

The Parent Wellbeing Checklist – it's not about parenting, it's about the parent.



RELATIONSHIPS

# Project Overview

- Coordinated response
- At risk people transitioning to parenthood
- Rockingham & Kwinana
- Working alliance – Drummond Street Service
- Training & support for service providers



# Methodology- Screening tool

- Researched screening tools
- Literature review
- Survey local providers
- Consulted with Drummond Street Services
- Local reference group
- Screening tool development
- Service providers training
- Trialled for consumer feedback



# Participating Services

- Child & Adolescent Health Services
- Perth South Coastal Medicare Local
- South Coastal Women's Health Service
- Breathing Space
- Relationships Australia
- Waikiki Family Centre
- Kwinana Community Health Centre
- Kwinana Early Years
- Ngala
- Gilmore College
- Lucy Saw Women's Refuge,
- Bright Futures Day Care,
- Moorditj Koort,
- Rockingham's Youth Service,
- Peel Youth Services
- Yes Housing
- Foyer
- Young Parent Support Program
- YPAVE



# Issues Raised

- None of the services had their own screening tool
- Some services did not use any form of formal written assessment process.
- Differences between screening & assessment tools blurred
- Lack of holistic screening
- Language – Year 6 reading level



# Participants

- 48 people – 47 female, 1 male
- Age range 16 – 34 years, average age of 21.09 years
- Cultural identity:
  - Australian 23
  - Indigenous 5
  - New Zealander 3
  - English 2
  - Australian/Indian 1
  - Not identified 14
- 33 of the participants were in a relationship
- 15 were not in a relationship



# Screening Tool Outcomes

## Service providers

- 100% positive

## Trial group

- 48 participants
- 12 provided written/verbal feedback for improvement
- 45 found it really good / good
- 2 had a few problems
- 1 was unclear

## Benefits

- 31 found the form beneficial
- 16 saw no benefit
- 1 was unsure



# Feedback from Participants

- “Can be eye-opening. Makes you think.”
- “Realise things are really good.”
- “Understanding it’s okay to be feeling a range of emotions.”
- “Too long.”

(takes 10 mins to complete)

- “Worries about other agencies being notified.”





# Feedback from service providers

- “A useful assessment tool to determine the needs of individual clients.
- “Definitely it will assist in terms of identifying the needs of the clients and ensure referral to correct agency for the best client outcome.”



# Parent Wellbeing Checklist

1. How am I adjusting to being a parent
2. How is my relationship adjusting
3. How am I coping
4. How am I dealing with feelings of irritability and anger?
5. Tobacco, alcohol or other drugs at this time



# Parent Wellbeing Checklist

6. My financial wellbeing
7. How are past experiences affecting me?
8. My relationships with other family members
9. My level of support and connection to the community
10. Early Support and community services available to me



# How will I know if there is an area of concern

The tool has been written so the person has either a choice of responses, Yes/ No or Better, Same, Worse response. For example

*Really good*

*Good*

*A few problems*

*Lots of problems*

*Yes, all the time*

*Yes, most of the time*

*No, not very often*

*No, not at all*

If they respond with the first two options they are generally coping, but if they respond with the last two they may be in need of support.



# Steps



Step 1 Parent completes the screening tool, with or without assistance.

Step 2 Worker interprets results.

Step 3 Worker makes referral/referrals if necessary.



# Greatest area of needs

- My financial wellbeing
- My relationships with other family members
- My knowledge of community support services available to me
- How am I dealing with feelings of irritability and anger
- How are past experiences affecting me

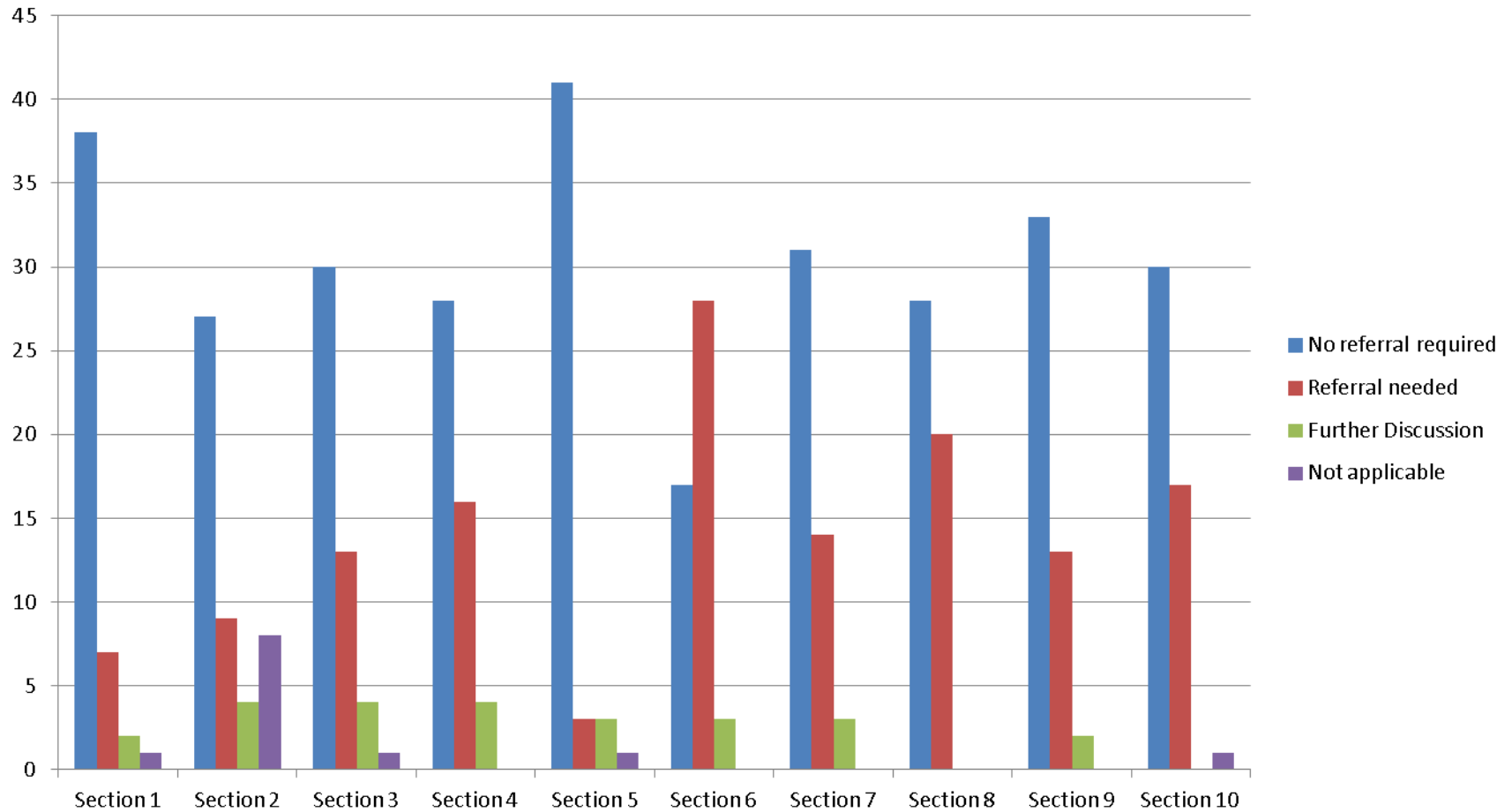


# Greatest area of needs

- How am I coping
- My level of support and connection to the community
- How is my relationship adjusting
- How am I adjusting to being a parent
- Tobacco, alcohol or other drugs at this time

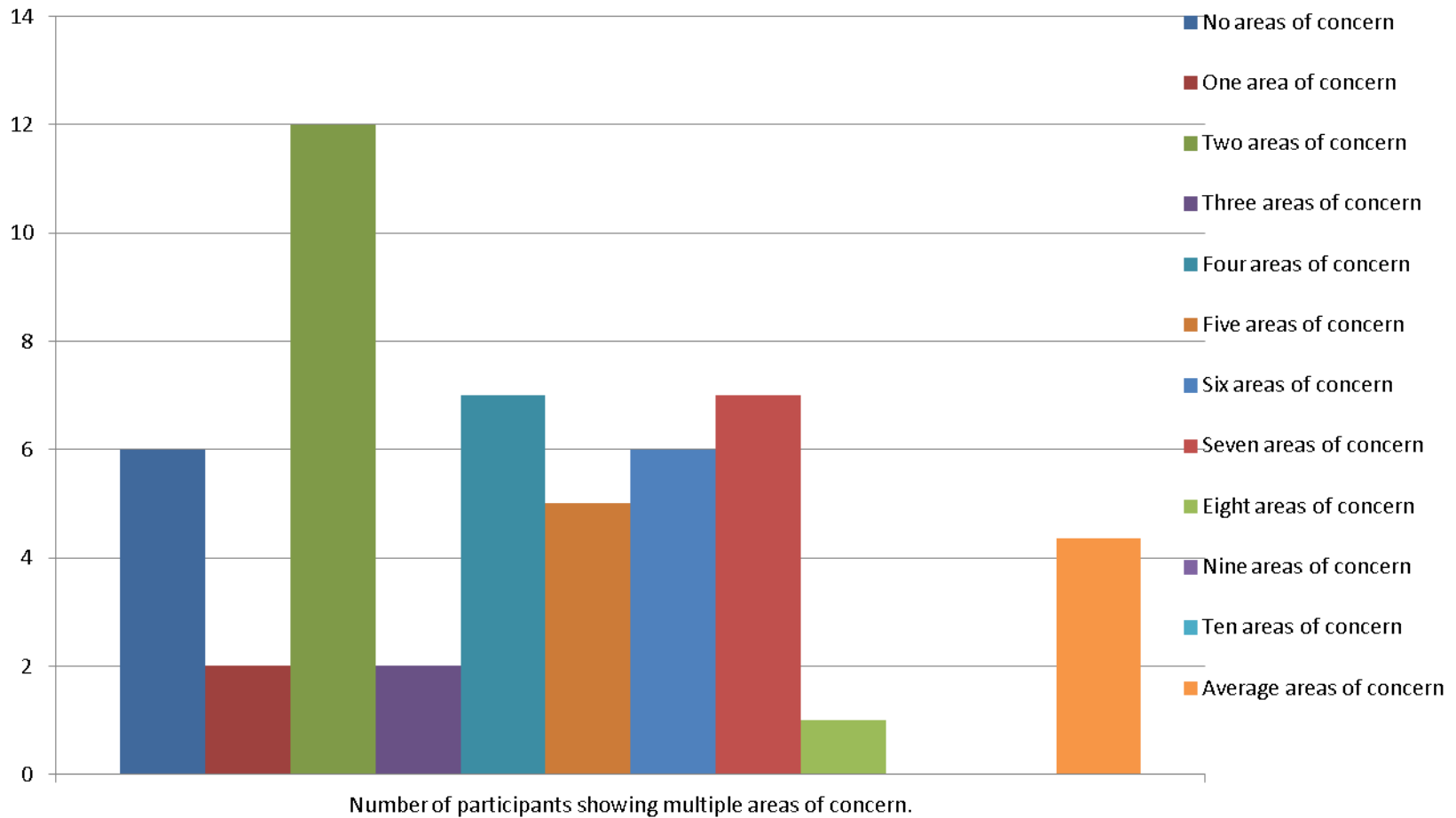


# Areas of need





# Number of participants with multiple areas of concern



# Child Aware Project

- Needs assessment
- Developed a reference group
- Developed tool
- Trained service providers
- Trialled tool
- Service directory
- Series of tip sheets
- Website of resources.



# Comments / Observations

- Parenting verses parenthood
- More services and resources are needed
- The tool was designed to be used with at risk parents but works equally well with mainstream parents.
- Holistic approach for social services and health care workers
- More holistic case management services



# Thank You



RELATIONSHIPS



AnglicareWA  
FOR TODAY FOR TOMORROW