

## Introduction

### Background

Triangle have created over 30 different versions of the Outcomes Star, each tailored to a specific sector and co-created with services and service users.

They are strengths-based outcomes measurement and keywork tools, designed to be completed collaboratively by practitioners and service users as an integral part of the keywork process.

### Aim

To develop a new version of the Outcomes Star to support perinatal mental health and well-being.

**“The Star is visual, simple, easy to understand and allows you to recognise areas in your life for improvement.” - Parent**

## Method

Stage 01

### Establishing the need for the Parent and Baby Star

Triangle worked with collaborators to conduct a ‘scoping review’ to confirm the need within the sector.

Stage 02

### Identifying model of change and desired outcomes for parents

Triangle drafted a pilot version of the Parent and Baby Star through a series of workshops with services working with parents.

Stage 03

### Consultation, piloting, and refining

Health visitors, children’s centre staff, midwives and mental health practitioners in services provided by the collaborators were trained to use the Parent and Baby Star. The Star was piloted for six months including with fathers (as well as mothers) through the Stefanou Foundation’s For Baby’s Sake programme.

Data gathered during the pilot was used in psychometric testing and feedback forms from workers and parents were used to inform the need for further changes.

Stage 04

### Relating to existing research and frameworks

A literature review was conducted to validate the Parent and Baby Star’s Journey of Change and outcome areas as key factors in supporting parents during the perinatal period.

## Results and conclusions

The Parent and Baby Star was well received by practitioners and service users.

**80%**

of practitioners reported that it helped them to ‘get an overall picture of service user’s situation and needs’.



Over 85% of service users agreed that the Star helped describe ‘how life is for me at the moment’.

Analysis of the psychometric properties of the tool revealed a unidimensional factor structure, with high internal consistency ( $\alpha = .81$ ) and small-medium effect sizes showing responsiveness to change.

These initial findings support the Parent and Baby Star as a well-accepted and valid keywork and outcomes tool.

The final version of the Parent and Baby Star (the Outcomes Star for perinatal mental health and well-being) will be published and available for wider use, to trained and licenced Star users, in September 2018.

## The Parent and Baby Star™



**Covers the critical first 1001 days of life, from conception to age 2**, during which the foundations are laid for each baby’s physical, emotional and social development and long-term life chances – promoting the earliest of early intervention and prevention for babies and infants.



**Promotes infant mental health by equipping mothers and fathers** to provide consistent, sensitive and attuned parenting, build secure relationships and create a nurturing environment and the new Star is designed to address these aspects in particular.



**Enables mothers and fathers to recognise their strengths** through the Journey of Change and enables them to seek the support they need, building their own resilience and that of their baby (and any other children) and preventing them from gathering Adverse Childhood Experiences (ACEs) at the earliest opportunity.



### Acknowledgements

Triangle’s collaborators included a partnership between the public sector (East and North Hertfordshire CCG, Herts Valleys CCG, Hertfordshire County Council) and philanthropic resources through the Stefanou Foundation – a model for cross sector and system-wide collaboration.