Solihull Approach

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

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


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.

**National Institute for Clinical Excellence (NICE)**

http://www.nice.org.uk/usingguidance/sharedlearningimplementingniceguidance/examplesofimplementation/eximresults.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
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 was taken over by CWDC from April 2010.

Children’s Workforce Development Council

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

Commissioners Toolkit

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


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 institution’s 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.
CANparent government scheme

www.canparent.org.uk
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.

Other documents


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 postnataally 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 into a strategic plan

NORTH WEST ENGLAND - Commissioning document (see email attachment)

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

The Solihull Approach is being delivered across the borough as a multiagency training plan and parenting group cascade model.

NORTHERN IRELAND

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