

## Children and Young People Team (Parenting and Group Work Team)

### What are our aims?

The team exists to provide early intervention and preventative supports to those referred to the service in order to help maximise their potential by:

- promoting positive relationships between children, young people, their parents and school; and
- identifying and supporting families who may benefit from support.

By early intervention we mean working with families when their children are in the early stages of their school life (including pre-school). We also consider early intervention in relation to the life of a particular problem or issues. As a result we work with a range of pre-school aged and school aged children, young people and their families.

### Who are we?

The team consists of 7 practitioners (6 FTE) trained and experienced in delivering a range of parenting programmes and interventions. We work in partnership with other teams and services in order to build capacity and expand the delivery of parenting group work across West Lothian.

### Who can refer to the service?

We accept referrals/requests for service from a range of agencies including social work, health, education, voluntary organisations and parents and carers can self-refer. We are keen to support referrers in making timely and relevant requests for service in order to ensure parents/carers get the right support at the right time and to avoid unnecessary waiting times.

### When can I refer?

We accept referrals/requests for service at different times of the year for the different programmes that we offer. The reason for this is to reduce waiting times and to encourage relevant and timely referrals/requests for services, with the overall aim of improving the uptake on programmes and interventions. We operate a waiting list for Triple P, individual/family work and Video Interaction Guidance. Referrals/requests made for programmes out with stipulated times will not be actioned and referrers will be encouraged to revisit supports at the appropriate times.

Referrers are encouraged to request the most appropriate programme in order to meet the need of the family. If the referrer does not know which programme or intervention is best suited to meet the identified need, then they should speak with the Team Manager prior to referring. Where there is an open Social Policy involvement we encourage and accept referrals/requests for service by telephone and email.

### Parenting Work

The Parenting Groupwork Team has a particular emphasis on delivering evidenced-based parenting programmes. The descriptions for each group give more information on the various interventions offered, who they are best suited to, when they are available and when referrals/requests for service should be made.

[Incredible Years \(Basic\)](#) is part of a series of interlocking evidence-based programmes for parents and children. It is supported by over 30 years of research and delivered worldwide in more than twenty countries.

The goal is to prevent and treat young children's behaviour problems and promote their social, emotional, and academic competence. The programme focuses on strengthening parent-child interactions and attachment, reducing harsh discipline and fostering parents' ability to promote children's social, emotional, and language development. CYPT offer programmes for parents and carers of children aged 3 - 7 years.

Parents/carers attending benefit from a nurturing step-by-step approach to enhance their parenting skills. Learning is consolidated by completion of weekly homework tasks.

The programme runs for 14 – 16 weeks (2 hour sessions per week) and we run them twice a year (from September – December and February - June). We accept referrals for these programmes between May - August and November - January. For a short video clip click on link <https://vimeo.com/125233428>





[Triple P \(Level 4\)](#) is a positive parenting programme that is delivered in 25 countries worldwide and is number one on the United Nations' ranking of parenting programmes based on the extent of its evidence base.

Groups of up to 12 parents/carers attend five 2 hour sessions and are supported with three phone catch-up sessions at home. The programme uses DVDs and workbook to engage parents and reinforce strategies. Typically targets parents of children with more severe behavioural problems (e.g. aggressive behaviour, oppositional defiant disorder, conduct disorder, learning difficulties, attention-deficit/hyperactivity disorder (ADHD)).

The programme is suitable for parents and carers of children aged 3 – 12 years that are motivated to make change and can cope with high level of content and high pace of delivery. Learning is consolidated by completion of weekly homework tasks.

Groups are available both during the day and evenings throughout the year. We accept referrals/requests for this programme throughout the year and this service can have a waiting list. For a short video clip click on the link <https://vimeo.com/125233429>

[Group Teen Triple P](#) is a broad-based parenting intervention delivered over eight weeks for parents of teenagers up to 16-years-old who are interested in learning a variety of parenting skills. Parents may be interested in promoting their teenager's development and potential or they may have concerns about their teenager's behaviour that they want to change. The programme involves five (2-hour) group sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the influences on adolescent behaviour, setting specific goals, and using strategies to promote a teenager's skills development, manage inappropriate behaviour, and teach emotional self-regulation. Parents also learn how to plan around risk-taking behaviour and risky situations. Then there are three (15 to 30 minute) individual (telephone) consultations to assist parents with independent problem solving while they are practising the skills at home.

Parents or caregivers that benefit from Group Teen Triple P are those who have concerns about their teenager's mild to moderate level of behavioural problems or simply wish to prevent behavioural problems from developing. Parents who have completed lower level interventions and have not achieved the goals they want, may benefit from a Group Teen Triple P intervention. Parents need to be able to commit to all eight sessions. We deliver Group Teen Triple P in partnership with Whole Family Support and the Child Disability Service and referrals can be made all year round.

[Stepping Stones Triple P](#) Group Stepping Stones Triple P has been developed for parents of children with a developmental disability. Stepping Stones Triple P has been evaluated with families of children with a range of disabilities (e.g. intellectual disability, autism spectrum disorders, cerebral palsy, and elevated levels of disruptive behaviour). The program involves six (2 ½ hour) group sessions that educate and actively train skills, and three (15 to 30 minute) individual telephone consultations to assist parents to refine the use of their parenting skills and to develop independent problem solving skills. A full behavioural and family assessment is completed before and after the group sessions.

Parents or caregivers of children with a disability (up to 12 years of age) who benefit from this program are those that require or are interested in learning a broad-based range of parenting skills to promote child development and to manage mild to moderate level challenging behaviours. The programme is appropriate to assist parents to prevent the development of problem behaviour or to change problem behaviour if it is occurring. Parents need to be able to commit to six group sessions and three telephone consultations.

We deliver this programme in partnership with the Children and Families Area Practice Team and the Child Disability Service and we accept referrals throughout the year for this programme and this service can have a waiting list.

Mellow Parenting is a 14 week programme developed to support parents and their children in making good relationships. The foundation of the programmes is attachment theory, with particular emphasis on the transmission of attachment and relationship styles across generations. If parents/carers have had poor relationships with their carers in early childhood, evidence shows it is harder to make good relationships now, with services, partners and their children.



#### Mellow Mums and Dads:

therapeutic personal group;	identifies parents' own needs;
explores parents' childhood experiences;	improves adults' wellbeing; and
explores current life;	links to parenting their own children.

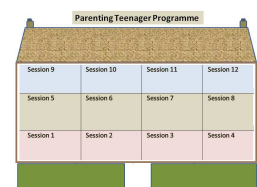
These programmes are designed to promote and improve parent/child relationships by supporting parents to enhance their sensitivity and responsiveness towards their children. The Mellow Programmes are targeted at vulnerable parents/carers that often have trouble engaging with services. Parallel children's groups run with 'focus' children aged between 0 and 7 years. Extensive pre-group work is undertaken with all parents/carers referred. Referrals usually come from Nurseries, Schools, Social Work Area Practice Teams, Health and Prison and Criminal Justice services.

Mellow Mums and Mellow Dads groups run up to twice a year (from September – December and February – June) and we accept referrals for these programmes between May - August and November - December.

CEDAR is a unique way of working with children, young people and their mothers recovering from living with domestic abuse. The CEDAR programme takes place over 12 weeks with groups for children, young people and their mothers running in parallel. The groups provide an opportunity to explore feelings with an emphasis on providing fun and creative activities that keep children engaged and interacting with each other. It is about creating a safe place for children and their mothers to help each other to find the best strategies to deal with their experiences and rebuild their lives. A key aim of the programme is to help mothers to support their children in their recovery. We deliver CEDAR in partnership with the Domestic Abuse and Sexual Assault Team (DASAT). Referrals for this programme should be sent to [kim.kidd@westlothian.gov.uk](mailto:kim.kidd@westlothian.gov.uk) at DASAT.

#### Parenting Teens Programme (PTP)

This is our main intervention for parents of teenagers. The programme is based on principles of building positive relationships, understanding teenage development, improved communication, negotiation skills as well as positive behaviour management strategies.



Parents/carers of teenagers often present to us in "crisis" and it is not uncommon for them to want their child "fixed".

We can support parents/carers with strategies and techniques to deal with situations more effectively. This age range is not considered a priority for 1:1 family work and offering parents/carers a place on these programmes is our usual offer of support here. If parents of teenagers are struggling and in need of support, we expect them to take up a place on the programme and will encourage and support them to do so.

Groups are available during the day and evenings. We expect parents to self-transport (although we can offer support with organising car sharing) and no crèche is offered.

The programme lasts 12 weeks and runs during the day and evenings (2 hour sessions per week) throughout the year. We accept referrals for these programmes between May – August and November – December.

**Getting Through The Day with Autistic Spectrum Disorder (ASD)** runs one morning a week for 10 weeks with 2 facilitators and a maximum of 8 parents/carers. The aim of the group is to increase parents/carers knowledge of ASD and how it affects their child. The group encourages them to develop strategies and techniques and gain information and support in a group setting. The group is for parents and carers of children with a diagnosis of ASD and who are attending mainstream education. We run the group in partnership with Signpost and there are two groups run throughout the year – one for parents and carers of primary aged children and one for parents and carers of secondary children. Referrals should be made directly to Signpost.

[Video Interaction Guidance \(VIG\)](#) is an intervention through which a practitioner uses video clips of authentic situations to enhance communication within relationships. It works by engaging clients actively in a process of change towards realising their own hopes for a better future in their relationships with others who are important to them.

The client is guided to reflect on video clips of their own successful interactions. The process begins by helping the family to negotiate their own goals. Asking them what it is they want to change helps to ensure that they are engaged in the process. Adult-child interactions are then filmed and edited, to produce a short film that focuses on the positive. Work is undertaken over 3 months and reviewed.

VIG is considered an appropriate intervention for those too old for the Mellow Programmes or in situations where parents are not ready for group work interventions.

Referrals are accepted throughout the year for this intervention and this service can have a waiting list.

### **1:1 Family Work**

The CYPT Parenting/Groupwork team have some capacity to offer time-limited 1:1 family work. Referrals are accepted at any time throughout the year; however we strongly recommend that referrers phone the Team Manager initially to discuss any referral. This service usually has a waiting list and discussions prior to referring can support us prioritising and giving the referrer and family an indication as to if and when the work is likely to be allocated. On allocation, the worker will carry out an initial assessment of need and this work can range in duration from one or two “refresher” sessions (particularly if the parents/carers have previously completed an evidenced-based parenting programme) up to 12 weeks.

Work is reviewed at least every 6 weeks and where possible and appropriate we will try to support parents/carers to take up supports in groups. Where parents are unable or unwilling to take up group work opportunities we will work alongside them on a voluntary basis for up to 1 hour per week (home visits and/or telephone contact) to achieve the identified outcomes. We expect parents/carers to engage meaningfully with this service and commit to all planned work, home tasks and appointments. When the work is completed parents/carers will be signposted accordingly to other relevant services if appropriate/applicable. Non commitment to the work or a lack of meaningful engagement will result in us ending our involvement.

*For further information and/or a copy of our referral form please contact:*



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