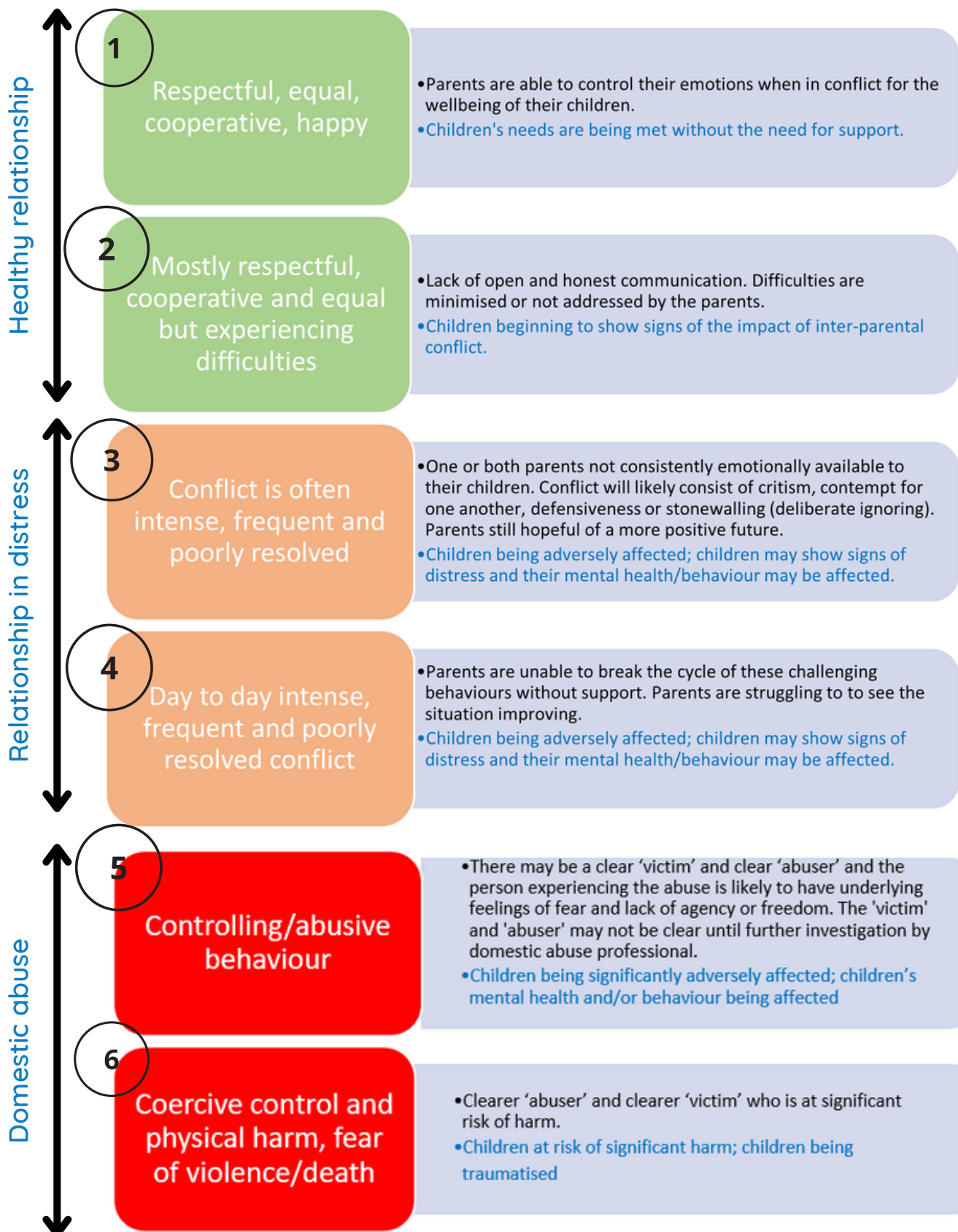


Relationship Distress Traffic Light Triage



*Adapted for Barnsley Metropolitan Borough Council from the model developed by Dr Mark Farrall, Ignition Creative Learning Limited and also from For Baby's Sake Trust

Actions

Respectful, equal,
cooperative, happy

- No actions needed
- Family can access Family Service Directory (FSD) for universal support

Mostly respectful,
cooperative and equal
but experiencing
difficulties

- Early conversation initiated by a professional
- Consider undertaking an Early Help Assessment
- Refer parents to self-help guidance on Family Service Directory

Conflict is often
intense, frequent and
poorly resolved

- Undertake an Early Help Assessment
- Any professional can use the Barnsley RPC Toolkit in partnership with parents
- Online interventions available as a self-guided resource through the FSD

Day to day intense,
frequent and poorly
resolved conflict

- Undertake an Early Help Assessment
- Use the Barnsley RPC Toolkit
- OnePlusOne intervention undertaken alongside support from a professional.
- Seek advice from IDAS to rule out domestic abuse
- Consider completing a DASH risk assessment

**Controlling/abusive
behaviour**

- Follow your service's domestic abuse pathway processes
- Seek advice from IDAS on 03000 110 110 or the 24 hour national domestic abuse helpline on 0808 2000 247
- Complete a DASH risk assessment, and if you deem the risk to be high, a MARAC referral

**Coercive control and
physical harm, fear
of violence/death**

- Call 999 if someone is in immediate danger of harm from domestic abuse
- Follow the actions above and discuss the case with your manager

Questions		Scaled Scores 1 – Not at all										10-Very much so		
How secure do you feel in your relationship with your partner?		1	2	3	4	5	6	7	8	9	10			
Where a relationship is abusive, there will be an imbalance of power so a low score might indicate that the 'perpetrator' controls many aspects of daily life and without it, the 'victim' would feel 'adrift'.														
How safe do you feel in your relationship?														
Where the relationship is not healthy, this is a really important question to ask. If the parent clearly feels safe, this would tend to suggest they are experiencing parental conflict and may appreciate further discussion, information about sources of self-help and/or referral into local relationships support services. If the parent says they are scared or sometimes feel unsafe at home, this would tend to indicate that the parents are on the domestic abuse side of the spectrum		1	2	3	4	5	6	7	8	9	10			
How confident do you feel about making decisions?	These questions might indicate the presence of coercive or controlling behaviour with the relationship.	1	2	3	4	5	6	7	8	9	10			
How comfortable do you feel about expressing your own views and opinions?		1	2	3	4	5	6	7	8	9	10			
How much choice do you have about your own life and family life?		1	2	3	4	5	6	7	8	9	10			
How often do you see friends and family without your partner?														
Parents in an abusive relationship will often become isolated from outside influences and their independence will be restricted by the partner.														
What, if anything, are you fearful of in your relationship?														
Always explore this further. It doesn't necessarily mean one partner is fearful of the other. They could be fearful that a partner will leave them, their resulting financial situation etc.														
How would your children describe life at home?	These questions could lead to a discussion about the impact on the children who may be experiencing conflict or abuse between their parents.													
What changes, if any, have you noticed in your children's behaviour?														

Consider using some or all of these questions to guide your conversation with parents to help you decide where on the Relationship Distress Traffic Light the relationship best fits.