

# **RELATIONSHIPS SCOTLAND ANNUAL STATISTICS 2018-19**

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# 1 RELATIONSHIPS SCOTLAND ANNUAL STATISTICS SUMMARY 2018-19

- *Over 45,000 people contacted a Relationships Scotland Member Service or the National Office Infoline in 2018-19 for information, signposting or access to family support. Around 75,000 accessed information from the National and Member websites*
- *Around 19,000\* people received a face-to-face service through relationship counselling, family mediation, Child Contact Centres or other related family support*

## **Adult Clients\***

<b>Assessment Intake</b>	<b>6,884</b>
<b>Counselling</b>	<b>5,420</b>
<b>Mediation</b>	<b>2,859</b>
<b>Child Contact Centre</b>	<b>3,615</b>
<b>Sex &amp; Relationship Therapy</b>	<b>485</b>
<b>Parenting Apart</b>	<b>586</b>
<b>Family Therapy</b>	<b>211</b>
<b>Other service</b>	<b>398</b>

*\*Some clients use more than one service*

## **Child Clients**

<b>Child Contact Centre</b>	<b>2,572</b>
<b>Children &amp; YP Counsellor</b>	<b>556</b>
<b>Mediation</b>	<b>101</b>
<b>Other service</b>	<b>551</b>

*\*Some clients use more than one service*

- *13,829 children were supported directly with a Relationships Scotland service, or indirectly as their parents were using a service, 57% were aged 8 or under*
- *18,328 contact sessions were provided for children to spend time with non-resident parents. 41% of Child Contact Centre referrals came from the Courts*

## **National Office Training & CPD**

- *87 people were undergoing or completing validated and accredited training from the National Office in relationship counselling and family mediation*
- *31 people received training in supervised contact and Child Contact Centre work*
- *182 attendees at 9 CPD events, run by the National Office for practitioners within the network. Another 12 CPD events were held by Member Services*

## 1. Relationships Scotland Network

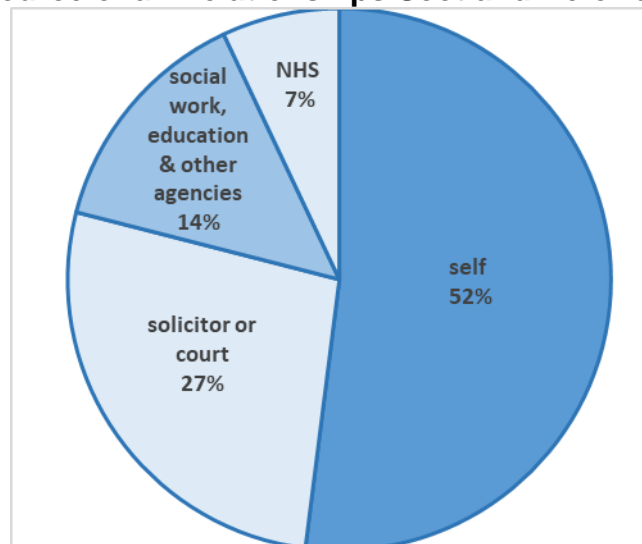
The Relationships Scotland Network has around 800 people working in 21 Member Services, 41 Child Contact Centres and the National Office (which provides a training and support function). Around 340 of these are volunteers, 270 sessional workers and 80 FTE staff.

Over **45,000** people contacted either the National Office or a Member Service directly for information and support at times of relationship or family crisis for their family or their clients.

All clients require an initial assessment session where screening takes place for domestic abuse, child protection, mental health issues etc. and their suitability for a Relationships Scotland service. Clients are given relevant information and, where necessary signposted to other relevant organisations. Most attend an intake assessment session, others have their assessment in a first counselling session. In 2018-19, **6,884** people attended an assessment intake session. Most progressed to use another Relationships Scotland service. In some cases, the Intake provided enough support for their needs; or in some couple work cases a child's other parent or a partner does not wish to attend so a service cannot go ahead. In one mediation and Child Contact Centre Service, of almost 100 clients attending intake, 73% were eligible for legal aid.

Although clients can refer themselves to Relationships Scotland or come via their solicitor, one third were referred by external agencies including Social Work, the Courts, Education or the Health Service.

**Source of all Relationships Scotland Referrals\***



\*where known

In 2018-19 27% of all referrals to Relationships Scotland came from the Courts or solicitors with most of these referrals being made to our Child Contact Centres.

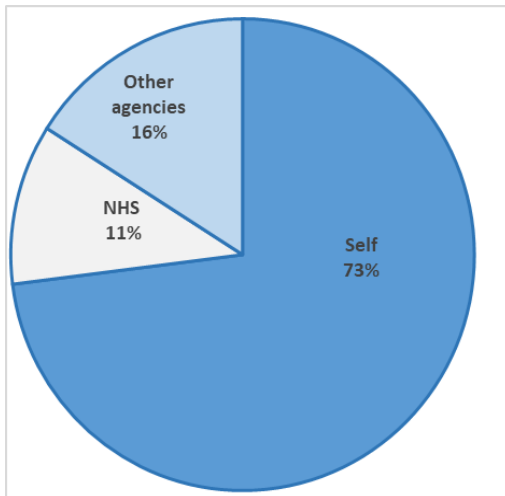
## 2. Relationship Counselling, Sex & Relationship Therapy (SRT) and Family Therapy

**Relationship counselling** enables couples to try and resolve issues that can have a detrimental effect on their emotional and physical health and their children’s well-being. When couple relationships can be improved this has a beneficial impact for families and communities.

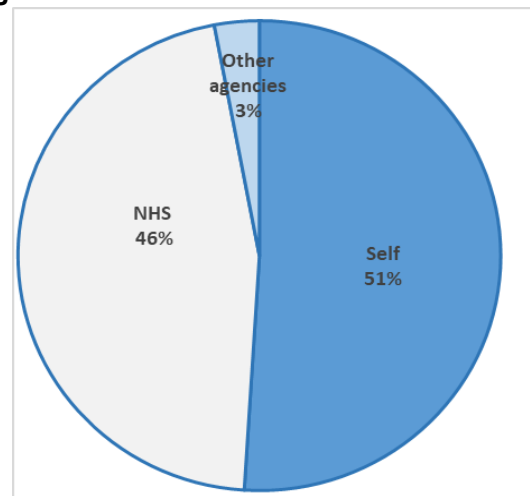
**SRT** enables individuals and couples to try to resolve issues that may strengthen relationships and families.

- **5,420** new and existing clients received relationship counselling as couples or individuals
- **485** new and existing clients received sex & relationship therapy
- **211** new and existing clients received family therapy
- **4,190** children with parents in counselling / SRT (44% aged 8 or under)

**Source of Adult Referrals for Counselling\***



**Source of Referrals for SRT\***



\*where known

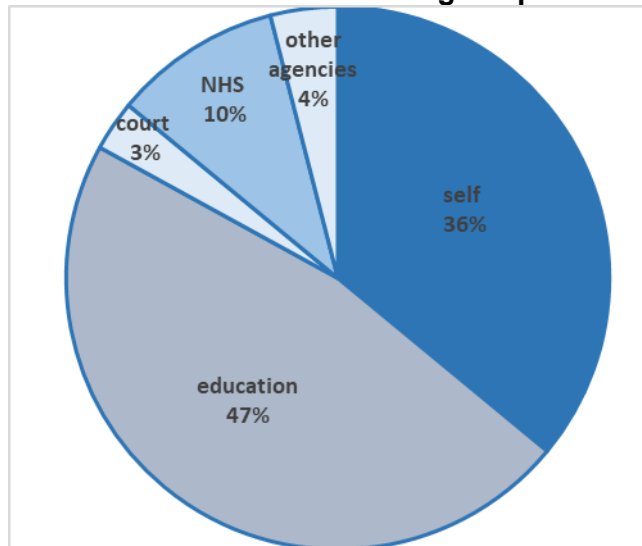
Hours arranged with adult counselling clients

- counselling - **18,439**
- SRT - **1,690**
- family therapy - **848**

### Children & Young Peoples Counselling & other Support

- **556** children & young people received counselling in a Relationships Scotland Service
- **57%** of referrals to Children & Young People Counselling come from the Education service or the NHS

**Source of referrals to Child & Young People Counselling\***



\* Where known

- **1,907** counselling sessions were arranged with these children & young people
- **178** sessions were arranged with parents beyond intake to help them support their children who were in counselling.

### Other Support for Children

- **101** were in mediation either being consulted when their parents were in mediation or where there was a risk of homelessness
- **551** children received other individual or group support

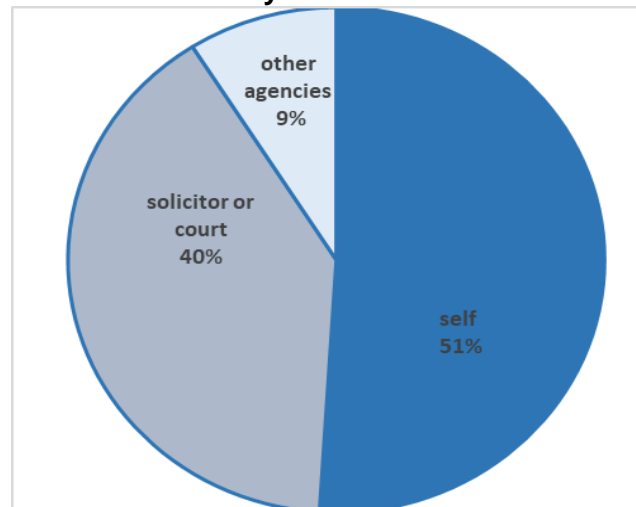
### 3. Family Mediation and Family Support

Child focussed mediation enables parents to seek dispute resolution in relation to their children during or after divorce or separation. Mediation can reduce conflict and stress and improve communication between parents. This provides significant improvements in terms of both short and long-term outcomes for children.

Mediation is also provided for intergenerational issues and some Member Services provide mediation for families where young people are at risk of becoming homeless due to conflict within the family.

- **2,859** new and existing adult clients received family mediation
- **40%** of referrals were from the courts or solicitors
- **101** children were involved in mediation either consulted as part of the process of their parents' mediation, or because they were at risk of homelessness
- **4,949** mediation hours were offered
- **3,191** children were supported indirectly as parents were in family mediation (63% aged under 8)

**Source of Family Mediation Referrals\***



\*where known

#### Other Support for Adults and Families

- **586** attended Parenting Apart sessions
- **178** sessions were arranged with parents beyond intake to help them support their children who were in counselling.
- **398** adults attended a variety of other family support sessions

## 4. Child Contact Centres

Child Contact Centres enable children to have safe contact with a non-resident parent when parents are unable to make contact arrangements themselves. Many of these cases are complex, where domestic abuse, drug or alcohol addiction or child protection issues prevent people making their own arrangements. **3,615** adults used a child contact centre in 2018-19, of these **2,108** were new clients, the rest were families who were already using a centre at the beginning of the year.

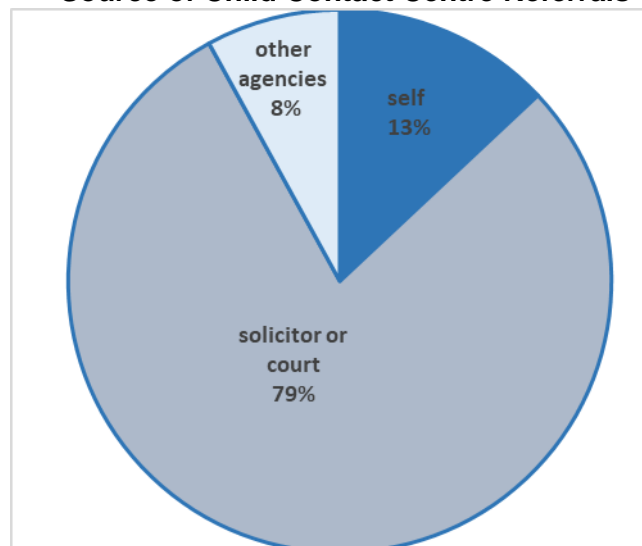
Supervised Contact usually required by the Court – **3,385** sessions provided in 2018-19

Supported Contact which may be requested by a Court, solicitor, Social Work or can be a self-referral - **8,656** sessions offered in a Child Contact Centre and **6,287** handover sessions were facilitated.

Each adult has an individual intake session before using a Child Contact Centre and another **1,414** hours were arranged with individual parents to support their use of a Child Contact Centre.

- **79%** of child contact cases are referred by the Courts or solicitors
- **2,572** children were able to maintain contact with a non-resident parent
- **83%** of children at Child Contact Centres were aged 8 or under

**Source of Child Contact Centre Referrals\***



\*where known

## 5. Training and CPD 2018-19

<b>Courses run by the National Office</b> (details on next page)	<b>New Students/ trainees</b>	<b>Students still being supported from previous cohorts</b>
Certificate in Couple Counselling	<b>10</b>	<b>12</b>
Diploma in Relationship Counselling	<b>21</b>	<b>0</b>
Certificate in Family Mediation (accredited)	<b>9</b>	<b>6</b>
Certificate in Family Mediation (registered)	<b>5</b>	<b>2</b>
Diploma in Sex & Relationship Therapy	<b>12</b>	<b>10</b>

<b>Training run by the National Office</b>	
Supervised Contact Supervisor training	<b>14</b>
Child Contact Centre induction training	<b>5</b>
Child Protection in Child Contact Centres	<b>12</b>

<b>CPD run by the National Office</b>	<b>Participants</b>
<i>Innovative Models for Working with Domestic Abuse</i>	<b>25</b>
<i>Introduction to Parenting Apart</i>	<b>18 + 2 interpreters</b>
<i>Self-Care, Resilience and Vicarious Trauma</i>	<b>16</b>
<i>Working with Risk and Suicidal Ideation</i>	<b>19</b>
<i>Counselling Supervisors' Forum</i>	<b>15</b>
<i>Reflexive Supervision</i>	<b>16</b>
<i>Conversational Intelligence</i>	<b>26</b>
<i>Reflective Parenting: Bringing a Mentalizing Stance to Parenting</i>	<b>19</b>
<i>Mentalization based work with Individuals and Families</i>	<b>16</b>
<i>Mediator Supervisors Forum</i>	<b>12</b>

### **CPD run by Member Services for the Network**

- Transformative Family Mediation.
- Shuttle Mediation Workshop presented by Scottish Mediation
- Family Mediation from A Wider Perspective
- Supervision CPD Forum
- Understanding Issues of Trust in Counselling/Mediation and other helping relationships
- Domestic Abuse and Trauma: Confident Practice and Safer Families
- Impasse provided by Scottish Mediation
- Review of Supervision and Reflective Practice
- Implications for Family Mediation Practice in Relation to new Domestic Abuse Bill
- Mediation Boot Camp
- Domestic Abuse
- The Concept of "Home" for Children Post-separation and the Implications for Mediation Practice



## 6. Training Courses delivered by Relationships Scotland National Office

Course	Total student learning hours	Duration	Taught / face to face hours	Supervised Practice / clinical hours	Self-Directed Learning hours	SCQF level	Credit rating	Academic Body	Professional Body
Diploma in Relationship Counselling	1800 hrs	Over 2 ½ to 3 ½ yrs	400 hrs	200 hrs	Not specified	9	120 credits	Edinburgh Napier University	COSCA
Certificate in Couple Counselling	250 hrs	Over 1 to 2 yrs	100 hrs	100 hrs	Not specified	N/A	N/A	N/A	COSCA
Certificate in Family Mediation (Accredited)	250 hrs	Over 1 to 1 ½ yrs	60 hrs (9 days)	Min 10 hrs	Distance learning 120 hrs	9	25 credits	Edinburgh Napier University	College of Mediators
Certificate in Family Mediation (Registered)	250 hrs	Over 2 yrs	15 hrs	Min 30 hrs	Distance learning 85 hrs	9	25 credits	Edinburgh Napier University	College of Mediators
Diploma in Sex & Relationship Therapy	550	Over 2 yrs	206 hrs	200 hrs	probably 150 hrs	N/A	N/A	N/A	COSRT
Consultation with Children in Mediation	32.5 hrs	Not specified	13.5 hrs (2 days)	Not specified	19 hrs	N/A	N/A	N/A	N/A
Diploma in Casework Supervision	120 hrs	Not specified	84 hours	27 hrs	Not specified	9	N/A	N/A	COSCA
Certificate in Mediator supervision	30 hrs	Not specified	20 hrs (4 days)	10 hrs	Not specified	N/A	N/A	N/A	N/A