

MELLOW PARENTING



Southern Health
and Social Care Trust

Introduction

- Mellow Parenting is a 14 week programme
- Introduced in the SHSCT in May 2010
- 15 programmes have been run to date
- Positive outcomes have been reported
- Currently involved in an evaluation with University of Ulster.



Evidence to Support Development of Programme

- The value of early intervention is increasingly recognised – Early Intervention Transformation Programme (DSC)
- ‘Transforming Your Care’ recognises that early engagement can pay a very high rate of return.
- Corporate PHA Objectives highlight the need for early intervention
- Mellow Parenting compliments existing parenting provision in the Southern area.



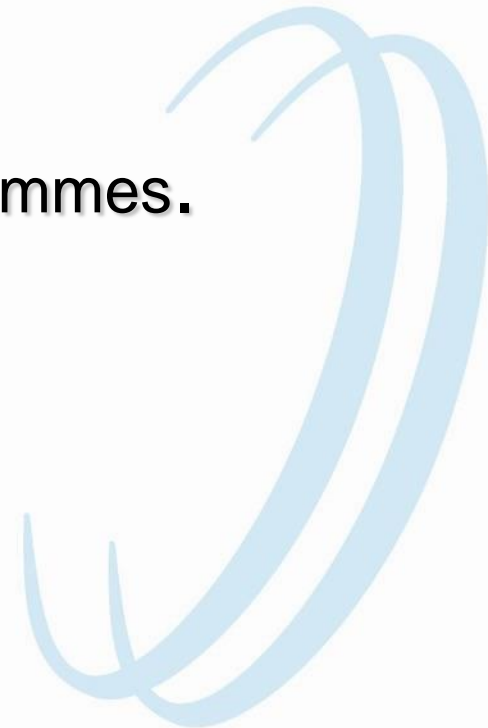
Evidence to support the programme

- Mellow Parenting is an evaluated programme shown to be effective in engaging hard to reach families with children under four.
- Dept. Health Evaluation – The Impact of Intensive Family Support on Mother and Children 2004



Evidence to support the programme

- Mellow Parenting meets NICE criteria for effective parenting education programmes
- Sure Start Children's Centre Practice Guidelines (November 2005).
- Commissioning Toolkit of Parenting Programmes.



Mellow Parenting in SHSCT

- Funded by PHA - Mental Health Promotion Action Plan
- Steering group established
- 10 facilitators were recruited from various disciplines
Facilitators group established
- Peer / clinical supervision
- Referral criteria set
- Literature designed and disseminated
- Referrals coordinated centrally by PWT.



Participation on the Programme

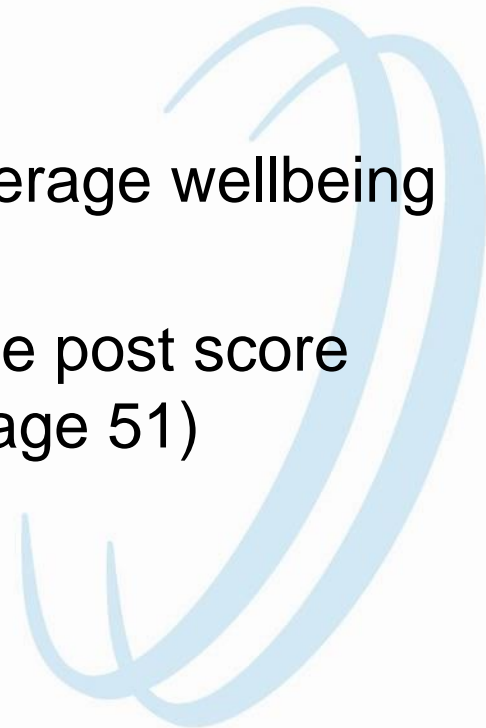
- Referral accepted – Mother and referrer notified in writing
- Facilitator makes contact with Mother
- 2 home visits prior to programme
- Video footage of Mother and Child interaction
- Crèche and transport needs discussed
- Any queries or concerns about the programme addressed.
- Participation on the programme is voluntary



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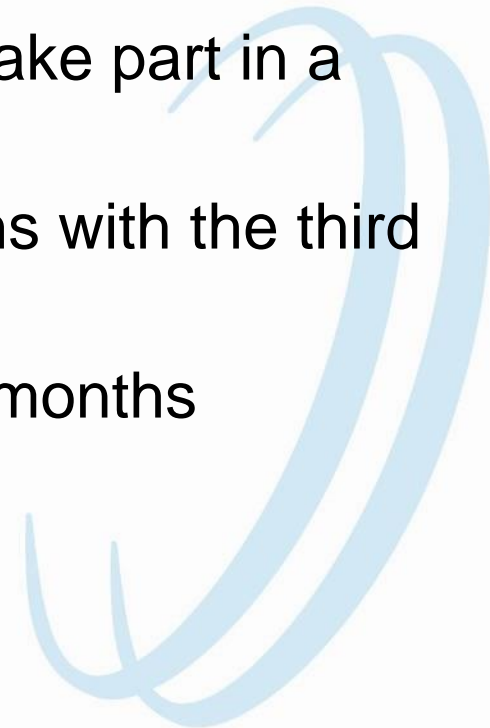
Evaluation

- All groups have been internally evaluated using pre and post WEMWBS and Focus groups with Mothers and facilitators.
- Key findings of the evaluation of 3 programmes in 2012 /13 included:
 - 86% of Mothers attended all 14 sessions.
 - On completion of the pre WEMWBS the average wellbeing score of the group was 38.1
 - Following participation in the programme the post score was 52 (an increase of 14, population average 51)



Evaluation

- Currently involved in an evaluation of 3 programmes with Ulster University
- Final report due Jan '16
- Participants complete pre and post WEMWBS scale and Adult Wellbeing Scale
- On completion of programme participants take part in a recorded focus group interview
- 2 groups have been followed up at 6 months with the third group due to be contacted in June '15
- Participants will be followed up again at 12months
- Initial findings are positive



Focus group Comments

"I am not the only one with things going on in my life, but I am the only one who can make it better"

"My home is far calmer. I'm happier and so are my Kids."

"I am so proud to get my certificate – this is the only thing I've ever finished in my life."

"The support from other Mum's was great, I've made friends for life."

"I enjoy both my children now , before I saw them as hard work."

"I see my child as a real person who has feelings. Before I just kept trying to get him to do stuff that he wouldn't do. Now he usually does it, but in his own way."



Future Plans

- Evaluation Report
- Mellow Bumps
- Mellow Babies
- Mellow Dads
- Mellow Futures
- Further Facilitator training
- Mellow Babies Trial with University of Aberdeen



Questions?

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