

Relationship Navigator Role- experience of supporting the Health Visitor on the front line

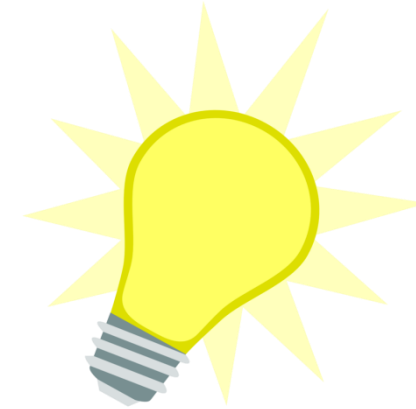
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Health Visiting Relationship Navigator Newcastle

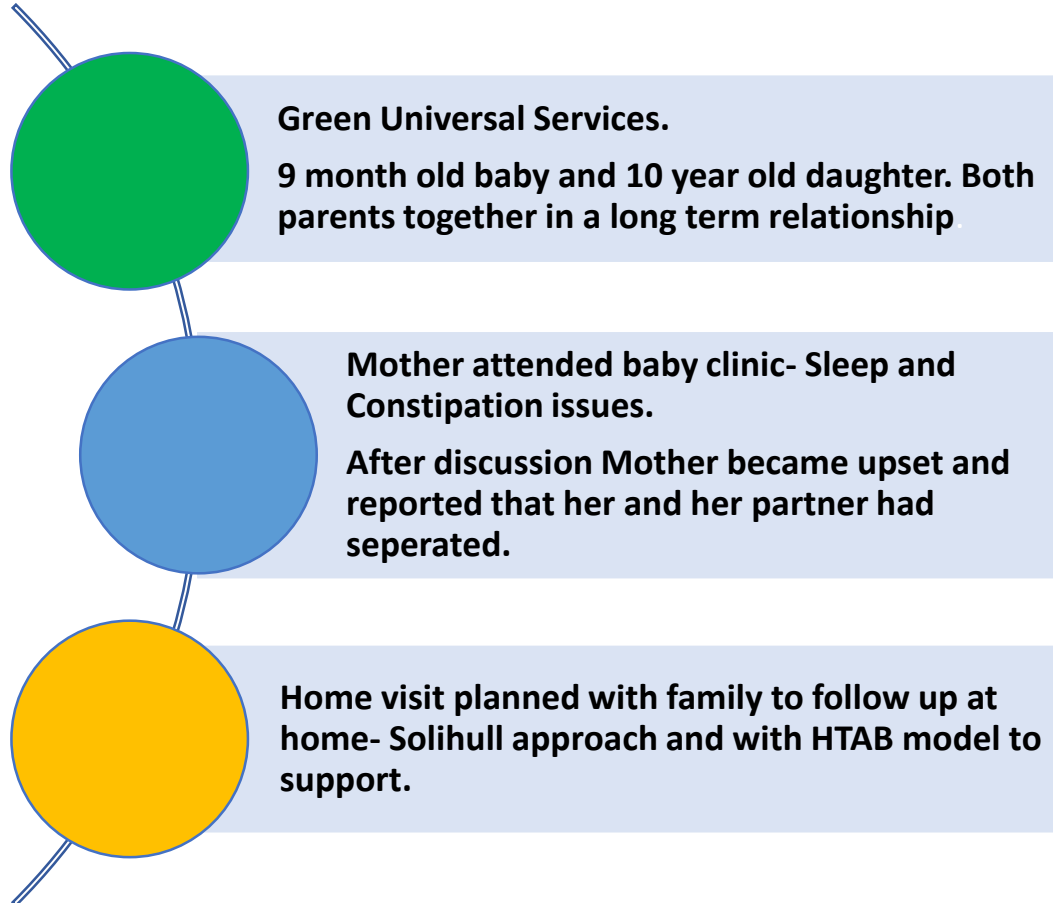
- Increase awareness and confidence in the identification and response to inter-parental conflict within the 0-19 universal service.
- Provide case consultancy to frontline staff who have identified families as needing support.
- Provide training to all 0 – 19 service staff in How to Argue Better as well as being involved in wider multi agency training in partnership with the Local Authority.

1st Steps!!

- Attend how to Argue Better Training.
- Reading.
- Attendance at Reducing Parental Conflict Conference.
- 0-19 service/community family hubs/ safeguarding team/hospital social worker team, Parents under pressure team.



Case Study



Home Visit

Parents

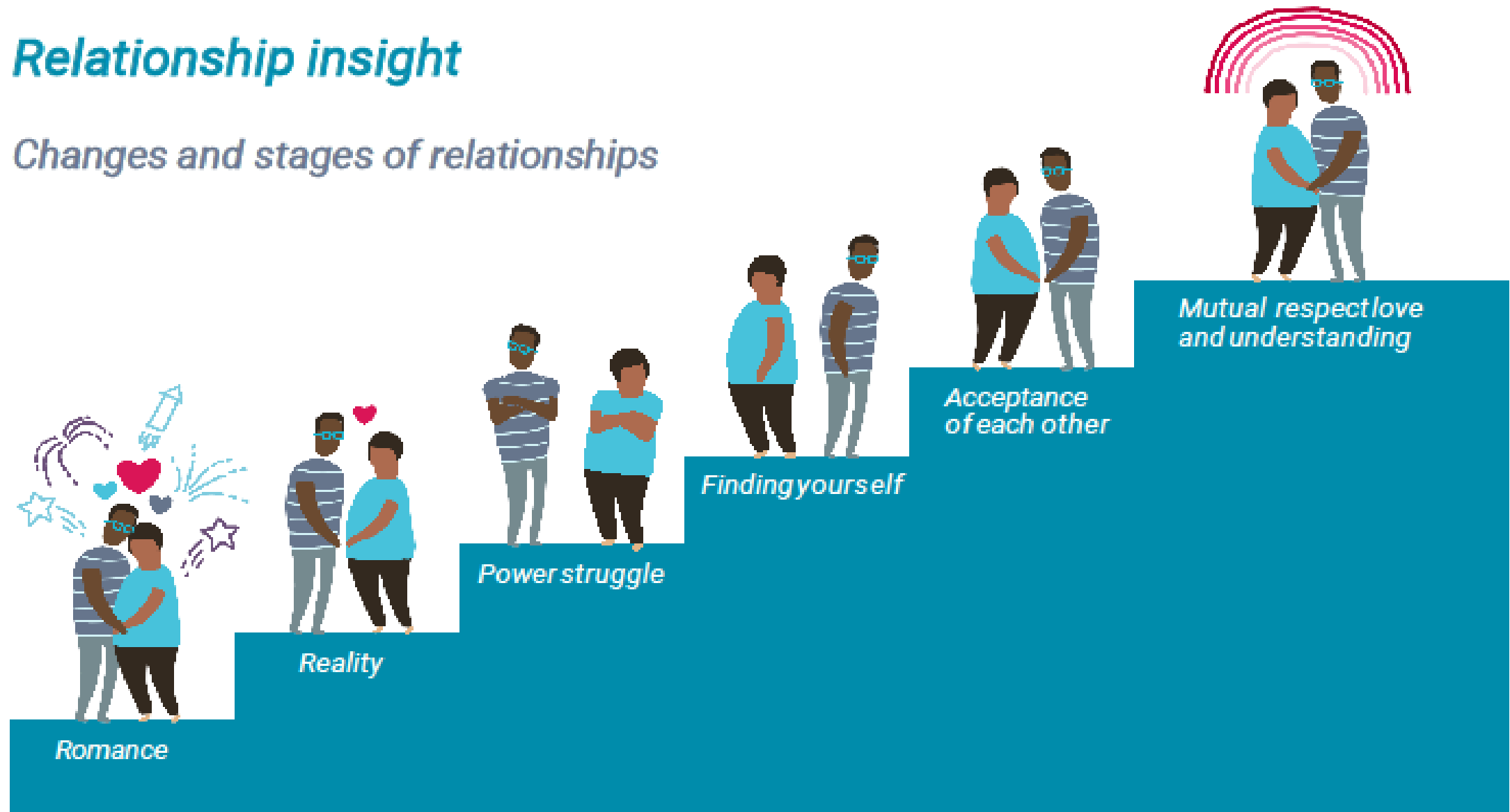
- Regular arguments.
- Dad had now moved out to his Parents for a break.
- Both felt that impact of new baby after 10 years had effected their relationship and communication.
- Mother had low mood and had resumed smoking with the stress.

Children

- Baby clingy, constipated and poor sleep pattern-sleeping in parents bed.
- 10 year old, spending more time in her bedroom and at Maternal Grandmothers House.

Relationship insight

Changes and stages of relationships

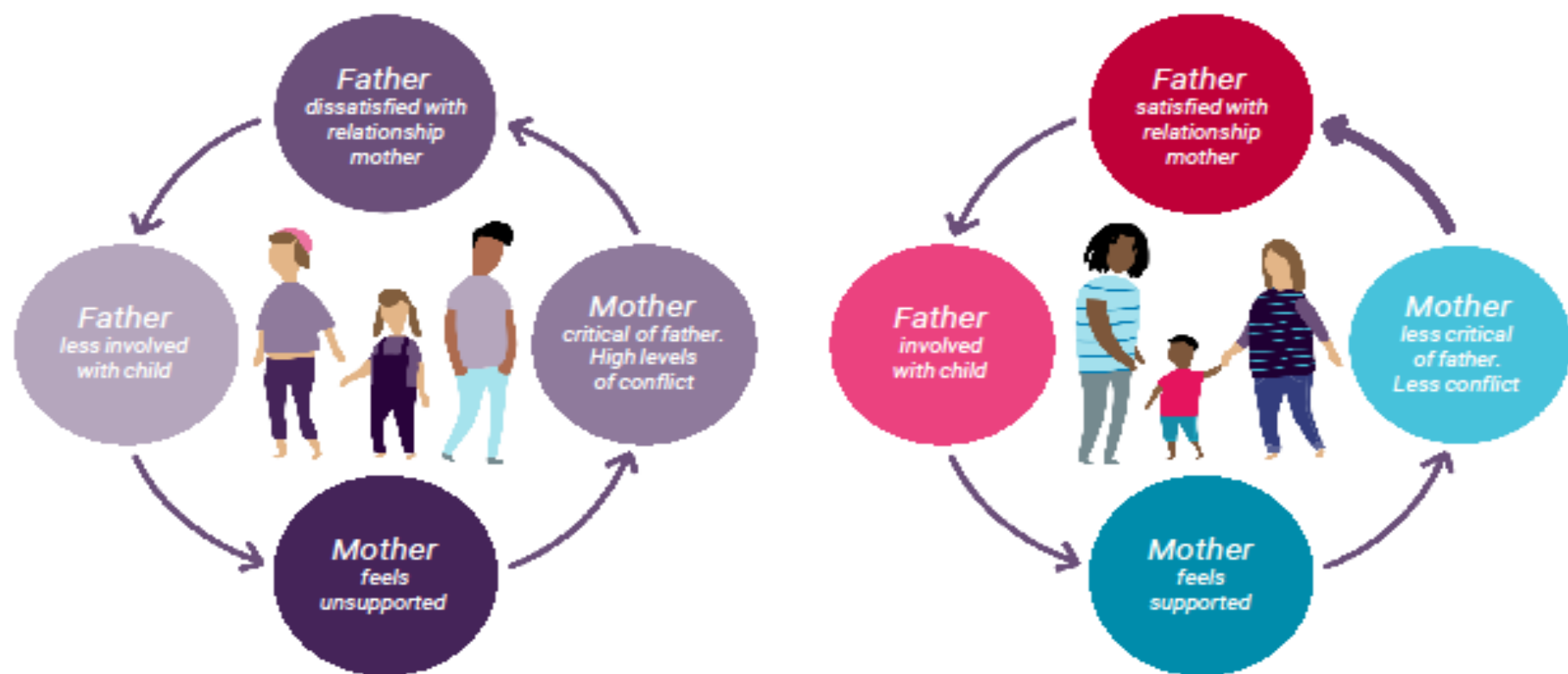


Relationship insight

Hidden issues

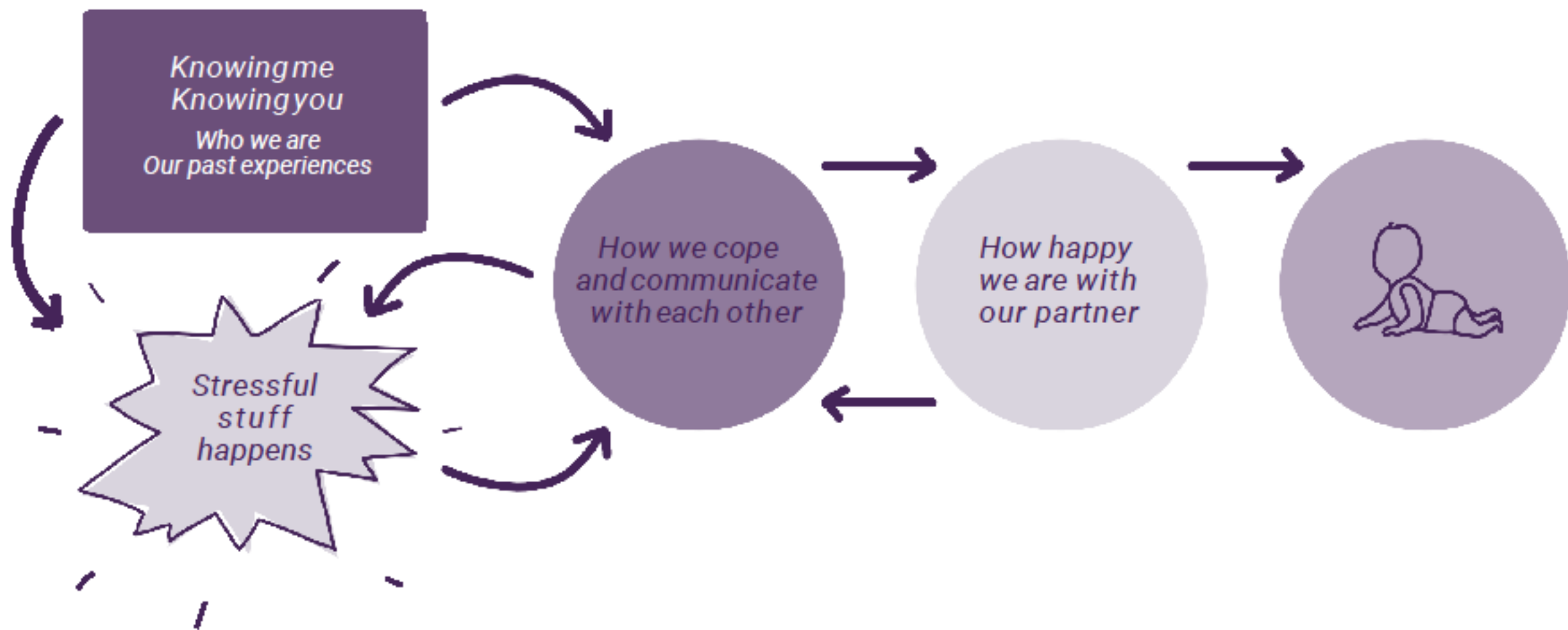


Vicious virtuous cycle



Relationship insight

What happens to us?



Outcome for Family

- Parents reflected on their communication and impact of new baby had on their relationship.
- Arranged for Grandparents to look after children to allow them time together.
- Dad moved back home and took more of a role in caring for the baby. Family time established with both children as a whole family.
- Parents together established bed time routine and sleep pattern for baby.

Impact of Poor Quality Relationship

Parents

- Mental Health

More likely to suffer from mood disorders and twice as likely to misuse substances.

- Physical Health.

Strong association with negative outcomes including cardiovascular disease, decreased healing times and alcohol misuse.

- Fathers

Low level of father involvement is associated with relationship dissatisfaction breakdown, parenting stress and mental health difficulties for mothers.

Children

- The development of insecure attachment.
- Impaired emotional and cognitive development.
- Lower educational attainment.
- Increased likelihood of childhood poverty and socio-economic disadvantage.
- Substance misuse.
- Behavioural problems.

Universal Plus

- Health Visitor supported in management of case, Using HTAB
- Parents arguing regularly and police had been called previously.
- Issues identified Paternal mental health and alcohol use.
- Mam low mood post-natal. Receiving support from New-PIP (Parent infant partnership).
- HV supported to use HTAB to explore relationship and reflect to parents impact on 18 month old baby.
- 2nd visit showed improvement.
- 3rd Visit severe breakdown of communication between parents- resulting in referral to CSC for initial assessment.

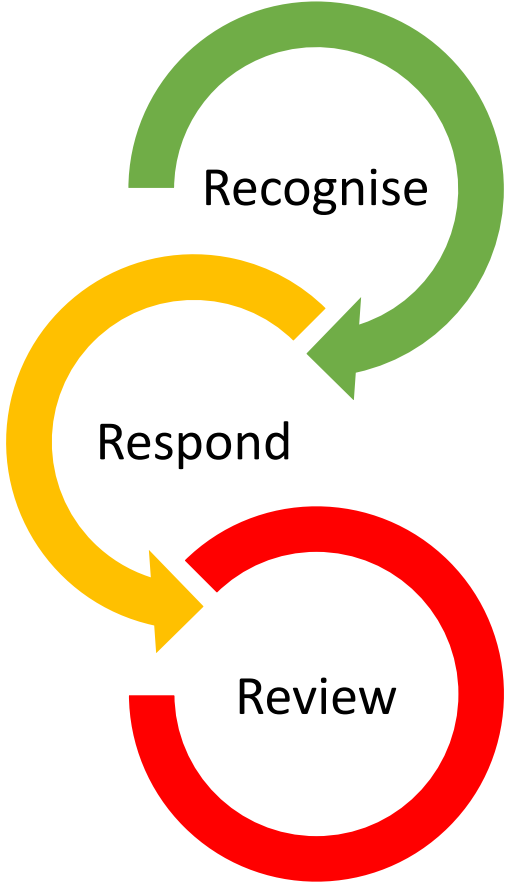
Partnership with Community Family Hub

- *“I sat my sister down and talked to her how I felt – I wouldn’t have done this before. I gave her suggestions of what she can do to help me and also showed her the I statements”*
- *“Now I take a deep breath I use to go off in a huff and stay away, no I breath and move on. This means that arguments aren’t dragged out”*
- *Parent had ongoing issue with neighbour – in the past Parent would go around and shout. Since workshop, when she has seen the neighbour, she has carried on continuing walking with headphones in.*
- *Practitioner has observed that Parent has been addressing issues instead of not speaking. Parent has started talking to School and Practitioner – giving examples of how she is feeling and what is making her feel that way.*

Where are we Now?

- 90 practitioners from 0-19 service now trained in HTAB and all evaluations from this service report increase in knowledge and skills working with Inter-parental conflict.
- Multi-agency response.
- Discussion and assessment regarding couple relationships now embedded in System one records. Therefore Practitioners prompted at all routine Healthy Child Programme contacts prompted to explore and discuss couple/parental relationship.
- In progress of developing package of care for 0-19 service.
- Anecdotal evidence of increased referral to Relate and 0-19 service already aware of upcoming new contract package.

Recognising Relationship Distress



References and Information.

- Supporting Couple Relationships Guidance for Health Visitors (One Plus One)
- The Impact of Couple conflict on Children briefing (tavistockrelationships.org)
- Health visiting workforce and early relationship support (tavistockrelationships.org.uk)
- Why reducing parental conflict matters for the NHS (Early Intervention Foundation)
- Suffer the Children (Community Practitioner Nov 2017)
- Improving Lives Helping Workless Families (Dept of Work and Pensions 2017)
- Becoming Parents Together (Christopher Clulow 2016)
- How to Argue Better One plus one 2018.