

Safe Families Outcome Hexagon – User Guide

The Safe Families Outcomes Hexagon has been developed for use as an assessment tool to benchmark change, progress or deterioration across six domains which are important for us in our work with parents and families. The hexagon provides a way of demonstrating the impact of our work with families and also provides a helpful aid to guide discussion with parents/carers and come to an agreement about areas for support they would like to focus on.

Using the hexagon will be part of your dialogue with families and its completion will also be informed by your own observations and those of volunteers. Sometimes parents/carers may score themselves down in all areas particularly when they have over-riding issues relating to their mental health or self-confidence. In such cases it will be helpful to use your own observations of parent – child interactions and feed these back to the parent for their reflections. For example:

Are parental responses timely? Is the parent sensitive to the child's needs? Do they pick up on the child's signals quickly?

Do they take appropriate action in response to a child's needs?

Are interactions reciprocal – does mutual interaction appear satisfying for both?

Use your own or volunteer observations to help arrive at an agreed score. This may not be feasible when attributing a baseline score, however will help support future conversations at review points and at the end of the support when relationships are better established.

Where areas score particularly low it will be helpful to focus on these first with the family, while being sensitive to what is of greatest importance to them.

The following pages provide a tool to support completion of the Outcome Hexagon.

We are looking at 6 outcome measures and grading these on a 10 point scale. Three of the measures look specifically at the parent / carer and three relate more to their parenting.

For each outcome measure there is:

- (a) A description of what the different positions on the scale might look / feel like – using the 5 boxes for each domain, each box represents 2 points on the scale
- (b) Questions to help the parent / carer place themselves on the scale
- (c) Questions to help goal setting to move up the scale

Domain 1: Social Networks and Support,

This scale is about whether you have the people around you that you and your children need and want. About feeling settled and happy where you live with access to the facilities, places of worship, places of play, places to connect that are important.

Scores

- 1 or 2 No helpful support; Don't engage with anyone in day to day life; Feeling isolated and anxious
- 3 or 4 Would like to be involved but not sure how to or what is going on
- 5 or 6 Trying to connect with people locally – you know who your neighbours are; You are finding out about local groups you could join

- 7 or 8 Attending local groups some times and have some friends locally
- 9 or 10 Friends or family who provide support and company; Active part of local groups

Questions:

Who do you see during an average week?

Do you know your neighbours? To wave to/say hello to/or talk to?

Are there people who would help you in a crisis?

Are there people you would have fun with?

What kind of influence do you think your friends are; for you and your family?

Do your children have friends they play with?

Do you go to any groups or local activities? Would you like to?

Goal setting questions:

What would you like your friendships / social life to look like?

What would you like a typical day to look like?

How do you think we can move from where we are now to where you would like to be?

Domain 2: Your well-being / happiness / emotional health

This is about you. How you feel about day to day life. Whether you feel happy and content

Scores

- 1 or 2 You often feel very sad, anxious, depressed; Experiencing DV; Undiagnosed/treated mental health issue
- 3 or 4 You are trying to get help for the way you are feeling and support to deal with your depression/anxiety etc
- 5 or 6 You feel OK; You are beginning to get support; You are trying to do things to lift your mood
- 7 or 8 You feel OK; You have a mental health issue but it's well managed.
- 9 or 10 You feel content / happy; You are able to take difficulties in your stride
- **Questions:**

Questions:

If the bottom of the scale is "worst possible life" and top is "best possible life" where would you put yourself?

How do you feel about the day ahead when you wake up?

Are their circumstances eg. DV, mental health issue impacting on your well-being?

Do you feel you would benefit from support to improve how you feel?

What sort of things do you like doing?

What makes you feel good about yourself?

Goal setting questions:

What would help you move up the scale?

What would the next rung / top of the scale look like?

What would moving up the scale feel like?

Domain 3: Confidence / Self- Esteem

This is also about you. How you feel about yourself. Your confidence to parent, to go to new places, to make new friends, to achieve the things you would like to do.

Scores

- 1 or 2 I have no confidence in myself; I feel like I have no value; I think I'm a bad parent; I have no desire or believe this will change
- 3 or 4 I am worried that people judge me and regard me as a failure; I don't like to try new things; I avoid new experiences or meeting new people; I need help to change
- 5 or 6 I have good days and bad days – sometimes I feel like I can do it; I'm doing things that I know will help my confidence; I need support to access new things and meet new people
- 7 or 8 I am confident to meet new people; I enjoy new experiences; I am not overly concerned by people's views of me and these do not have a negative impact on me.
- 9 or 10 I believe in my ability to be a parent; I believe I can achieve my hopes and dreams; I believe I have something to offer that will be valuable to other people

Questions:

How would you describe yourself? How would you like to be described?

How would others describe you?

How would your children describe you?

What do you think makes you unique?

What do you enjoy doing / feel you are good at?

What was the last thing you did that was new/different?

Goal setting questions:

If you could change something about yourself what would you change?

What would you like to be able to do differently?

Are there particular areas of your life you would like to feel more confident in?

Domain 4: Your Home Environment and meeting physical needs

This scale is about your home and whether it provides a safe, comfortable and appropriate environment for you and your family.

Scores

- 1 or 2 Our home isn't safe/appropriate for the children because of environment, the people who spend time there, abuse (DV); We sometimes struggle to have adequate food
- 3 or 4 Our home is safe but cold and unwelcoming; I don't enjoy spending time in my home environment; We have limited furniture and furnishings/bedding. etc
- 5 or 6 I am trying to improve my home to make it a better environment; The house has no maintenance issues and is equipped to meet basic needs; I am trying to move.
- 7 or 8 Our home is safe and comfortable; There are things I would improve but I have made plans to do that; I am able to provide appropriate well balanced meals
- 9 or 10 Our home is a place that is safe and nurturing for my family; All the family are happy living in our home

Questions:

Are you happy with your home?

Is your home somewhere you and children enjoy spending time?

Do you feel safe / warm / comfortable etc in your home?
Does your house feel like a home?
Does your house have all the resources it needs?
What are meal times like?

Goal setting questions:

Can you describe what a safe and happy home would look and feel like?
What aspects of your home are challenging for your family?
If you could change anything about your home what would that be?

Domain 5: Family Relationships

This scale is about relationships between you and your family members. How connected you feel to your children, whether you feel you can express love to them, offering them attention and encouragement.

Scores

- 1 or 2 You feel like you have a poor relationship with your children; You feel resentful or angry towards one/more of your children; You struggle to engage with your child
- 3 or 4 Your relationship with your child/children is challenging; Your relationship with your partner is difficult; You find it difficult to respond to your child's needs; Extended family relationships are tense
- 5 or 6 You have a reasonable relationship with your children; You try to give your children attention but find it hard to find time
- 7 or 8 Your relationship with your children is positive; You make sure your children's achievements are recognised; You are sensitive to your child's needs
- 9 or 10 You have a good relationship with your children; You express love to your children and feel close to them; You are highly attuned to your children's needs & feelings; You enjoy parenting with your partner

Questions:

How much time are you able to spend with your children? Would you like this to be more or less?
How do you feel towards your children?
Do you feel able to pick up on their moods and needs even when these are unspoken?
When they display difficult behaviour how does this make you feel?
How would you like to feel towards your children?
Does your relationship with each of your children look the same? Do you struggle more with particular children?
How do you feel you parent as a couple? Or with extended family? How do they contribute?
Is there anyone in your family circle you are particularly close to? Are there issues with any particular members of your wider family circle that impact on you?

Goal setting questions:

How would you like your children to feel about their relationship with you?
What would you like your relationship with your children to look like?
How would you like other family relationships to be in future?

Domain 6: Positive parenting

This scale is about how you are parenting your children. Whether you feel you have the right tools and knowledge to parent them as you would like too. While the previous point is about your emotional engagement with your children, this is about having the practical tools and knowledge needed.

Scores

- 1 or 2 You struggle to cope with your children's behaviour; You don't feel like you have any tools to tackle your children's behaviour; You don't do fun activities with your children
- 3 or 4 You don't feel in control of your children's behaviour; You find it difficult to find stimulating things for your children to do; You don't always know where they are and what they are doing
- 5 or 6 You find your children's behaviour hard at times but you are trying to learn ways to deal with it; You sometimes do fun activities with your children; You struggle to be consistent with boundaries
- 7 or 8 You have good strategies in place to manage your children's behaviour; You ensure your children are safe; You ensure that your children have positive stimulating things to do
- 9 or 10 You put your child's needs first; You regularly do fun activities with your children; You have strategies that work with your children and they understand what is expected of them

Questions:

What things do you do with your children?

How do you deal with your children's difficult behaviour?

Do you think your children understand how you want them to behave? How do you do this?

What tools do you know to help you parent your children? Do they work?

What support do you get with parenting from your partner/extended family? Do you all agree on parenting styles and boundaries?

Goal setting questions:

What would positive parenting look like for you?

What would a good day with your children look like? How do you think you could get there?