

Strengthening Parental Relationships

Hampshire's Reducing Parental Conflict offer

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The Reducing Parental Conflict Programme

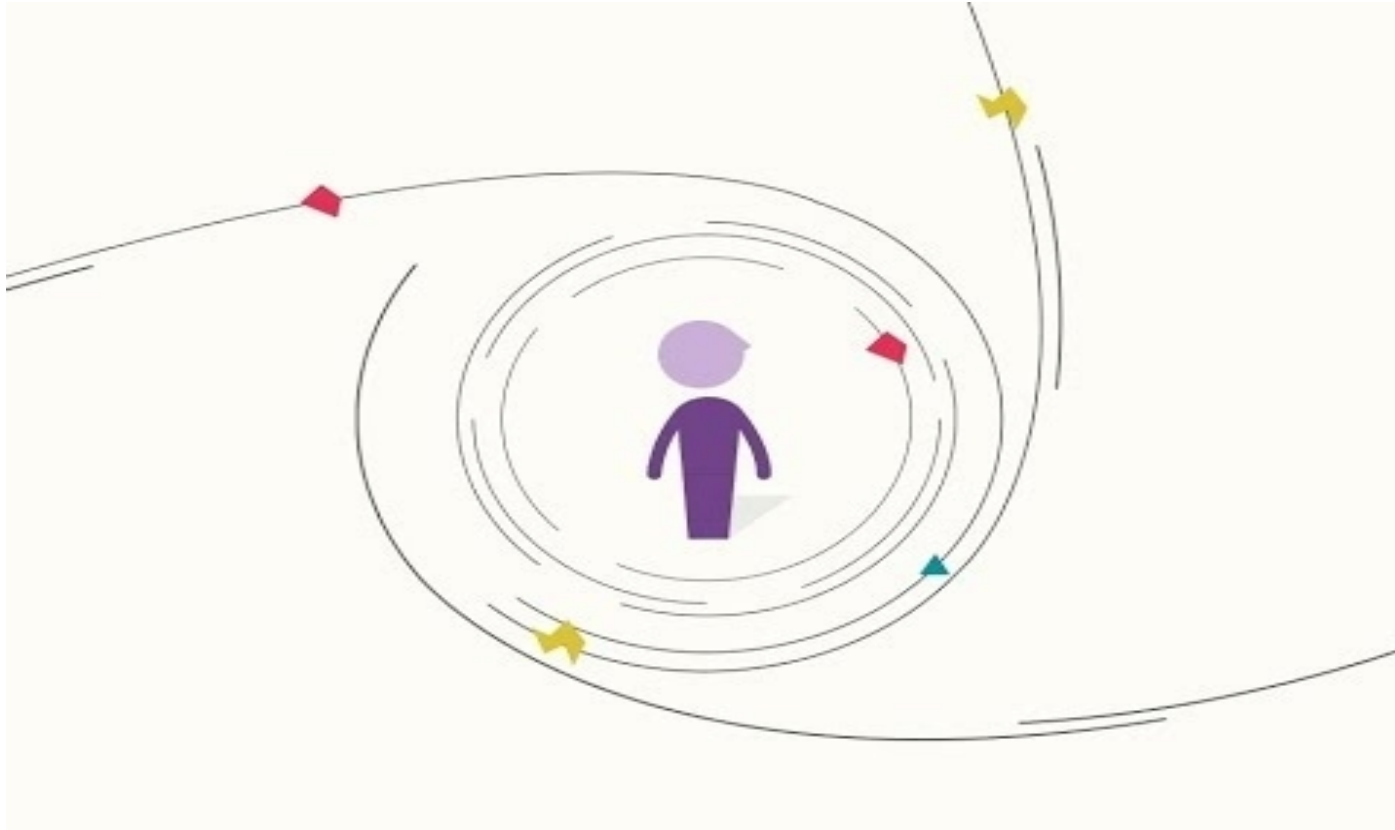
- **Launched 2018**
- Department for Work and Pensions (DWP)
- Focus on training, very rigid frameworks
- One year funding cycles

- **2022: LAs have greater flexibility**
- Embed help for parents
- Improve local capability to identify these parents
- 2-3 year funding cycle
- More flexibility for innovative approaches

Strengthening Parental Relationships

- When conflict is **frequent, intense, and poorly resolved** it can place children at risk of:
 - mental health issues
 - behavioural, social and academic problems
 - significant effect on a child's long-term outcomes
- 12% of all children (over 38,000 children in Hampshire) and 21% of children in workless families have parents in a distressed relationship.

Strengthening Parental Relationships.



Parenting programmes are less likely to be effective if there is unresolved conflict: Here is a video from the EIF explaining why...

What needs to happen?

Help parents / carers to:

- Understand triggers for conflict
- Understand the impact conflict has on their children
- Learn more helpful conflict behaviours

Support practitioners to:

- Be curious about parental relationships
- Talk about parental relationships with families
- Distinguish between Domestic Abuse and harmful conflict

For Families: Universal offer

- Digital Interventions for parents

<https://www.oneplusone.org.uk/parents>

- 174 parent registrations
- 88 parent using the courses
- 37 completed courses

(April 2023)

- Online toolkit

[Strengthening Parental Relationships - Hampshire SCP](#)

Quotes from parents: OPO Digital Interventions

- Communication and understanding are essential to a healthy relationship. Most importantly a happy and healthy relationship and communication for parents sets out a healthier and happier childhood for children.
- I've learned that the child can be impacted now and later on in life with relationship problems and ways to try and resolve arguments
- (I've learned) that I need to be more attentive to my partners feelings and listen more instead of criticising
- Communication is a lot better talking about feelings rather than ignoring them
- Negotiation better, be careful what you say or how you say things around the children, talk to the other parent not the child to make arrangements
- Staying calm is key and despite not agreeing with the other parent, trying to see if from their view is important

For Families: High Intensity Expert Provision

Mediation / Couple Support

- Mediation Now: Mediation
- Southampton Family Trust: Couple Support
- Contract to March 2024 (ext 2025)
- Capacity: 105 cases

(Mediation 3-4 sessions; Couple support: 6 sessions)

Family Counselling

- Hart Voluntary Action
- Off the Record
- Contract to March 2024 (ext 2025)
- Capacity: 99 cases

(Typically 6 sessions)

High Intensity Expert Provision: Referral Process

- Pre pre-referral information and activities – appropriate referrals
 - Universal digital interventions offered first
 - Wrap around support practitioner
 - Distinguish between Domestic Abuse and Parental Conflict
 - Consent & Privacy Notice
 - [Practitioners - Hampshire SCP](#)
- Secure email to SPR inbox: spr@hants.gov.uk

For Practitioners:

Training



OnePlusOne training: digital resources (online)



Advanced Development for Professionals delivered by Relate (online & in person)



De-escalation for call handlers (MASH / CRT) (online)

Ongoing support

- Lunch & Learn sessions with OnePlusOne
- Online Toolkit via HSCP
- Coordinator updates / liaison



What's next...

- Embed use of digital interventions
- Effective use of the commissioned 'High Intensity Expert Provision'
- SPR Pathway
- Independent Evaluation

Thank you

Questions & feedback

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