



# **Reducing Parental Conflict**

## **Overview of the Programme**

# Evidence

- Recent evidence shows that children who are exposed to frequent, intense and poorly resolved parental conflict can suffer a decline in their mental health and experience poorer long term outcomes.
- Children who witness severe and ongoing parental conflict can display:
  - Externalising problems (such as behavioural difficulties, antisocial behaviour, conduct disorder)
  - Internalising problems (such as low self-esteem, depression and anxiety) academic problems
  - Physical health problems
  - Social and interpersonal relationship problems.
- In the long term, the above poor child outcomes are associated with mental health difficulties; poorer academic outcomes; negative peer relationships; substance misuse; poor future relationship chances; low employability; and heightened interpersonal violence.

# Prevalence of parental conflict

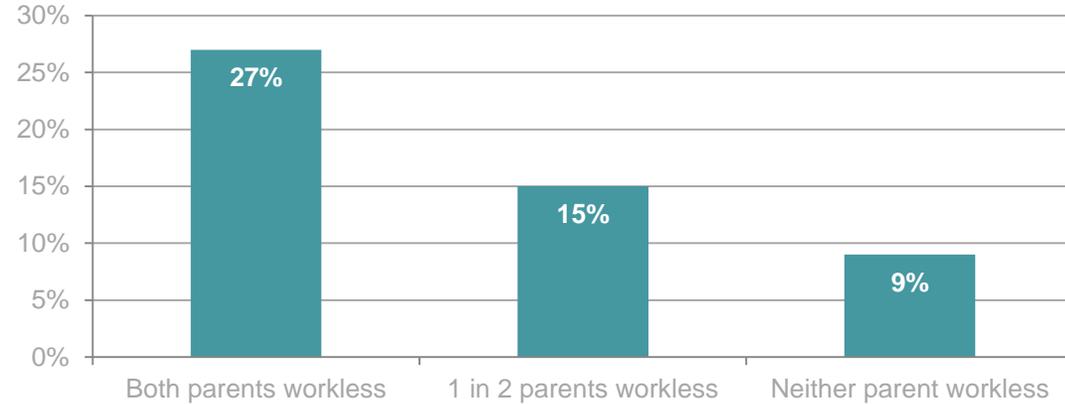
## 27%

Out of all children living in workless couple-parent families (this is 6% of all children), live with parents who report having a distressed relationship.

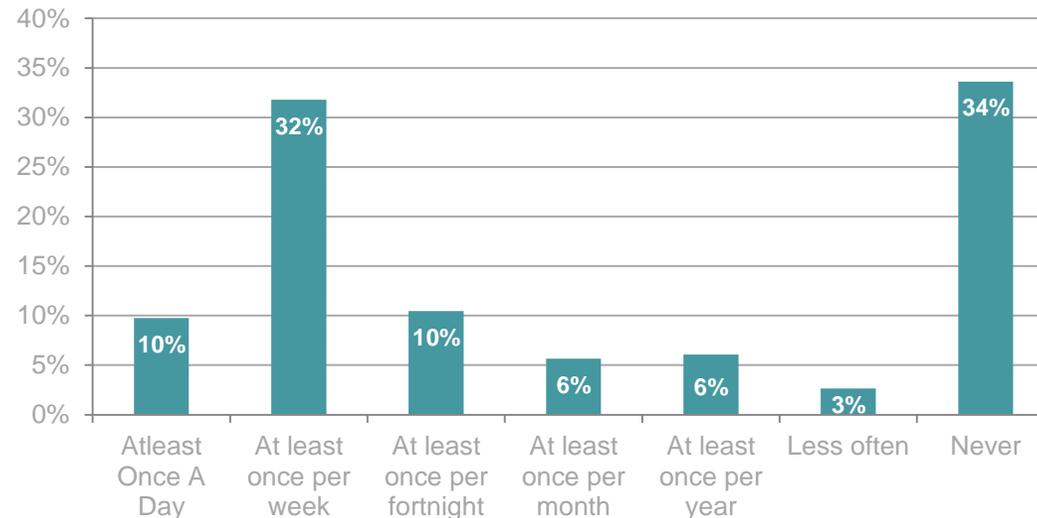
**Three times as prevalent compared with where both parents are working.**

**52%** children in separated families see their non resident parent at least once a fortnight

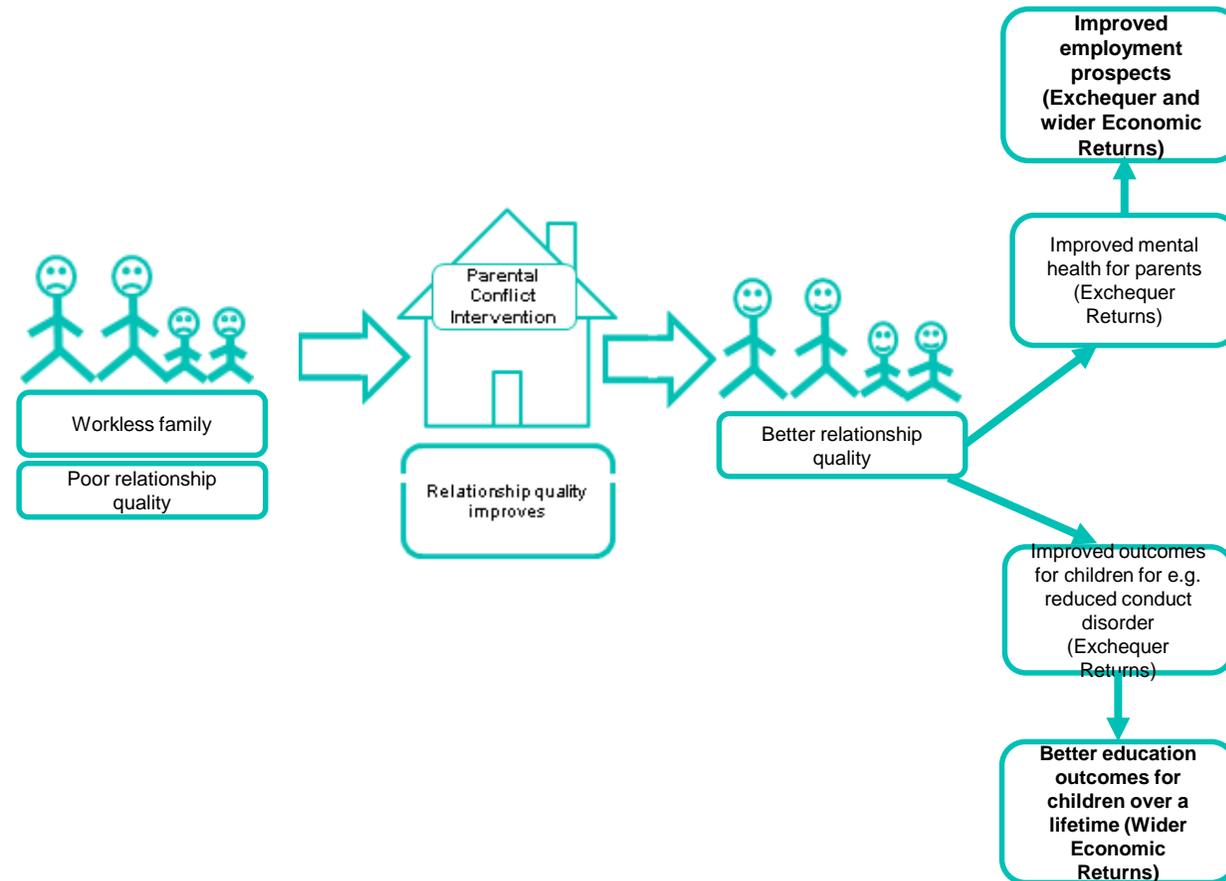
Proportion of children in couple-parent families reporting relationship distress by parental workless status (2015-16)



How often resident parents report that the child 'usually sees' their non-resident parent during term time (2015-2016)



# Reducing Parental Conflict - impact on families



# Key objectives of the New programme

## 1) Supporting areas to integrate parental conflict support within existing local services

- Funding capability building, including: front-line staff training; tools; and implementation leads
- Early Intervention Foundation, as the What Works Centre, promoting the evidence base.
- Joint Innovation Fund with DHSC to test innovative approaches to improve outcomes for children with alcohol dependent parents.

## 2) Creating new markets for face-to-face support

- In four areas, testing 10 promising interventions, several new to the UK
- New support will be procured (and managed) by DWP, with LAs referring parents

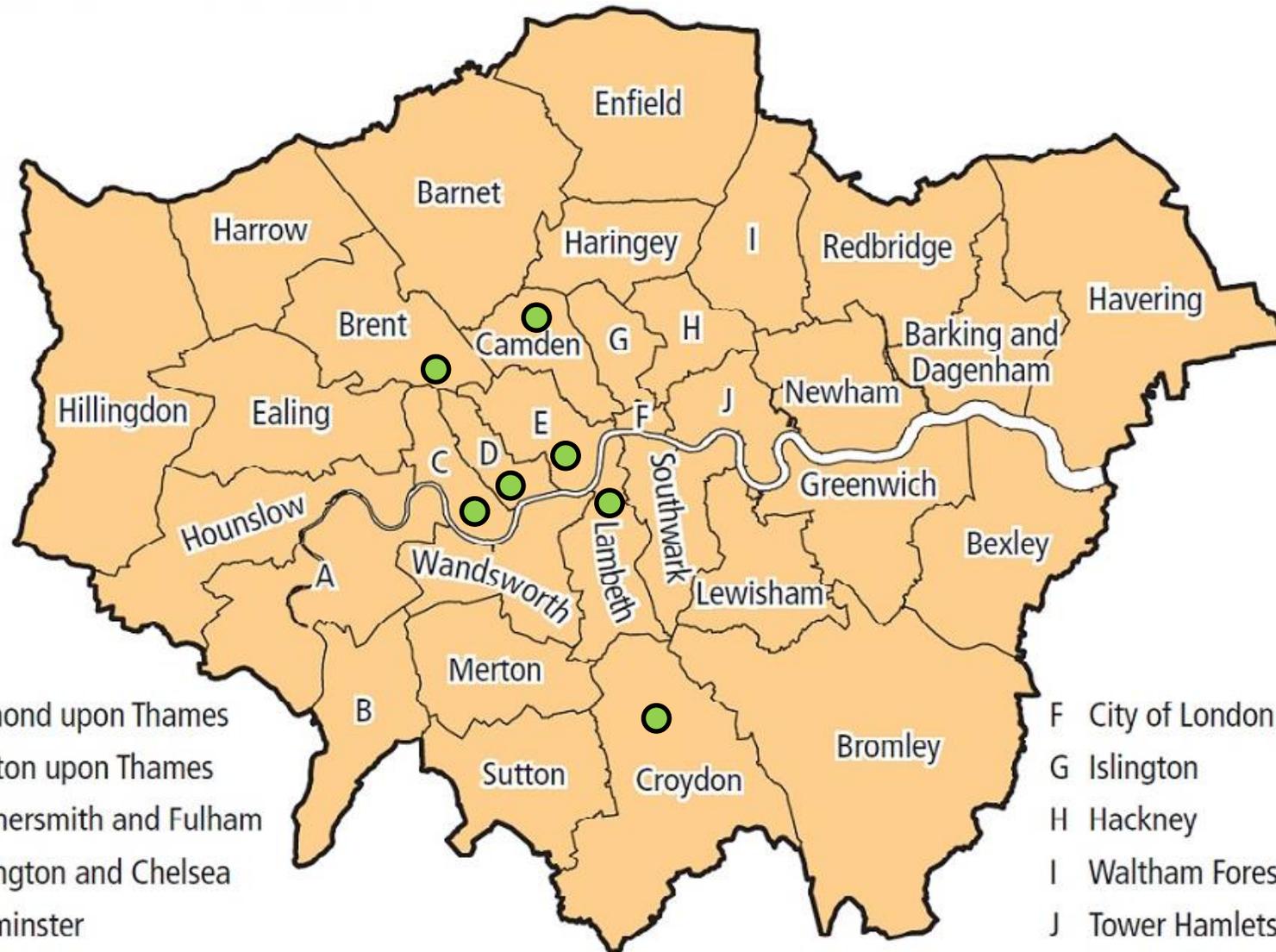
# The Face to Face Provision

The policy intent of the F2F provision is to create new markets for face to face services for workless parents, (both intact and separated) and other parents identified as disadvantaged by LAs in four geographical locations, known as Contract Package Areas.

# Westminster Led CPA

● Proposed Areas

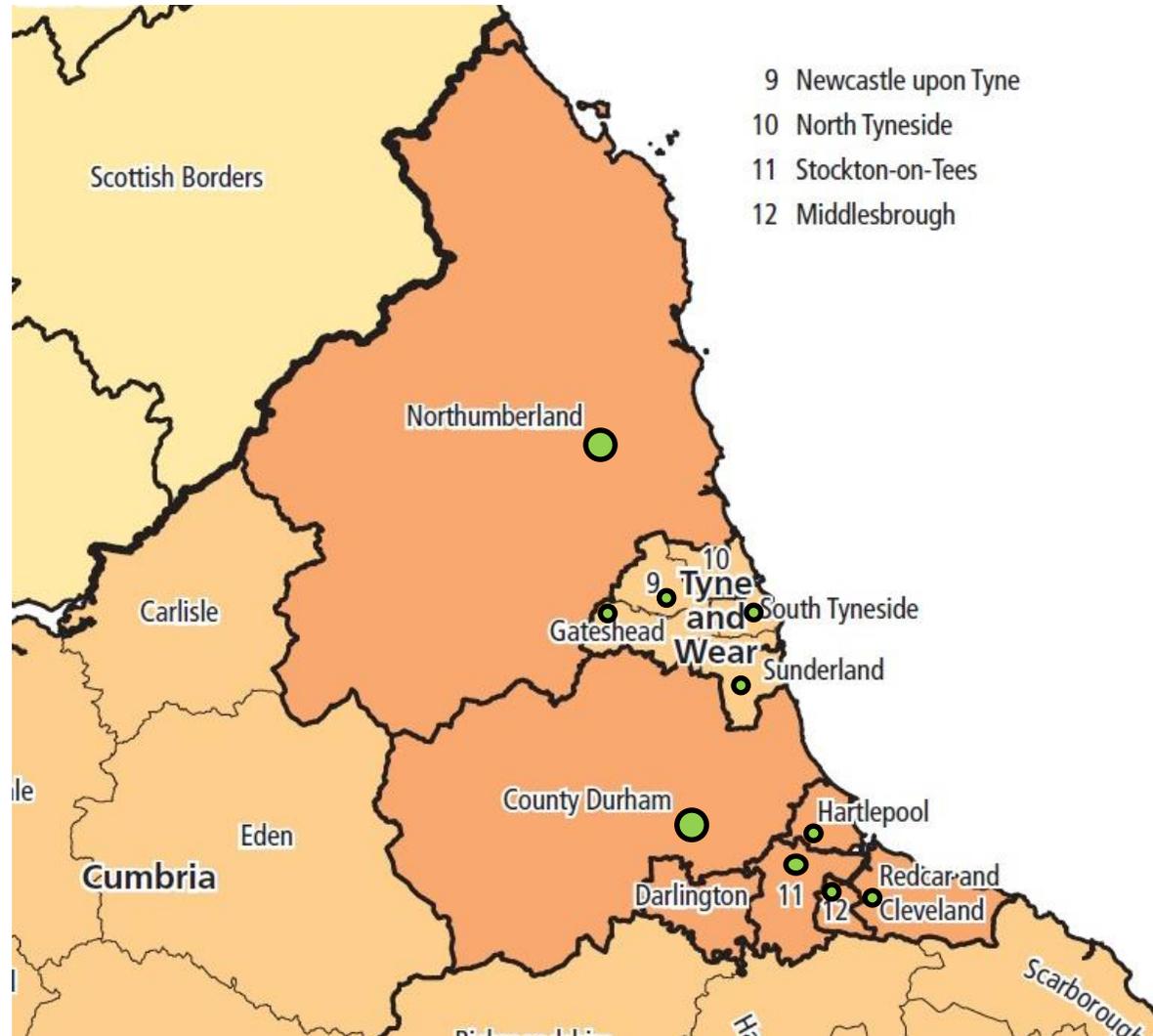
Westminster  
Kens & Chelsea  
Brent  
Camden  
Croydon  
Hamm & Fulham  
Lambeth



- A Richmond upon Thames
- B Kingston upon Thames
- C Hammersmith and Fulham
- D Kensington and Chelsea
- E Westminster

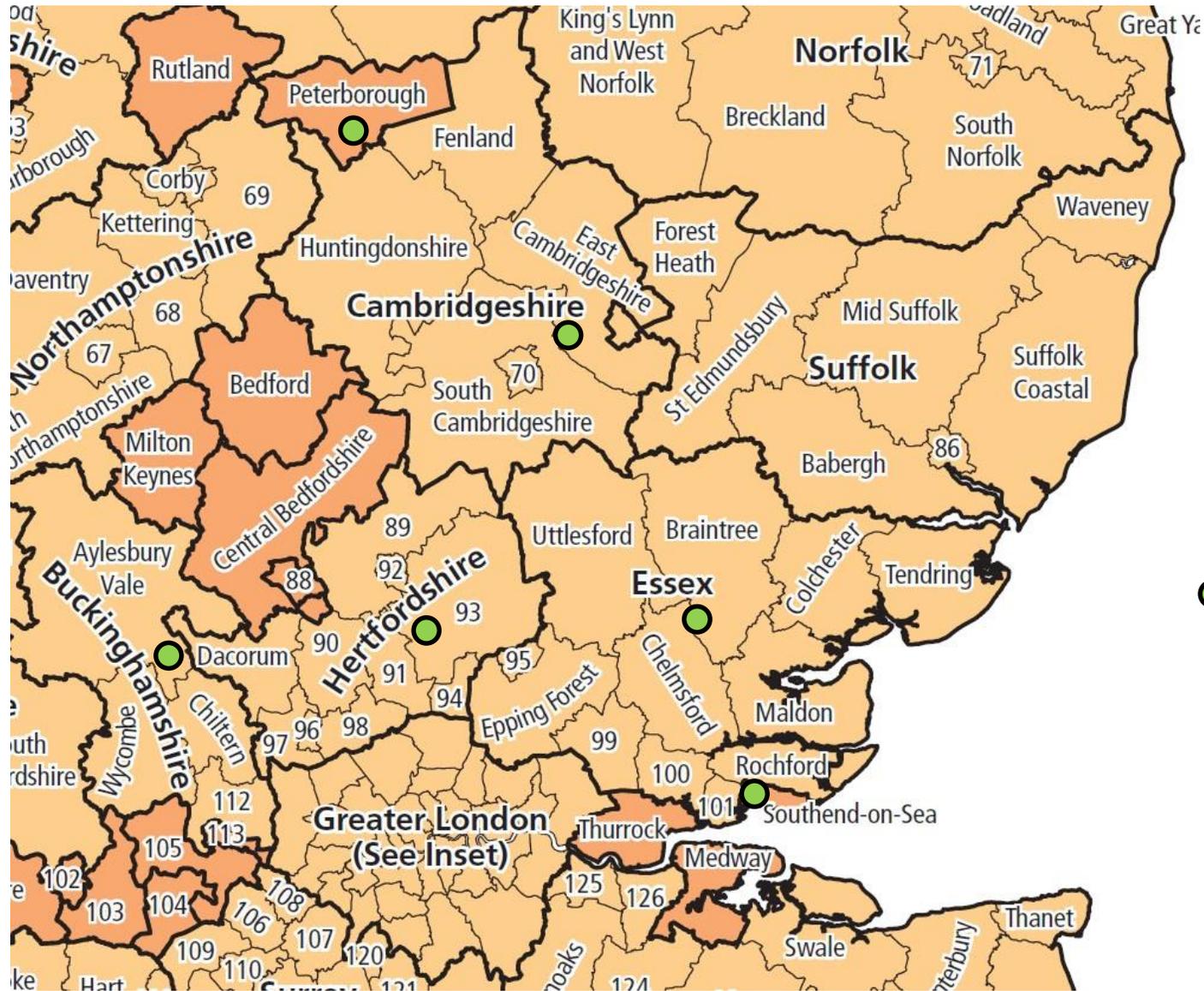
- F City of London
- G Islington
- H Hackney
- I Waltham Forest
- J Tower Hamlets

# Gateshead Led CPA



- Proposed Areas
- Gateshead
- Newcastle Upon Tyne
- Sunderland
- Northumberland
- South Tyneside
- Hartlepool
- Middlesbrough
- Durham
- Redcar & Cleveland
- Stockton

# Hertfordshire Led CPA



● Proposed Areas

- Hertfordshire
- Essex
- Cambridgeshire
- Buckinghamshire
- Southend
- Peterborough

# Dorset Led CPA



# Proposed Interventions (1 of 2)

Intervention	UK delivered currently	Separated couples only	Intact couples only	Both	Structure/Target Group	Other notes
Incredible Years Advanced	✓	✗	✓	✗	18 weekly sessions for groups of 12-20 parents	This depends on the program -- we have various programs for parents, children, and teachers. We have multiple programs for parents that are geared towards children's developmental stages/ages. Visit our Programs for Parents page, and click through the blue links to the right for each program you are interested in.
Level 5 Enhanced Triple P	✓	✗	✗	✓	Four modules delivered to families in 3-8 individualised consultations (8-12 hours)	During these consultations parents have the opportunity to learn a variety of positive communication, problem solving, and conflict resolution skills to enhance their teamwork as parenting partners. Parents completing Enhanced Triple P also need to complete a Level 4 Triple P parenting programme (c.10 hours). Estimated overall intervention time 8-15 weeks.
Within my Reach	✓	✓	✗	✗	15 units, 14 hours of content.	Delivered to individuals in a group setting.
Family Check Up Intervention	✗	✗	✗	✓	# of sessions is tailored to participants' needs/readiness but on average is 2-6	Positive impacts with families with children aged 0-5
Focus on Kids	✗	✓	✗	✗	One 2.5 hour session facilitated by a trained educator. The program is discussion based and includes a series of 9 videos illustrating 4 vignettes of commonly encountered situations and problems for divorced or separated co-parents.	Groups of individuals. The courts ensure that divorced couples members take separate classes (they are not in the same FOK class at the same time).
Parents Plus	✓	✓	✗	✗	Six two and half hour sessions	Groups and Individuals. Separated couples are recommended to attend separate interventions

# Proposed Interventions (2 of 2)

"4Rs 2Ss" Family Strengthening Programme	X	X	X	✓	16 sessions delivered weekly to groups of 12-20 parents	The program is for families with children aged 7-11 who have behavioral difficulties. At a minimum, the child (aged 7-11 who is receiving services at the participating program) must participate in the group with their primary caregiver. Other family members who are important in the family's life are welcome to join the group as well.
Level 5 Family Transitions Triple P	✓	✓	X	X	5 sessions delivered individually or in groups of c.8 parents (depending on provider's previous Triple P training).	Consultations for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. Parents learn skills to resolve conflicts with former partners and how to cope positively with stress. Family Transitions Triple P is typically followed by a Level 4 Triple P parenting programme (c.10 hours). Estimated overall intervention time 5-13 weeks.
Mentalization	✓	X	X	✓	The Parents in Dispute approach is based on a model which comprises an initial phase of preparation and assessment, meeting with each parent separately for two sessions each to assess suitability and risk, and to prepare them for the joint work. The second phase involves bringing the parents together in joint sessions with two therapists, and they are offered 6-12 sessions of therapeutic work. Where parents are unwilling to work together in joint therapy, or for other reasons this is not possible, then they are offered up to 6 individual sessions of therapy.	Targeted at parents, living together or apart, whose relationship quality is affecting children's outcomes.

# Participant Information and Potential Drop-out rates

<b>DWP estimate of total eligible population within England</b>	Around 300,000 families/400,000 individuals likely to be in scope, nationally.
<b>DWP estimate of eligible population with Proposed CPAs</b>	Translating this to CPA level, we have roughly estimated 50,000 families and 65,000 individuals would be in scope of the RPC programme.
<b>DWP estimates of eligible population (individuals) per CPA</b>	Ranged from 10,000 to just under 30,000
<b>LA estimates of the proportion of the eligible population who are referred</b>	Ranged from 21% to 50% (Over the total length of the Programme).
<b>LA estimates of those referred that start RPC provision</b>	Ranged from 60%-100%
<b>LA estimates of those starting provision that complete intervention.</b>	Ranged from 69% to 80%

**These are working estimates which are expected to change.**

DWP are working closely with the LA CPA leads to understand more about potential volumes, including how they may change according to the type of provision that is expected to be available in each area, and will revise them as further information is available.

DWP have made assumptions at [an England level](#) and then made much rougher estimates for CPA levels based on this national information.

These estimates are therefore unable to account for differences in population characteristics e.g. family composition at specific CPA areas.

Parents will be eligible for the RPC face to face provision if: (i) their youngest child is 18 or below, (ii) they are reporting experiencing relationship distress and (iii) they are part of a long-term workless family.