

# RELATIONSHIPS MATTER!

# THE THRIVE MODEL

The Relationships Matter THRIVE Model is designed to help practitioners think about what quadrant families may be in and what support is available.

## Conflict is **distinct** from domestic abuse

- The majority of work around parental conflict will occur at a lower threshold of need – focused on early identification and intervention.
- By having conversations about relationships staff are better placed to identify both parental conflict and domestic abuse.
- The priority should be managing potential risk of harm, so it is important to rule out domestic abuse/sexual violence before commencing RPC work.
- The controlling and oppressive nature of domestic abuse means that we could cause survivors harm if we begin RPC work without first ruling out domestic abuse and sexual violence.

# SELF-REPORTING QUESTIONNAIRE

The questions need to be answered based on the current situation, not specifically today but how things have been over the last few weeks.

For example, if there has been an argument that day, the questions might be answered differently, therefore it is important to think about how they feel generally.

You might want to make notes in the box of anything mentioned which you can follow up during your support. You will need to complete the questionnaires at the start and the end of your support, separately with each parent.

## Amity Relationship Solutions Family Relationships Self-Reporting Questionnaire

The questions need to be answered based on the current situation, not specifically today but how things have been over the last few weeks. For example, if there has been an argument that day, the questions might be answered differently, therefore it is important to think about how they feel generally. You might want to make notes in the box of anything mentioned which you can follow up during your support. You will need to complete the questionnaires at the start and the end of your support, separately with each parent.

QUESTION	YES	NO	NOT SURE
Things used to be better than they are now between me and my co-parent or partner			
We argue more than we used to do			
The children we are responsible for are happy			
I think our arguments affect our children			
Sometimes I feel guilty about the happiness of the children because of tension or arguments between the adults around them (including extended family)			
With the right support I think we should be able to work out our co-parenting or couple difficulties			
I am aware why we argue and what it is about			
I want to understand why we argue and how to make it better			
The arguments between us are loud			
We are both as bad as each other			

## Getting advice

Those who need advice and signposting

## Getting help

Those who need focused goals-based input

# THRIVING

**Relationships Matter** and are important for wellbeing, development and life chances.  
Support is needed to deal with conflict that is intense, frequent and poorly resolved through effective prevention and promotion strategies.

## Getting risk support

Those who have not benefitted from or are unable to use help, but are of such a risk that they are still in contact with services  
Medium Risk (DA) and High Risk (MARAC)

## Getting more help

Those who need more extensive and specialised goals-based help

## Getting advice

Respectful, equal, co-operative happy

- All relationships have tricky moments, it's how they are experienced and resolved that matter
- Children are experiencing constructive resolution of any arguments, characterised by mutual respect and emotional control

## Getting help

Mostly respectful, equal, co-operative, but experiencing difficulty

- Lack of open and honest communication
- Difficulties are minimised, not recognised or addressed
- Children beginning to be affected by conflict between their parents

# THRIVING

## Presenting needs

## Getting risk support

- Abuse, violence - controlling/abusive behaviour, coercive control (everyday behaviour being regulated)
- physical harm, sexual violence, fear of violence/death

- Day to day unresolved and unresolvable conflicts
- Clearer 'victim' and clearer 'abuser'
- Clear 'abuser' and 'victim' who is at significant risk of harm
- Children being adversely/significantly adversely affected
- Children may show signs of distress and their mental health/behaviour may/and/or be affected
- Children at risk of significant harm, children being traumatised

**\*\* This is NOT conflict, this is domestic abuse/sexual violence \*\***

## Getting more help

Conflictual, non communicative, non violent

- Conflict is frequent, intense and poorly resolved
- Conflict can consist of criticism, contempt for one another, defensiveness and deliberately ignoring (stonewalling)
- Parents emotionally unavailable to their partner and/or children
- Lack of consistency in parenting
- Feeling isolated
- Toxic atmosphere
- Parents unable to break the cycle of these challenging behaviours without support
- Children being adversely affected

# THRIVE

## Support, services and resources

- National website home - Relationship Matters
- One Plus One digital courses:  
Me, You and Baby Too  
Arguing Better  
Getting it Right for the Children
- The Little Book of Relationship Tips
- Families can access FYI Directory Relationships Matter / Bradford Families and Young Persons for universal support and advice

- Early conversations with a professional
- Consider if Early Help Assessment required
- One Plus One digital courses
- Parenting courses  
Parenting Programmes for Families / Bradford Families and Young Persons
- Relationships Matter Toolkit which any professional can use
- FYI Website for self guided resources and other agencies that can support with factors contributing to conflict

- Follow local domestic abuse/sexual violence pathway
- For more support and info visit Home - Bradford DASV ([bradford-dasv.co.uk](http://bradford-dasv.co.uk))
- Complete MARAC if appropriate or seek advice if unsure.

- Undertake an Early Help Assessment to rule out domestic abuse and/or consider referral for family support.
- Consider parenting referral after improvements in couple relationship
- One Plus One intervention undertaken alongside support from a professional
- Relationships Matter Toolkit
- 6 Structured sessions on Relationships Matter