

The application of an evaluated brief intervention model to supporting parents in the peri-natal period

What Works in Relationship Education?
Lessons from academics and Service Delivers in the United States and Europe
House of Commons
September 17th 2008

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www.oneplusone.org.uk

My presentation

- About One Plus One
- Brief Encounters** – a brief intervention model
- Applying **The Helping Process**
- thecoupleconnection.net** – online DIY relationship support
- Getting the most out of your baby and your partner** – a psycho-educative approach to supporting new parents
- Early intervention : incorporating in psycho-educative approaches to routine support



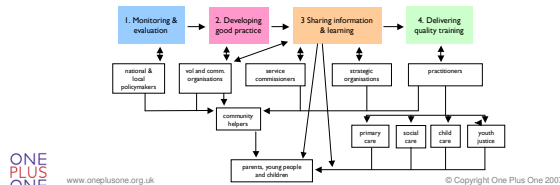
About One Plus One

Who we are
Team of researchers, practitioners and information specialists

Our aims

- Enhance understanding of how family relationships contribute to the well being of adults and children
- Create evidence - based early interventions to promote adult and child well being

What we do and who we work with



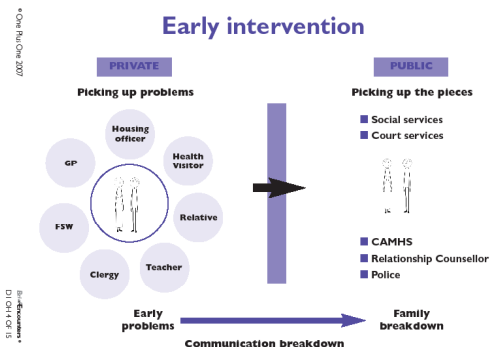
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puts research into practice. We investigate what makes relationships work – or fall apart – and make the findings accessible to everyone interested in strengthening and supporting couple and family relationships.



Early intervention



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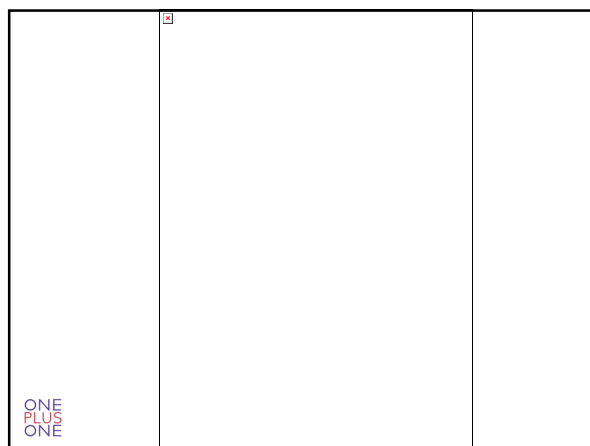
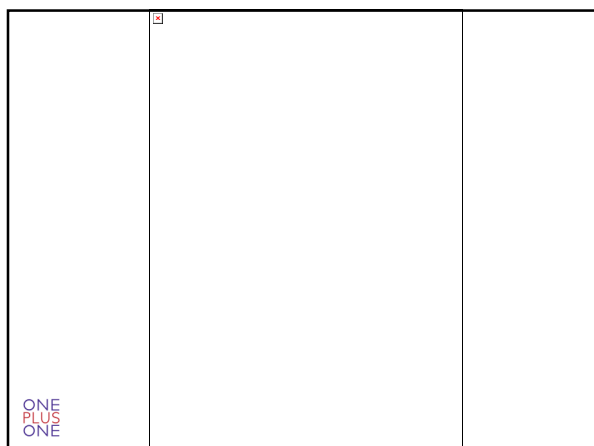
Key features of the One Plus One Approach

- Earlier identification of risk
- Better engagement with families
- Build capacity to work confidently with relationships, not just individuals
- Help to build family strengths by helping family members to support one another
- Peer supervision and reflective practice



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Evaluation

An independent evaluation, University of Greenwich in 1998

"The Brief Encounters® training has been a remarkable success."

Six months after training:

- 94% of practitioners trained were using the model, with over half using it daily or weekly
- 91% were more able to manage their involvement in their clients' problems
- 88% learned to manage their time more effectively.

(Corney, R, 1998)

Randomised controlled trial of health Visitor support to 1,000 new mothers in Bexley Care Trust found that:

- 21% mothers in intervention clinics were identified with relationship problems compared with 5% in the control group
- 18% of mothers were offered help versus 3% in the control group.
- At the 12-week visit to clinic for immunisations, the intervention group was twice as likely to report having discussed relationship problems with the health visitor and 75% more likely to report having received help with a problem.

(Simon J et al 2001, 2003)

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OUTCOMES from a quality interaction

Recognition

Relief

Rapport

Response

Relevant referral (sensitive signposting)

Re-framing

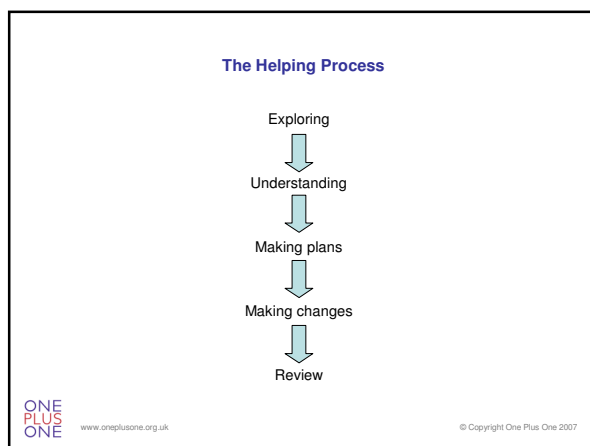
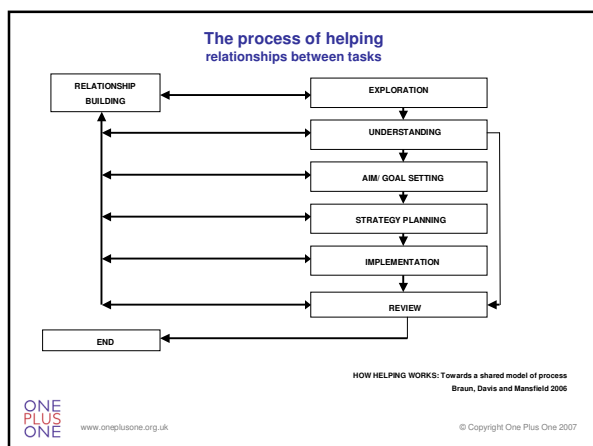
Motivation for change

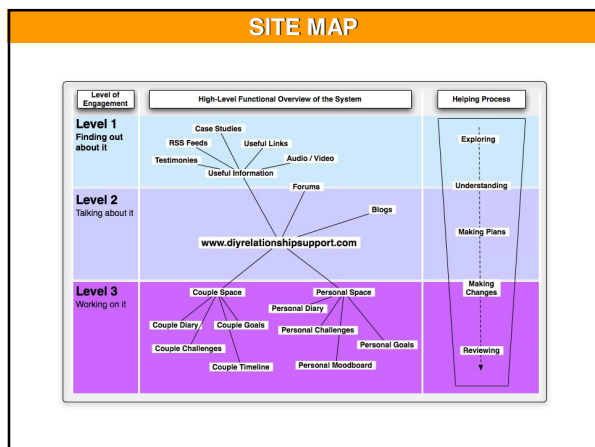
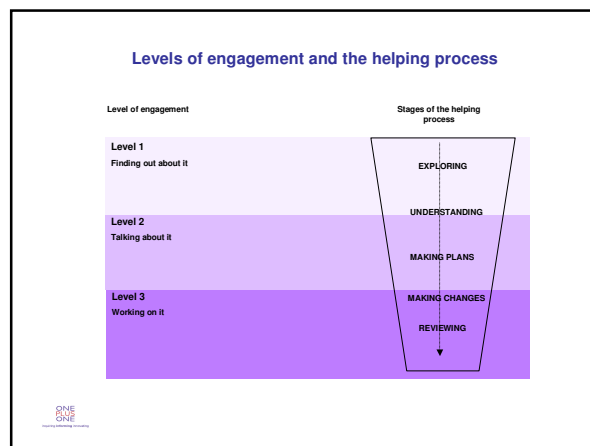
Model of good relating

Resilience

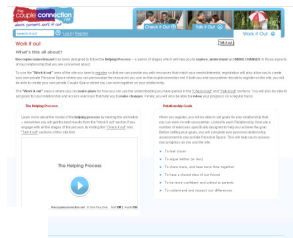
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Inspiring Informing Involving

Evaluating the quality of the service

Content evaluated against criteria, drawing on research based index developed to assess the quality of psychological and healthcare information resource websites by Di Blassio and colleagues (1999)

CHECK IT OUT

Clear adequate information

Offers referral Mechanisms

TALK IT OUT

Promotes belonging

Promotes normalisation

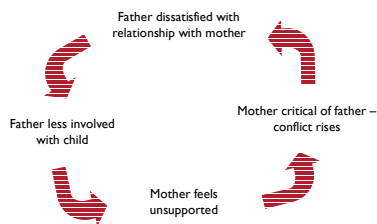
WORK IT OUT

Feedback mechanisms

Suggestions for change

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Relationships the Vicious Cycle



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Getting the most out of your baby and your partner A psycho-educative approach to supporting new parents

Background

The Children's Plan (2007) Department for children, schools and families

'For example health visitors through the One plus One programme are being trained to learn to listen to parents, spot problems between them following the birth of a baby, and offer specific help to the couple as well as ensuring the healthy development of the child'

The Child health Promotion Programme (2008) Department of Health 'New information about neurological development – early interactions directly affect the way the brain is wired, and early relationships set the thermostat for later control response. This all underlines the significance of pregnancy and the first years of life, and the need for mothers and fathers to be supported during this time'

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Combining two evaluated evidence-based approaches to strengthening relationships

- Focusing on **couple relationships** – one Plus One's *Brief Encounters*
- Focusing on **parent –infant relationships** – Brazelton Centre's *Neonatal Behavioural Assessment Scale NBAS*

Aims

- Increase new parents' capacity to relate to each other in a positive supportive manner and manage conflict better
- Increase new parents' capacity to interact with their baby in a positive way

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The Project

June 2008

2 groups of practitioners (22) already trained in NBAS received Brief Encounters training

July 08 - Jan09

Evaluation of training on practice
Trainees reflective practice
Family Experiences

Jan 09 – April 09

OPO and Brazelton with input from trainees and some of the parents supported by them develop a prototype intervention / approach

2009 – 11

Evaluation of prototype

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**Early Intervention:
Incorporating psycho-educative approaches in routine support**

- Help when first needed
- Working opportunistically, as part of routine support
- Routine – private troubles, not going public
- Raising awareness- -imaginative dissemination of evidence about relationships, how they work and how to cope when they go wrong
- Transitions , disequilibrium and motivation for change
- Equipping trusted helpers with skills and knowledge

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