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Workshop F

How to apply the evidence in Practice?

Focusing on the inter-parental relationship in local family services

Donna Molloy, Director for Dissemination,
Early Intervention Foundation (Chair)

Stephanie Cash, Development Manager, Flying Start Luton



Opening remarks from the chair

Donna Molloy,
Director of Dissemination,
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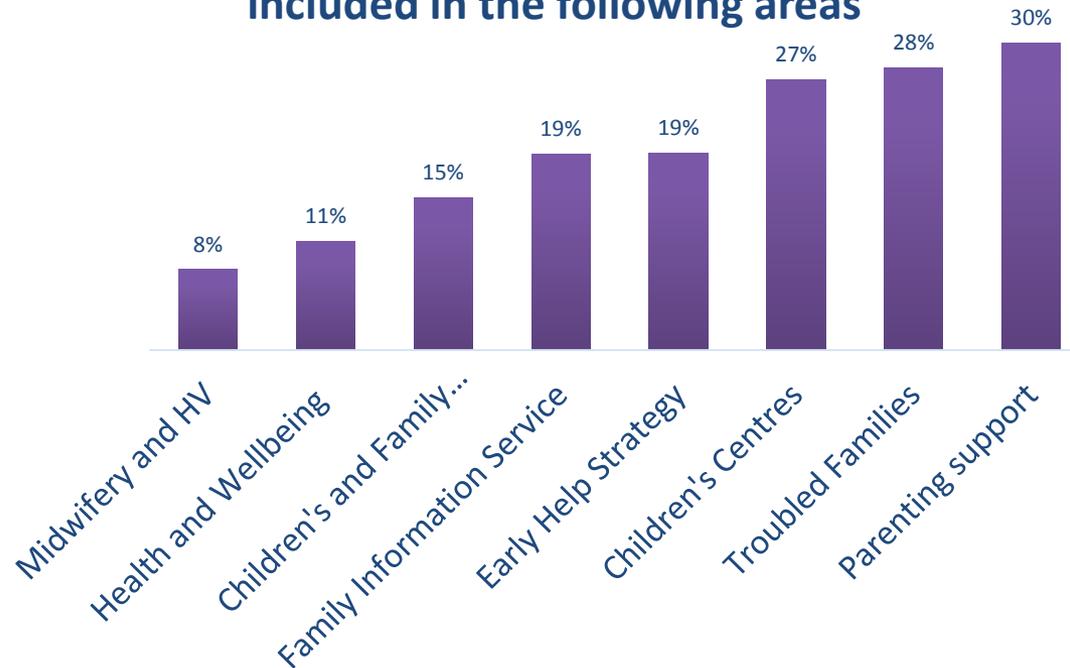


Implications of the Gordon Harold review



- Important new information about the extent to which the quality of the parental relationship influences outcomes for children
- What does this mean for local family services?
- Limited evidence of attention to IPR in local service commissioning, TF provision, assessments, workforce development...

Percentage of respondents who feel support for inter-parental relationships is included in the following areas





Implications for programme delivery and adaptation

- Parenting interventions - Parenting interventions in the presence of frequent, severe and unresolved inter-parental conflict – without addressing that conflict – are unlikely to be successful in improving child outcomes.
- Can we stop thinking about ‘parenting’ and the couple dimension separately?
 - Programme adaptations (parenting programmes consider IPR
 - IPR programmes consider children & monitor the impact of support for IPR on child outcomes

Work is underway to test new approaches and develop tools to support greater attention to IPR in family services



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- Existing tools and products, but few examples of whole system approaches to supporting inter parental relationships
- Increasing government interest in this territory - DWP investment in **12 'local family offer' areas**
- EIF programme of work for JRF
 - Qualitative work to explore views of existing services, reach and take up with a particular focus on families in or at risk of poverty
 - Local guide or 'blueprint' - ***what would it LOOK like if a locality fully implemented IPR support?***



Stephanie Cash
Flying Start Programme
Manager,
Flying Start Luton



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Giving Children in Luton a



From pregnancy to 5 years

Stephanie Cash
Flying Start Programme
Manager

Led by the Pre-School Learning Alliance

Flying Start

From Pregnancy to 5yrs

Listening to the Voice of the Community

Luton

208,000 People in Luton of which 17,100 children are under 5yrs

59,000 are aged 19 & under

Investing £256 m on 0-17yrs £5000 per head

Investing £27m on 0-3yrs £800 per head

28% of Luton's Population

Can we trust the data?

- Critical key development stages
- Unhealthy Gestation & Birth
- Poor Communication
- Poor Social emotional development
- Not ready for school
- Early onset behavioural problems
- Poor Self regulation
- Chronic health condition
- Obesity

How are things with your children?

Issues around faith

Parents feel unsafe

Green spaces not used properly

Labors risk factors

Better town planning needed

Local housing

Streets not being managed

People not using the towns

Drugs

Alcohol

Toxic stress

Impact on families

Look at health & getting fit

Domestic Abuse

Chasing outputs rather than outcomes

Life changes improved

not identified early enough

How do we measure achievement?

Bridge the GAPS with professionals

Empowering Communities

getting children school ready

we all have the same start?

School Ready

Children's Centres

Early Years Settings

Supporting the parents of the future

Supporting healthy relationships

Working with whole families

Everyone giving the same message

Supporting the parents of the future

Supporting healthy relationships

Working with whole families

Greater pooling of resources

Evidence base

Align policy & procedure

Having smart outcomes

Improve overall well-being for ALL

Trust

Clear governance

Truth

Doing it right

Safe & healthy start to life

Children part of a family

A difference now a better

Five to thrive

Empowering

Having safe places to go

Align policy & procedure

Evidence base

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Safe & healthy start to life

Children part of a family

A difference now a better

2014-2024

Generation Change

Today's resources

Long term investment

Share vision

new and better

enter future scaling budgets

invest in early intervention

develop the work force

Communication

Signposting

everyone able to communicate

Best feeding supports

Positive relationships with food

Nutrition

Improve dental health

raise awareness of needs

Courage

Supporting Parents whose children have disabilities

Improving outside spaces

Housing

Green spaces

Having good access

Park rangers

Improved maternal mental health

Signpost

Social & Emotional

Inform

Supporting Parents whose children have disabilities

Luton Communities coming together, working together with ALL agencies, professionals to make positive changes for the future!

Using evidence in our Local Family Offer pilot

- Autumn 2016 - Fairly new area for attention
- Decision making
 - “What work’s?” – pragmatic
 - Needs assessment - enhance the Flying Start programme
- What was useful ?
 - Horizon scans of interventions
 - Opportunities for networking
 - High level strategic sign up
- So what did we use the pilot funding for ?

Theory of Change: Luton Flying Start DWP Local Family Offer January 2016

2. INPUTS

1. TARGET POPULATION

- 1) Strategic high level commitment to implementation of Flying Start strategy from key partners including Luton Borough Council, Public Health, Luton CCG and investment in prevention and early intervention in the very early years of life
- 2) Over 3,200 staff make up the multi-disciplinary children's workforce spread across midwifery, health visiting, CAMHS, local authority prevention and early intervention and children's social care, children's centres, early years providers, nurseries and schools, community, voluntary sector providers, and the adult workforce including housing, police, adult mental health and primary care.

- 3,400 pregnant women and their partners per year, including a larger than average percentage of pregnant women considered vulnerable based on Maternity payment by results data
- 17,100 children under 5 years live in Luton
- Luton has wide geographical variations in outcomes for children, in terms of child poverty, infant mortality, low birth weight, breast feeding, oral health, child hood obesity early education outcomes, social and emotional development, child protection and domestic abuse
- Luton has a super diverse community with over 122 languages spoken
- Luton's Children's Centre receive significant number of referrals for relationship breakdown
- High percentage of children with complex disabilities particularly in South Asian Communities
- Data from "A Better Start" Area Wellbeing survey indicates poor social and emotional development and poor early onset behavioural problems
- Poor housing stock with high number of families with children under five living in temporary accommodation

3. OUTPUTS

4. OUTCOMES

PATHWAYS

- Pathway for referral for couple's relationship support (to be developed)
- Pathway for universal and targeted antenatal, perinatal and 0-5 parenting support

PROCESSES

- Improve information for parents and professionals on couples relationships
- Flying Start core offer from preconception to five for parents and practitioners to include information on couples relationship support
- Increase in referrals to couples counselling service
- Supporting father inclusive practice across Flying Start partnership
- Flying Start Performance and evaluation framework

WORKFORCE

- Pan Luton model training Flying Start Primary Prevention Learning and Development programme launching April 2016
- Specific Health Visiting training on couples relationship February 2016 (Fatherhood Institute)

KEY LOCAL POLICY DRIVER

- Flying Start Luton's pregnancy to five strategy

LEADERSHIP - GOVERNANCE

- Flying Start Partnership Board and Luton's Children's Trust Board reporting to Luton's Health and Wellbeing Board

1) Workforce training to increase knowledge re couples relationship and skills to raise the issue- To deliver and train

- 200 staff on generic "thinking about parental couples relationship" one day raising awareness course for all staff
- 70 staff on "think couples relationship awareness training" skills based working with couples on relationship distress and responding to relationship problems targeted at midwives, health visitors, Children Centre and Early Help staff
- Develop and pilot a reflective practice network to support 12 staff who have attended "think couples relationship awareness training" to embed learning in practise
- Train 20 members of the Health visiting service in the Fatherhoods Couple's relationship training

2) Me, You and Baby Too- perinatal pilot

- To build key messages regarding couples relationship into the universal Bump to Babe antenatal parenting programme delivered to mums and dads in the last trimester of pregnancy. In particular explore the value of the pilot with BME communities
- Train 20 health visitors and midwives in through the Me, Baby and You Too course
- Potential delivery to 560 parents

3) Dedicated couples relationship counselling

- To deliver 45 x10 weeks evidence based couple counselling sessions for specifically families who meet the one of the following minimum criteria
- a) Expecting a child
 - b) Or those with children aged 0-5 years
 - c) And/or those parents who have a child under five years with special education needs or disabilities and or live in temporary accommodation.

4) Parents as Partners

- To deliver four cohorts of Parents as Partners reaching potentially 32 couples- training for 8 practitioners to be undertaken in March 2015/16 with TCCR.)

Others interventions (not funded by Local Offer)

- Baby Steps to commence January 2017
- Fathers inclusive practice - deliver father inclusive practice training and potential use of self assessment tool for father friendly settings working with the Fatherhood Institute

Interim outcomes for generic training:

- a) Increase in the understanding the nature of the couple relationship AND the parental couple relationship b) Increase in the understanding of the nature and impact on the child of parental conflict

Interim outcomes for skills based course:

- a) Increase confidence in the skills of practitioners in how to develop a Think Couple approach to their work b) Increase in confidence to use are relational techniques to ask questions and develop hypotheses
- For reflective practice for those practitioners who attended reflective practice a)
- a) Develop skills and confidence in working with couples, and talking to them about their relationship and any difficulties b) Develop skills and confidence in helping parents recognise the impact of their conflict on their child c) Develop awareness of the impact of couple disputes/conflict on individual practitioners

Me, You and Baby Perinatal pilot Increase in the knowledge and skills of midwives and health visitors who deliver antenatal parenting intervention Bump to Babe on

- a) Understanding the importance of relationship issues for expectant and new parents
- b) Helping parents to prepare for changes in their relationship after having a new baby

Increase in confidence of midwives and health visitors who deliver antenatal parenting intervention Bump 2 Babes on to

- a) Delivery relationship education
- b) Help new and expectant parents to access support services if needed

Evidence Based Couples Relationship Counselling

- a) Increase in the couple's relationship quality
- b) Reduction in the couples conflict assessment
- c) Improvement in the parent's approach to child rearing
- d) Include other children outcome measures (to be confirmed)

Parents as Partners

Pre and post course measures:

- a) Improvement in the quality of the couples relationship
- b) Improvement in the sharing and negotiation of every day tasks
- c) Reduction in the likelihood of child abuse in the family
- d) Reduction in the level of parental stress in the family
- e) Improvement in the child's social and emotional behaviour

Key

BLUE= supported by DWP Local Offer
RED= part of Flying Start Implementation Plan or other funding stream

Going forward

- Evaluation from the pilot projects
- Sown the seed !
- Reflect on the new evidence base
- Realistic and practical with the funding and commissioning
- More ambitious in driving change thinking about “what works? “ in the local context:
 - Continue to enhance Flying Start
 - Town roll out of the Graded Care Profile 2
 - Further strengthened work with Early Help Hub
 - Explore the potential with the Social Navigator pilot in primary care
 - Further development opportunities to link to Social Investment Bond -early help in relation to housing in our Customer Services
- Evaluation

Flying Start Luton

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Group discussion

- How much influence does and should research evidence have on practice in this transformation area?
- What are the implications of the new evidence for service commissioning and delivery?
- What can evidence be designed to better inform local practice?

Questions and comments from the floor with



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