

# Parents Plus



## Innovations in Working with Families

Croke Park, 3rd December 2015

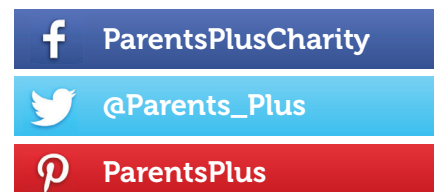
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Parents Plus Ltd | 15 St. Vincent Street North, Dublin 7  
www.parentsplus.ie | admin@parentsplus.ie | +353 1 830 7984

#PPConf15



# Welcome & Information

Welcome to Parents Plus second National Conference 'Innovations in Working with Families'. It is a wonderful experience to know that there are so many professionals committed to working to empower parents and young people. Back in 1995 when John Sharry and I were facilitating a parenting programme in Lucena Clinic, one of the parents said 'Why can't we make our own programme?', and from this request Parents Plus was born! None of us could have imagined then a day such as this. It is encouraging to know that the principles of collaboration, empowerment, inclusivity, respect for difference, and the development of evidence-based services which underpinned the setting up of Parents Plus still remain at its core today.



None of this would be possible without the support of so many people and organisations – the parents and young people who help us to make the programmes, the professionals who facilitate them, our trainers and administrative staff, and our funders. I would like to say a special thank you to the Mater Hospital which continues to support us, and to John Sharry, our inspired CEO, whose vision and tireless hard work keeps Parents Plus moving forward.

I wish you an enjoyable and uplifting conference!

**Carol Fitzpatrick**

Chairperson

## PARTICIPANT INFORMATION

**WiFi:** Free WiFi is available to all participants. There is no password required.

**CPD Points:** Please email [ciara@parentsplus.ie](mailto:ciara@parentsplus.ie) to request an Attendance Certificate which can be used as part of the CPD requirements within your professional body.

**Tweet:** The conference hashtag is **#PPConf15** and our Twitter handle is **@Parents\_Plus**. Please tweet!

**Questions:** During all the presentations and particularly the panel discussions, please text your question or comment to be put to the presenters (**086-1721902**).

**Workshops:** Workshop themes are listed below. Please choose your workshop at morning registration.

1. Supporting families whose children have a disability or special needs.
2. Delivering the Parents Plus programme in creative ways (e.g. in new formats and with complimentary materials).
3. Engaging hard-to-reach parents (e.g. from marginalised communities, or within child protections services or with mental health problems etc).
4. Dealing with the challenges of technology and screens in family life.
5. Engaging both fathers and mothers in groups especially when separated.

**Sponsors:** Innovations in Working with Families is kindly sponsored by *safe food*. *safe food* is the North-South government body established in 1999 to promote best practice food safety and healthy eating across the island of Ireland. *safe food* provides independent research and delivers public awareness campaigns to inform and empower the consumer and help people live healthier lives.

**Photography:** Photographs will be taken during this event for information purposes. If you are not happy with us using an image of you in this way, please notify a member of the Parents Plus team.

A special thanks to **The Irish Times** who have provided participants with a complimentary copy of today's newspaper.

## EXHIBITORS

The Exhibition is taking place in the foyer of The Hogan Suite from 8am to 5pm.

**HADD Ireland**

**Honan & Associates**

**Office of Ombudsman for Children**

**Parentline**

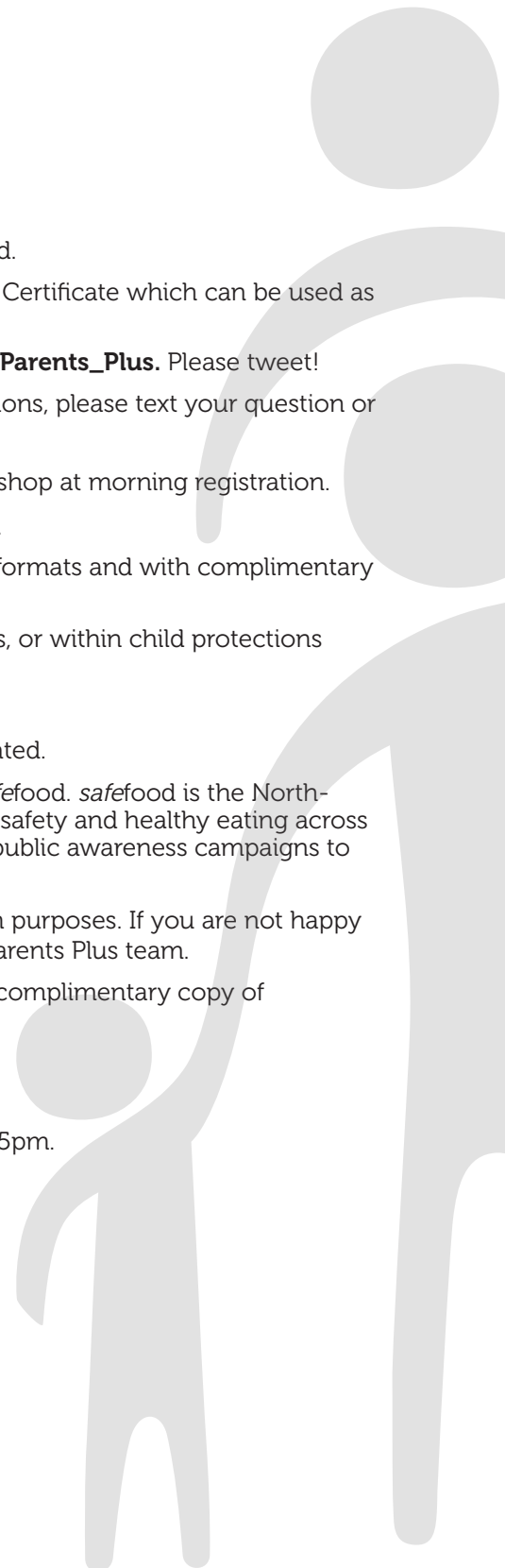
**Parents Plus**

**Relationships Ireland**

**safe food**

**Silvercloud Health**

**Veritas**



# Programme & Speakers

|        |  |
|--------|--|
| 08.00: | <b>Conference Registration</b>   |
| 09.30: | <b>Welcome</b> (Dr. John Sharry, CEO and Co-Founder of Parents Plus)   |
| 09.40: | <b>Opening Address</b> (Niall Muldoon, Ombudsman for Children)   |
| 09.55: | <b>What works in the Parents Plus and Working Things Out Programmes</b> – A meta review of the evidence-base. (Prof. Alan Carr, UCD)   |
| 10.40: | <p><b>Practitioner Panel One</b> (chaired by Mary Fanning)</p> <ol style="list-style-type: none"> <li>1. A Journey in Adapting the Parents Plus Children's Programme for Parents of Children with a Moderate Intellectual Disability. (Maura Byrne and Bridín Finn, Saint John of God Carmona Services)</li> <li>2. Using Schools for Parents Too: Working Together to bring Parents Plus Children's Programme to the Ballyfermot Community. (Anne-Marie McGovern, Dominican Campus Home School Community Liaison Coordinator)</li> </ol>  |
| 11.20: | <b>BREAK</b>   |
| 11.50: | <p><b>Practitioner Panel Two</b> (chaired by Dr. Michael Drumm)</p> <ol style="list-style-type: none"> <li>1. A Family Problem Solving Approach: The Combined Delivery of the Parents Plus Adolescent and the Working Things Out Programmes with Added Problem Solving Coaching. (Eileen Brosnan, Senior Trainer, Parents Plus and Abi Orimolade, Social Worker, HSE Linn Dara)</li> <li>2. The Wicklow Child &amp; Family Project supporting children and parents with the help of the Parents Plus – Parenting When Separated Programme. (Deirdre O'Sullivan, Project Worker, The Wicklow Child and Family Project)</li> <li>3. Positive Parenting: Effectiveness of the Parents Plus Early Years Programme in Preschool Settings. (Adrienne Doyle, Development Officer, Fingal County Childcare Committee)</li> <li>4. Family Links: Running Parenting Groups with Fathers and Mothers in a Prison Context – A Collaborative multi-agency approach (Grainne Smith, Quality Specialist, Childhood Development Initiative, John Deasy, Prison Officer, Limerick Prison, Larry DeCleur and Geraldine O'Brien, Bedford Row Family Project)</li> </ol> |
| 13.00: | <b>LUNCH</b>   |
| 14.00: | <b>Strength in Numbers:</b> Five principles to create collaborative and strengths-based groups. (Dr. John Sharry, CEO and Co-Founder of Parents Plus)  |
| 14.45: | <b>Workshop:</b> Participants are invited to join a small, self-facilitated workshop on one of the following: supporting families whose children have a disability or special needs; delivering Parents Plus programmes in creative ways; engaging hard to reach parents; dealing with screens and technology in family life; engaging both fathers and mothers in groups, especially when separated.  |
| 15.45: | <b>"Are you saying that I'm a bad parent?"</b> Engaging and Retaining Parents in Group Parenting Programmes – The Beginning of a Lifelong Learning Journey. (Fred Ehresmann, University of the West of England)  |
| 16.25: | <b>Close</b> and Announcement of Parents Plus Scholarship (Dr. John Sharry, CEO and Co-Founder of Parents Plus)  |

## SPEAKERS



Niall Muldoon

Anne-Marie McGovern

Eileen Brosnan

John Sharry

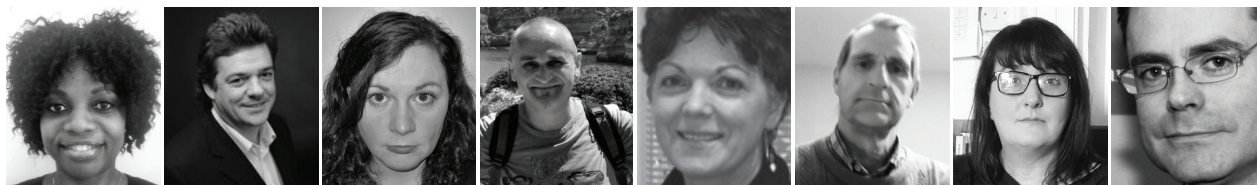
Adrienne Doyle

Grainne Smith

Jason Deasy

Geraldine O'Brien

Maura Byrne



Abi Orimolade

Alan Carr

Bridín Finn

Fred Ehresmann

Mary Fanning

Larry DeCleur

Deirdre O'Sullivan

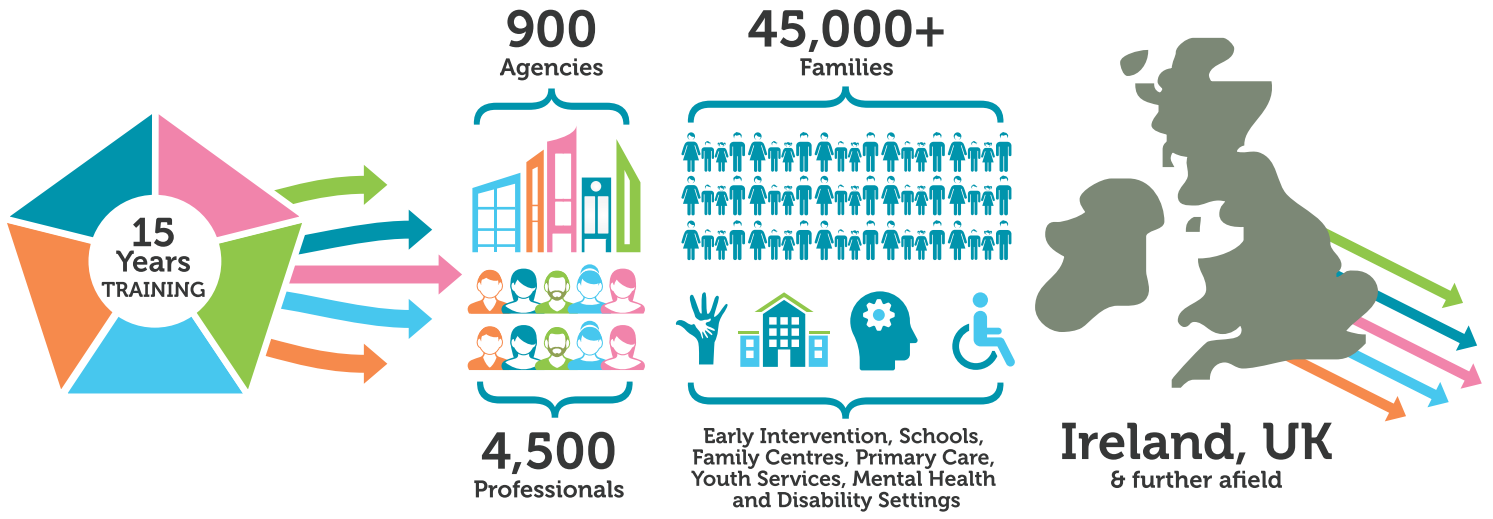
Michael Drumm

# About Parents Plus



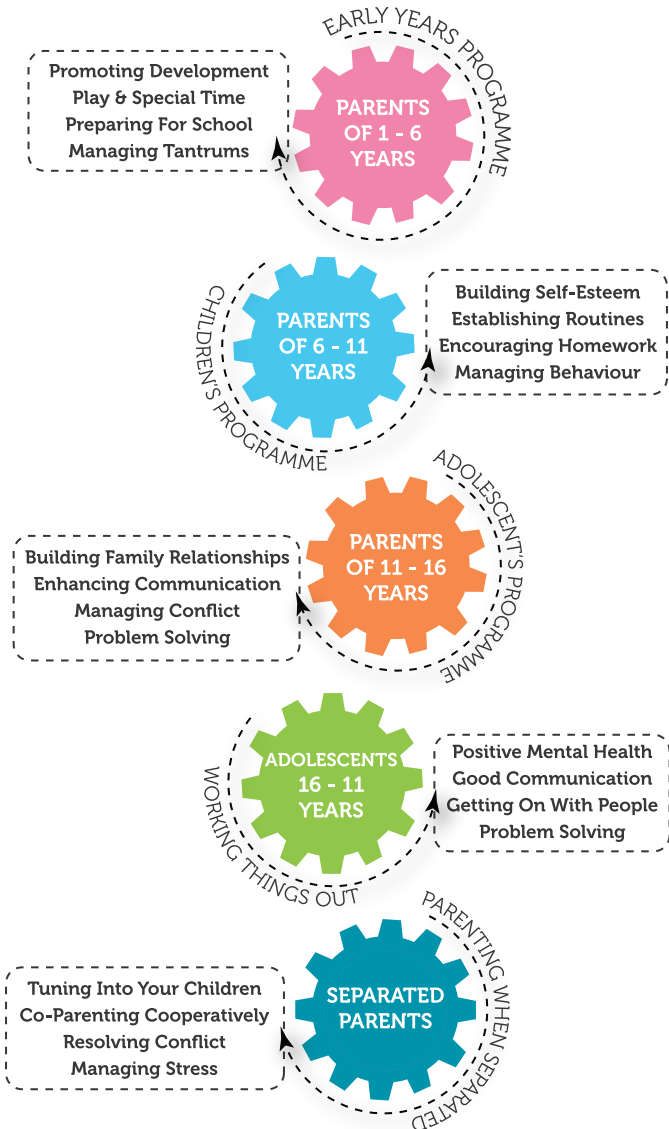
**PARENTS PLUS**  
EMPOWERING PROFESSIONALS TO DELIVER EVIDENCE-BASED MENTAL HEALTH AND PARENTING PROGRAMMES TO FAMILIES

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.



## Our Programmes

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:



## Our Training

Our **'train the trainer'** model ensures a long-term, sustainable benefit for facilitators, communities and organisations.

We have an established **accreditation** and **post training support** process to ensure effective delivery and to develop professional practice.

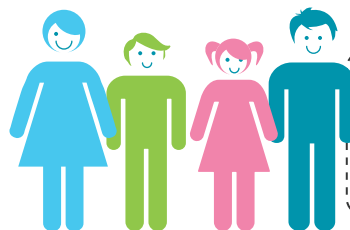
**99%** of participants rated the training as excellent or very good.

**98%** of participants rated the teaching style as excellent or very good.

**High Quality**

## Our Mission

Our mission is to improve well-being of children and their parents by empowering professionals to deliver evidence based parenting and mental health programmes in their services and communities.



We strive to collaborate and work in partnership with families and professionals to develop the best and most innovative programmes that fit with their needs and lead to the best outcomes.

**19**  
STUDIES

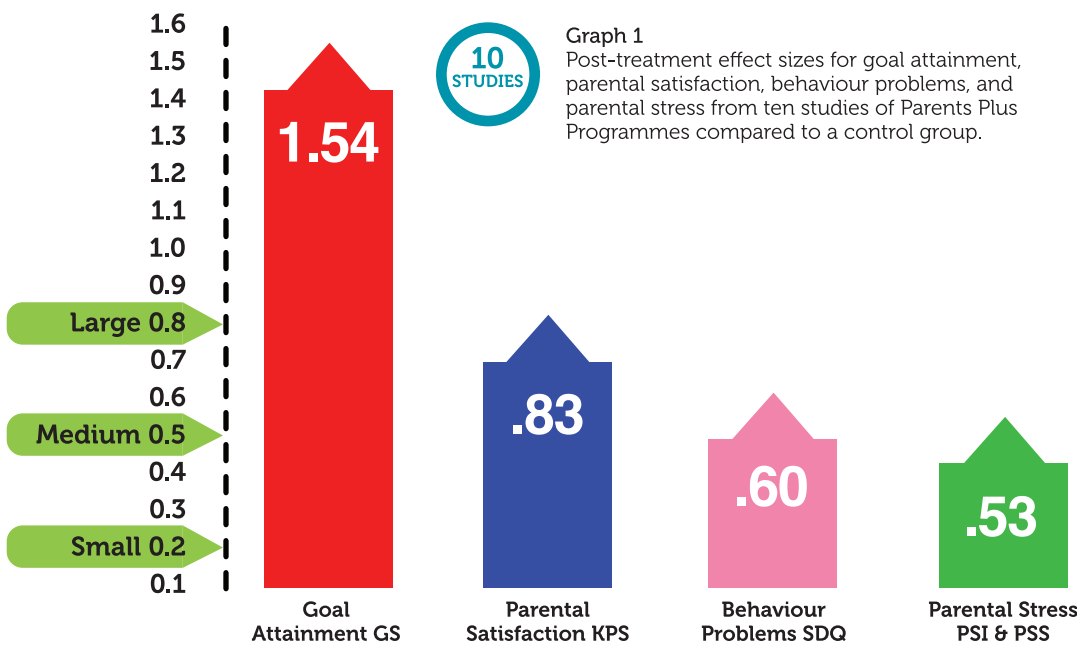
The **Parents Plus** and **Working Things Out Programmes** are evidence-based interventions and so far **nineteen studies** attest to their effectiveness for families with children and adolescents of all ages, and for separated families. In a meta-study of the research Prof. Alan Carr, Director of Clinical Psychology at University College Dublin has concluded:

- 1** **Parents Plus Programmes** are effective and have a significant impact on (**Graph 1**)
- Reducing child emotional / behaviour problems.
  - Reducing parental stress
  - Increasing parental satisfaction
  - Increasing therapeutic goal attainment

**2** These results have been observed with over **1000 families** in specialist settings such as mental health and disability services as well as preventative community settings such as schools and family centres.

**3** Most significantly the gains made by families are maintained at follow up and in some instances, have increased suggesting sustained improvement (**Graph 2**).

**4** With an average effect size of **.6** across all the studies, the effectiveness of the **Parents Plus Programmes** compares favourably with a meta-analysis of other well established parent training programs with large evidence bases (**Graph 3**).

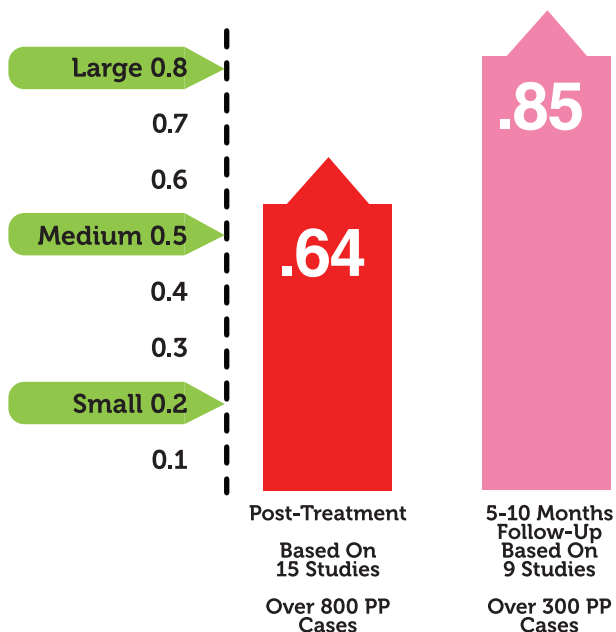


**Graph 1**  
Post-treatment effect sizes for goal attainment, parental satisfaction, behaviour problems, and parental stress from ten studies of Parents Plus Programmes compared to a control group.

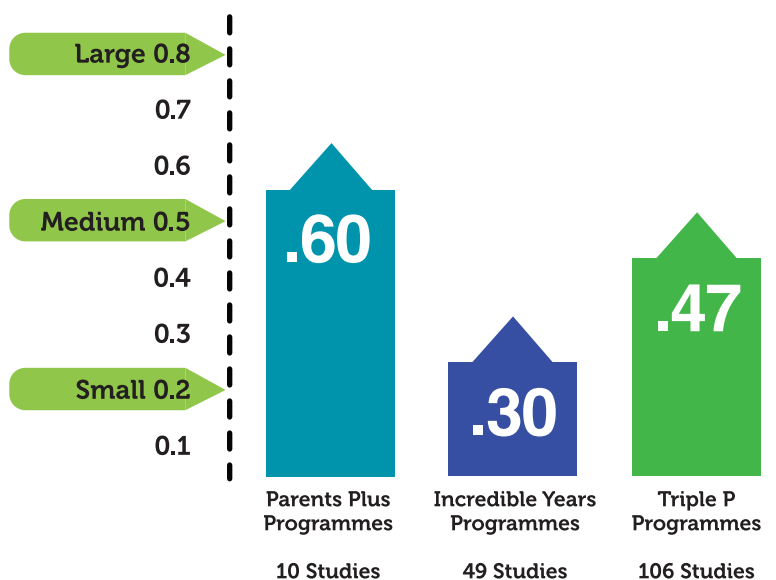
**KEY**  
Effect sizes of .62 - .85 mean that about 65-70% showed marked improvement compared with control groups (who showed 31-36% improvement).

**SOURCE**  
Carr, A., Hartnett, D., Brosnan, E., & Sharry (Submitted). Parents Plus systemic, solution-focused parent training programs: Description, review of the evidence-base, and meta-analysis. Family Process.

**Graph 2**  
Effect sizes post-treatment, and at 3-10 month follow-up on the SDQ-P total difficulties scale from studies of Parents Plus Programmes.



**Graph 3**  
Post-treatment effect sizes for the Parents Plus, Incredible Years and Triple P Programmes compared to control groups.





# History of Parents Plus



**1995 / 1996**  
First parenting groups run by Prof. Carol Fitzpatrick and Dr. John Sharry in Crumlin Hospital, Lucena CAMHS and St Peters National School.

**JANUARY 1996**  
Grant from ISPCAN to make new programme.

**MAY 1998**  
First Parents Plus Programme is launched in Lucena Clinic.

**JUNE 2000**  
Work begins on PP Adolescent Programme with families from Mater CAMHS and young people from Colaiste Dhulaigh.

**JUNE 1998**  
Parents Plus is established under the Mater Misericordiae University Hospital with the support of Sr. Margherita Rock.

**SEPTEMBER 2000**  
First International Parents Plus course run in London.

**SEPTEMBER 1998-MAY 1999**  
Parents Plus collaborate with University College Dublin (UCD) in first controlled study of the programme.

**JUNE 2001**  
Work begins on PP Early Years Programme.

**JANUARY 2001**  
Parents Plus Adolescent Programme is launched.



**2001**  
Parents Plus is established as a charitable trust.

**SEPTEMBER 2002**  
Work begins on Working Things Out Programme.

**OCTOBER 2003**  
Parents Plus wins Derek Dockery Award for Innovation in Health Services.

**OCTOBER 2003**  
Launch of PP Early Years Programme.



**2003 / 2004**  
Randomised Controlled Trial on PP Early Years Programme confirms effectiveness in mental health services (Griffin et al 2010).

**APRIL 2004**  
Working Things Out Programme is launched.



**MAY 2005**  
Working Things Out Programme version developed for preventative mental health programme (SPHE) in secondary schools with support of Health Research Board grant.

**MAY 2005**  
First onsite facilitator training in England (Wakefield).

**MARCH 2009**  
Parents Plus develop a 'Quality Protocol' to ensure effective delivery post training.

**APRIL 2009**  
A new Supervision and Accreditation process for facilitators is launched to ensure high standards.

**SEPTEMBER 2009**  
Second editions of the PP Adolescent Programme and PP Early Years Programme are launched.

**OCTOBER 2009**  
Parents Plus establish national sponsorship scheme to support agencies to deliver parenting programmes who do not have funding.

**JANUARY 2009**  
PP Early Years Community Programme materials launched in partnership with National College of Ireland.



**MARCH 2008**  
PP Children's Programme is launched.

**JUNE 2006**  
Work begins on new edition of PP Children's Programme.

**FEBRUARY 2006**  
First training of community leaders with Kildare partnership.

**NOVEMBER 2005**  
First delivery of PP Early Years Programme course in Australia.

**SEPTEMBER 2011**  
Innovations in Working with Adolescents Seminar in Croke Park, Dublin.

**JULY 2013**  
Parents Plus changes from being a trust to being a charitable company.

**AUGUST 2014**  
Parents Plus moves to new home near the Mater Hospital at 15 St Vincent Street North, Dublin 7.

**SEPTEMBER 2014**  
With the support of the 3Ts Charity Parents Plus start a national project to delivery family based mental health initiative.

**DECEMBER 2015**  
Parents Plus host 'Innovations in Working with Families' conference in Croke Park.

**JANUARY 2010**  
First distribution of Parents Plus Programme in Egypt.

**MARCH 2010**  
Parents Plus Programmes independently evaluated by National Parenting Academy in the UK and gain top rating as evidence-based quality approaches.

**JANUARY 2012**  
PP Parenting When Separated Programme is developed with focus groups with mothers and fathers.

**JULY 2014**  
Parents Plus receive National Organisations Funding from An Pobal.

**SEPTEMBER 2014**  
All Parents Plus Programmes recommended within Welsh Government guidance on evidence based programmes for families.



## PARENTS PLUS

EMPOWERING PROFESSIONALS TO DELIVER EVIDENCE-BASED MENTAL HEALTH AND PARENTING PROGRAMMES TO FAMILIES