

Parents Plus Programmes – Licensing Guidelines for Facilitators

The Parents Plus Programmes are evidence-based parenting and mental health programmes for families (listed below) which can be delivered by professionals under license from the Parents Plus Charity under the following strict conditions.

Five Parents Plus Programmes

1. Parents Plus Early Years Programme (for parents of 1-6 years olds)
2. Parents Plus Children's Programme (for parents of 6-11 year olds)
3. Parents Plus Adolescents Programme (for parents of 11-16 year olds)
4. Working Things Out Programme (for adolescents aged 11-16 years)
5. Parents Plus 'Parenting When Separated' Programme (for parents post-separation)

Facilitator Training

Parents Plus offers specific facilitator training and supervision to professionals who wish to deliver the Programmes. Attending the training for each programme is compulsory and gives the facilitator the license to use the programme materials.

Professionals Who Can Attend Training

As the Parents Plus Facilitator trainings are short, they are designed to build upon existing professional skills and experience. As a result, the facilitator training is only open to childcare, mental health, family support and education professionals, who work directly with children and families, such as social workers, speech and language therapists, teachers, public health nurses, health visitors, psychologists, and psychiatrists.

In special circumstances it is possible for people without the professional qualifications above to attend the training such as parents who have completed a Parents Plus course who are supported by a professional agency to be a co-facilitator. Please contact us if you wish to attend training in these circumstances.

Supervision Following Facilitator Training

To ensure a quality delivery of the Parents Plus programmes, facilitators should follow the *Parents Plus Quality Protocol* which is described during the facilitator training and contained in the Parents Plus Programme manuals. Central to this is ensuring that you receive ongoing supervision within your agency. Parents Plus also have an established facilitator accreditation process for each specific programme which centres on facilitators running two groups under supervision post-training. For a full description of recommended supervision and the Parents Plus accreditation process, please read the *Parents Plus Quality Protocol and Facilitator Accreditation Process* document on www.parentsplus.ie.

Co-Facilitation

Prior to being accredited, you should always facilitate your Parents Plus group with another facilitator who has trained in that specific Parents Plus Programme. This is to ensure that you receive 'co-supervision' from your co-facilitator which is the basis of the *Parents Plus Quality Protocol*.

If this is not possible, as a second option you can deliver the programme with a facilitator trained in another Parents Plus Programme. As a minimum standard, you can co-facilitate the group with a professional not yet trained in the Parents Plus Programmes once there is a plan for them to be trained in the future. Please contact Parents Plus in these situations.

On rare occasions, some facilitators gain permission to deliver a group alone prior to being accredited. In these situations you need to make special arrangements for weekly supervision within your agency and you need to agree this with Parents Plus. Please see the *Parents Plus Quality Protocol and Facilitator Accreditation Process* document for more information.

Delivering the Parents Plus Programmes in Private Practice

The Parents Plus Programmes have been primarily designed for delivery in public health, educational and charity settings, where the facilitator belongs to a professional team and is supervised and insured through their agency.

If a professional wishes to deliver a Parents Plus programmes privately, it is compulsory to have achieved Parents Plus Accreditation for that specific programme. In these instances they must also be registered and accredited within their original professional body and acquire independent professional and liability insurance. There is no specific insurance for a Parents Plus facilitator (as this is a short training), so facilitators need to seek insurance as part of their core professional training (e.g. as a social worker/psychologist etc.).

Facilitators running groups privately should advertise their Parents Plus Accreditation only in combination with their original professional qualification to deliver the courses. e.g. Mary Jones, Social Worker and Accredited Parents Plus Facilitator.

Correct Use of the Parents Plus Name

Occasionally Parents Plus is mistakenly called Parenting Plus. At all times, take care to use the correct terms 'Parents Plus Charity' and 'Parents Plus Programmes'. If for any reason a Parents Plus Programme is being run under a different name it is essential that 'A Parents Plus Course' is clearly stated in any publicity, advertising or literature about the programme – this allows parents to know the background of the courses and to check the evidence base if they wish to.

Again, make sure to use the correct names of the programmes. For example, 'The Parents Plus Parenting When Separated' course (and not our 'Parenting When Separated Course'), 'The Parents Plus Early Years Programme' (not our 'Early Years Course') and 'A Parents Plus Course' (and not 'A Parenting Plus Course'). We also recommend that the names of facilitators and their professions are included in all advertising literature.

Delivering Adapted Versions of the Parents Plus Programmes

If you are running a parenting or other psycho-educational programme and want to use a significant part of a Parents Plus Programme you should seek special permission from Parents Plus to do this. You should acknowledge with participants that you are not running the full Parents Plus Programme, but an adapted version. In instances where professionals use ideas and sections of the Parents Plus Programmes in service delivery or within professional training, for copyright reasons you should always acknowledge the Parents Plus sections used and refer people to the Parents Plus website (www.parentsplus.ie) for more information.