

HAMPSHIRE COUNTY COUNCIL**Report**

Committee:	Children and Young People Select Committee
Date:	30 September 2011 at 10 am
Title:	Parenting Support in Hampshire
Reference:	3293
Report From:	Steve Crocker, Deputy Director Children Services

Contact name: Volker Buck, Strategic Lead Family and Parent Support

Tel: 01962 846197

Email: Volker.buck@hants.gov.uk

1. Purpose of Report

- 1.1. This report gives an overview of services delivering parenting support, outlines key messages from research and gives examples of good practice in Hampshire.

2. Contextual Information

2.1. Parenting Support in Hampshire

The Hampshire Children's Trust recognises that the responsibility for bringing up children lies with parents and not with the state and that good parenting is key to achieving the vision to make Hampshire a better place for children and young people. The majority of parents manage this task well, however there are instances where additional support is needed.

Whilst poverty and social disadvantage are widely recognised as prime risk factors to children achieving their potential, research evidence¹ clearly shows that the link between deprivation, underachievement and a repeated cycle of social exclusion is not set in stone and that the home environment can act as a significant modifying factor. Confident, supportive parenting has a significant beneficial effect on children's outcomes even after all other factors shaping attainment such as parents' social class and educational background have been taken out of the equation.²

¹ Sylva et al, 2004

² Desforges, 2003

³ Barlow et al, 2007

In Hampshire we want parenting to be a fulfilling and enjoyable experience that improves the outcomes for all children and young people and makes Hampshire a better place for all. There is a continuum of services available to parents from universal to targeted. Where there is significant safeguarding concern linked to a parent's ability to bring up children interventions are formally imposed.

2.2. Services supporting parents in Hampshire

Over the past few years Hampshire received ring fenced grants to invest in evidence based training leading to more than 400 practitioners being trained in a range of programmes to support parents. The centrally co-ordinated training was offered to more than 30 services with the largest groups of trained practitioners coming from Children Centres (135), Parent Support Advisors (34) and Locality Teams (29). A full breakdown of the trained workforce by service and geographical area can be seen in *Appendix 1*.

It is important to make a distinction between parent support and parenting support. The former could refer to a wide range of activity which supports someone who is a parent, the latter is working specifically with a parent or carer to enhance their parenting role. The services mentioned in this report are 'services which aim to enable parents to enhance their parenting. These include formal and informal interventions to increase parenting skills, improve parent/child relationships, parenting insight, attitudes and behaviours, confidence in parenting.'³

Work with parents takes place in both group and one to one settings. Parenting programmes and interventions cover a range of topics and the right parenting programme or intervention for each parent needs to be selected through appropriate assessments.

2.3. A brief description of parenting support in Hampshire delivered by Children's Services Department and partners:

- **Children's Centre Family Support Outreach Workers.** Assist families in clarifying their immediate needs and support them in taking steps to meet them. Facilitate and deliver individual or group support and interventions to improve parental capacity and family relationships. Request for support is through local Children's Centres.
- **Family Support Workers in Locality Teams** provide direct work to children and families on the basis of needs identified through a Common Assessment Framework (CAF).
- **Parent Support Advisers (PSAs)** help tackle pupil underachievement, remove barriers to learning and provide access to a full range of learning opportunities, through developing support services with parents and carers of

those children and young people who might be at risk of failing to reach their potential (to achieve regular attendance and reduce exclusion). PSAs are employed by schools and referrals are made through schools.

- **Behaviour Support Teams (BSTs)** work proactively to support children with behavioural, emotional and social difficulties in school (Key Stage 2 and 3). They provide early intervention and preventative work at whole school, group and individual level and promote the development of positive learning environments, at home and in school. Referrals are made through local Behaviour Support Teams.
- **Portage and Portage Plus** offer individual work with parents and children who have a significant delay in their development (aged 0-4) at home and in early years settings. Request for support is based on set criteria and via local Portage team.
- **Parenting Specialists** offer targeted support to identified vulnerable groups of children and families whose needs cannot be met by other parenting/family services. This small service will also offer support for those families offering fostering for children in care, either as a county carer or through family/friends arrangements. Parenting Specialists are part of the Locality Teams and referrals are via the Locality Team manager.
- **Youth Offending Team (YOT)** employ Parenting Support Co-ordinators who work with parents who are given court orders as a result of a criminal conviction of their child. In many cases this is agreed to be a voluntary intervention as it improves the motivation of the parent. Support for parents of 10-17 year olds is delivered through the YOT Parenting Programme and one-to-one support. Referrals are made by the courts, Anti Social Behaviour Co-ordinators, or after internal assessments within the Youth Offending Team.
- **Family Intervention Projects (FIPs)** provide intensive support to vulnerable families. Utilising multi-agency, whole-family support plans alongside assertive working methods FIPs help families avoid negative sanctions they may be facing and help families to address their problems in a way that sustains positive change across social, environmental and economic areas. Services are delivered in partnership with social housing providers, Supporting People and the Voluntary and Community Sector. Referrals are made through Problem Solving / Anti Social Behaviour Groups.
- In cases where there are safeguarding concerns and children are deemed to be at risk professionals can make a referral direct to the Children's Reception Team (CRT), a Social Work Team consisting of a mix of Social Workers and Family Support Workers within Hantsdirect, who will contact the local Reception and Assessment social work teams. Depending on the level of need and in accordance with Hampshire Children's Services guidance for thresholds of statutory intervention **Children in Need Teams, Children in Care Teams or Children with Disability Teams** will lead on assessing the child(ren)s needs and putting support plans in place. This will include advice and guidance on parenting skills.

2.4. The following key messages from research relate to interventions that support parents who need additional help:

- Early interventions report better and more durable outcomes for children; but late intervention is better than none and may help parents deal with parenting under stress
- Interventions are most effective when they have a strong theory-base, clearly articulated model of the predicted mechanism of change and measurable concrete objectives
- There is added value in interventions that work in parallel (though not necessarily at the same time) with parents, families and children
- Interventions should be delivered by appropriately trained and skilled staff, backed up by good management and support
- Services should comprise universal and targeted provision, multiple routes in for families, more than one method of delivery and be of varying duration to address different needs
- Services need to pay close attention to 'getting', 'keeping' and 'engaging' parents.⁴
- Services are more effective when they:
 - Are adhering to evidence based programmes
 - Involve parents as well as children
 - Provide intensive support to vulnerable parents in the first three years to enable them to meet their children's needs
 - Avoid labelling problem families
 - Target multiple risk factors
 - Last long enough to make a difference
 - Are developed in consultation with parents
 - Are culturally appropriate⁵
- Characteristics of good interventions consider how parents can:
 - Become more confident in their responsibilities as parents⁶
 - Be more responsive to the needs of their children.
 - Have an improved (strong but warm) relationship with their children.
 - Use behavioural management techniques appropriately and effectively.
 - Use a range of tools to help manage their children's behaviour (learning and practicing ways of parenting that are not harsh or inconsistent).
 - Be more self-aware so they can improve family relationships.
 - Improve their own emotional health as well as their children's.
 - Develop a better understanding of child development and how to use positive strategies to promote children's social skills, self-esteem and self-discipline.

⁴ What works in parenting education? Review of the international evidence, Moran, Ghate & van der Merwe, 2004

⁵ Improving children's attainment through a better quality of family-based support for early learning 2009

⁶ UN Convention on the Rights of the Child

The coalition government has agreed with the Munro review⁷ recommendation to place a duty on Local Authorities (LAs) and their partners to secure the sufficient provision of local early help services for children, young people and families.

This includes setting out the training available to support professionals working at the frontline of universal services. A dedicated Workforce Training Officer is currently developing training pathways for parenting and family support practitioners.

2.5. Examples of good early intervention practice and evidence of impact and improved outcomes for children and families

In 2009/10 and 2010/11 over 1000 parents enrolled in evidence based support programmes. 95% of parents that attended a Triple P⁸ course said they thought it had helped them to deal more effectively with their child's behaviour and 97% rated the service received as good or excellent.

Other changes upon completion of the course include significant reductions in parents stress levels and improved coping strategies. A detailed pre and post-intervention analysis can be found in *Appendix 2*.

An evaluation of a small number of Family Intervention Projects (FIPs) has seen very good outcomes for some of our most vulnerable children and young people. Outcomes include a 77% reduction in anti social behaviour, 100% reduction in incidents of domestic abuse and a 98% reduction in young people not being in education or employment (see FIP evaluation *Appendix 3*). There are currently six FIPs and we continue to monitor their impact.

Where one of our four Parenting Specialists was involved a number of children returned home from LA care to improved home circumstances and others were prevented from being taken into LA care through demonstrable improvements in parenting(see *Appendix 4*).

The rollout of Parent Support Advisers (PSAs) in 2008/09 is another example of an effective early intervention approach. Commissioning arrangements with 50 school clusters were agreed to employ PSAs whilst supervision, training and support was offered by qualified and experienced Children's Services Department staff. This ensured continuous high quality delivery of evidence based support. In 2009/10 and 2010/11 the majority of group based support was delivered by PSAs

⁷ The Munro Review of Child Protection, (2011), <http://www.education.gov.uk/munroreview/>

⁸ Triple P (Positive Parenting Programme), is an evidence based parenting programme designed for any parent with a child aged up to 16 years who has social, emotional or behavioural problems. It aims to increase parental self-efficacy and confidence, enhance parental mental health and decrease child emotional and behavioural problems and has been recommended in the Graham Allen Early Intervention review (2011).

<http://media.education.gov.uk/assets/files/pdf/g/graham%20allens%20review%20of%20early%20intervention.pdf>

and many schools and headteachers have recognised the value and importance of the posts.

3. Next steps

3.1. How are we planning effective and outcomes focused parent and family support in the future?

To reinforce and strengthen partnership work across services in Hampshire and to sustain some of the excellent and evidence based work a number of work activities are currently underway, including:

- A review of the way in which the Common Assessment Framework is used to take into account some of the recommendations following the Munro review and working more holistically to address the needs of the whole family.
- Implementation of a joint working protocol with Adults Services, Health and other partners to safeguard children and young people whose parents / carers have problems with mental health, substance misuse, learning disability and emotional or psychological distress.
- Supporting and enabling new partnerships with private and voluntary organisations to offer universal and targeted support (Family Lives, Spurgeons, European Social Fund).
- Continue to work with Local Childrens Partnerships to further develop local commissioning opportunities.
- Continue to offer professional development groups for parenting practitioners across services.
- Further develop common 'core' skills and knowledge for partnership approach to work with parents across all agencies using modules developed by the CWDC so that work with parents across all agencies is based on a shared understanding and common set of skills.
- More research on local outcomes.

3.2. In response to the Munro review four workstreams will be established. and monitored by the Children and Families Management Team, these are:

- Performance, Quality and Inspection; to work on local data sets, new performance frameworks and preparation for new inspection regimes;
- Workforce Development; to follow up any recommendations from the national social work reform board;

- Social Work Redesign; to look at models of social work team design, assessment models, evidence based practice and cost effective interventions;
- IT; to identify requirements for an IT system that will support social work practice.

CORPORATE OR LEGAL INFORMATION:**Links to the Corporate Strategy**

Hampshire safer and more secure for all:	yes
Corporate Improvement plan link number (if appropriate):	
Maximising well-being:	yes
Corporate Improvement plan link number (if appropriate):	
Enhancing our quality of place:	yes
Corporate Improvement plan link number (if appropriate):	
OR	
This proposal does not link to the Corporate Strategy but, nevertheless, requires a decision because:	
<i>NB: Only complete this section if you have not completed any of the Corporate Strategy tick boxes above. If it is not applicable, please delete.</i>	

NB: If the 'Other significant links' section below is not applicable, please delete it.

Other Significant Links

Links to previous Member decisions:		
<u>Title</u>	<u>Reference</u>	<u>Date</u>
Direct links to specific legislation or Government Directives		
<u>Title</u>	<u>Date</u>	

Section 100 D - Local Government Act 1972 - background documents

The following documents discuss facts or matters on which this report, or an important part of it, is based and have been relied upon to a material extent in the preparation of this report. (NB: the list excludes published works and any documents which disclose exempt or confidential information as defined in the Act.)

<u>Document</u>	<u>Location</u>
None	

IMPACT ASSESSMENTS:

1. Equalities Impact Assessment:

In 2010/11 over 60% of evidence based parenting support (Triple P) has been delivered in the most deprived 50 % of lower super output areas.

2. Impact on Crime and Disorder:

Reduction in anti social behaviour incidents, domestic abuse and number of arrests have been seen with families involved in Family Intervention Projects.

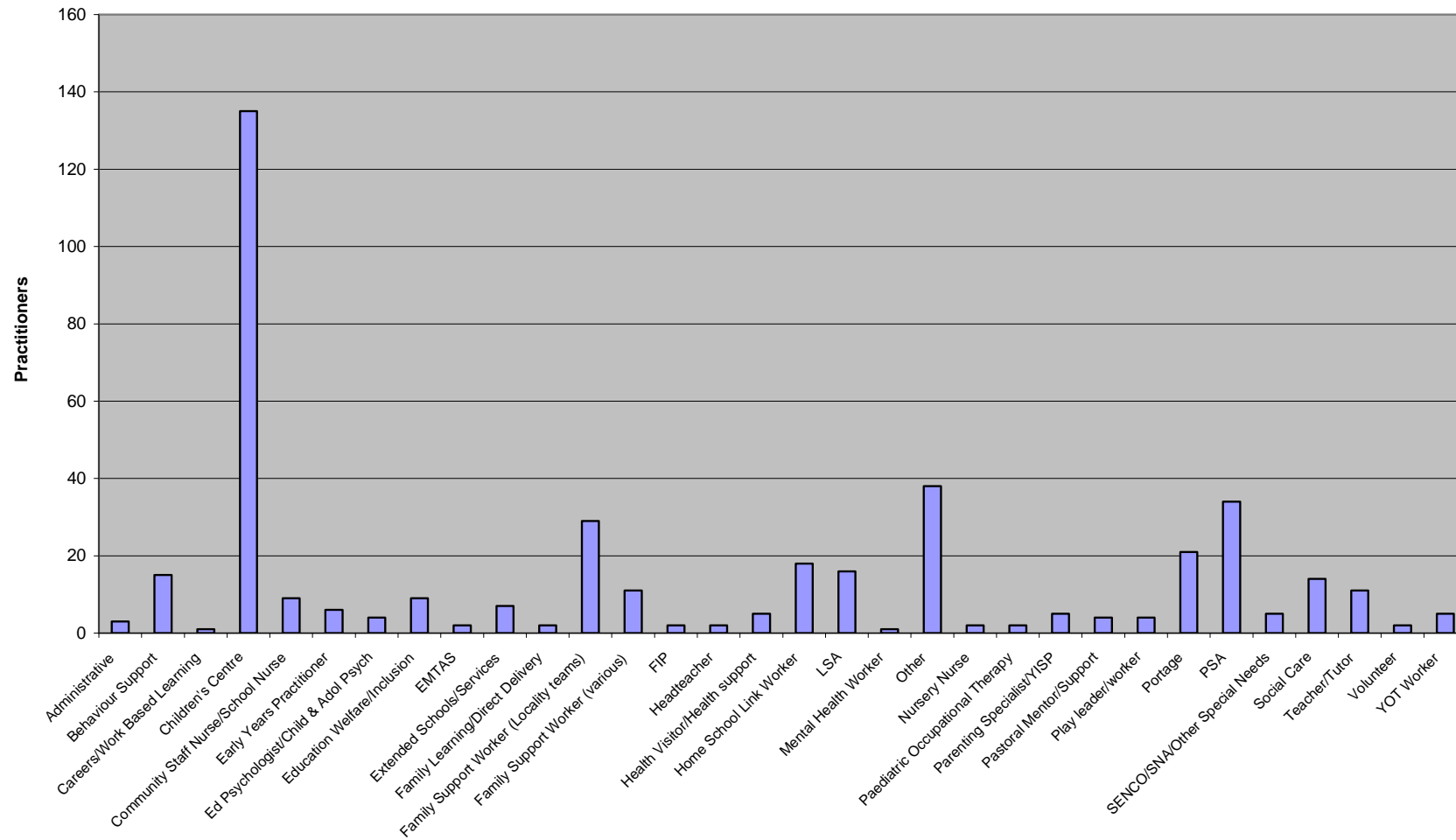
3. Climate Change:

- a)** How does what is being proposed impact on our carbon footprint / energy consumption? n/a

- b)** How does what is being proposed consider the need to adapt to climate change, and be resilient to its longer term impacts? n/a

Appendix 1

Number of trained parenting practitioners by role June 2011



Numbers of facilitators trained in parenting programmes by Local Childrens Partnership May 2011

Local Childrens Partnership	Total Facilitators	Confident Parent Confident Kid	Family Links Nurturing	Incredible Years	New Forest Parent Partnership	Peers Early Education Programme	Special Child Special Parent	Speakeasy	Supporting Parents of Teenagers	Strengthening Families 10-14	Triple P
								4			1
Basingstoke	55	13		1	5	14	2	1	6	2	37
East Hants Alton	7	1				4	1		1	1	4
East Hants Bordon	4	2				2					1
East Hants Liss	6					3			1		6
Eastleigh	50	5	1		2	12	2	3	11		37
Fareham	34	9				10	1	2	3		23
Gosport	53	17		2		17	5	8	7		17
Hart	12	1				1			2	1	9
Havant	61	11				24	3	5	8	2	34
New Forest	50	9	1			21			6	3	28
North Test Valley	18	1	3			6			2		12
Rushmoor	28	2				10	2	6	2		19
South Test Valley	10	2				2			2		6
Winchester Alresford	2										2
Winchester Central	24	7	2			3	6		4		15
Totals	414	80	7	3	7	129	22	29	55	9	251

NB several facilitators are trained in more then one programme.

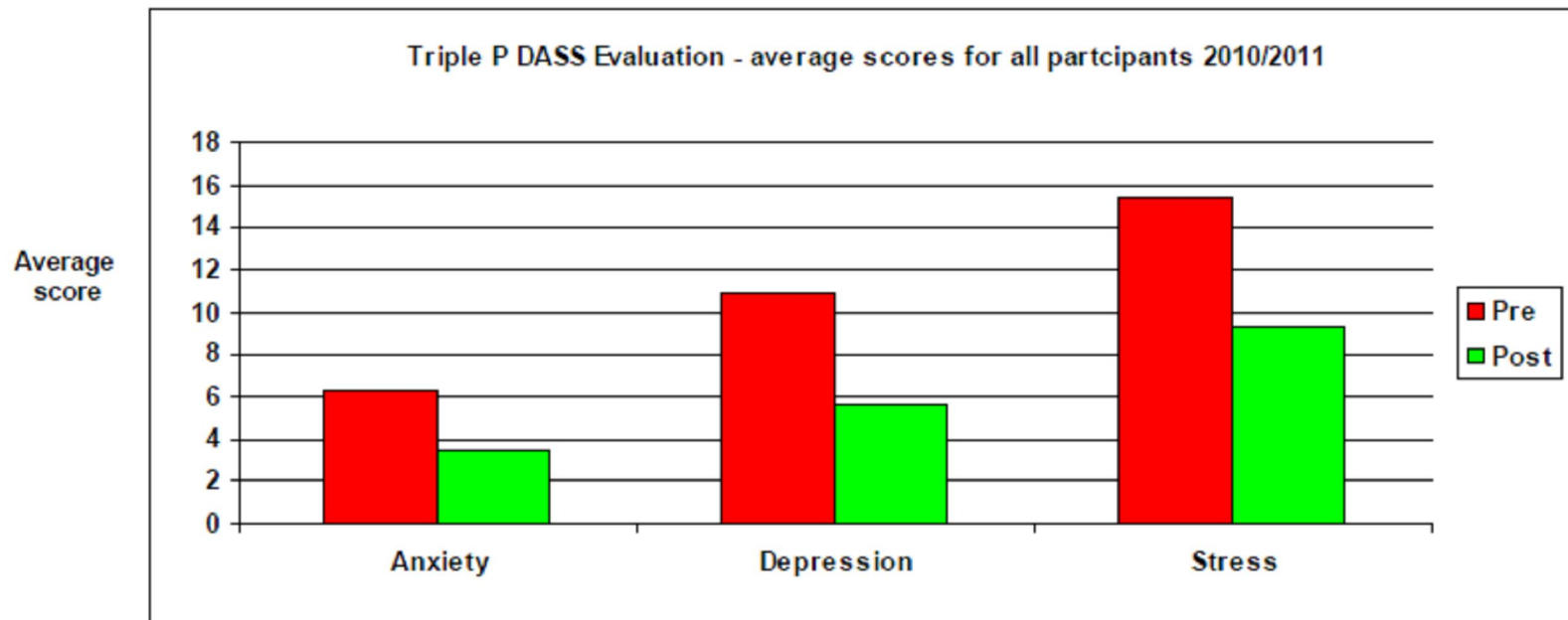
Appendix 2 Summary of Triple P evaluations for 2010/11

Summary of Triple P Evaluation Depression, Anxiety, Stress Scale (DASS)

Number Triple P level 4 programmes (includes level 4 standard)	187
Enrolments	1002
Number of evaluations received	842

Number of evaluations where both initial and final parts completed	
Depression	697
Anxiety	689
Stress	697

Comparison of averages for initial and final scores for Depression, Anxiety and Stress (DAA 21) for all participants 2010/2011. Comparison included only where both pre and post intervention scores were recorded. The normal range for depression is 9 or less, Anxiety is 7 or less and Stress is 14 or less. Decreased scores on any of these measures represents an improvement.

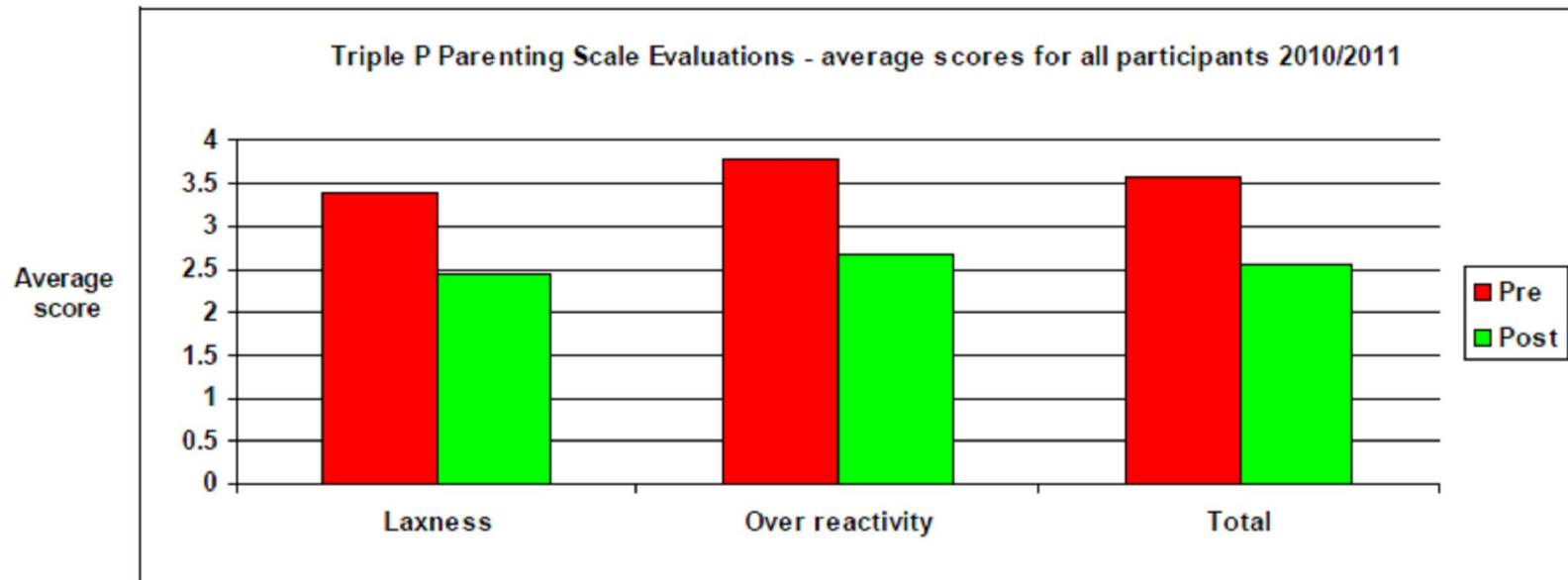


Summary of Triple P Evaluation (Parenting Scale)

numbers of evaluations where both initial and final parts were completed

Number Triple P level 4 Programmes (includes level 4 standard)	187	Laxness	692
Enrolments	1002	Over Reactivity	692
Total Evaluations	842	Total	683

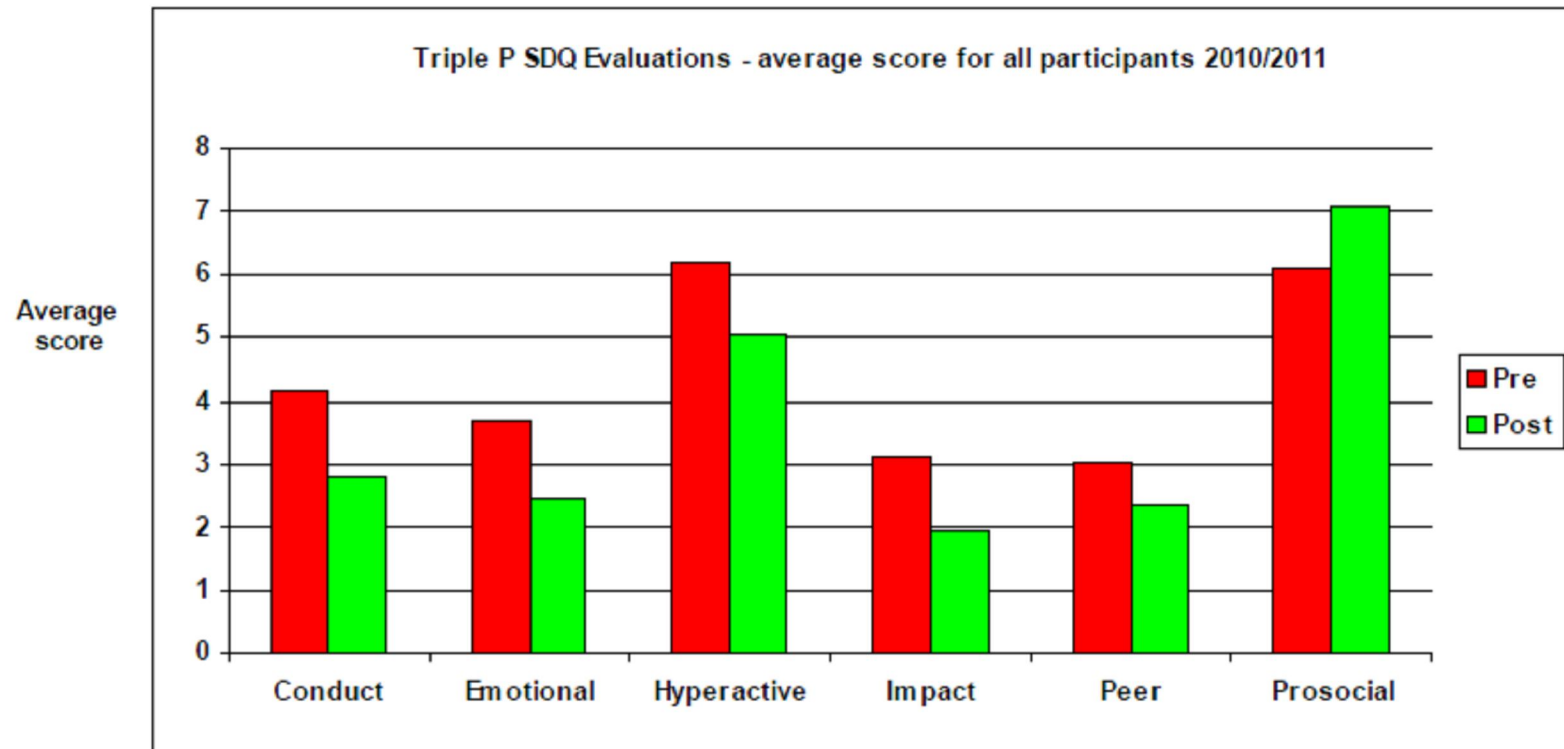
Comparison of initial and final average scores for 'Laxness', 'Over reactivity' and 'Total' parenting score for all participants on Triple P programmes 2010/2011. Comparison only included where both pre and post intervention scores were recorded. Scores of 3.2 (3.1 for over reactivity) and below are 'normal' while scores of greater than 3.2 (3.1 for over reactivity) indicate concern. A decreased final score represents an improvement.



Summary of Triple P Evaluation (SDQ Scores)

<p>Number Triple P level 4 programmes (includes level 4 standard) 187</p> <p>Number of enrolments 1002</p> <p>Number of Evaluations 842</p>	<p>Numbers of evaluations where both initial and final parts were completed</p> <p>Emotional 697</p> <p>Hyper 698</p> <p>Conduct 698</p> <p>Peer 697</p> <p>Prosocial 695</p> <p>Impact 621</p>
--	---

Comparison of average initial and final scores for 'Emotional', 'Hyperactive', 'Conduct', 'Peer', 'Prosocial scale' and 'Total Impact' for all Triple P participants 2010/2011. Comparison included only where both pre and post intervention scores were recorded. Borderline score is 4 for 'Emotional', 6 for 'Hyperactive', 3 for 'Conduct' and 'Peer', 5 for 'Prosocial' and 1 for 'Total Impact'. A decreased 'Emotional', 'Hyperactivity', 'Conduct', 'Peer' or 'Total Impact' score and an increased 'Pro-social Scale' score represents an improvement.



Appendix 3 Findings of Hampshire evaluation of FIPs (January 2011)

Total number of families = 34 (42 parents/carers, 85 Children)			
Time families have been involved:			
Under 3 months: 3	3 to 6 months: 12	6 to 9 months: 12	9 to 12 months: 7

Number of families with this issue	(a) 12 months prior to FIP intervention	(b) Oct-Dec 2010	Reduction (a)-(b)	Projected reduction over 12 months	Comments
Recorded incidents of anti social behaviour (29 families)	278	16	94%	64 77%	
Arrests per family (16 families)	42	7	83%	28 33%	
Children with less than 85% attendance (23 families)	44	16	65%		
Children excluded from school (4 families)	4	0	100%		
16-18 year olds not in education, employment or training (7 families)	7	1	98%		
Unplanned visits to hospital (4 families)	7	1	98%	4 43%	
Children with child protection plans (5 families)	13	18	-28%	Increase due to one incident in one family of six children. No current concerns about risk.	
Recorded number of children in care (2 families)	3	3			
Children at risk of entering care (2 families)	5	3	40%		
Incidents of Domestic Abuse (6 families)	26	0	100%	0 100%	
Formal housing actions (17 families)	23	8	65%		

Appendix 4 Parenting Specialist Impact (September 2010 Care Matters Board update)

	No of children	No of parents/ carers
Child protection plan ceased	8	5
Placement stabilised	9	7
Prevented from being taken into LA care (including prevention of adoption breakdown)	11	11
Returned home from LA care	9	10
Improved school attendance/reduced exclusions	20	13
Reduction in anti-social behaviour/crime	5	6
Reduced domestic conflict	20	17