



Parents Plus
Annual Report
2014

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Foreword

2014 was a great year for Parents Plus. In August 2014 we moved to our new office in 15 Vincent Street North Dublin 7, with the support of Sr Margherita of the Mater Hospital which has given us not only new space but also a new lease of life. We also gained national organisation funding from An Pobal which has facilitated us to expand our staff group so as to build our post training services to community organisations throughout Ireland and to sponsor community professionals to train who would not have been able to otherwise. We also gained a 3 year grant from the 3Ts Charity to conduct a national roll out of the Parents Plus Adolescents and Working Things Out Programmes. This new funding has helped us establish Parents Plus as a fully independent national charity, 17 years on since we developed our Parenting Programme in 1998. A bit like a teenager leaving home, Parents Plus has left the family home of the Mater CAMHS to follow its own mission – we continue to be grateful to our colleagues from Mater CAMHS who continue to support us.

2014 has also been the busiest ever for us in terms of training and service provision. We trained over 500 professionals and have supported major roll outs of parenting and mental health programmes in Ballyfermot, Donegal, Cork and Monaghan as well as embarking on the national roll out of the 3TS project in mental health services and

schools. We are also working in a very exciting parenting project with Limerick Prison in partnership with the CDI and Bedford Row.

With all this service expansion, has come the need to develop good infrastructure within the organisation and this has become the strategic priority for the next few years. In 2014 we developed our Governance Manual and are working to confirm new policies and procedures. We also started work on building a national facilitator database and developing the quality of our website. Our plan is to communicate better with the Parents Plus facilitators and to improve our post training and supervision services in particular.

2014 has also seen lots of new staff join the team, with Una O'Maonaigh joining as part-time administrator and Geraldine Hannon, Ciara Wynn and Caoimhe Doyle joining as Assistant Psychologists. Some of the more familiar faces in Parents Plus have been confirmed in new roles with my appointment as CEO and Eileen Brosnan and Grainne Hampson working as senior trainers/project leaders.

I would like to thank everyone for their hard work over 2014 and particularly Carol Fitzpatrick and the board who have been crucial in supporting our transition to our new home.

Dr John Sharry
Chief Executive Officer

Chairperson Message

2014 has been a year of growth and blossoming for Parents Plus. The move from the Mater CAMHS to our new premises in Vincent St., while it was daunting to consider, has been successfully achieved and has given us a new lease of life. Our establishment as an Independent Charity, and our work to comply with the Governance Code for Community, Voluntary and Charitable Organisations has strengthened Parents Plus and helped us to grow in confidence.

The many achievements of Parents Plus in 2014 will be covered in the CEO's statement. I would like to acknowledge in particular the huge expansion in training professionals to deliver Parents Plus Programmes, which are now run throughout Ireland, and have spread to the UK. Funding from An Pobal has assisted with this, and has allowed us to provide crucial post-training support. A three year grant from the 3Ts charity has enabled roll out of Parents Plus and Working Things Out programmes in Child and Adolescent Mental Health Services and schools throughout the country. The successful delivery of these programmes in schools also continues due to ongoing work with the National Behavioural Support Service.

None of these achievements would have taken place without the tireless work, creativity and enthusiasm of our CEO, John Sharry, and I would like to thank him most sincerely. Thank you also to Grainne Hampson, for her 'behind the scenes' work for Parents Plus, but also for the support she provides to John, from which Parents Plus benefits so much.

Thank you also to Eileen Brosnan for her work on behalf of Parents Plus in the south of Ireland, to Breda Flood for her meticulous attention to detail in managing the finances, to our new administrator, Una O'Maonaigh, our assistant psychologists, and to Sr. Margherita Rock of the Mater Hospital whose confidence in Parents Plus continues to inspire us.

Future plans for Parents Plus include our expanded Board, our second National Conference, and our continuing growth and development. We look forward to 2015 with commitment, energy and enthusiasm.

Prof Carol Fitzpatrick
Chairperson

About

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

Parents Plus have developed five flagship programmes in partnership with parents and children living in Ireland and includes their specific experiences. Our programmes encourage parents and children to take charge and make positive changes in their lives. Our programmes comprise of:

- The Early Years Programme for parents of children aged 1 to 6.
- The Children's Programme for parents of children aged 6 to 11.
- The Adolescent's Programme for parents of adolescents aged 11 to 16.
- The Working Things Out Programme targeted at adolescents aged 11-16.
- Parenting when Separated Programme targeted at parents who are preparing for, going through or have gone through a separation and divorce.

Parents Plus was founded by former Principal Social Worker at the Mater Hospital Child and Adolescent Mental Health Service, and adjunct senior lecturer at the School of Psychology in University College Dublin, Dr. John Sharry and Prof. Carol Fitzpatrick in 1998 and established as a registered charity under the auspices of the Mater Hospital, Dublin in 2001.

Mission & Values

Parents Plus mission is to empower professionals to deliver evidence-based mental health and parenting programmes to families.

Parents Plus provide an **evidence-based service**. We are committed to researching outcomes and developing effective programmes as well as encouraging facilitators to continually evaluate their practice to ensure their groups meet their families' needs.

Parents Plus encourage **collaborative practice**. We are working closely with families to ensure the programmes meet their goals and to ensure their experience and knowledge is central to the content of the materials.

Parents Plus believe in **empowering** the professionals and families we work with. Our programmes are focused on encouraging children and parents to achieve their potential and our professional training is focused on encouraging professionals to achieve the highest standards of excellence.

Activities & Projects

“One of the key things that the Parents Plus course has given me is a sense of hope and a sense of understanding that there are other people in similar situations.” **Parent**

Parents Plus Training

2014 was the busiest year for Parents Plus to date in terms of training and supervision with 539 professionals trained to deliver at least one of our five parenting programmes. 165 professionals attended more training in more than one more programme. Most professions were represented (Figure 2) across the educational, health and community sectors (Figure 3). Further the agencies served were throughout Ireland (22 out of 26 counties) and 45 professionals were from England (Figure 4).

Figure 1 Facilitator Training by Programme

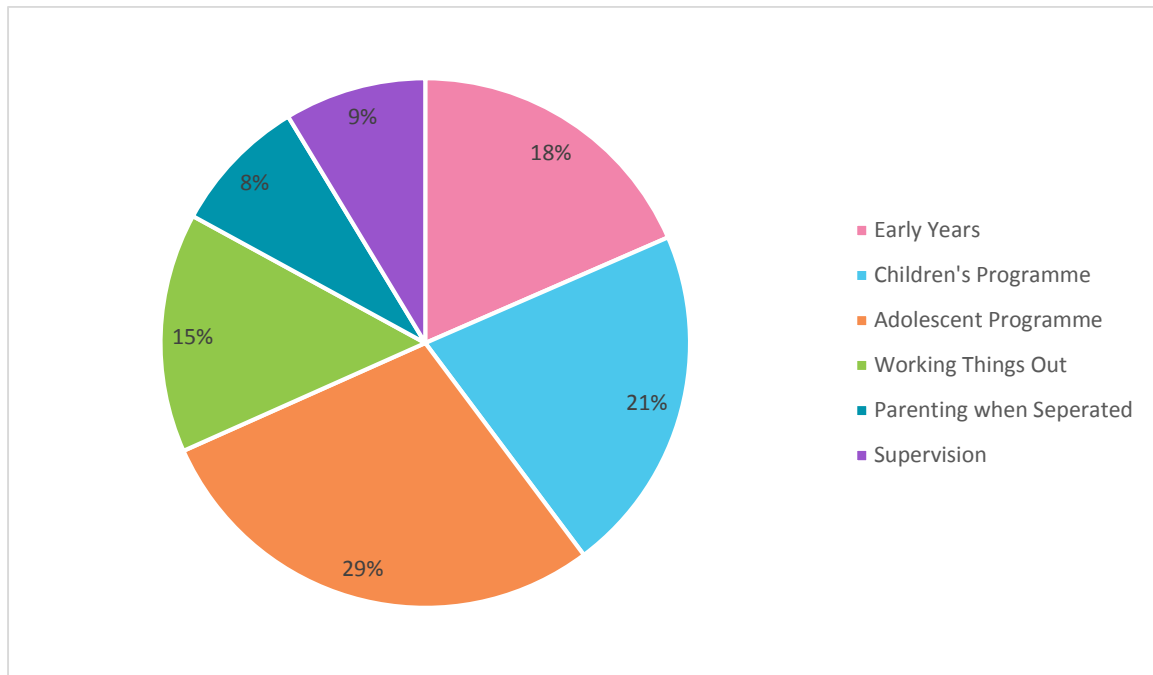


Figure 2 Facilitator Training by Profession

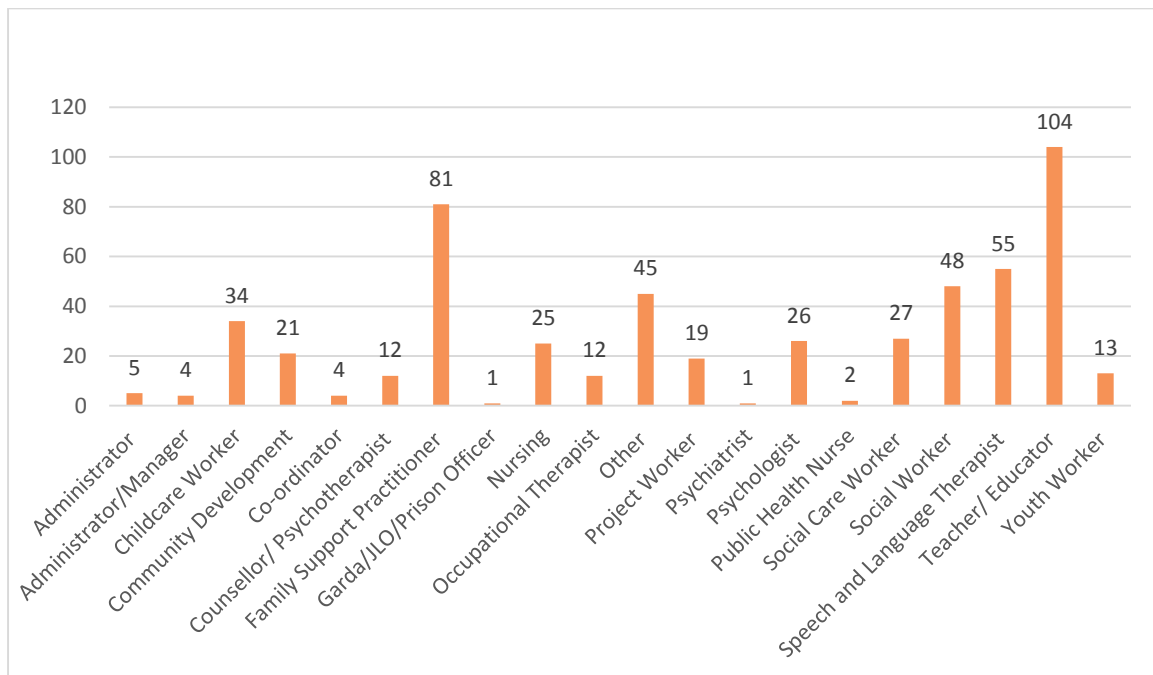


Figure 3 Facilitator Training by Organisation Type

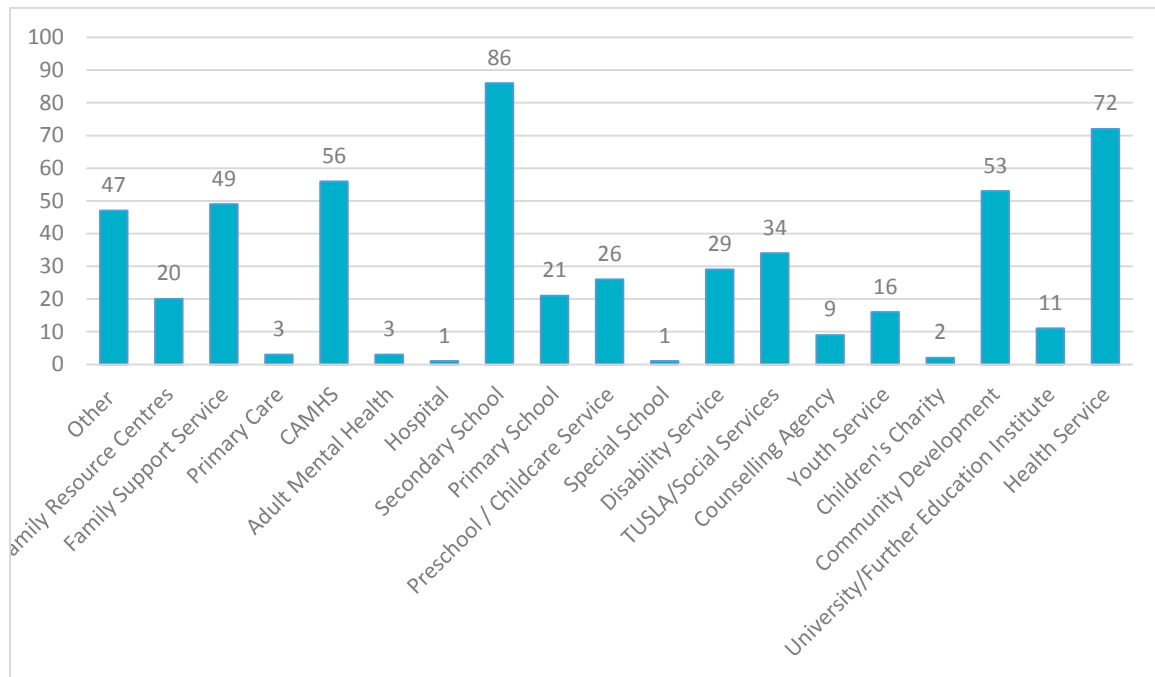
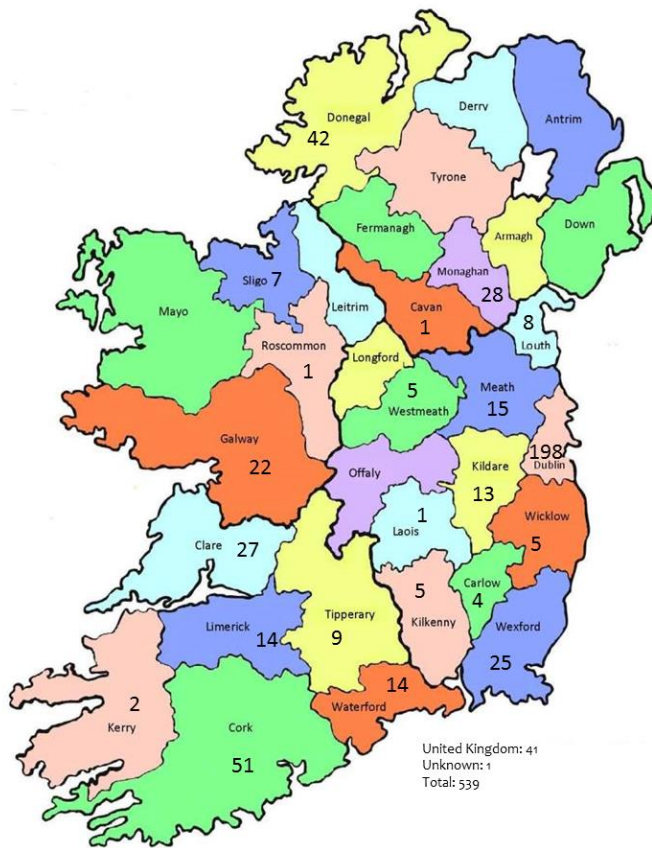


Figure 4 County and Region Spread of Training



Projects

3Ts Mental Health Project: The 3Ts Mental Health Project is a national project to deliver family based mental health services using the Adolescent and Working Things Out programmes in schools and mental health services. The project is funded by 3Ts (Turn the Tide of Suicide). In the first cohort, a total of 36 staff from nine adolescent mental health services were trained in either the Adolescent and Working Things Out programmes. 81 families were offered the service in the first roll out of groups in September 2014.

Prisons Project: In partnership with the Childhood Development Initiative (CDI) in Tallaght, Dublin 24, Parents Plus secured support from the Katherine Howard Foundation to develop an adaptation of the Children's Programme for families with a father in prison. Collaboration with the Irish Prison Service, CDI, Bedford Row Family Project and University of Limerick started in 2014 with the view to a first roll to rolling out the programme out in 2015.

Ballyfermot Project: As part of our sponsored roll-out, eight Ballyfermot schools were trained to deliver the Children's Programme in 2014. Training took place in September with groups taking place in September 2014. 75 families participated.

Donegal Project: Onsite trainings in the Children's and Parenting When Separated programmes were delivered to clusters of services in Donegal. The roll out of the Children's Programme was monitored as part of a national study and over 80 families completed groups.

Cork Mental Health Services: Onsite Adolescent Programme training with a cluster of HSE adult mental health and community service in September. This was one of the first deliveries of parenting programme in adult mental health with parents.

Clare Family Services: Onsite supervision was provided in Clare Family Services. The supervision was sponsored by Parents Plus. Clarecare Family Services have been providing Parents Plus groups in Co Clare for over 15 years.

Monaghan Partnership: With the support of the Katherine Howard Foundation, we delivered a county wide roll out of the Early Years programme in 10 Monaghan child care services in partnership with Monaghan Development and Child Care Committee.

Research

There is now a substantial body of evidence demonstrating the high impact of the Parents Plus Programmes in terms reducing emotional/behaviour problems for children, alleviating parental stress as well as improving children's learning within the home. Positive outcomes have consistently been demonstrated in a variety of contexts. Parents Plus completed four major studies in 2014 which have been submitted for publication.

- *Report on Fingal Parenting Initiative:* Over 700 families attended an Early Years Programme seven week course. The courses were delivered by over 120 trained professionals within 35 child care services. Significant benefits reported for parents attending the seven week courses (Gerber et al 2015) and some benefits even for parents attending single session workshops (Lonergan et al 2015).
- *An evaluation of the Parents Plus Parenting when Separated programme* Large international RCT (randomised control trial) study involving 25 agencies confirms Parenting when Separated course as effective in improving child and parent outcomes and reducing inter-parent conflict (Keating et al 2015).

- *Positive Parenting: A Randomized Controlled Trial Evaluation of the Parents Plus Adolescent Programme in Schools*: PHD study confirming benefits of Adolescent Programme for parents of children in transition from primary to secondary schools in Kerry is being written up as a paper for submission
- *A first-level evaluation of a schools-based family programme for adolescent social, emotional and behavioural difficulties*: A study of family centred delivery of Adolescent Programme / Working Things Out in secondary schools supported by National Behaviour Support Service confirms benefits.

Ongoing Research

- Two studies of Parents Plus Adolescents Programme/ Working Things Out delivery in CAMHS and secondary schools is ongoing
- Study of Children's Programme delivery in schools clusters in Ballyfermot and Donegal is ongoing.

Organisational Development

Up until 2014, Parents Plus was sited within the Mater CAMHS. In July 2014, Parents Plus secured funding and a premises that allowed it to be established independently of the local HSE. This facilitated Parents Plus to more freely adopt a national and international brief and to work with agencies within education, justice, community development as well as health. Key milestones in 2014 included:

- **July 2014:** Parents Plus received National Organisation Funding from An Pobal recognising the nationwide services Parents Plus provide to the community and voluntary sector. This allowed us to recruit a 4 day CEO from August 2014 and to establish the charity independently.
- **August 2014:** With the support of the Mater Hospital and Sr Margherita Rock in particular, Parents Plus moved to new home near the Mater Hospital at 15 St Vincent Street North, Dublin 7.
- **September 2014:** Parents Plus secured a major 3 year grant from the 3Ts Charity to start a national family based mental health project. This allowed the recruitment of a part time senior trainer (Eileen Brosnan) and an Assistant Psychologist (Ciara Wynne)
- **November 2014:** Parents Plus recruit a part time administrator (Una O'Maonaigh) and an Assistant Psychologist/Administrator (Caoimhe Doyle).
- **December 2014:** With new staffing, we start work on a new Salesforce Database and website.
- **December 2014:** We started work on updating all our policies and signed up to comply with the charities Governance Code.

Governance & Organisation

“The Parents Plus facilitator training was invaluable and a very positive experience. Staff felt a huge benefit from the training particularly on how to facilitate groups. As a result of training, I have observed changes in staff practices – they are more solution focused in their approach and more skilled at actually facilitating and able to get parents to help themselves more effectively.” **Manager**

Parents Plus Ltd is a company limited by guarantee not having a share capital, registered in Dublin, Ireland with registered company number 530105. Parents Plus Ltd is registered with the Charities Regulatory Authority with registered charity number 20043124. Parents Plus Ltd has been granted charitable tax exemption by the Office of the Revenue Commissioners with the CHY reference number 13664.

Governance Code

Parents Plus complies with the Governance Code for Community, Voluntary and Charitable Organisations. Parents Plus are a 'type b' organisation for the purpose of the Governance Code. You can read the Parents Plus Governance statement, adopted by our Board on September 2014 <http://www.parentsplus.ie/about/governance/>. Parents Plus have also started work on updating all our policies.

Board

The Board of Directors – who meet six times annually – have responsibility for the strategic direction of Parents Plus in liaison with the Chief Executive Officer and senior staff members. The Board of Parents Plus comprises of nine members (31st December 2014):

- Michael Drumm (Director)
- Carol Fitzpatrick (Chair and Co-founder)
- Mary Fanning (Director)
- Jean Forbes (Director)
- Breda Flood (Director)
- Sr Margherita Rock (Director) *retired in 2014
- John Sharry (Chief Executive Officer and Co-founder)

Parents Plus are seeking to recruit new board members in 2015.

Training Sub-committee

The Parents Plus training sub-committee meets to provide a forum for all the Parents Plus accredited trainers (10 in total) to meet to review standards and to make representations to the Parents Plus Board as appropriate.

Staff

Parents Plus has eight staff members including:

- Dr. John Sharry, Chief Executive Officer (4 days)
- Breda Flood, Financial Controller (0.5 days)
- Eileen Brosnan, Senior Trainer (2.25 days)
- Grainne Hampson (0.6 days)
- Una O'Maonaigh, Administrator (2 days since November 2014)
- Geraldine Hannon, Assistant Psychologist (3 days since September 2014)
- Dr Ciara Wynn, Assistant Psychologist (3 days since September 2014)
- Caoimhe Doyle, Assistant Psychologist (3 days since December 2014)

Funding

- The development of programmes and delivery of training is funded primarily through the sale of training and training products.
- Parents Plus received National Organisations Funding from An Pobal for the first time in 2004.
- Parents Plus Board Members and the Chairperson of the Board are volunteers and donate freely of their time, skills and expertise.
- With the support of the Mater Hospital and Sr Margherita Rock in particular, Parents Plus move to new home near at 15 St Vincent Street North, Dublin 7 in August 2014
- Parents Plus secure a major 3 year grant from the 3Ts Charity to start a national family based mental health project. This allows the recruitment of a part time senior trainer (Eileen Brosnan) and an Assistant Psychologist (Ciara Wynne)

Finance

Parents Plus adopts strict financial control systems to ensure good financial management including:

- Accounts are audited annually by the auditor for the Mater Hospital.
- The contracted administrator is an experienced book keeper and account manager and acts as financial manager for Parents Plus
- A budget is prepared annually for approval by the Board which sets out proposed costs and revenues, broken down by area of expenditure and by financial period.
- Up-to-date account information with costs and revenues is presented at each board meeting.
- All financial payments are reviewed by the administrator and the services coordinator and require two check signatories from four identified signatories on the Parents Plus Board.

Financial Statements

“The Parents Plus Children’s Programme theoretical framework is strong, has support for being effective with this population and is directly linked to the content and expected outcomes. The targeted outcomes are specific, measurable, achievable, realistic and timely. Reduced parental stress, child behaviour problems, and children’s hyperactivity have been shown through randomised control trials conducted by the developer.” **National Parenting Academy, UK.**

Parents Plus Limited
Income and Expenditure Account
Year Ended 31st December 2014

	2014
	€
Incoming Resources	244,501
Resources Expended	(205,814)
Results for the year	<u>38,687</u>
Financial Reserves brought forward	<u>108,582</u>
Financial Reserves, going forward	<u>147,269</u>

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Parents Plus Ltd is a company limited by guarantee not having a share capital, registered in Dublin, Ireland with registered company number 530105. Directors of Parents Plus Ltd are M Drumm, C Fitzpatrick (Chair), M Fanning, J Forbes. CEO: J Sharry, Secretary: B Flood. Parents Plus Ltd is registered with the Charities Regulatory Authority with registered charity number 20043124. Parents Plus Ltd has been granted charitable tax exemption by the Office of the Revenue Commissioners with the CHY reference number 13664.