

RELATIONSHIPS SCOTLAND ANNUAL STATISTICS 2021-22

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

1. Introduction

The year 2021-22 continued to be a challenging time. Lockdown restrictions gradually reduced over the year but were still an important consideration in how families could be best supported. Where in-person services were legally able to be provided, they were offered. Some clients preferred online provision and going forward there will be a range of options to give flexibility for clients. Online face-to-face provision is useful where geographical considerations make it difficult for families to access services face to face. Technology has also enabled more flexibility for practitioners to support Member Services in other areas of the country, thereby ensuring that long waiting lists do not build up in some areas.

2. Relationships Scotland Summary Statistics

- **Over 25,600 people contacted a Relationships Scotland Member Service or the National Office Info-line for information, signposting or access to support. Around 100,000 people accessed information from the National Office and Member Services websites**
- **Around 13,850 people received direct support through relationship counselling, family mediation, Child Contact Centres or other related forms of family support. Over 62,000 hours of direct support was offered to individuals, couples, children and families.**

Adults

Assessment Intake	6,765 (398 intake only)
Counselling	5,613
Mediation	1,903
Child Contact Centre	2,453
Sex & Relationship Therapy	483
Parenting Apart	206
Other services	884

Children

Child Contact Centre	1,278
Children & Young People Counselling	514
Mediation	25
Other services	90

Some clients use more than one service

- **6,722 children were supported either directly or indirectly, as their parents were using a service**
- **10,481 child contact sessions were provided for children to spend time with non-resident parents.**

National Office Training & CPD

- **87 people were undergoing or completing validated and accredited training from Relationships Scotland in relationship counselling and family mediation**
- **277 people attended 15 CPD events, run by Relationships Scotland for practitioners within the network.**

3. Relationships Scotland Network

The Relationships Scotland Network consists of 21 Member Services and the National Office (which provides a training and support function). There were 215 volunteers, 297 sessional workers and 83 FTE staff providing direct support in all areas of Scotland in 2021-22.

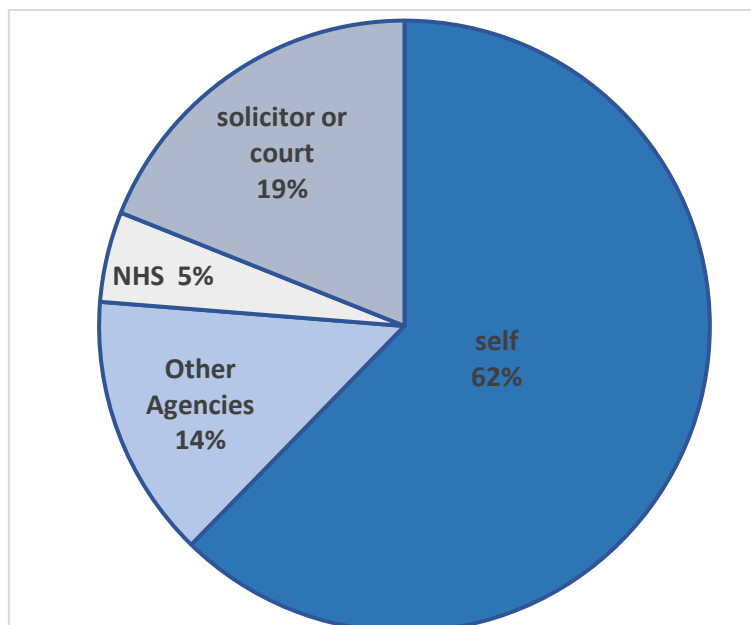
Over **25,600** people contacted either the National Office or a Member Service directly for information and support at times of relationship or family crisis. **718** referrals came directly from the courts.

All clients are given an initial assessment where screening takes place for domestic abuse, child protection, mental health issues, etc. Clients are given relevant information and, where appropriate, signposted to other relevant organisations. **6,765** attended a screening intake, all others had their assessment in a first counselling session.

Most (94%) progressed to use another Relationships Scotland service. In some cases, the Intake session 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 the clients could not progress to use another service.

Although clients can refer themselves to the Relationships Scotland Network, around one third are referred by external agencies including Social Work, solicitors, the Courts, Education or Health Service.

Source of all Relationships Scotland Referrals*



*where known

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

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

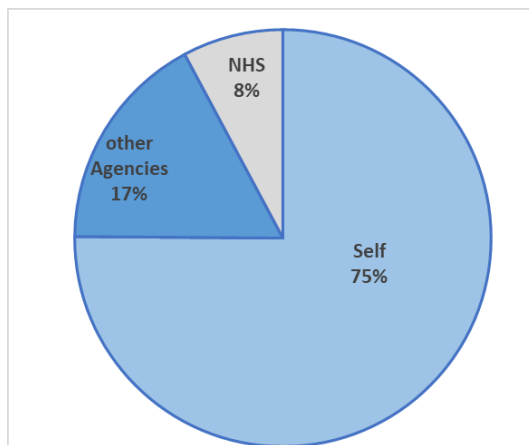
SRT enables individuals or couples to try to resolve sexual issues that may strengthen relationships and families.

In 2021-22, 85% of relationship counselling and 87% of SRT sessions took place on online. Going forward, online sessions are likely to be offered as an alternative to in-person counselling, making services more flexible and responsive to client need. Overall numbers are now back to pre-pandemic levels.

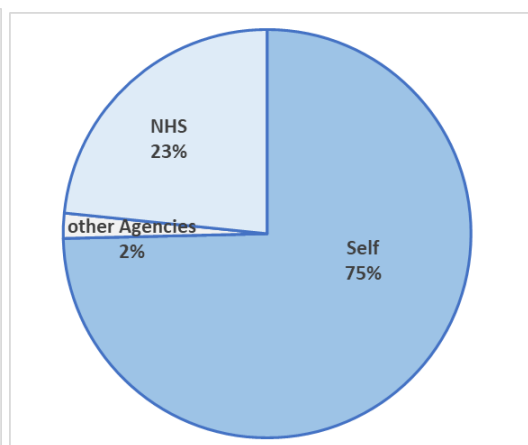
- **5,613** clients received relationship counselling as couples or individuals
- **483** clients received sex & relationship therapy
- **2,460** children with parents in counselling / SRT (23% aged 8 or under)

Source of Adult Referrals for Counselling*

*where known



Source of Referrals for SRT*



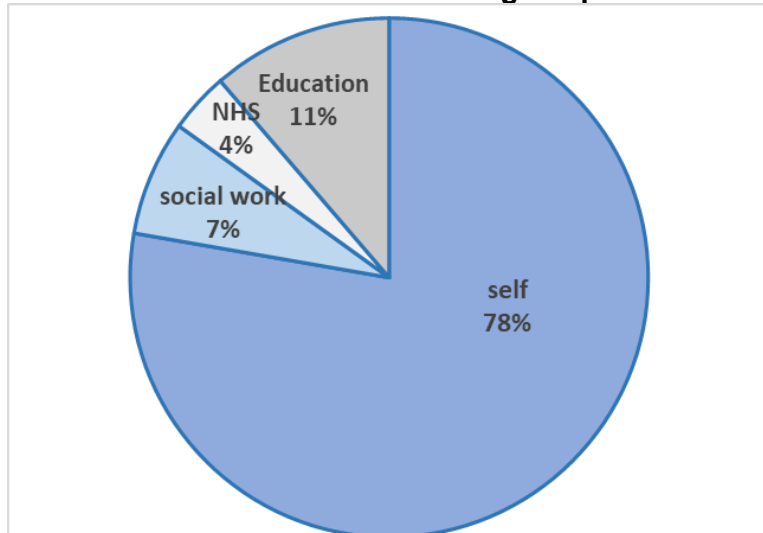
Client in person hours

- Counselling - **24,738**
- SRT - **4,141**

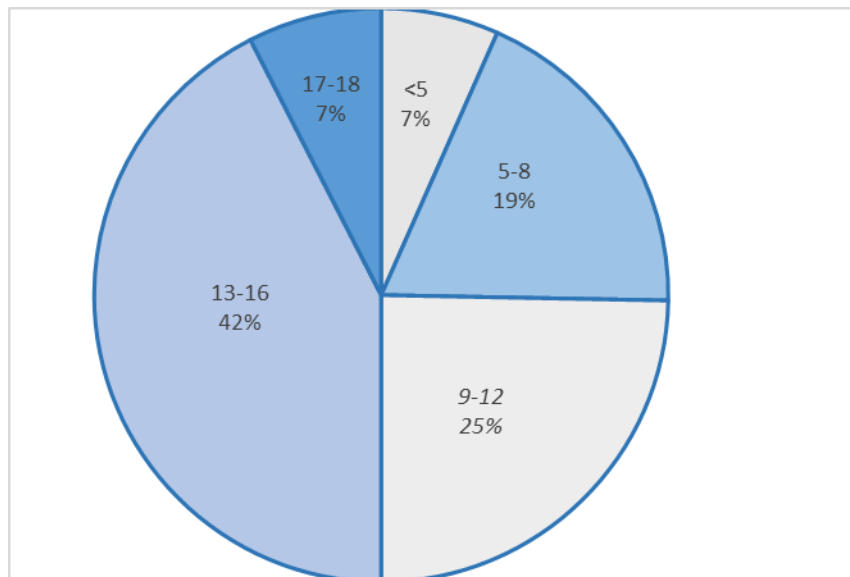
5. Children & Young Peoples Counselling

- **514** children & young people received counselling in a Relationships Scotland Service
- **22%** of referrals to Children & Young People Counselling come from the Education service, NHS, Social Work or other agency

Source of referrals to Child & Young People Counselling*



Ages of Children & Young People referred for counselling



* Where known

- There were **1,859** counselling hours with children & young people and 64% were online
- **200** hours were held with 134 parents of those in C&YP counselling to help them understand how to provide their children with support whilst in counselling

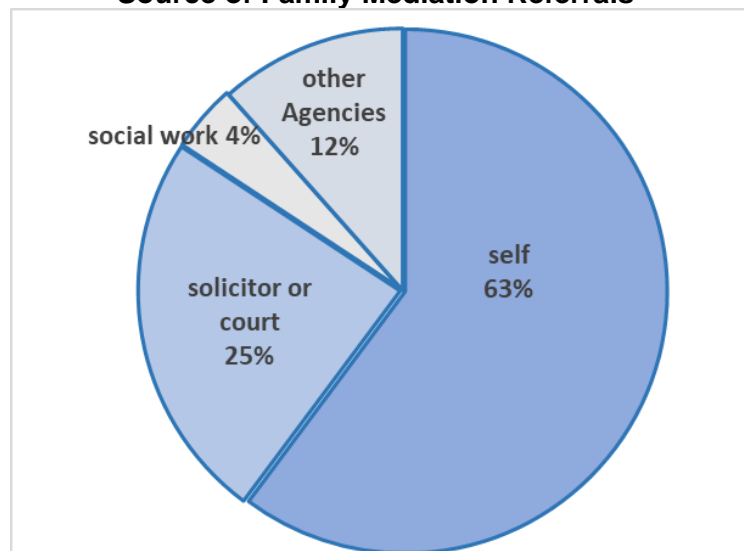
6. Family Mediation and Family Support

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 in some Services is also provided for intergenerational issues or for families where young people are at risk of becoming homeless due to conflict within the family.

91% of mediation sessions were online. In some cases, families were unable or unwilling to mediate online due to the lack of privacy or childcare. Overall numbers are around 80% of pre-pandemic years but were 15% higher than 2020-21.

- **1,903** adult clients received family mediation
- **109** referrals were from the courts up 50% from the previous year
- **25** children were involved in mediation either consulted as part of the process of their parents' mediation, or because they were at risk of homelessness
- **4,995** client hours of mediation
- **1,882** children were supported indirectly as parents were in family mediation (48% aged under 8)

Source of Family Mediation Referrals*



*where known

Other Support for Families-

- **206** attended Parenting Apart sessions (20 were court referrals)
- **134** parents attended sessions to help them support their children who were in mediation or counselling
- **750** adults attended a variety of other family support or therapy sessions
- **90** children received other individual or group support

7. 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. **2,453** adults were supported to maintain child contact in 2021-22, of these **1,749** were new clients, the rest were families who were already using a centre at the beginning of the year. 35 Family Support Workers assist families to improve and sustain relationships

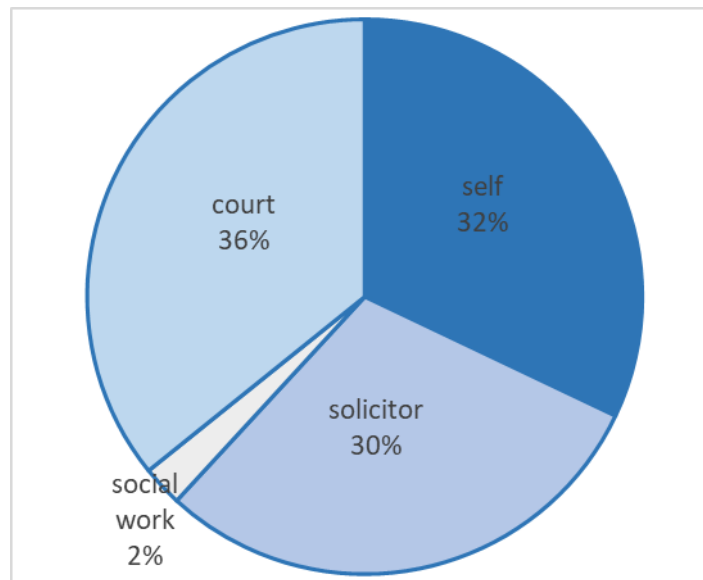
Supervised Contact usually required by the Court – **4,031** sessions provided

Supported Contact which may be requested by a Court, solicitor, Social Work or can be a self-referral – **3,745** sessions offered in a Child Contact Centre and **4,774** handover sessions were facilitated.

Each adult has an individual intake session before using a Child Contact Centre and another **4,270** hours were also arranged with individual parents to help prepare them for contact or support their child contact for example digital postbox.

- **66%** of child contact cases were referred by the Courts or solicitors.
- **1,278** children were able to maintain in person contact with a non-resident parent
- **64%** of children at Child Contact Centres were aged 8 or under

Source of Child Contact Centre Referrals*



*where known

8 Training and CPD 2021-22

Course	New Students 2021/22	Previous students still being supported to Course Completion
Diploma in Relationship Counselling	18	2
Certificate in Couple Counselling	13	5
Diploma in Sex and Relationship Therapy	0	9
Diploma in Mediation Supervision	4	0
Diploma in Counselling Supervision	9	0
Certificate in Family Mediation (Accredited)	6	5
Certificate in Family Mediation (Registered)	2	13

CPD run by the National Office	Participants
<i>Solution Focused Mediation</i>	21
<i>Parenting Apart Facilitator Training</i>	14
<i>Using Metaphor when Working with Children and Young People</i>	14
<i>Gender and Sexual Diversity</i>	19
<i>Travelling on the same road?' Using Metaphor in Relationship Counselling and Family Mediation</i>	25
<i>Positive Supervision – Counselling Supervisors Forum</i>	19
<i>Consulting Children in Mediation – Best Practice in 2021</i>	15
<i>Positive Supervision and Learning Forum for Mediation Supervisors</i>	26 Oct 10 9 Nov 9
<i>Child Consultation in Mediation: Exploring the Opportunity for Children's Views to be Heard</i>	25
<i>Working at Relational Depth in Counselling</i>	23
<i>Rainbow after the Storm: Same-sex, Trans, and Non-binary parents in Family Mediation</i>	16
<i>Transforming Attachment Scripts within Family Mediation</i>	3 Feb: 21 24 Feb: 20
<i>Working with Compulsive Sexual Behaviours</i>	26