

SCOTTISH MARRIAGE CARE'S EARLY INTERVENTION SERVICES

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Divorce and family breakdown affect the health, finances and achievements of adults and children. Early intervention is the key to strengthening families and relationships. Scottish Marriage Care has a range of early intervention services: Youth work, Young parents, REACT, Marriage preparation, FOCCUS, Relationship counselling, family counselling and youth counselling.



YOUTH WORK

Scottish Marriage Care delivers a number of early intervention services to young people, mainly through our REACT project in Easterhouse. The team have fed into the curriculum of PSE (Personal and Social Education) and Citizenship courses, presenting issue based group work on relationships and conflict resolution. The workshops are interactive rather than worksheet based. Sessions have also been held at several primary and secondary schools throughout Easterhouse and also elsewhere in Glasgow and Paisley.

YOUNG PARENTS

Scottish Marriage Care offer specialist relationship services to young parents through our REACT project in Easterhouse. REACT offers a peer education programme which involves young parents participating in relationship training and confidence building workshops to enable them to deliver workshops to other young parents. Workshops cover such topics as self esteem, team building and relationships and by taking part, young parents benefits from increased self-esteem and enhanced awareness of important relationship skills, such as maintenance of positive healthy relationships. This includes couple relationships and also relationships with children, extended family, peers, employers and other community members.

REACT

REACT is Scottish Marriage Care's flagship community project, based in Greater Easterhouse, an area of multiple deprivation. REACT is a 'one stop shop' of family support services under one roof. Services on offer include: relationship counselling for adult couples and individuals; specialist relationship services for young people and young parents; youth and young parents counselling.

MARRIAGE PREPARATION

As well as providing support for relationships in difficulty, Scottish Marriage Care identified a need to offer preventative services to couples, i.e early intervention to help relationships before they run into difficulty. Couples who understand relationships, how they work and when they can go wrong are in a better position to deal with issues when they arise, either

by themselves or by seeking help from counselling at an early stage. SMC's marriage preparation course for engaged couples feature group work on relationship skills such as communication, listening and conflict negotiation. If you were starting a new job, you would expect to have proper training and it's just the same for a relationship. There are certain skills that will be beneficial to couples and enable them to make their relationship a success.



FOCCUS is a relationship inventory for couples planning to marry

FOCCUS

or enter a committed relationship. It is based upon key elements in a successful relationship and helps couples to learn more about themselves and their unique partnership. The FOCCUS inventory is not a pass or fail test but rather a positive process and a great way to take time out from work and planning to make some time for the couple themselves. FOCCUS highlights all the positive areas in a couple's relationship and also flags up areas for development. Research shows that taking part in a process such as FOCCUS can improve a couple's communication, conflict management skills and overall relationship quality.

RELATIONSHIP COUNSELLING

Scottish Marriage Care provides a specialist relationship counselling service to the whole community, delivered in 20 locations throughout Scotland. Delivered by professionally trained counsellors, sessions are confidential. The services are for couples and individuals for all ages and stages in their relationship and are provided to everyone without exception. Counselling enables couples and individuals to examine the difficulties in their lives, decide how best to deal with these problems and move forward positively.

FAMILY COUNSELLING

Scottish Marriage Care is in the process of developing a new service for families - Family counselling. Every family has problems/arguments at times, but sometimes these seem to escalate and become unresolvable. Major life events like redundancy, moving house, unemployment and health issues can also cause problems. Family counselling is for families, parents and children, siblings, grandparents, extended families and also blended re-constituted families.

YOUTH COUNSELLING

Scottish Marriage Care also provides counselling for young people aged 12-25 delivered by professionally trained youth counsellors. The service offers young people a safe place to talk through any issue that is troubling them. Overwhelmingly however, we find presenting issues are around relationships, for example, with another family member or peer. Sessions take place once a week and last for half an hour. Currently, our youth counselling programme is based at our REACT project in Easterhouse but the service is currently expanding and will be delivered through local centres all over Scotland.