Staffing costs: costs for staff investment*
- *Joint/Pooled budgets: two or more agencies pool budgets to fund services*
- *Funded project: external investment*

Within existing resources: The regional government incorporates the resources for the child and youth care system in its public budget. The implementation of services for child and youth care is partly outsourced to third sector organisations.

16. Evaluation approaches

Description of the evaluation method of the practice, considering the following criteria:

- *Multi-method: use of both a qualitative and a quantitative approach*
- *Single method: qualitative or quantitative approach*
- *Audit: looks at data sources such as existing medical records, and/or other routinely collected service data.*
- *Informal: refers to in-house service evaluation using locally designed tools and/or collecting opportunistic feedback*
- *No evaluation*
- *An evaluation is planned*

Multi-method: The programme has been evaluated, taking into account both the qualitative experiences of young people as well as quantitative figures regarding the transition into employment.

17. Measurable effects of the practice and what it has achieved for...

Service users	More resources are made available for the young person’s individual and personal workplans. This leads to better outcomes in terms of access to education, health status, and transition into employment.
Formal care givers	The staff follows established routines for cooperation, which creates a positive working atmosphere.
Informal carers	Families of the young people have the opportunity to provide their input in the programme.
Organisations	The newly established system led to more effective planning of network-based services and a better use of resources.
Other	n. a.

18. Anticipated or 'aspirational' effects of the practice and what it has achieved for...

This category can include outcomes which are not documented, quantified or properly evaluated. They can include such elements as improved knowledge, quality, workforce, etc.

Service users	The programme was set up to improve the quality of care in the child protection system, notably in regards to the transition into adulthood and employment for young people.
Formal care givers	Establishing good working conditions between professionals from different organisations.
Informal carers	n. a.
Organisations	n. a.
Other	n. a.

19. How the practice has changed the way the service is provided (lessons learned)

The programme has made more resources available, allowing more investment into the individual care for each young person. Over the long-term, this higher investment will generate better results across a number of areas (health, housing, education, training, employment).

20. Sustainability of the practice

Description of whether the practice is sustainable, considering the following criteria:

- *Potential for sustainability:* practice was newly started or is on-going/not yet mainstreamed. How could the practice be sustained (in terms of resources)?
- *Organic sustainability:* service users have been empowered to take the practice forward
- *Established:* the project has been operational for several years

Established: The project has been operational for several years.

21. Transferability of the practice

Description of whether the practice has been transferred, considering the following criteria:

- *Transferred:* transfer to other regions, countries, service user groups, etc.
- *Potential for transferability:* there is interest from the outside; elements of the practice have been taken up and used elsewhere; material for transferability (for ex. training material) has been developed

Transferred: The Regional Government running the programme only has competence for its own region. In Catalonia, the programme is fully rolled out and young people from across Catalonia have access to the programme.

Potential for transferability: The concept could be transferred to other regions as well. However, comparatively speaking, the region of Catalonia has more budgetary resources than some other regions in Spain.