

## Well Parent Project

### Referral Criteria

If you wish to discuss a referral into this project, please do not hesitate to contact us on 01268 550300

	Accepting criteria	Needs we help to support
1	Have a child aged 0 to 11 years old, living with the parent/carer	
2	Live in the Basildon, Billericay, Brentwood and Wickford areas.	
3	The parent must have consented to have our service and preferably signed the referral form.	
4	The parent must inform us of their needs.  <b>Refer to scales on the referral forms – Family must score 3 or below to enter into the project.</b>	<ul style="list-style-type: none"> <li>Emotional health and wellbeing on a scale of 0-5</li> <li>Ability to Cope with an issue in their everyday life on a scale of 0-5</li> </ul> See chart below
5	The volunteer must be able to work safely and effectively with the family	
6	We do not accept Child Protection referrals. Each referral is assessed on their individual need and our available resources.	



## Home-Start's Basildon District and Brentwood

<p><b>Coping with own emotional wellbeing/mental health (BLF Outcome 1)</b></p> <p><b>Are you suffering from (please tick);</b></p> <ul style="list-style-type: none"> <li>• Anxiety/stress only</li> <li>• Feeling emotionally low/Diagnosed Depression/ Post Natal Depression only</li> <li>• Both of the above</li> <li>• A diagnosed and treated (on medication, talking therapies) mental illness, if so what condition?</li> </ul>	<p><b>0</b> - Extremely low, having suicidal thoughts, extremely anxious, apathetic, not coping emotionally, need help now.</p> <p><b>1</b> - Very low, but not having suicidal thoughts, feel down all the time. Anxious all the time, reluctant to go out of the house or will not go out.</p> <p><b>2</b> - Low, struggling emotionally to cope, more bad days than good. Anxious, reluctant to go out of the house.</p> <p><b>3</b> - Ok, but still having bad days, I feel I still need support. Anxious at times, do go out but I do not enjoy it.</p> <p><b>4</b> - Good, the good days are more than the bad. Rarely anxious, enjoying going out.</p> <p><b>5</b> - Very Good, not anxious, enjoying life, coping with everyday issues, not anxious, not in need of support</p>
<p><b>Coping with self, isolation and/or everyday life problems (BLF Outcome 2)</b></p> <p>Use the other needs identified on this form to help identify what is causing the stress, anxiety and depression with the reduced ability to cope.</p>	<p><b>0</b> - Not coping at all</p> <p><b>1</b> - Barely coping with any thing</p> <p><b>2</b> - Coping at times and not at others</p> <p><b>3</b> - Coping in general, but not with one problem</p> <p><b>4</b> - Coping quite well with most everyday problems.</p> <p><b>5</b> - Able to cope with any problems that arrive in my life and</p>



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	problem solve them. Not in need of support. <b>Any other information that may help;</b>
<b>Parent's self-esteem (BLF Outcome 1)</b>	1 - Very Poor 2 - Poor 3 - Good 4 - Very Good 5 - Excellent

