

Supporting Divorcing Families in Attaining Better Outcomes: MSF's Mandatory Co-Parenting Programme (CPP)

Asian Family
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Landscape of Divorce Support Services in Singapore

Pre-filing

During divorce

Post-divorce

Family Assist Portal 	
Family Counselling / Psychological Services *^ 	
Online Counselling ^ 	
Marital Reconciliation ^ 	
Mandatory Co-Parenting Programme (CPP) [Civil] * or Marriage Counselling Programme [Muslim] * 	
	Children of Divorce Intervention Programme (CODIP) *^ 
	Children in Between (CiB) *^  
	Supervised Exchange & Supervised Visitation (SESV) * 
	Other Support Programs (e.g. Support Groups) ^ 
	Parenting PACT (PP) * 



For families



For parents/adults



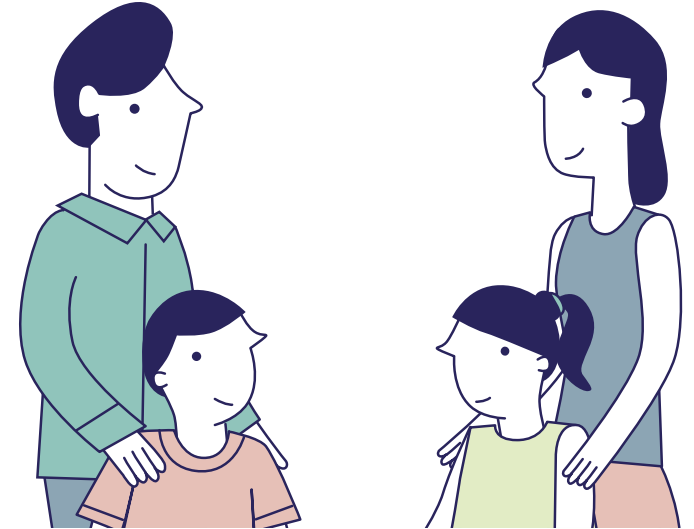
For children

* Mandated/Court-ordered

^ Voluntary

Mandatory Co-Parenting Programme (CPP)

- CPP helps parents make an informed decision about their divorce that prioritises the well-being of their children
- Reminds divorcing parents the importance of co-parenting and its impact on their children
- Consists of 2 components
 1. E-learning
 - 1.5 hours, 5 modules + 1 optional module
 2. Consultation which may range from 1-3 sessions
 - Assess needs of family and encourage co-operative co-parenting, where possible
- For all parents with minor children (below 21 years old) before they file for divorce



Research Methodology

- Sample (n=174) – Parents with minor children, who are intending to file for divorce on the normal track
- Standardized measurement scales (self-reported by adult)
 1. Child Psychosocial Functioning (PSC-17, Jellinek & Murphy, 1988)
 2. Coparenting Relationship - Conflict, Support (MCSDR, Ferraro et al., 2019)
 3. Child-Parent Relationship - Conflict, Closeness (CPRS, Pianta, 1997)
 4. Parent Wellbeing (WHO5, 1998)
 5. Parent Resilience (BRS, Smith et al., 2008)
- One-way Repeated Multivariate Analysis of Variance (MANOVA) & Posthoc Tests
- Reliable Change Index (RCI) to examine the proportion of clients who have made practically meaningful change

Baseline

- Measurement scales on **Coparenting Relationship** and **Child Psychosocial Functioning** embedded within e-learning
- Measurements on **Child-Parent Relationship, Parent Wellbeing, and Parent Resilience** administered via QR code on completion of e-learning



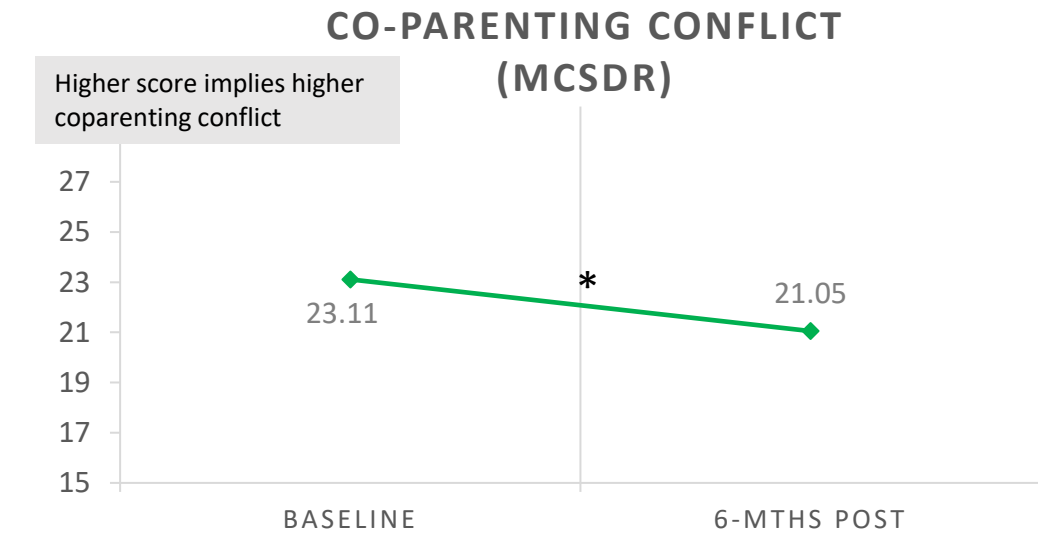
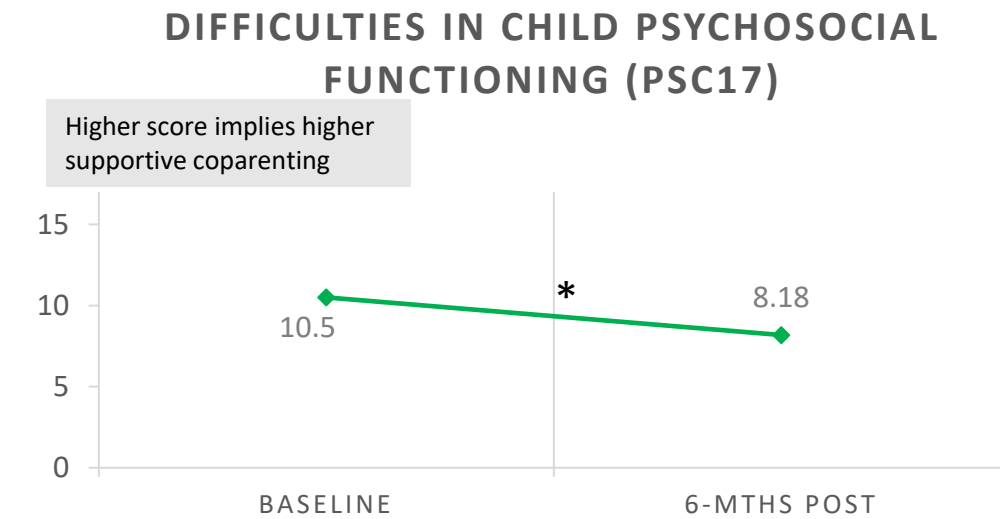
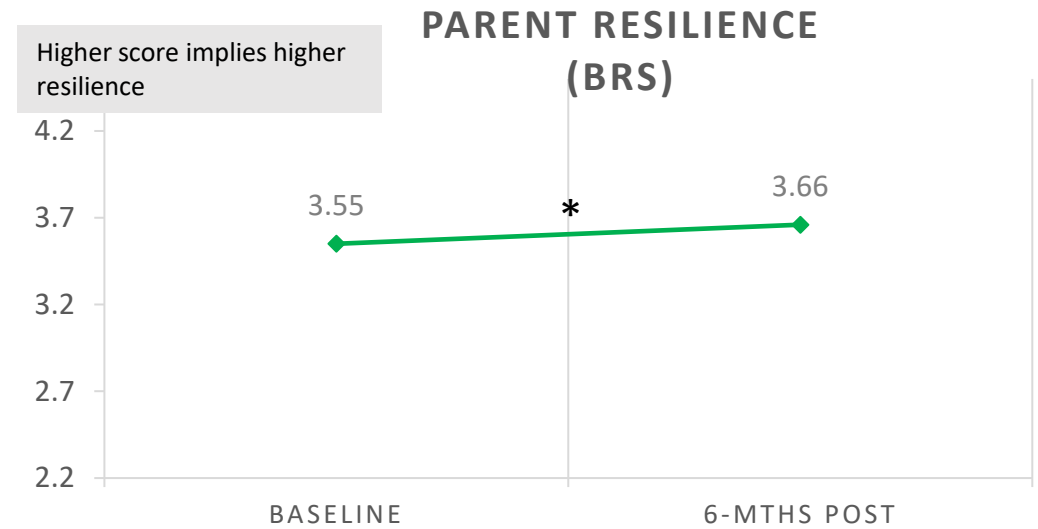
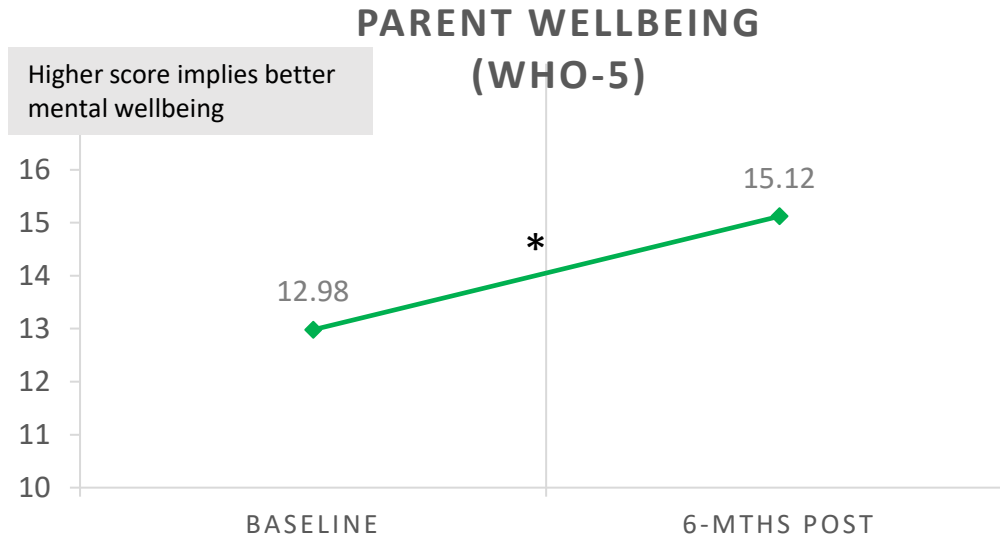
6-months post

MSF sends out link to programme participants at 6 months post baseline

MANOVA & Posthoc Tests: Statistically Significant and Large Programme Effect Size at 6-months Post Intervention; Areas showing significant improvements

Green line – Improved scores

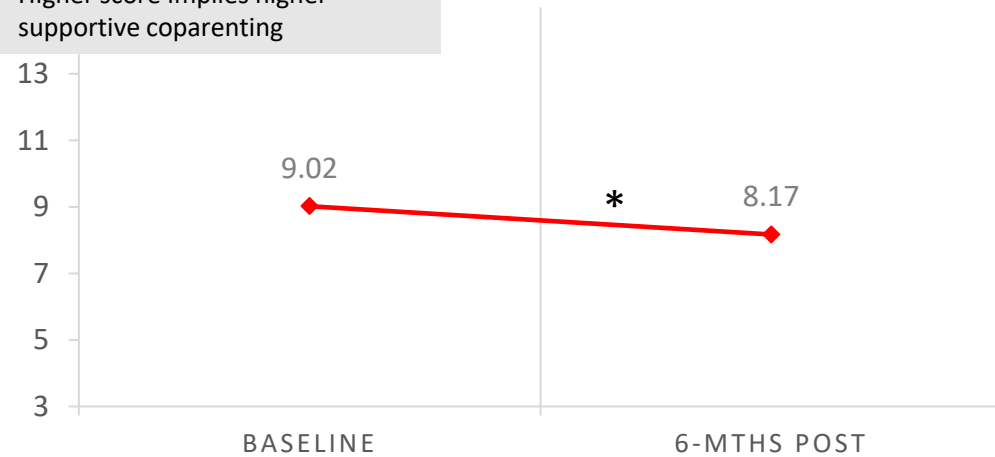
* Denotes statistically significant increase



Posthoc Tests: Areas showing significant decline or no change

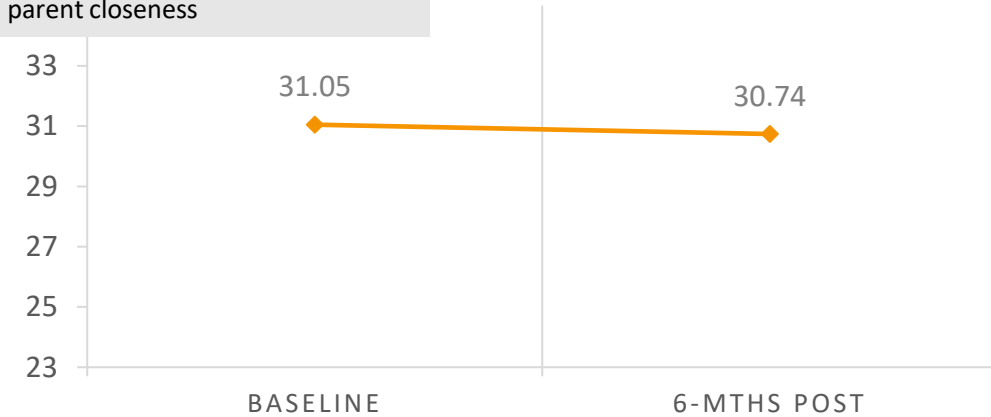
SUPPORTIVE CO-PARENTING (MCSR)

Higher score implies higher supportive coparenting



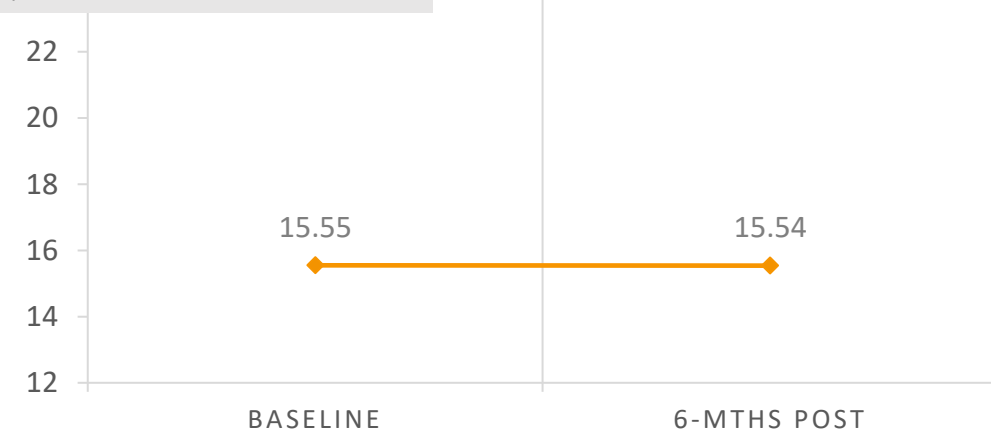
CHILD-PARENT CLOSENESS (CPRS)

Higher score implies higher child-parent closeness



CHILD-PARENT CONFLICT (CPRS)

Higher score implies higher child-parent conflict



Red line – Declined scores

Yellow line – Scores remained the same

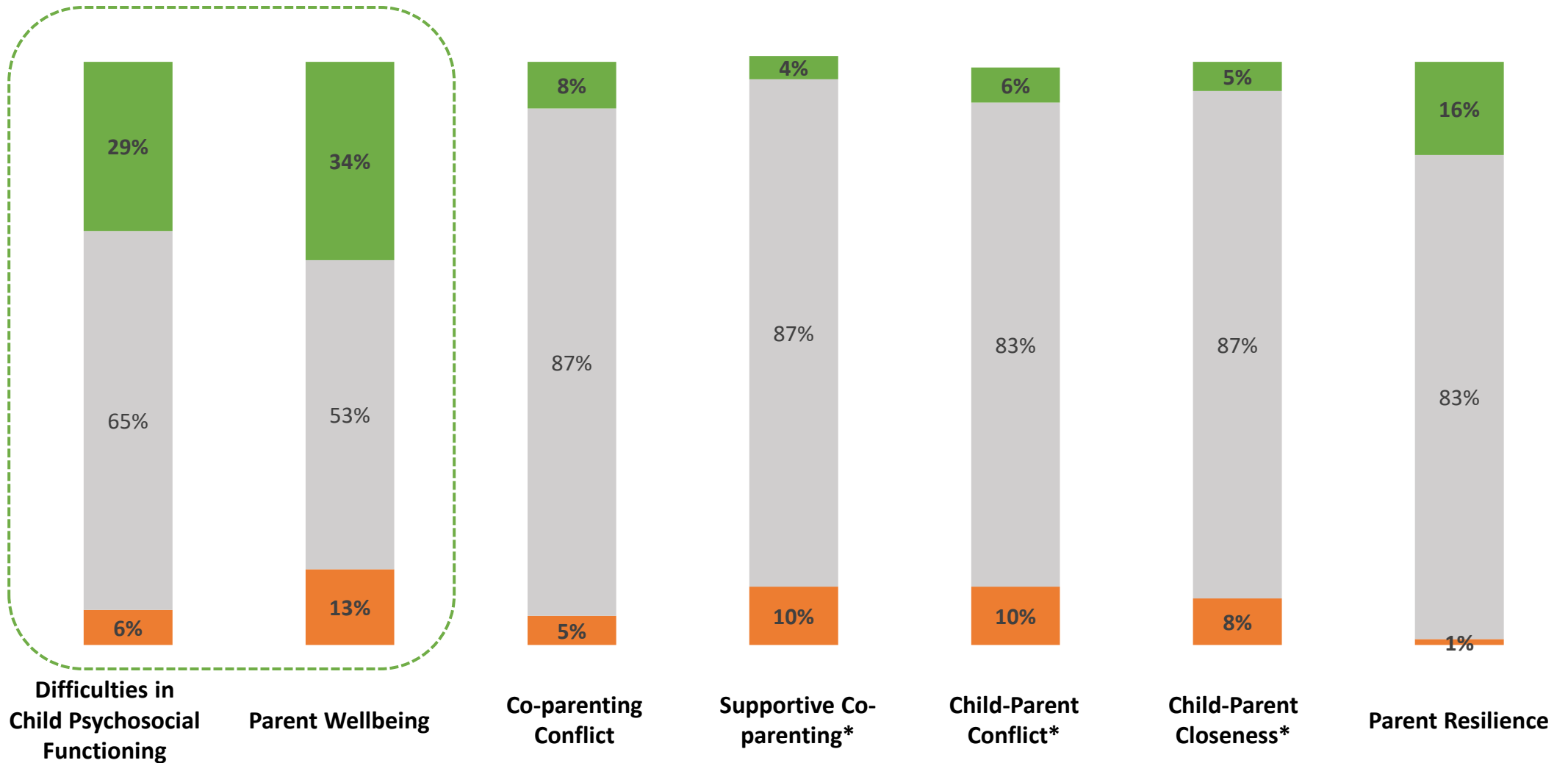
* Denotes statistically significant decline

RCI: Approximately 1 in 3 Parents and Child Improved in Mental Wellbeing and Psychosocial Functioning 6 months after CPP

Green bar –
Reliable
Improvement

Grey bar –
No Change

Orange bar –
Reliable Decline



Summary and Implications

- CPP is promising in effecting positive change in the shorter-term. We are in the process of collecting data at 2-year post-programme to examine sustained improvement.
- From 1 Jul 2024, CPP has been expanded to parents divorcing on the simplified track.
- Findings reinforce the need for local professionals working with these families to be more attentive to salient areas that mitigate difficulties in child psychosocial functioning (i.e. Parent Wellbeing, Co-parenting relationship, Child-parent relationship).

THANK YOU