Programme specifications

Specialist Intervention	Intensity Level	Group or Couple	Programme Information
MBT – Parenting Under Pressure	High	Couple	For couples and separated co-parents with children of all ages. Applicable to higher levels of inter-parental conflict, including where alcohol/substance misuse may be a factor. Focus on the feelings behind conflict behaviour and to promote an awareness of how conflict impacts on the wellbeing of children. Duration of 10 sessions.
Incredible Years - Advanced Programme	High	Group	For couples with children aged 4-12 years. Focus on parents' and children's communication and problem-solving skills, knowing how and when to get and give support to family members and recognising feelings and emotions. Completion of a 'Basic' Incredible Years programme is desirable before progression to this Advanced pathway. Duration of 9 to 11 sessions. NB: Short (8-week) version of Basic programme available for parents who have not previously undertaken this to support access to the Advanced pathway.
Parents Plus - Parenting When Separated	Moderate	Group	For separated couples. Supports separated parents to re-focus on the needs of children, helping them to manage the stress of separation and to improve communication between co-parents. Duration – 6 sessions
Family Check Up	Moderate	Couple	For couples and separated co-parents of children aged 2-14 years. Supporting parents to communicate with one another and understand the impact of conflict on their children. Duration of 3-4 sessions

These programmes do not aim to address domestic abuse. Practitioners should always follow organisational policies and procedures on responding to domestic abuse and seek advice and oversight from an appropriate manager where domestic abuse has been identified in casework.

Find more tools and resources online here - http://reducingparentalconflict.eif.org.uk/

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Reducing Parental Conflict Programme North East

Relationships Matter

Information for practitioners

Parental conflict, including where parents are together or separated, which is frequent, intense and poorly resolved, puts children's mental health and long-term life chances at risk. The Reducing Parental Conflict Programme – known as 'Relationships Matter' in the North East Region - provides four new pathways of intervention proven to reduce parental conflict and improve outcomes for children.

This brief guide sets out the referral process and details of the available programmes for practitioners working directly with families.

Programme Eligibility

Parents must have at least one child aged 0 – 18 years (child with a disability, aged 0 – 25 years) or be expecting a first child. A minimum of one parent must reside within a Local Authority boundary within the North East Contract Package Area (CPA), including:

NORTH of the region	SOUTH of the region
Durham	Hartlepool
Gateshead	Middlesbrough
Newcastle upon Tyne	Redcar and Cleveland
Northumberland	Stockton on Tees
South Tyneside	
Sunderland	
Provider - Relate	**Provider – Changing Futures North East**

The Referral Stage Questionnaire

The Referral Stage Questionnaire (RSQ) is a tool designed to assess the level of conflict between parents and determine the level of support required by the family.

There are four types of bespoke questionnaire, each taking about 15-20 minutes to complete:

- Parents who have children
- Separated parents with children
- Parents expecting first child
- Separated couple expecting first child

About the RSQ

- The RSQ has been developed through research, every question is there for a reason
- Good RSQs start a process of reflection on relationship conflict – it is not simply 'a form'
- The RSQ score is linked to thresholds for a 'High' or 'Moderate' intervention
- Some RSQs will score the 'Low' level but must still be shared with the Gateway

Referral process

1. Practitioner provides support to parent to complete the correct version of the Referral Stage Questionnaire (RSQ).
2. Practitioner sends RSQ and Participation Agreement (signed by parents and practitioner) to **rpcgateway@gateshead.gov.uk**
3. Referral Gateway logs the RSQ and sends to DWP and programme provider for eligibility checks to be undertaken.
4. Provider contacts practitioner to confirm eligibility (or not) and arrangements for initial appointment. If not eligible, practitioner to consider alternative support solutions on relationship conflict.

Your role as a frontline practitioner:

- Develop your awareness of the questions and format – try it for yourself;
- Be clear, confident and positive about WHY parents are completing the RSQ; it helps to understand their unique situation; it will help them get help that is most likely to meet their needs;
- Encourage independent completion wherever possible, supporting only when needed;
- Try not to worry that the questions might be taken the wrong way – most parents welcome being able to answer/discuss these issues as it gives hope that they will receive some help with the problems raised.

Role of the Referral Gateway

The Referral Gateway Team are based in Gateshead Council, Civic Centre, NE8 1HH and can be contacted (Mon-Fri, 9am-5pm) on 0191 433 3355 or at rpcgateway@gateshead.gov.uk.

The role of the Referral Gateway is to:

- Provide advice and support to frontline practitioners
- Receive and record the Referral Stage Questionnaire
- Work with providers and practitioners to support attendance on programmes
- Analyse referral trends and proactively address any barriers to accessing programmes