

Happy Families, Happy Futures Programme Information

Who is the support for?

This programme includes a range of interventions to support parents, together or separated with relationships that feature conflict.

Parent means:

- expectant parents or parents whose youngest child is 18 years or younger, or whose child is disabled (under the Equality Act 2010) and aged 25 years or younger
- individuals with caring responsibilities including step parents, adoptive or foster parents or those with a special guardianship order

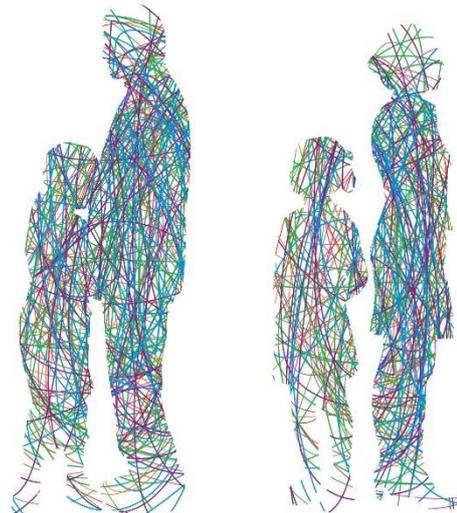
Parents are eligible based on the criteria that they:

- live within the contract package area of Bournemouth, Christchurch & Poole, Dorset, Devon, Somerset, Wiltshire, Plymouth and Torbay
- are experiencing a level of distress and conflict in their relationship with each other

What is 'parental conflict'?

Parental conflict, for the purposes of the Happy Families, Happy Futures support could be when one or more of the following is taking place between the parents (regardless of their relationship status):

- resentment and/or the 'silent treatment'
- regular disagreements with little or no resolution
- cannot calmly discuss parenting or different approaches to parenting
- low levels of satisfaction with the parenting arrangements (separated parents)
- unsupportive of each other
- interactions are hostile, critical or with a lack of affection



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What support is available?

Within My Reach is for:

- parents not/no longer in a relationship with each other
- expecting parents

Family Check Up is for:

- parents in a relationship and parents not/no longer in a relationship with each other
- parents with children aged 2 – 17 years

Family Transitions Triple P is for:

- separated parents or those going through divorce
- expecting parents

Incredible Years Advanced is for:

- parents in a relationship
- parents with a child aged 4 – 12 years

Some of the programmes can be provided on a one-to-one basis and some on a group basis. This will be discussed with the parent(s) and a plan will be agreed on the delivery of support. Depending on the parents' individual circumstances support may be provided individually or as a couple.

Making a referral

Any practitioner, worker or volunteer can support a parent in making a referral to the programme by completing a participation agreement and a referral stage questionnaire (RSQ). The RSQ will help determine which programme would be most suitable however this will be agreed at the initial assessment conducted between the parent(s) and family workers.

For the full process and further information about the programme visit our webpage: <http://www.dorsetnexus.org.uk/Page/13594>

Alternatively, please contact Jenny on 01305 228460 or email at HappyFamiliesHappyFutures@dorsetcouncil.gov.uk



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