

Barnardos Strategy 2019-2021

Barnardos **aspiration** is to become a leader in the field of trauma informed work with vulnerable children and families. This means bringing a holistic mind, body and heart approach to our work and draws on recent progress in the understanding of human development and how the brain works.

This aspiration is underpinned by a promise to help vulnerable children overcome adverse experiences, have happier childhoods and achieve better outcomes for them and their families.

Figure 1: [Adverse Childhood Experiences - Barnardos](#)

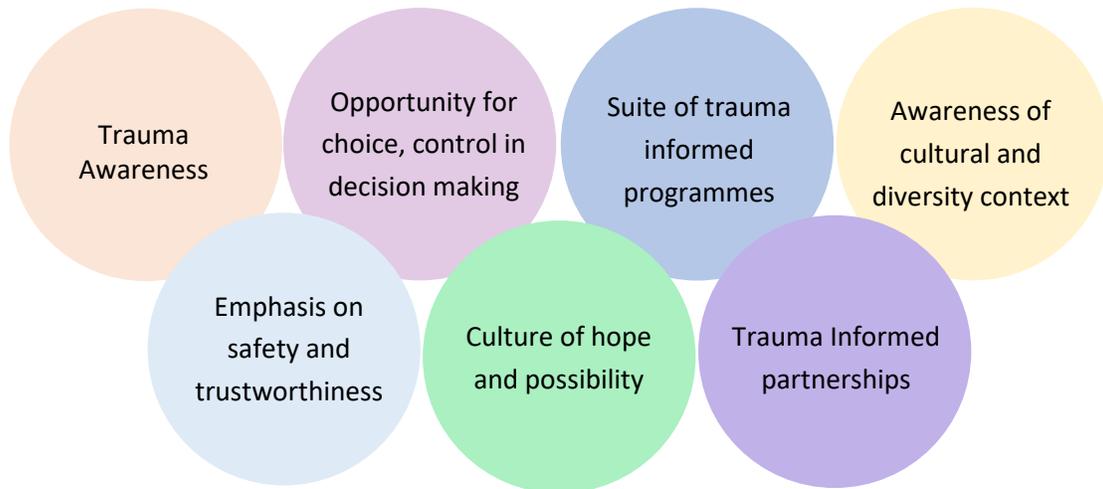


The **Barnardos strategy for 2019-2021** will build on our past service developments and strengths which have ensured high quality service provision. It incorporates current research and thinking on the impact of trauma and childhood adversity, both during childhood and across their lifespan. Our commitment to prevention and early intervention and our long term objectives out to 2037 remain unchanged. What is new is the introduction and implementation of a trauma informed approach in our work.

Strategic choices for 2019-2021

Our primary concern is **vulnerable** children. Vulnerable children being defined as children who have experienced an adverse event in their lives in relation to which they and their parents need support, or children who are living in a challenging environment where their needs are not being met.

Our services to children and families will be informed by a holistic mind, body, heart approach to the work, drawing on recent developments in the understanding of human development and how the brain works. The introduction and implementation of a trauma informed approach in our work is informed by:



Research and innovation will be key to our sustainability and to delivering on our objectives.

Our policy influencing work will be based on our knowledge of the needs of vulnerable children and we will be demonstrating solutions based on our work, and our innovation and research.

Financial sustainability is a key goal and we will deliver a break even budget by 2021.

The choices will be delivered through achieving the following objectives by the end of 2021:

- The development of a suite of trauma informed services and establishment of trauma informed centres
- The provision of trauma informed family support, early years, and related specialist services to a high and consistent quality across Ireland
- Conducting and publishing evaluations that monitor and produce evidence of our programme effectiveness
- Increasing the reach of Barnardos services - with a specific goal of an additional 1,000 children and parents receiving a service from Barnardos by 2021
- Delivering a break even budget by 2021

New vision and mission

Our Vision is a country where every child can reach their full potential.

Our Mission is to deliver services and work with families, communities, and our partners to transform the lives of vulnerable children who are affected by adverse childhood experiences.