

## Parenting Offer for Solihull – Evidence and Vision

***“Parenting is the biggest single factor affecting children’s wellbeing and development”***

Public Health England and the Local Government Association, 2016



Parents are the single most significant influence on children’s emotional and physical well-being, educational attainment and behaviour. Supporting parents in Solihull can reap significant benefits in reduction in costs in reactive services later in the life course and are at the heart of the offer to give children the best start in life in the borough.

The focus for parenting support in Solihull is to promote **secure parent-child attachment** through sensitive, attuned parenting as the only evidence-based **PROTECTIVE FACTOR** against the impact of adverse childhood experiences (ACEs). ACEs can have lifelong effects including violent, risky and addictive behaviour, unhealthy relationships and ultimately early death.

**Evidence:** Evidence clearly demonstrates that intervening early has the greatest impact on the family in improving outcomes. It is also the most cost effective strategy. There is robust evidence of the effectiveness of parenting programmes and they are recommended by the Early Intervention Foundation, the Institute of Health Equity and NICE (the National Institute for Health and Care Excellence) which has extremely rigorous evidence standards. Parenting programmes are recommended in a range of NICE guidance including:

**NICE Guidance NG26: Children’s attachment: attachment in children and young people who are adopted from care, in care or at high risk of going into care (2015)**

***“offer parental sensitivity and behaviour training to help [parents]:***

- *understand their child's behaviour*
- *improve their responsiveness to their child's needs*
- *manage difficult behaviour.”* (NICE, 2015)

In Solihull evaluations, parenting courses have consistently demonstrated reductions in parent-child conflict measures, parental stress and anxiety as well as an increase in closeness and parental confidence following courses. Parents have reported being enabled to be more responsive, to resolve conflicts better and manage behaviour more effectively.

## Parenting Models in Solihull

### Solihull Approach

- Free **online** courses (Antenatal, Postnatal and 'Understanding Your Child') for Solihull parents/carers, grandparents, aunts, uncles etc (unlimited free courses)
- Free **Face-to face** courses (2 hours per week):
  - Antenatal – 5 week course
  - Postnatal – 6-8 week course (longer course for mums with mild to moderate mental health issues)
  - Understanding Your child's Behaviour - 10 week course
- Facilitated by trained professionals
- Evidence-based and holistic and is underpinned by the 3 principles of –
  - Containment
  - Reciprocity
  - Behaviour management



- EPEC is an evidence-based, low-cost parenting programme
- Free EPEC courses (**Being a Parent**) are peer-led by **local parents** who successfully complete accredited EPEC training (up to 60 hours over 10 weeks)
- Courses offered in **North and West Solihull to vulnerable families particularly those with children with behavioural issues aged 2-11 years.**
- Courses consist of **eight 2 hour** sessions for **8-12 parents/carers** and integrate behaviour change with adult learning
- EPEC aims to improve child development and outcomes, parenting, family resilience and social capital combining developmental science and theory with well-evidenced parenting strategies
- Highly evidence-based and holistic. Developed by leading mental health trust:

South London and Maudsley   
NHS Foundation Trust

### Commissioning Arrangements:

#### Barnardo's – Solar Primary Mental Health Service

- Commissioned by SMBC to co-ordinate Parenting Programmes
- Lead Commissioner: Julie Hackett – Children's Services and Skills, SMBC
- Co-commissioner: Denise Milnes – Public Health, SMBC
- Hub for EPEC (Empowering Parents Empowering Communities) programmes
- Co-ordinate delivery of Solihull Approach programmes
- For both EPEC and Solihull Approach programmes, the team book venues, print and prepare resources, plan facilitation cover and promote courses for families.
- For EPEC, the Hub function recruits, trains, supports and supervises parent volunteer facilitators.

Programmes	Facilitated by:
<b>1) Solihull Approach ONLINE courses – Antenatal, Postnatal, Understanding your child (6mths -18 years)</b>	Web-based at <a href="http://www.inourplace.co.uk">www.inourplace.co.uk</a> Unlimited access for families and their support (e.g. grandparents etc) Free code for access: APPLEJACKS <b>(TARGET: 50 additional families registered per quarter)</b>
<b>2) Solihull Approach FACE-TO-FACE groups :</b>	<b>Facilitated by PROFESSIONALS from a range of partners as follows:</b>
<ul style="list-style-type: none"> <li>▪ <b>Antenatal (Pregnancy)</b></li> </ul>	Maternity Service – University Hospital Birmingham NHS Trust
<ul style="list-style-type: none"> <li>▪ <b>Postnatal (~2 months after the birth)</b></li> </ul>	Health Visitors – South Warwickshire NHS Foundation Trust
<ul style="list-style-type: none"> <li>▪ <b>Understanding Your Child's Behaviour (0- 19 years) including courses specifically for parents/carers of teenagers and children with Special Educational Needs.</b></li> </ul>	Children's Services – SMBC Schools School Nursing – South Warwickshire NHS Foundation Trust <b>(TARGET: 7 courses every school term - 21 annually)</b>
<ul style="list-style-type: none"> <li>▪ <b>Understanding Your Child's Behaviour Plus (for families in the Child Protection system)</b></li> </ul>	Social Workers – SMBC
<b>3) Empowering Parents Empowering Communities (EPEC)</b>	Being a Parent courses facilitated by PARENT VOLUNTEERS Parents are trained to be Parent Group Leaders locally by Solar and SMBC (Parenting Support Officer – Public Health) and supervised fortnightly during courses ( <i>on course to have 16 trained active Parent Group Leaders</i> ) Volunteers are recruited by the Volunteer Co-ordinator in Solar <b>(TARGET: 10 courses to be delivered from Sept 18 – July 19)</b>

### Staffing resource committed by SMBC:

- Co-commissioner – Denise Milnes – Public Health - ~0.2WTE on parenting
- Parenting Support Officer (12 month secondment) – Michaila Taylor – Public Health – 0.5WTE – focused on EPEC particularly on community engagement and training and supervising parent volunteers with Solar
- ~4 facilitators from Engage per term to facilitate 'Understanding Your Child's Behaviour' courses (3 hours per week per facilitator)
- Social Worker facilitation of courses

## Parenting Offer: From April 2019 – March 2020

Key – **Already agreed – BLUE**; **To be agreed – RED**

- Commissioning arrangements for the Parenting Co-ordination in Solar as per the current offer
- Programmes to remain the same – Solihull Approach (Online and Face-to-Face) and EPEC
- Facilitation to remain the same from partner agencies (Maternity Services, Health Visiting, School Nursing, Schools)
- Following the scaling up programme for EPEC (after July 2019), the model will be the core offer for parents/carers of 2-11 year olds in north and west of Solihull with Solihull Approach courses offered in other areas or for parents with other aged children.
- **Discussions have begun to plan for commissioning of the Solar contract from April 2020 – may be alternative arrangements for the co-ordination of parenting programmes**

### Parenting Offer from SMBC teams from 1<sup>st</sup> April 2019:

#### Public Health

- Co-commissioner – Denise Milnes – Public Health - ~0.2WTE on parenting
- Parenting Support Officer (**secondment UNTIL Sept 2019 with potential option to extend for 12 months**) – Michaille Taylor – Public Health – 0.5WTE – focused on EPEC particularly community engagement, training and supervising parent volunteers

#### Children & Skills (Family Support Team)

- 2 posts (~1.6WTE) – **Family Support Worker – Parenting** roles with a focus on facilitating Solihull Approach ‘Understanding Your Child’s Behaviour Courses’ and acting as a mentor for other SMBC facilitators as experts (post-holders: Michaille Taylor (0.5WTE whilst on secondment (1.0WTE post in structure) and Helen Ingram)
- Solihull Approach ‘Understanding Your Child’s Behaviour’ facilitators - ~4 per term: 3 hours per facilitator per week (**to be agreed**)
- Family Support Teams and Social Care staff to promote and signpost families to Solihull Approach and EPEC courses including potential Parent Volunteers

#### Stronger Communities

- Community Development team to promote parenting courses with community networks (both Solihull Approach and EPEC) enabling voluntary and community organisations to signpost to courses.
- Community Development team to engage potential Parent Volunteers to be trained as EPEC Parent Group Leaders (**to be agreed**)