

# Solihull Approach

The following information includes government agencies that have commissioned Solihull Approach training or publications that reference the Solihull Approach as an example of good practice.

## CANparent Quality Mark



Parenting UK accreditation (Part of the DfE's CANparent)

The Solihull Approach has been successful in gaining the CANparent Quality Mark award for the:

- Solihull Approach Understanding your child Group
- Solihull Approach Understanding your child Online course

Parenting UK is part of the Department of Education CANparent programme. Parenting UK states that the CANparent Quality Mark provides a robust and systematic process for measuring the quality of development, delivery and provision of universal parenting classes.

The CANparent Quality Mark is the only quality standard in the parenting sector. It has been developed for the sector, by the sector.

## Healthy Child Programme Pregnancy and the first five years of life (HCP)

[http://dh.gov.uk/en/publicationsandstatistics/publications/  
publicationspolicyandguidance/dh\\_107563](http://dh.gov.uk/en/publicationsandstatistics/publications/publicationspolicyandguidance/dh_107563)

*The Solihull Approach is referred to in the following parts of the HCP document:*

### The Core Requirements of the HCP

Page 29- Additional preventive programmes for children and families

This way of working with parents underpins a number of evidence-based services in the middle range of need and risk, such as the Family Partnership Model, the Solihull Approach and promotional interviewing – as well as intensive programmes such as the Family Nurse Partnership programme.

## **The HCP Schedule**

### **Pregnancy up to 28 Weeks**

#### **Page 34 - Ambivalence about pregnancy, low self-esteem and relationship problems**

Problems should be addressed using:

- Techniques to promote a trusting relationship and develop problem-solving abilities within the family (e.g. promotional/ motivational interviewing; the Family Partnership Model; and the Solihull Approach):
  - establish what each parent's individual support needs are;
  - provide one or two structured listening support contacts;
  - work in partnership with families to develop problem-solving skills;
- support to access antenatal care; and
- preparation for parenthood (which could include separate sessions for fathers only).

### **Birth to One Week**

#### **Page 39- Problems such as conflict with partner and lack of social support**

Techniques to promote a trusting relationship and develop problem-solving abilities within the family (e.g. promotional/motivational interviewing; Family Partnership Model; the Solihull Approach; and One Plus One Brief Encounters) should be used to:

- establish what each parent's individual support needs are;
- provide one or two structured listening support visits; and
- work in partnership with families to develop problem-solving skills.

### **One to Six Weeks**

#### **Page 44 - Parenting support**

Techniques to promote a trusting relationship with both parents and to help them develop problem-solving abilities within the family (e.g. promotional/ motivational interviewing; Family Partnership Model; and the Solihull Approach) should be used to:

- establish what each parent's individual support needs are;
- provide one or two structured listening support visits; and
- work in partnership with families to develop problem-solving skills.

## Six Weeks to Six Months

### Page 49 - Parenting support

Techniques to promote a trusting relationship and develop problem-solving abilities within the family (e.g. promotional/ motivational interviewing; Family Partnership Model; and the Solihull Approach) should be used to:

- establish what each parent's individual support needs are;
- provide one or two structured listening support visits; and
- work in partnership with families to develop problem-solving skills.

## Six Months to One Year

### Page 52 - Parenting support

Health professional to facilitate access to Sure Start children's centre and early years services.

Techniques to promote a trusting relationship and develop problem-solving abilities within the family (e.g. promotional interviewing; Family Partnership Model; and the Solihull Approach) should be used to:

- establish what each parent's individual support needs are
- provide one or two structured listening support visits; and
- work in partnership with families to develop problem-solving skills

## CANparent Government scheme

[www.canparent.org.uk](http://www.canparent.org.uk)

[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)

CANparent is a government scheme taking place between April 2012 – March 2014 where parents or an adult caring for a child aged 0-5 years old (up to the day before the child's 6th birthday) who live in 3 pilot areas of Camden, Middlesbrough and High Peak (Derbyshire) can obtain a parent class voucher. They can use the voucher, which has a value of £100 (before VAT) to attend at one of a range of designated parenting classes. The Solihull Approach is a designated provider in all 3 areas for the 'Understanding your child's behaviour' parenting group.

In addition, the Solihull Approach is in the process of designing an online parenting class that will be available in High Peak.

## National Academy for Parenting Practitioners

- **The Solihull Approach was commissioned by the National Academy for Parenting Practitioners 2009-2010. The National Academy for Parenting Practitioners' work was decommissioned in 2010 and their work training offer place work was taken over by CWDC from April 2010.**

## National Institute for Clinical Excellence (NICE)

<http://www.nice.org.uk/usingguidance/sharedlearningimplementingniceguidance/examplesofimplementation/eximpresults.jsp?o=334>

**The Solihull Approach is included as an example of good practice in the NICE – Shared Learning: Implementing NICE guidance**

**Title:** Solihull Approach Parenting Group

**Description:**

Solihull Approach is a 10 week parenting group for parents with children from universal to complex needs and aged 0-18 years. It is based on the Solihull Approach model of containment, reciprocity and behaviour management and uses social learning theory in the design of the parenting programme. It is delivered by two trained professionals from a wide range of professions and agencies through joint working and following a resource manual for parents with children.

**Full title of NICE guidance:**

TA102 - NICE TA102 Parent-Training/ Education programme in the management of children with conduct disorders

**Children's Workforce Development Council**



[www.cwdcouncil.org.uk/.../training-on-parenting-programmes](http://www.cwdcouncil.org.uk/.../training-on-parenting-programmes)

**The Solihull Approach has been included in the Free Training place offer by the CWDC for 2010-11. The Solihull Approach delivered a fifth of the free training place offer.**

- The Children's Workforce Development Council (CWDC) leads change so that the thousands of people and volunteers working with children and young people across England. They advise and work in partnership with different organisations.
- **1000 places - Evidence based parenting programs** -Details of our offer of 1000 training places on evidence based parenting programs. CWDC is pleased to be funding 1000 places on training courses to deliver evidence based parenting programs over the 2010-11 financial year.
- **Who is eligible for training?** The 'priority groups' targeted to receive this training are family intervention key workers, practitioners working in Sure Start children's centers and practitioners supporting extended services in schools. In addition, CWDC will consider requests from parenting commissioners for training places for areas of local priority.

- **For which programs are places being offered?**-The Solihull Approach programs named below were included in the training places offer:

#### **Solihull Approach 1:1 and Solihull Approach Group**

- This training provision was previously funded by the National Academy for Parenting Practitioners. In transferring this responsibility, not all the previous providers have been commissioned by us. Incredible Years training has not been made available. That this training is not to be offered has no bearing on its suitability for use; it simply reflects the practical constraints and limited timescale which our offer is now working under. The programs that they offer continue to be highly recommended and remain as such on the Commissioning Toolkit.

[https://www.cwdcouncil.org.uk/assets/0001/1190/SP162-010\\_IAG\\_Solihull\\_Approach.pdf](https://www.cwdcouncil.org.uk/assets/0001/1190/SP162-010_IAG_Solihull_Approach.pdf)

Choosing the right programme, Solihull Approach - Contains a summary of evidence and outline for the Solihull Approach 2 day foundation and parenting group programme

[http://www.cwdcouncil.org.uk/assets/0000/9241/11017\\_SP650310\\_Solihull\\_approach\\_prospectusv2.pdf](http://www.cwdcouncil.org.uk/assets/0000/9241/11017_SP650310_Solihull_approach_prospectusv2.pdf)

Prospectus, Training to deliver, Solihull Approach parenting group 2010-11. Contains a summary of evidence and outline for the Solihull Approach parenting group.

### **Commissioning Toolkit**

[www.commissioningtoolkit.org/](http://www.commissioningtoolkit.org/)

**The Solihull Approach is included as one of the programmes in the commissioner's toolkit**

**What is it?** The Toolkit is a searchable database of parenting interventions designed to provide information and guidance for commissioners, service managers and programme developers on the quality and effectiveness of parenting programmes/approaches

### **Health Visiting Career**

[http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/@dh/@en/documents/digitalasset/dh\\_134574.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_134574.pdf)

This report is for commissioners, practice educators, line managers, service leads and newly qualified health visitors, including all those who have responsibility for the skills, support and experiences of newly qualified health visitors. The purpose is to gain understanding of the current picture, identify areas of good practice, and suggest ways that these can be shared and enhanced.

**Solihull Approach included:**

**Training and Development – Page 17**

More specific training will be required for tools, models and care packages of choice in any given local organisation. For example:

- Ages and Stages Questionnaires
- **Solihull Approach**
- Preparation for Pregnancy Birth and Beyond
- Motivational Interviewing
- Solution Focused Therapy
- Promotional Interviewing

### **A health visiting career – Page 18**

A Health Visiting Career 18 Following feedback from the health visiting teams and higher education institutions in West Midlands, a two day interactive experience has been developed called MARSIS. It combines learning from **Solihull Approach**, Motivational interviewing and Restorative supervision. It allows professionals to leave with a clear clinical application of the skills from these programmes without the current time commitment. It is particularly aimed at less experienced staff, so would be ideal for newly qualified health visitors to complete in the first two years in post.

## **Health Visiting Service Specification 2014/15**

<http://www.england.nhs.uk/wp-content/uploads/2014/03/hv-serv-spec.pdf>

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#### **3.1.2. The key objectives of the health visiting service are to:**

- d. Promote secure attachment, positive maternal mental health and parenting skills using evidence based assessments and effective interventions - specifically NBO and NBAS, evidence based groups to promote parenting e.g. Webster-Stratton and language e.g. Hanan, effective home visiting using Solihull approach and motivational interviewing;**
- e. Identify and support those who need**

### **Page 9/10**

#### **3.1.3. The remit of the health visiting service will include:**

- **Through health visitors' use of their knowledge of the evidence base and skills as trained public health practitioners, this will entail:**
  - **Working with parents, using well evidenced, strengths based approaches e.g. motivational interviewing and Solihull approach to**

promote positive lifestyle choices and support positive parenting practices to ensure the best start in life for the child;

## Institute of Health Visiting



### A National Framework: for continuous Professional Development for Health Visitors – Standards for the High Impact Areas for Early Years 2015

<http://www.ihv.org.uk/uploads/National%20Framework%20for%20CPD.pdf>

The framework sets out the importance of CPD and identifies guiding principles that should be part of all post qualifying training and development provided for health visitors. It outlines best practice and standards that promote expected knowledge, skills and attitudes in health visitors practice in the delivery of the High Impact Areas for Early Years (DH,2014a).

The Solihull Approach contributed the content of the document and is also referred to within the contents.

Page 25 Education Standard 1 - Transition to Parenthood (& the early weeks)

#### KNOWLEDGE

The delivery of a continuing professional development programme must ensure that health visitors have core knowledge to be able to understand:

- 11. Universal one to one approaches to support home visiting during pregnancy and early infancy  
e.g. Promotional Guide system, Family Partnership Model, **Solihull Approach**.

### Infant Mental Health: Framework for Northern Ireland April 2016 'Supporting the best start in life' Promoting positive social and emotional development from pre-birth to 3 years

[http://www.publichealth.hscni.net/sites/default/files/IMH%20Plan%20April%202016\\_0.pdf](http://www.publichealth.hscni.net/sites/default/files/IMH%20Plan%20April%202016_0.pdf)

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The framework aims:

- to ensure commissioners and policy makers are fully informed of the latest evidence and interventions



- are supported to make the most appropriate decisions based on this knowledge
- ensure all children have the best start in life
- prioritise and support the development of positive social and emotional wellbeing

### Page 29

The report states that 'Commitment has already been made to supporting infant mental health training including the Solihull Approach ...'

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#### **The Solihull Approach is identified as part of the Workforce Development: Key Actions**

- Expansion of the Solihull Approach and Solihull Approach Plus training across the region targeting 1500 health and social care practitioners to complete training and attend practice network meeting. Training for Trainers model used
- This will be further complemented through Solihull Early Intervention Combined Foundation and Ante Natal training programme Transformation Programme supporting Midwives taking part in group based ante natal care and education.
- DE also funding the roll out of Solihull training across Department of Education all Sure Starts in NI.
- Development of a regional Solihull Approach Plan. PHA/Trusts
- Introduce teaching of Solihull Approach to Health Visiting Postgraduate students.

## OTHER DOCUMENTS

### **Graham Allen Report: Early Intervention the Next Steps – Part 2**

#### **Launched July 2011**

An Independent Report to Her Majesty's Government. Graham Allen MP

The Solihull Approach has been included in a case example of good practice in Northern Ireland.

### **Transforming Health Outcomes for Children and Families Through Early Implementer Mobilisation: A collection of achievements, learning and insights from the Department of Health's Early Implementer Site Mobilisation Programme 2011-13**

**Case example of using Solihull Approach in Antenatal visits in Blackpool** (Blackpool Teaching Hospitals NHS Foundation Trust) as part of Early Implementer Site Programme]

"Doing the Antenatal contact has made a huge impact on building positive relationships with parents; it breaks the initial barrier and develops rapport and is the starting point that



influences the relationships between me as a health visitor and the parents. It is a great opportunity to complete the initial family profile assessment and introducing the health visiting services. This allows me to spend quality time postnatally focusing on parents and the newborn - I have found that having done antenatal contact this allows me to complete newborn observation which allows the parents to identify their newborn strengths and discuss any issues that the parents want to discuss, promotes awareness of baby cues.

I use the Solihull Approach during the antenatal contacts when discussing 'communicating with your baby' - some parents reply with enthusiasm on how they talk to their baby bump, and some have got names. One lady first time parent was surprised by my question about communicating with the bump saying that the unborn can't 'hear' - following this I have been able to support this mum at home with bonding and attachment - invited her to baby massage course starting at the sure start next month. Hoping to promote her confidence and bonding with the baby."

### Examples of areas where the Solihull Approach has been incorporated in to a strategic plan

#### **NORTH WEST ENGLAND- Commissioning document IMPROVING OUTCOMES and ensuring QUALITY a guide for commissioners and providers of perinatal and infant mental health services**

The Solihull Approach has been included as recommended training for joint cross professional and cross sector training.

**KENT, LANCASHIRE, SHROPSHIRE, N TYNESIDE, WALSALL, W SUSSEX , HACKNEY and many other areas** The Solihull Approach is being delivered across the borough as a multiagency training plan and parenting group cascade model.

#### **NORTHERN IRELAND**

The Solihull Approach is included as a multiagency training across counties in Northern Ireland.

#### **SCOTLAND**

The Solihull Approach is included as a multiagency training across Scotland