

SAFE Parent Support



History/Chronology

- SAFE! started in 2008 as young victims of crime (changed in 2009)
- Team Meeting 2014
- Consultation/Pilot/2 group sessions
- What this told us
- Group/1:1 Support
- Parent support starts Autumn 2015

The Parenting Support Group

- Mindfulness v Mind Full Ness
- Self care strategies
- Parenting strategies – active listening
- Positive psychology
- Gratitude journal
- Goal setting – Minimum Target Outrageous
- Problem solving
- Social aspects
- Therapeutic but not therapy and specialist service support

Where Next? Vision

- Expansion of parent support ,increasing accessibility
- Model of parent support including 1:1 sessions and groups
- Recruit, train, support and accredit volunteer coaches
- Remote support including telephone and web chat
- Parent support co-ordinator role
- Increases the emphasis on Think Family