Relationship Distress Traffic Light Triage

• Parents are able to control their emotions when in conflict for the Healthy relationship wellbeing of their children. •Children's needs are being met without the need for support. Mostly respectful, • Lack of open and honest communication. Difficulties are minimised or not addressed by the parents. • Children beginning to show signs of the impact of inter-parental but experiencing difficulties •One or both parents not consistently emotionally available to Relationship in distress their children. Conflict will likely consist of critism, contempt for one another, defensiveness or stonewalling (deliberate ignoring). Parents still hopeful of a more positive future. Children being adversely affected; children may show signs of distress and their mental health/behaviour may be affected. ·Parents are unable to break the cycle of these challenging behaviours without support. Parents are struggling to to see the situation improving. •Children being adversely affected; children may show signs of resolved conflict distress and their mental health/behaviour may be affected. •There may be a clear 'victim' and clear 'abuser' and the person experiencing the abuse is likely to have underlying feelings of fear and lack of agency or freedom. The 'victim' Controlling/abusive and 'abuser' may not be clear until further investigation by Domestic abuse domestic abuse professional. behaviour Children being significantly adversely affected; children's mental health and/or behaviour being affected 6 . Clearer 'abuser' and clearer 'victim' who is at significant Coercive control and risk of harm. physical harm, fear Children at risk of significant harm; children being of violence/death traumatised

^{*}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

- 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

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

Questions	ons										
How secure do you feel in your relationship with your partner?	th your partner?	Scaled Scores 1 – Not at all	cores at all							10-Very much so	nuch so
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'.	imbalance of power so a low score any aspects of daily life and	1	2	e	4	2	9	7	00	6	10
How safe do you feel in your relationship?											
Where the relationship is not healthy, this is a really impartant question to ask. If the parent clearly feels safe, this <u>would</u> 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	gally important question to ask. If suggest they are experiencing cussion, information about sources as support services. If the parent thome, this would tend to indicate	1	2	m	4	2	9	7	00	6	10
that the parents are on the domestic abuse side of the spectrum	of the spectrum										
How confident do you feel about making decisions?	These questions might indicate the presence of coercive or	1	2	3	4	5	9	7	8	6	10
How comfortable do you feel about expressing your own views and opinions?	controlling behaviour with the relationship.	1	2	3	4	5	9	7	8	6	10
How much choice do you have about your own life and family life?		1	2	33	4	5	9	7	8	6	10
How often do you see friends and family without your partner? Parents in an objective relationship will often become isolated from outside	out your partner?										
influences and their independence will be restricted by the partner.	ted by the partner.										
What, if anything, are you fearful of in your relationship?	ationship?										
Always explore this further. It doesn't necessary mean one partner is feorful of the	mean one partner is fearful of the										
situation etc.	and a second sec										
How would your children describe life at home?	These questions could lead to a discussion about the impact on										
What changes, if any, have you noticed in your children's behaviour?	the children who may be experiencing conflict or abuse between their parents.										

