

Parents Plus and Working Things Out Programmes



**Evidence-based, positive and practical
interventions for families**

Parents Plus Charity – Origins

- Parents Plus Programmes were developed at the request of parents for Irish parenting materials, and for Irish families be involved in making them
- Parents Plus Programmes were developed in collaboration with Irish professionals in the Mater Child and Adolescent Mental Health Service
- Parents Plus was founded by Carol Fitzpatrick and John Sharry in 1998 and was established as a registered charity under the auspices of the Mater Hospital in 2001
- Parents Plus Charity aims to develop educational and therapeutic materials for parents and children and to provide training and support for professionals working with families

Parents Plus – Values and Strengths

- Developing **innovative models of practice** – building on best available methods (e.g. video, multimedia etc.)
- **Partnership** with parents, children and families in development – *client voice is crucial*
- **Evidence based** – integrating practice and research
- **Collaboration** with other community groups, agencies and professionals

Parents Plus Programmes

Empowering Communities, Professionals, Parents and Children



Supporting agencies to work together to improve outcomes for families.

Training professionals to deliver evidence-based programmes to families.

Empowering parents to communicate effectively and to build relationships with children.

Teaching children and young people problem solving and positive coping.

Parents Plus Programmes

- 1998 - Original Parents Plus Programme: Broad parenting programme targeted at parents of 4–11 year olds
- This has been replaced by three age specific programmes

Current Parents Plus Programmes



Parents Plus Early Years Programme

(1- 6 year olds)

John Sharry, Grainne Hampson, Mary Fanning



Parents Plus Children's Programme

(6-11 year olds)

John Sharry, Carol Fitzpatrick



Parents Plus Adolescents Programme

(11 – 16 years olds)

John Sharry, Carol Fitzpatrick



Parents Plus Parenting When Separated Programme

(parents who are separated)

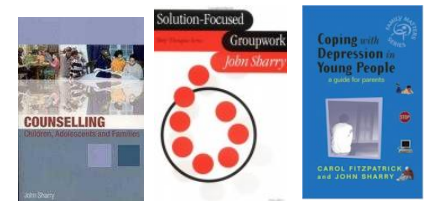
John Sharry, Michelle Murphy, Adele Keating



Working Things Out

An evidence-based intervention for adolescents promoting positive mental health

Eileen Brosnan, Carol Fitzpatrick, John Sharry



Other Resources and Books

Solution-Focused Groupwork
Counselling Children and Adolescents
Coping with Depression

Parents Plus Programmes



Parents Plus Programmes – Delivery

- Delivered over 6 to 12 weeks to parents or young people
- Can be delivered
 - 1) individually to families
 - 2) to small groups of 6- 12
 - 3) in a combined format with group and family
- Draw on **social learning** , **communication** and **attachment** ideas within a **solution-focused** delivery
- Employ **DVD scenes to model communication strategies**, backed up by group discussion, role-play, homework and hand-outs
- Balance of input on 'expert' ideas and encouraging families to come up with their own solutions.

Parents Plus Programmes – Research

Strong Evidence Base: 19 research studies, including 6 RCTs & 4 studies independent from developers, all show evidence for effectiveness of Parents Plus Programmes.

- Original Programme (Behan et al. 2001; Quinn et al., 2006; 2007)
- Adolescent Programme (Beattie et al., 2007; Nitsch et al., 2011)
- Early Years Programme (Behan et al., 2005; Griffin et al., 2006; Hayes et al., 2013)
- Children’s Programme (Coughlin et al., 2007; Hand et al., 2012; Hand et al., 2013)
- Parenting When Separated (Keating et al., 2013)
- Working Things Out (Brosnan, 2015; Fitzpatrick et al. 2015)
- PPAP & WTO (Rickard et al., 2015; Wynne et al., 2015)

Parents Plus Programmes follow international best practice guidelines and independently evaluated by National Parenting academy in UK

Parents Plus Programmes – Research Evidence

All 19 studies consistently show that the PPP/ WTO are effective in:

- Reducing emotional/ behaviour problems in children and teenagers
- Reducing parental stress
- Achieving high parent satisfaction in a variety of contexts and with a large range of presenting problems and issues.

Alan Carr Meta Study

- In 2015, Prof Alan Carr conducted a meta-study of 17 of the 19 studies.

Source: Carr, A., Hartnett, D., Brosnan, E., & Sharry, J. (2016). Parents Plus systemic, solution-focused parent training programmes: Description, review of the evidence-base, and meta-analysis. *Family Process*. doi: 10.1111/famp.12225

Parents Plus Programmes – Research Evidence

1.6
1.5
1.4
1.3
1.2
1.1
1.0
0.9
0.8
0.7
0.6
0.5
0.4
0.3
0.2
0.1

10
STUDIES

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, J. (2016) Parents Plus Systemic, Solution-Focused Parent Training Programs: Description, Review of the Evidence Base, and Meta-Analysis. Family Process. doi: 10.1111/famp.12225



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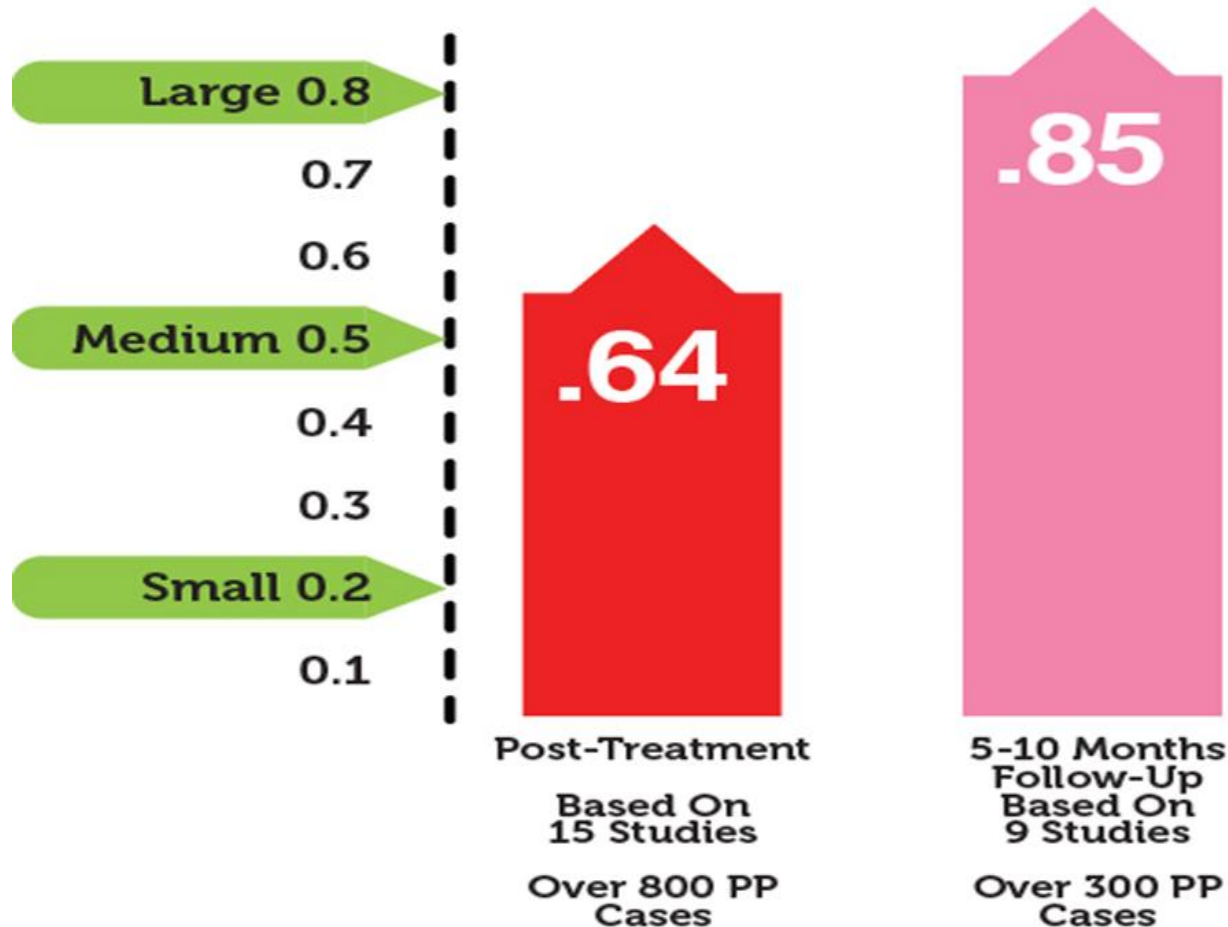
Medium 0.5

Small 0.2

Parents Plus Programmes – Research Evidence

Graph 2

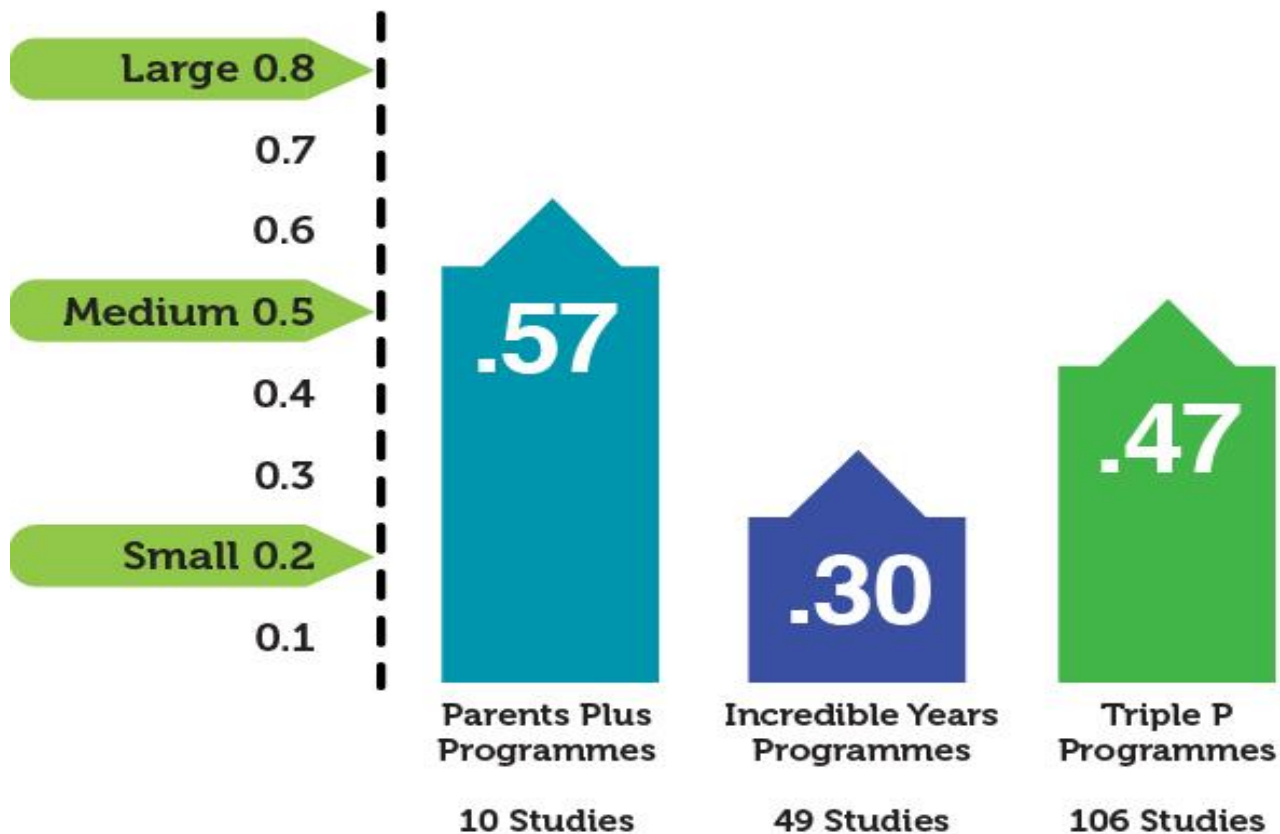
Effect sizes post-treatment, and at 3-10 month follow-up on the SDQ-P total difficulties scale from studies of Parents Plus Programmes.



Parents Plus Programmes – Research Evidence

Graph 3

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





Parents Plus
Early Years Programme


ParentsPlus

Parents Plus Early Years Programme (PPEY)

Core Inputs

1. Being a responsive parent
2. Child-centre play and communication
3. Supporting children's self-esteem and confidence
4. Promoting children's language and development
5. Helping children concentrate and learn
6. Building cooperation in young children
7. Establishing daily routines
8. Managing tantrums, misbehaviour and problems

PPEY Core Course Format

Group	Positive Parenting	Positive Discipline
Individual Screening		
Group 1	Tuning into your children	Pressing the pause button
Group 2	Play and Special Time	Getting children to do what you want
Group 3	The Best Way to Play	Establishing Routines and Rewards
Individual Session 2		
Group 4	Encouraging and Talking about Feelings	Praising good behaviour, Ignoring bad behaviour
Group 5	Ensuring Encouragement Gets Through	Using Consequences
Group 6	Reading Books Together	Time in and Time Out
Group 7	Teaching New Skills and Language	Prevention Plans
Individual Session 3		
Group 8	Creative Play	Problem Solving
Group 9	Using Stories to Teach Children	Parental Self Care
Follow up Individual Session 4		

PPEY Research Clinical Setting CAMHS

- Multi-site controlled clinical study (N= 97)
- Families attending PPEY reported reductions in
 - *Total Difficulties measured by Strengths and Difficulties Questionnaire SDQ
 - *Conduct Difficulties as measured by SDQ
 - *Parental Stress as measured by Parent Stress Scale (PSS)
 - * Reduction in Commands and increase in Positive attends in parent-child interaction as measured by independent video observation
- Gains were maintained at 5 month follow up
- Compared to 'treatment as usual' PPEY more significant reductions in behavioural problems
- Equally effective for Developmental Delay and Behaviour problems



Parents Plus
Children's Programme


ParentsPlus

Parents Plus Children's Programme

Core Inputs

1. Being a responsive parent
2. Child-centred play and communication with children
3. Building children's self esteem and encouraging learning
4. Positive Discipline and behaviour management
5. Problem Solving with children and as a family

Core Course Format PPCP

Group	Positive Parenting	Positive Discipline
Individual Screening		
Group 1	Tuning into your child	Pressing the pause button
Group 2	Play and Special Time	Positive Rules
Group 3	The Best Way to Play with Children	Establishing Routines and Rewards
Individual Session 2		
Group 4	Encouraging Children	Using Consequences to Deal with Misbehaviour
Group 5	Supporting Learning and Self-Esteem	Discipline Plans
Group 6	Problem Solving	Assertive Parenting
Group 7	Problem Solving with Children	Step by Step Discipline
Individual Session 3		
Group 8	Active Listening	Remaining Calm
Group 9	Family Problem Solving	Parental Self Care
Follow up Individual Session 4		



**Parents Plus
Adolescents Programme**

Parents Plus Adolescent Programme

Core Inputs

1. Relationship Building with teenagers
2. Conflict resolution / Behaviour management
3. Problem Solving for families

Extra topics can be added on:

- Depression / Anxiety
- Education, homework & learning
- Specific issues such as technology, bullying etc.

Can be combined with family therapy/ individual work etc.

PPAP Combined Course Format

Group	Positive Parenting	Positive Discipline
Introductory Session and Family Session 1		
Group 1	Understanding Teenager	Pressing the pause button
Group 2	Getting to Know Your Teenager	Establishing Rules with Teenagers
Group 3	Connecting with Your Teenager	Communicating Rules Positively
Family Session 2		
Group 4	The Power of Encouragement	Using Consequences
Group 5	Active Listening	Creating a Discipline Plan
Group 6	Empowering Teenager	Dealing with Conflict and Aggression
Family Session 3		
Group 7	Problem Solving with Teenagers	Establishing Routines
Group 8	Family Problem Solving	Parental Self-Care
Family Session 4 – Follow Up		

PPAP Clinical Setting (CAMHS) Research

- Multi-site controlled clinical study
- Compared to Treatment as Usual (n = 38) PP group (n = 17) showed significant reductions in:
 - Total Difficulties measured by Strengths and Difficulties Questionnaire SDQ
 - Conduct Difficulties as measured by SDQ
 - Peer Difficulties as measured by SDQ (PSS)
- Further PP group showed greater parental goal attainment and reported greater improvement in their relationship with their teenager



Parents Plus
Working Things Out Programme



Working Things Out Programme

- Working Things Out (WTO) is a **programme to support adolescents** tackling depression, and other mental health problems
- DVD-based containing the **stories of 15 adolescents** who tell their own personal story of how they overcame personal problems
- Covers issues such as:
 - Bullying & School Pressures
 - Anxiety, Depression, ADHD & OCD
 - Depression, Self-harm & Suicide
 - Bereavement
 - Conflict with parents
- Can be used as **clinical intervention for adolescents and preventatively in community settings**, for example, promoting positive mental health in schools
- Can be **used individually and with small groups** of young people

WTO – Session by Session Plan

Individual Session 1: Screening

Group 1: Getting Started

Group 2: How we think affects what we feel and do

Group 3: Managing feeling down

Individual Session 2

Group 4: New ways of thinking

Group 5: Stop and Think – The key to solving problems

Group 6: Dealing with anger and conflict

Individual Session 3

Group 7: Communicating well & Building relationships

Group 8: Planning for the future & Making positive choices

Individual Session 4: Follow Up

Evaluation of the Working things Out Programme in CAMHS

Eileen Brosnan, 2015

Paper

- Brosnan, E. (2015). The development and evaluation of the working Things Out cognitive behavioural therapy group programme for the treatment of adolescent mental health. PhD Thesis. University College Dublin, School of Medicine.

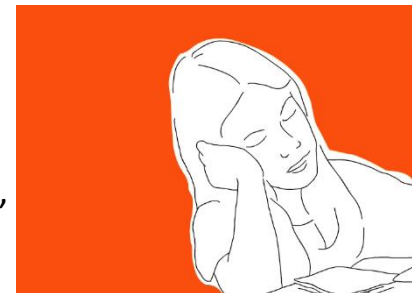
Design

- In this non-RCT adolescents aged 12-16 years with anxiety, depressive and behavioural disorders were recruited from Mater CAMHS
- 30 adolescents completed the 8-session WTO group and 27 received CAMHS TAU (about 9 MDT child / parent / family sessions)
- Follow-up data were collected at 12 and 24 weeks.



Results

- Compared with the TAU control group, the WTO group showed significant improvement after treatment on the Child Global Assessment Scale.
- Both WTO and TAU groups improved from pretreatment to 24 weeks later on the parent and adolescent completed SDQ total difficulties and emotional problems scales, the adolescent completed SDQ peer problem scale, and the adolescent completed Adolescent Well-Being Scale.
- Qualitative analysis of interview transcripts from 23 adolescents who completed the WTO group showed it was positively evaluated by 83% of participants: 'I thought it was great it was a bit of fun as well.'





Parents Plus

Parenting When Separated Programme


ParentsPlus

Parenting When Separated Programme

- Aimed at parents preparing for, going through or who have gone through separation/divorce
- Mixed group of resident and non-resident parents
- 6 Sessions
- Two topics each week:
 - 1) Supporting Parents
 - 2) Supporting Children
- Each topic comes with introduction, handout and a selection of group exercises

Parenting When Separated (PWS)

Core Inputs

1. Solving co-parenting problems in a positive, child-focused way
2. Coping with the emotional impact of separation and learning stress management techniques
3. Helping children cope with separation, emotionally and practically
4. Enhancing communication with children and children's other parent

Parenting When Separated – Course Outline

Introduction and Screening Session

Supporting Parents

1. The Impact of Separation on Parents

2. Establishing a Cooperative Co-Parenting

3. Communicating With My Child's Other Parent

4. Being a Residential or Non-Residential Parent

5. Personal Coping and Stress Management

6. Parent Self-Care in the Long-Term

Supporting Children

The Impact of Separation on Children

Helping Your Child Cope

Communicating With My Child

Managing Successful Contact and Handovers

Dealing with Challenges

Managing New Relationships

Follow up session

Parenting When Separated Programme – Research in a Clinical Setting

- In this RCT there were 82 separated parents in the PP-PWS group and 79 in a waiting list control group recruited through the Unmarried and Separated Families of Ireland
- 71 parents were female and had custody; parents and children's mean ages were 39 and 9 years respectively; families were separated for an average of 3 years.
- The 6-week PP-PWS programme was facilitated by supervised and trained professionals at 16 community sites.

Results

- Compared with the control group, from pre- to post-treatment, the PP-PWS group showed significant goal attainment on the goals scale and increases in parenting satisfaction on the KPS.
- They also showed decreases in child behaviour problems of the SDQ total difficulties scale, parental adjustment problems on the MHI-5 and inter-parental conflict on the Quality of Co-parental Communications Scale.



Parents Plus and Working Things Out Programmes



Successful Implementation and Getting Programmes off the Ground

www.parentsplus.ie

Parents Plus Training and Support

- 1.) Initial Consultation with Agencies
 - 2.) 2-3 facilitator training for each programme
 - 3.) Post training support and supervision
 - 4.) Accreditation process
 - 5.) Implementation Support
- Supporting facilitators to get programmes off the ground and to keep running them in their agencies
 - Helping facilitators maintain quality in their delivery and follow quality protocol
 - Provide regular communication and resources (parenting and practice tips)

Successful Implementation

Successful Outcomes

||

Evidence of Programme

X

Skill of Facilitators

X

Collaboration of Professional Agencies

X

Involvement of Community



Successful Implementation

1. Establish Interagency Steering Group
2. Involve families from day one
3. Take time to understand your community context and to co-create shared goals
4. Identify local champions, Have a local coordinator
5. Recruit suitable facilitators with an aptitude for project
6. Support facilitators, (time and resources, post training coaching and supervision)
7. Select correct group locations
8. Promote groups
9. Monitor outcomes and adapt



Successful Implementation – Discussion

1. What Parents Plus Programmes have you implemented?
2. What Parents Plus Programmes are you interested in implementing?
3. What stage are you at in getting your project off the ground?
4. What is the next step for you?
5. What support do you need?



**For Further information on
Facilitator Training:**

www.parentsplus.ie



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