

early
matters

Relationships Australia.
VICTORIA

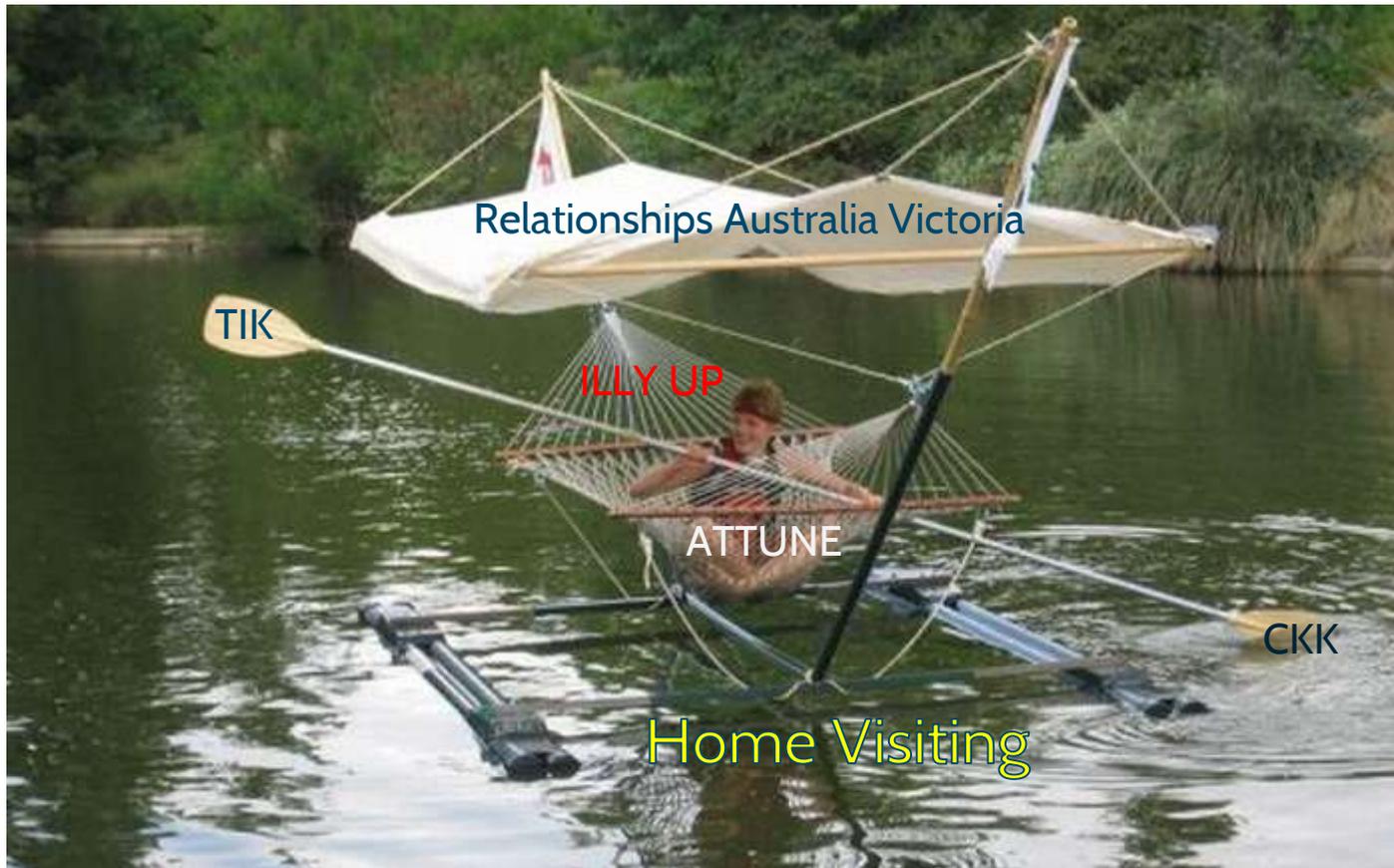
The results are in.....This works



Many organisations are funded to work in the tertiary area, however early matters is specifically funded for primary prevention in Universal Services, which is supported by Professor John Toumbourou's research at Deakin University and the efficacy of such services.

Parents and services can at times feel overwhelmed with things to do and think about which stretches them at times beyond what they can manage with everything else that is going on around them.





Primary Prevention and Early Intervention in Universal Services

- Confident Kinder Kids – (Supports children – kinder and prep)
- ILLY UP (I Like, Like you) upper primary school – (Supports children)
- Tuning into kids – (Supports Parents)
- ATTUNE – (Supports Parents –Ante natal)
- Home visiting/Outreach – (Supports families with a child under the age of 12)

- Services are funded by Department of Social Services in Ballarat South, Wendouree, Miners Rest (Ballarat) and Delahey and Kings Park (Sunshine)
- All early matters programs are underpinned by RAV’s mandate in family violence prevention and mental health promotion. This recognises that primary prevention services targeted towards both children and families from early years is of vital importance.

- We know that there are times when relationships in families can get stuck at particular transitions in life. Transitions such as having a baby, children starting kindergarten, primary or high school, or more significant adjustments such as separation or divorce, becoming a step family, or the death of a family member can be very stressful for families. Early matters supports families to strengthen healthy relationships and use their strengths to build solutions to challenges that arise

- *Confident Kids* - an early intervention program for kindergarten children that aims to increase emotional awareness and regulation; enhance interpersonal and social skills; and promote confidence and resilience. This program currently running in kindergartens for all children, and focuses on getting ready for school.
- Over the last 6 months Primary Schools in our funded areas have specifically requested this program for their Foundation classes to support their children in transitioning into school life

- *ILLY UP*: A healthy relationships program for primary schools to support children in grade five and six maintain good emotional health and healthy, safe relationships. It also discusses relationship harmers, repairing relationships and conflict resolution.
- It is tailored to support each school individually with issues, such as bullying, and cyber safety

- *Tuning Into Kids*- an innovative parenting program focusing on strengthening relationships through the emotional connection between parents and children. This program is run in Kindergartens, Primary Schools, and Community Health Centres in Sunshine and Ballarat
- 65-70% of participants in Tuning into Kids also have Home Visiting either before, during or after their Tuning into Kids Program

- Uses the Bouverie single session framework to support families in making change to their identified challenges. Brief intervention which is focussed on 1-5 sessions with a focus on what the challenge is for the parent(s)
- Supports families with a child under the age of 12
- Family needs to live in or be referred from a service within (Ballarat South, Wendouree, Miners Rest) for Ballarat, and (Delahey, Kings Park) for Sunshine
- Refers families to other services for ongoing supports if required
- Families are NOT actively involved with Child Protection
- Seeks to support families in a primary prevention/early intervention manner to reduce families entering tertiary services.

- *ATTUNE* - a new parent and couple program developed by RAV that provides parenting and couple support for maintaining good emotional and relationship health after the birth of their baby
- *ATTUNE* is currently provided ante natally to all clients attending Ballarat Base Hospital antenatal classes
- Groups are run 2 x monthly as part of the antenatal education classes
- *ATTUNE* is fully supported by the midwifery team

Interactive Workshop

- Imagine you are in a relationship and expecting your first child together
- Using the art materials provided, create a nest that represents what would be included in a healthy and safe relationship for you

- What does your nest look like
- What aspects of a healthy safe relationship did you include in your nest

Communication - being able to express ourselves safely

Sharing Activities - doing things together that you both enjoy

Affection - offer cuddles and affection if it feels OK for the other person

Support - offer kind words about what they are doing well, be practical

Acceptance - accepting that things may be different

Commitment - work at making a relationship healthy and strong

Resilience - being able to bounce back after hard/challenging times

Greggie et. al., 2000

- What do we know about parenthood
- Warning signs in a relationship
- Warning signs for self
- What makes a strong, healthy relationship
- Strengths
- Key changes and challenges in a relationship after the birth of the baby
- Family Violence
- Reconnecting intimately after the birth of the baby
- Nurturing yourself
- Healthy Mind Platter
- Attachment with baby

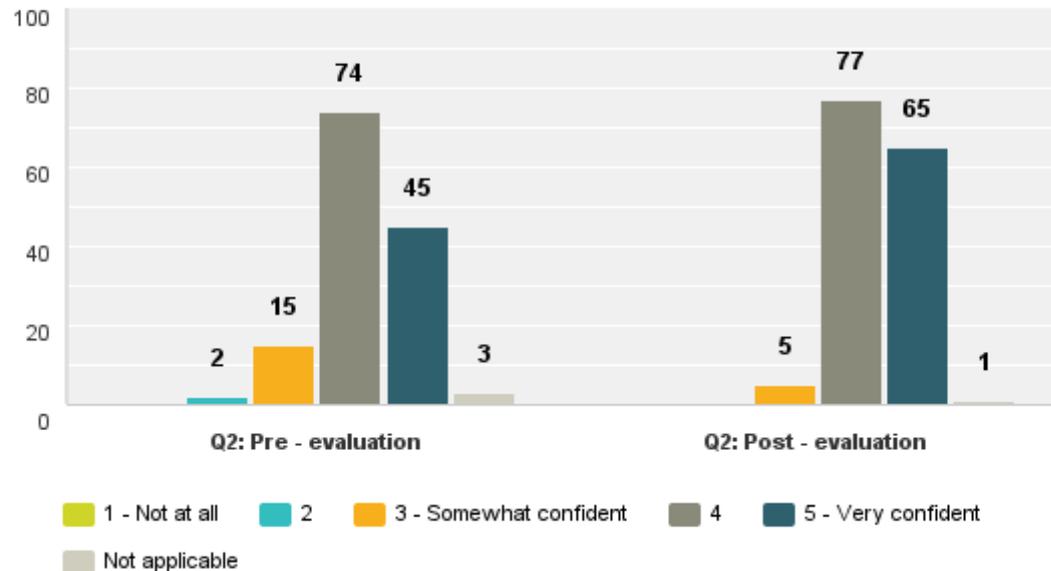
- All clients that requested to attend a booster session will be contacted to discuss possible options for a booster
- Will be offered home visiting as support if experiencing challenges
- Evaluation of the program they attended together with new data collected if they have a follow on service will provide us with rich information on how best to support this client group and other programs that may support them in the local community

- 26 ATTUNE groups to couples attending antenatal classes at Ballarat Base Hospital, discussing healthy relationships, changes in relationships after baby and attachment = approximately 400-600 clients
- Confident Kinder Kids in Kinder's and Primary Schools across Sunshine and Ballarat = approximately 250 - 300 students
- ILLY UP in Primary Schools across Sunshine and Ballarat = approximately 250 - 300
- Home Visiting/Outreach across Kings Park and Delahey in Sunshine, Miners Rest, Wendouree and Ballarat South in Ballarat = approximately 50 - 60 families
- Tuning into Kids - approximately 60 clients
- 5 Vietnamese playgroups receiving an abridged version of Confident Kinder Kids = approximately 150 women and children in Sunshine
- National Families Week - activities and supports at four primary schools (2 Sunshine + 2 Ballarat to celebrate this week. = approximately 800 - 1000 children and parents engaging in this fun day
- We connected with over 3500 individuals last year

- All early matters programs are strongly evaluated
- All programs seek both quantitative and qualitative data and analysis
- Feedback suggests that both adults and children are significantly benefitting from these programs and that they see a better way forward for themselves and their family's
- Program is well received in the universal settings with services supportive of the programs to continue long term
- 65-70% of clients attending Tuning into Kids also have home visiting
- Over 40% of all clients who attend ATTUNE requested a booster session and follow up
- Evaluations positively indicate change

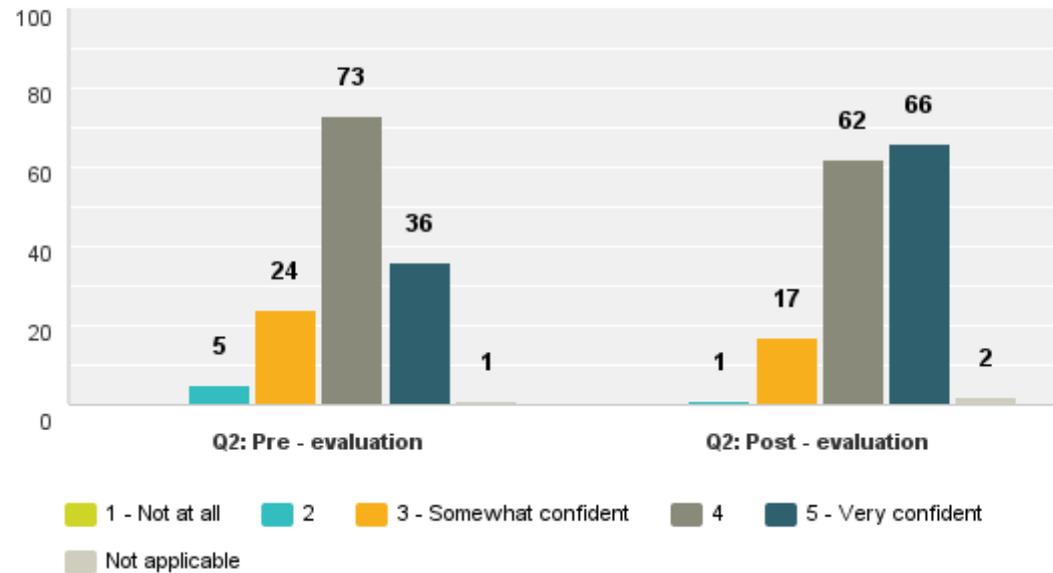
Q5 I feel confident knowing what will help keep our relationship healthy and safe once baby arrives

Answered: 287 Skipped: 0



Q6 I feel confident knowing what could place our relationship under stress once baby arrives

Answered: 287 Skipped: 0



- *“This program should be mandatory for all parents”*
- *“So glad we did it, it has changed how I felt about myself”*
- *“Grateful for the opportunity”*
- *“Liked how it focused not just on mum and bub but on the partner/husband too as well as how all those relationships may change after the arrival of the baby”*

- *“Can you come back and do a booster session with the students”*
- *“I can see that the students are remembering and using what was talked about on a daily basis”*
- *“We’re really sad this is over. Can you come back?” (3 Grade 5 girls at the end of session 4 ILLY UP*
- *“It’s ok to be different, it’s ok to say no. Everyone is different” (5/6 student)*
- *“I learnt about how you feel, what harms relationships and how identity changes” (5/6 student)*
- *“I will be able to help people who are being bullied” (5/6 student)*
- *“I will be able to be confident with dealing with bullying” (5/6 student)*
- *“I showed my mummy and daddy the starfish and calming breaths” (kinder)*

I feel confident that we know how to support each other once baby arrives.

- 78% were confident or very confident at pre evaluation
- 89% were confident or very confident at post evaluation
- 11% increase in individuals feeling very confident

I feel confident knowing what could place our relationship under stress once baby arrives

- 74% were confident or very confident at pre evaluation
- 90% were confident or very confident at post evaluation
- 16% increase in individuals feeling very confident

I feel confident in knowing what will keep our relationship safe and healthy after the birth of the baby

- 82% were confident or very confident at pre evaluation
- 93% were confident or very confident at post evaluation
- 18% increase in individuals feeling very confident

I feel confident knowing how to form a relationship with my baby

- 75% were confident or very confident at pre evaluation
- 93% were confident or very confident at post evaluation
- 15% increase in individuals feeling very confident