

RELATIONSHIPS SCOTLAND ANNUAL STATISTICS 2019-20

- 1. Summary of Relationships Scotland Annual Statistics 2019-20**
- 2. The Relationships Scotland Network**
- 3. Relationship Counselling, Sex & Relationship Therapy (SRT) and Family Therapy**
- 4. Children & Young People's Counselling and Other Support**
- 5. Family Mediation and other Family support**
- 6. Child Contact Centres**
- 7. Training and CPD 2019-2020**
- 8. Training Courses delivered by Relationships Scotland National Office**

1 RELATIONSHIPS SCOTLAND ANNUAL STATISTICS SUMMARY 2019-20

- *Over 45,000 people contacted a Relationships Scotland Member Service or the National Office Infoline in 2019-20 for information, signposting or access to family support. Around 75,000 additional people accessed information from the National Office and Member Services websites*
- *Around 17,500* people received over 97,000 hours of face-to-face support through relationship counselling, family mediation, Child Contact Centres or other related forms of family support*

Adult Clients*

Assessment Intake	8,888
Counselling	5,692
Mediation	2,415
Child Contact Centre	3,706
Sex & Relationship Therapy	436
Parenting Apart	427
Family Therapy	196
Other service	588

**Some clients use more than one service*

Child Clients

Child Contact Centre	2,108
Children & Young People Counselling	659
Mediation	91
Other service	202

**Some clients use more than one service*

- *11,784 children were either supported directly with a Relationships Scotland service, or indirectly as their parents were using a service*
- *18,616 contact sessions were provided for children to spend time with non-resident parents. 48% of Child Contact Centre referrals came from the Courts*

National Office Training & CPD

- *93 people were undergoing or completing validated and accredited training from the National Office in relationship counselling and family mediation*
- *20 people received training in supervised contact and Child Contact Centre work*
- *157 attendees at 9 CPD events, run by the National Office for practitioners within the network. Another 14 approved CPD events were held by Member Services*

1. Relationships Scotland Network

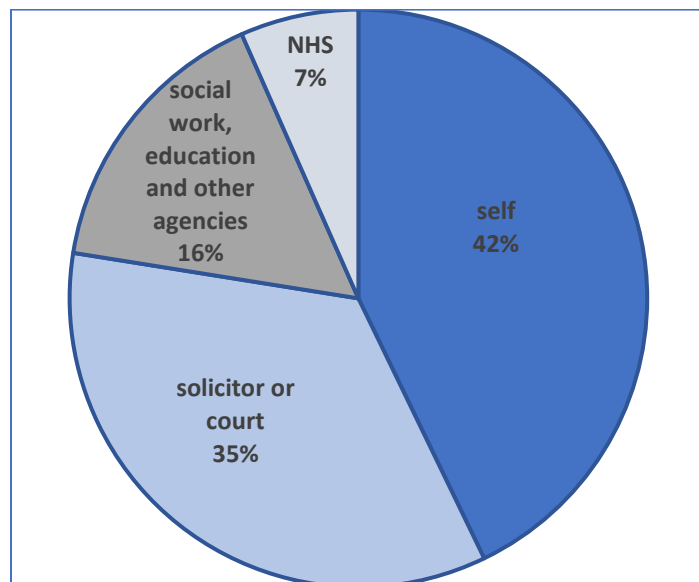
The Relationships Scotland Network consists of 21 Member Services and the National Office (which provides a training and support function). There are 443 volunteers, 334 sessional workers and 90 FTE staff providing a face-to-face service in all areas of Scotland.

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. **930** families were referred by the courts.

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 2019-20, 8,888 people attended an assessment intake session. Most people 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 did not wish to attend so a service cannot go ahead. In one Member Service that provides both mediation and Child Contact Centres, of 100 clients attending intake, 73% were eligible for legal aid.

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

Source of all Relationships Scotland Referrals*



*where known

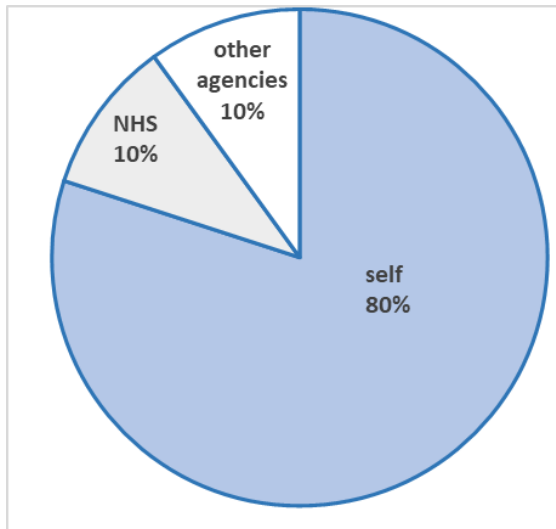
2. Relationship Counselling, Sex & Relationship Therapy (SRT) and Family Therapy

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.

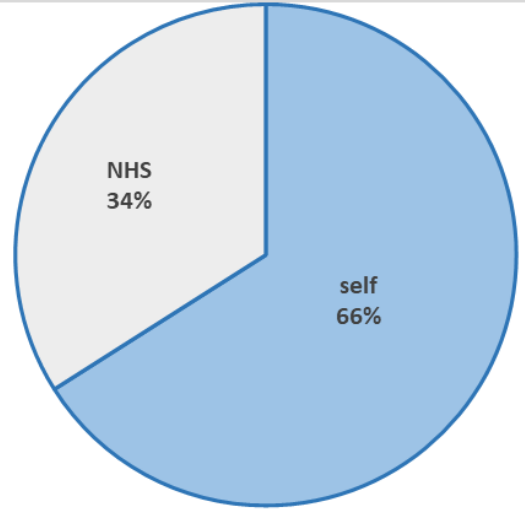
SRT enables individuals and couples to try to resolve issues that may strengthen relationships and families.

- **5,692** new and existing clients received relationship counselling as couples or individuals
- **436** new and existing clients received sex & relationship therapy
- **196** new and existing clients received family therapy
- **4,949** children with parents in counselling / SRT (51% aged 8 or under)

Source of Adult Referrals for Counselling*



Source of Referrals for SRT*



*where known

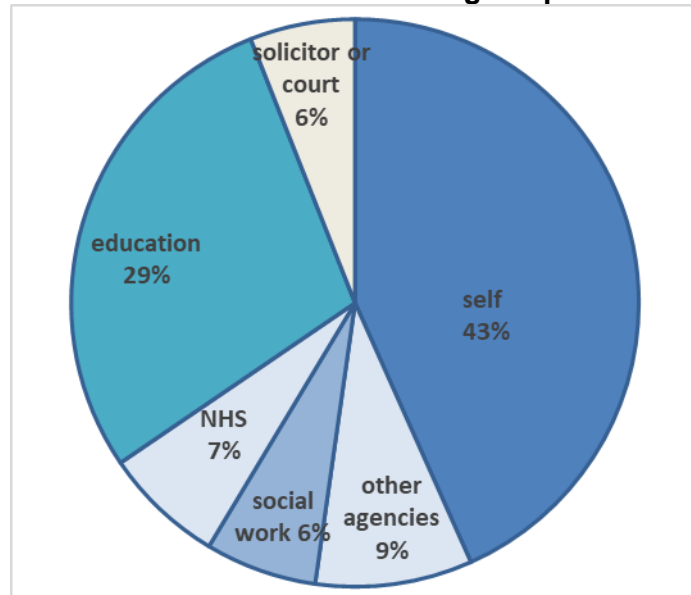
Hours arranged with adult counselling clients

- counselling - **20,539**
- SRT - **2,328**
- family therapy - 789

Children & Young Peoples Counselling & other Support

- **659** children & young people received counselling in a Relationships Scotland Service
- **57%** of referrals to Children & Young People Counselling come from the Education service, NHS, Social Work or other agency
- **19** were referrals from the courts

Source of referrals to Child & Young People Counselling*



* Where known

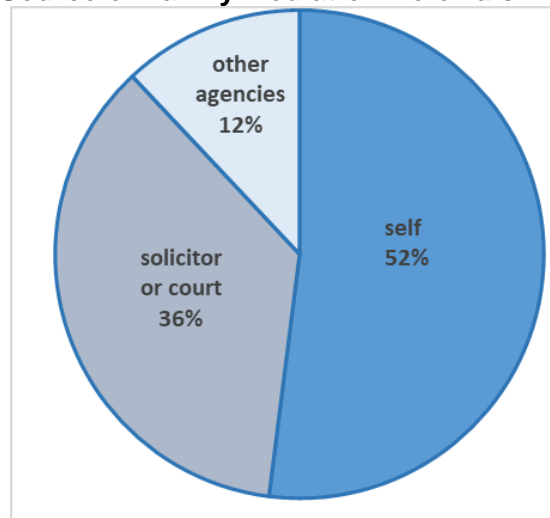
- **4,110** counselling hours were arranged with these children & young people

3. Family Mediation and Family Support

Child focussed mediation enables parents to resolve disputes 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.

- **2,415** new and existing adult clients received family mediation
- **158** referrals were from the courts
- **91** children were involved in mediation either consulted as part of the process of their parents' mediation, or because they were at risk of homelessness
- **5,056** mediation hours were offered
- **2,079** children were supported indirectly as parents were in family mediation (53% aged under 8)

Source of Family Mediation Referrals*



*where known

Other Support for Families

- **427** attended Parenting Apart sessions (40 were court referrals)
- **273** parents attended sessions to help them support their children who were in mediation or counselling
- **315** adults attended a variety of other family support sessions (36 were court referrals)
- **202** children received other individual or group support

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. **3,706** adults used a child contact centre in 2019-20, of these **2,321** were new clients, the rest were families who were already using a centre at the beginning of the year.

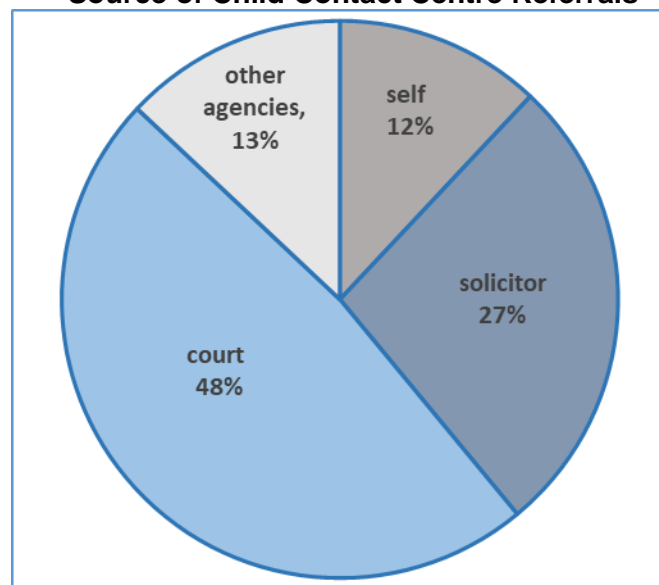
Supervised Contact usually required by the Court – **3,216** sessions provided in 2019-20

Supported Contact which may be requested by a Court, solicitor, Social Work or can be a self-referral - **8,007** sessions offered in a Child Contact Centre and **7,393** handover sessions were facilitated.

Each adult has an individual intake session before using a Child Contact Centre and another **2,034** hours were arranged with individual parents to support their use of a Child Contact Centre.

- **75%** of child contact cases are referred by the Courts or solicitors
- **2,108** children were able to maintain contact with a non-resident parent
- **81%** of children at Child Contact Centres were aged 8 or under

Source of Child Contact Centre Referrals*



*where known

5. Training and CPD 2019-20

Courses run by the National Office (details on next page)	New Students/ trainees	Students still being supported from previous cohorts
Certificate in Couple Counselling	8	12
Diploma in Relationship Counselling	18	7
Certificate in Family Mediation (accredited)	11	4
Certificate in Family Mediation (registered)	16	3
Diploma in Sex & Relationship Therapy	12	2

Training run by the National Office	
Supervised Contact Supervisor training	12
Child Contact Centre induction training	8

CPD run by the National Office	Participants
<i>Using an Object Relations Focus in Sexual and Relationship Therapy</i>	24
<i>Relational Reflexivity</i>	11
<i>Developing a Compassionate Mind in Mediation & Relationship Counselling Work</i>	13
<i>Love, Sex and Porn Uncomfortable Bedfellows?</i>	17
<i>Love and Fear in Supervision</i>	13
<i>Love and Fear in Supervision</i>	23
<i>Parental Alienation? Developing our Understanding</i>	13
<i>Female Genital Mutilation (SRT) half day 3 CAT Apts</i>	11
<i>Short Term Counselling with Couples</i>	
<i>Domestic Abuse Risk Assessment & Risk Responses Masterclass</i>	17
<i>Meeting with Children – Child Consultant Mediators Masterclass</i>	15

CPD run by Member Services for the Network

- Community Mediation Training
- Narrative Mediation provided by Family Mediation Association
- Reflective Practice for Mediators
- Domestic Abuse Training Event
- Supervision CPD Forum
- Adverse Childhood Experiences presented by Sally Amor
- The Written Word
- Supporting Positive Parental Language
- Justice & Fairness in Mediation and the Role of Emotion in Conflict
- Bias in Mediation and Introducing a Model of Peer Supervision presented by Hope Mediation
- ACE Awareness and its Impact on Practice
- Contact Disputes: Psychology, Mediation and the Law
- Mindful Co-Mediation
- Step Ahead Facilitator Workshop

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