

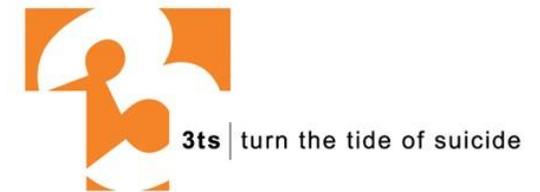


Promoting Positive Mental Health in Young People and their Families

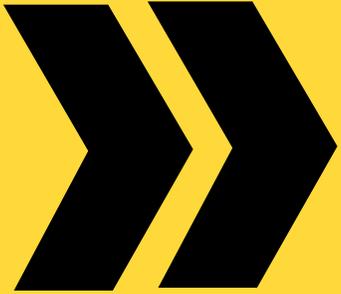
**A Joint Project between the 3Ts and
the Parents Plus Charity**

Two Year Results Sept 2014 - August 2016

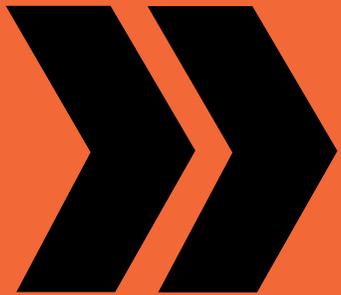
**ParentsPlus**
Empowering Professionals to Support Families

**3ts** | turn the tide of suicide

The problems we are hoping to address



Ireland has the 4th highest suicide rate in the 15-19 age group across 31 European countries.



33% of young people referred to Child and Adolescent Mental Health Services, present with suicidal ideation or self-harm.



Over 80% of young people who died by suicide, disclosed suicide ideas 'to someone' in 2 weeks prior to death.

The Work of the 3Ts Charity

- Lobby Government to address the issue;
- Raise funds to help prevent future deaths by Suicide;
- Provide 3Ts Grants and Funding for Research;
- Provide 3Ts Funding to organisations working in areas of Suicide and Self-harm;
- 3Ts TALK Suicide Prevention & Mental Health Training Provider;
- NOSP approved safeTALK training provider (Suicide Prevention for Everyone)

**Source 3Ts*

Parents Plus Unique Partnership Approach



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

- Delivered over 6 to 12 weeks in **small groups** and can be combined with individual family work



- Draw on **social learning** and **attachment** ideas within **solution-focused, collaborative** delivery model
- Employ **DVD scenes to model communication skills**, backed up by group discussion, role-play, homework and hand-outs
- Can be used as **clinical** interventions in specialist settings but also **preventatively in community** settings

Aims of the 3Ts/Parents Plus Project

Promote positive mental health and communication in families

Reduce the risk of suicide and self-harm amongst young people

Support young people who might be vulnerable or who identified as at risk

The First Two Years of the Project

9

Mental Health Services



HSE Mental Health Services

17

Secondary Schools



The First Two Years of the Project

Supported

234

families with adolescents with **moderate to severe mental health** problems



HSE Mental Health Services

Supported

306

families with adolescents with **emotional and behavioural problems** in secondary schools



Trained

136

professionals in the Parents Plus and WTO Programmes

ParentsPlus



Programmes delivered - 3Ts/ Parents Plus Project



For adolescents (aged 11 to 16), this course promotes positive mental health and teaches coping skills to overcome specific problems.



For parents of adolescents aged 11 to 16 years, this course promotes effective communication and positive relationships in families.

*Source: www.parentsplus.ie



Success Stories from Young People

Jenny was a 16 year old girl suffering from **anxiety, depression and poor self-esteem**



Jenny

"I have made **a huge amount of progress** since the start of the WTO Course. It has allowed me to pinpoint exactly what I need to do to get to a good and happy place".

"As a result of the course, our daughter Jenny, is a completely different person
- **more positive, less stressed** and more self-confident".

Jenny's Mother



Child and
Adolescent Mental
Health Service

Neil is 13 year old boy with **attention and behaviour problems**



Neil

"I am now **more tolerant and patient** and considered. I spend more time with my family and we get on much better."

"I now listen more to Neil and we both **talk more calmly** to each other – the course was very helpful".

Neil's Mother



Disadvantaged
Secondary School

Natasha is 16 year old girl in transition year who suffered from **low self-esteem** in the context of **extreme family conflict and stress**.



Natasha

“My **self-esteem improved** from talking to people in the group. I learnt how to **handle my anger and communicate better** so my relationship with my mom improved.”

“We are now able to **make agreements** with our daughter about rules such as, coming in early or turning her phone off – sessions really helped”.

Natasha’s mother



David was a 15 year old boy suffering from **low mood and suicidal thinking**. He was struggling in school dealing with **poor concentration and low energy levels**.



David

"I've made progress towards having **less dangerous thoughts**, I have been functioning better and **attending school more**."

"I feel more **confident** as a parent and I'm able to deal with difficult issues in a calmer way. I respond in a more **consistent and relaxed way - less arguments**".

David's Father





Success Stories from Parents

Mary and Peter were experiencing **conflict in their parenting** and in dealing with their **16 year daughter** who was **very challenging**.



Mary

"I learnt great skills (pausing and listen without giving solutions). I am so **much closer to my teen** now and **we communicate better**. My teen is grateful!"

Peter

"I got an incredible amount from the programme. I feel **we work more closely as a couple now**"



Laura was a single mother struggling to manage her 12 year old **son's challenging behaviour** which had kicked off on his starting secondary school.



Secondary
School



Laura

"I feel **more in control** because of this course. I am **now firmer** with my son and able to set rules and boundaries. I've **learnt to gain the respect of my son.**"

"Hitting **the Pause Button does wonders for me** – if we quarrel or if Daniel becomes too angry – I walk away and don't entertain it. I only talk later when everyone is calmer. Then I **make sure to listen** to his side of the story".

Fiona and Michael attended as their 11 year old son was exhibiting serious anger and behaviour problems as well as impulsivity and poor self-esteem.



Fiona

"I have become **a lot calmer** and not so anxious in certain situations, this has enabled me to **stay in control** and to not be so fearful".

Michael

"I have learned a lot about **how to deal with difficult situations**, how to press the pause button when Mark is angry. I also **now take time to listen** to him and this really helps".



Anna attended a PPAP course delivered in her 13 year old son's secondary school with the goal of **motivating her son and improving his confidence.**



Anna

"The course has shown me that some of **my parenting was too harsh and punitive.** I did not always listen to my children and encourage them to trust me and try again. My own panic and frustration overwhelmed me."

"Now I take a **calm, enabling approach, reinforcing my confidence** in my child about their good qualities and abilities. I am **keeping rules simple & using consequences** - these tools, techniques and strategies are all very helpful."



Secondary
School

ParentsPlus





Success Stories from Professionals

Kevin is a Home School Liaison Teacher who ran the Parents Plus Adolescents Programme in a disadvantaged secondary school



Secondary
School



Kevin

“The Parents Plus Programme is **simple, direct and focused** with plenty to offer the novice and the expert. Every parent should do this course”.

“Parents Plus was by far the best course for parents we ever put on in the school. **Our parents loved taking part** and didn't want it to end. They universally **reported huge improvements** in how their families communicated and solved problems together”.

ParentsPlus



Rebecca is a Guidance Counsellor in a Secondary School. They ran the Working Things Out Programme with students.

Rebecca

“We were really happy with how the course went overall. **Very visible progress** with some of the students, the group acted as a really nice support network for all of the students”.

“Emotional literacy has improved, **self-awareness has increased**, and ability to understand their part in solving problems.”



Secondary
School

Conor is a Social Worker in an Adult Mental Health Service. He ran the Parents Plus Adolescents Programme in his service.



Adult Mental Health Service



Conor

“Overall the feedback has been so **positive**, the support that the parents have gotten from the group has been huge”.

“I have seen that the Parents Plus programme, improved communication skills and reduced stress for both the children and the parents. This **led to less crisis situations and improved overall relationships** in the home.”

ParentsPlus



Emma is a Speech and Language Therapist in an Child and Adolescent Mental Health Service. She ran the Working Things Out Programme with young people in her service.

Emma

“It was heartening to see **young people identifying strengths for others** that could not do so for themselves”.

“I have just completed my second Working Things Out group. The main feedback from the young people is that they **don't feel on their own anymore**. They **shared coping strategies** and encouraged each other along each week”.



Child and Adolescent
Mental Health Service

Jane is a Principal Social Worker in a Child and Adolescent Mental Health Service. They ran the Adolescents Programme with parents and the Working Things Out Programme with young people.



Jane

"I have noticed that the young people and families who attended the Parents Plus and Working Things Out Programmes **have needed significantly less intervention.**"



"Following the groups, some have been in a position to be **discharged from the mental health services.**"



Child and Adolescent
Mental Health Service

ParentsPlus



Agencies Working Together



Child and Adolescent
Mental Health Services



Child and Adolescent
Mental Health Services

West Sligo



Child and Adolescent
Mental Health Services

Limerick

Mullingar



CABRA
COMMUNITY
COLLEGE



Child and Adolescent
Mental Health Services

Clare



Glenart
COLLEGE



Child and Adolescent
Mental Health Services

Monaghan



Coláiste Pobail Setanta
Misneach (Courage) ~ Bród (Pride) ~ Meirfeál (Support)



Child and Adolescent
Mental Health Services

Galway



Child and Adolescent
Mental Health Services

Linn Dara



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Squashy Couch



Child and Adolescent
Mental Health Services

Swords



Child and Adolescent
Mental Health Services

Galway

Mayfield Community School





Success Story from one Agency


ParentsPlus



Squashy Couch
is an Adolescent
Health and
Information project,
based in
Waterford City.



- Four staff trained in PPAP and WTO as part of the 3Ts project.
- Now PPAP is a **strategic part of the service**.
- Groups offered at **least four times** a year throughout the county
- Delivery is **coordinated** with other services in Waterford.



- Our parents welcome the strengths based **positive and practical approach** of PPAP
- They report **increased communication and positive relationships** within their families.
- Adolescents notice improvements in relationships with parents,
- Some report, **reduced need for outside supports after attendance**.



Adult Health &
Information Project



Research Outcomes

3Ts/Parents Plus Project


ParentsPlus



3Ts/ Parents Plus Project

Two Outcome Studies

1



Child and Adolescent Mental Health Settings
- Ciara Wynne et al., 2015

2



School Settings
- Caoimhe Doyle et al., 2016

Study 1

Evaluation of the Parents Plus Adolescent Programme and the Working things Out Programme in Child and Adolescent Mental Health Services (CAMHS)

In this single group outcome study, participants were recruited from 8 HSE CAMHS teams.

The 2 programmes were run in parallel over 8 weeks with joint family sessions after sessions 3 and 6.

79

Adolescents
completed
WTO

83

Parents
completed
PPAP



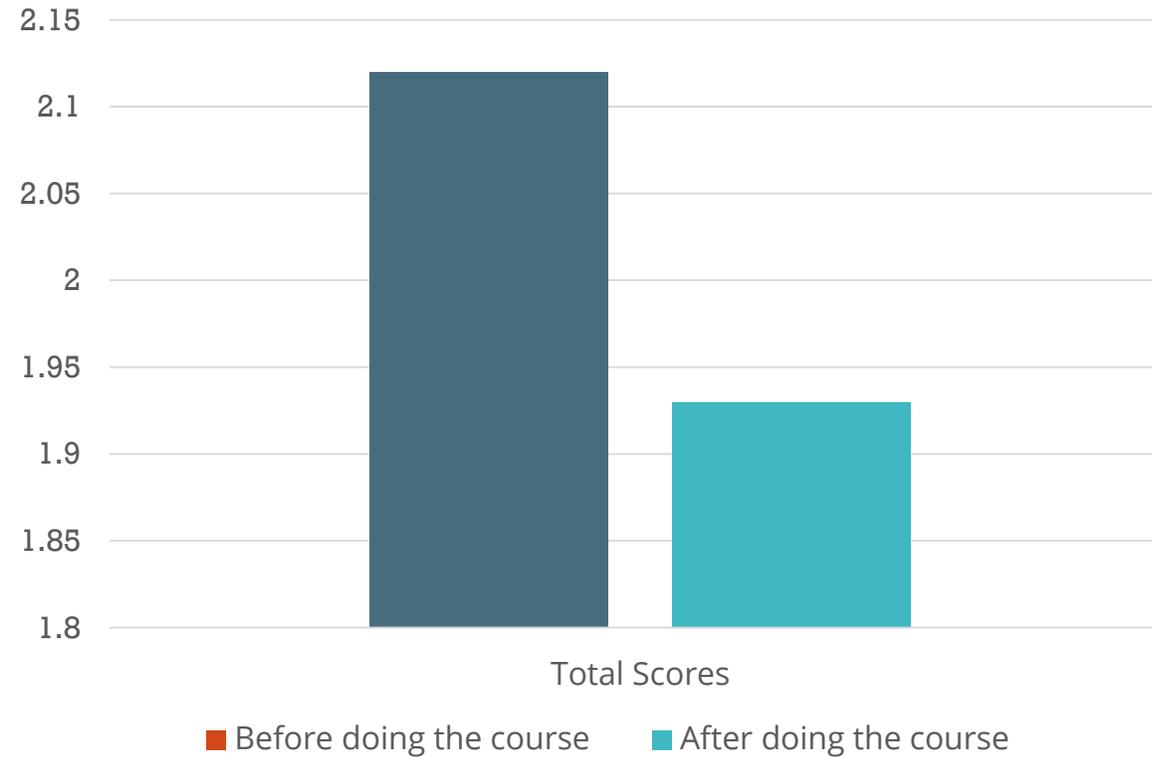
Emotional/ Behavioural Problems



Parents noted a significant decrease in emotional/ behavioural problems with their children as measured by the total score on the Strengths and Difficulties Questionnaire (SDQ)



Family Functioning

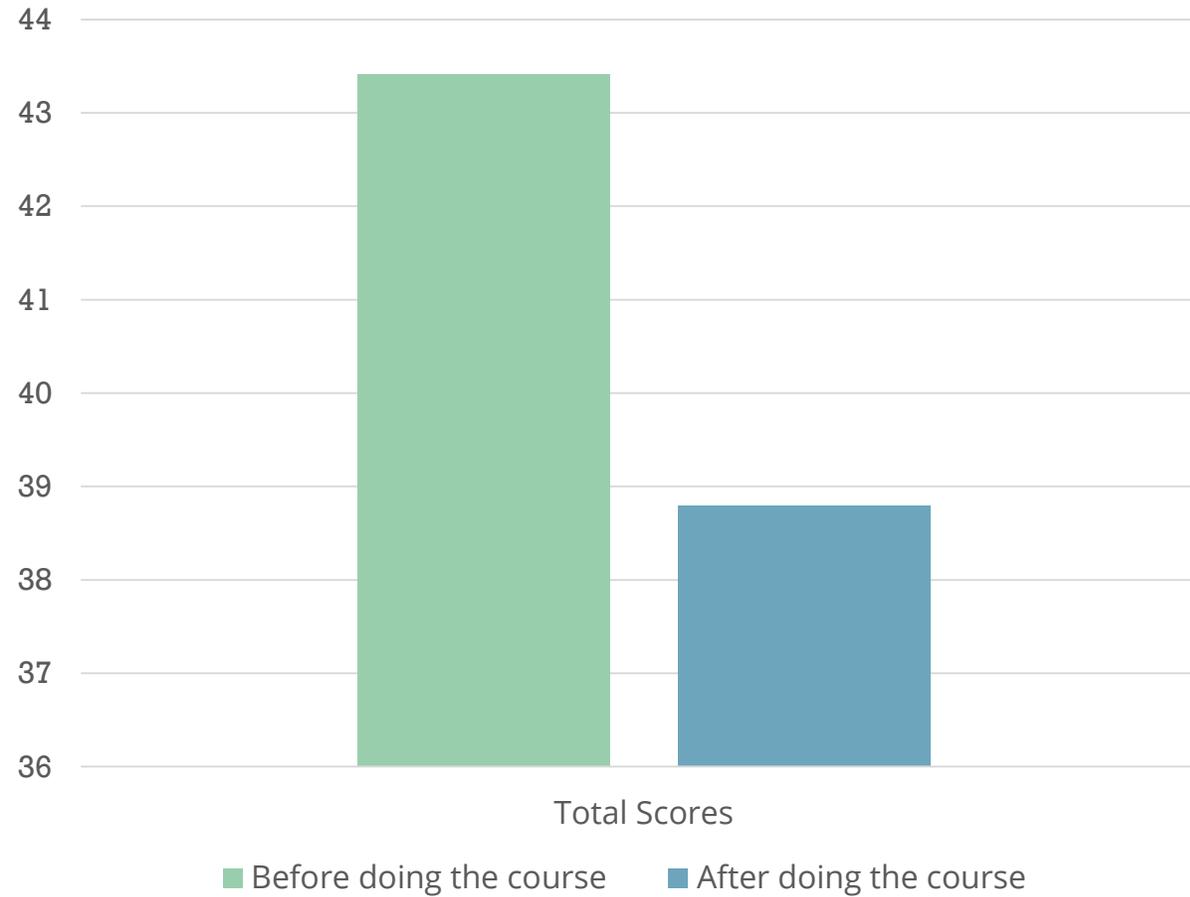


There was a significant improvement in how the family was functioning in terms of communication, closeness and problem solving as measured by the McMaster Family Assessment Device

Wynne, C., Brosnan, E., Doyle, C., Kenny, R., Sharry, J. (2015) A first-level evaluation of a family intervention for adolescent social, emotional and behavioural difficulties in child and adolescent mental health services, *Journal of Child and Adolescent Mental Health*.



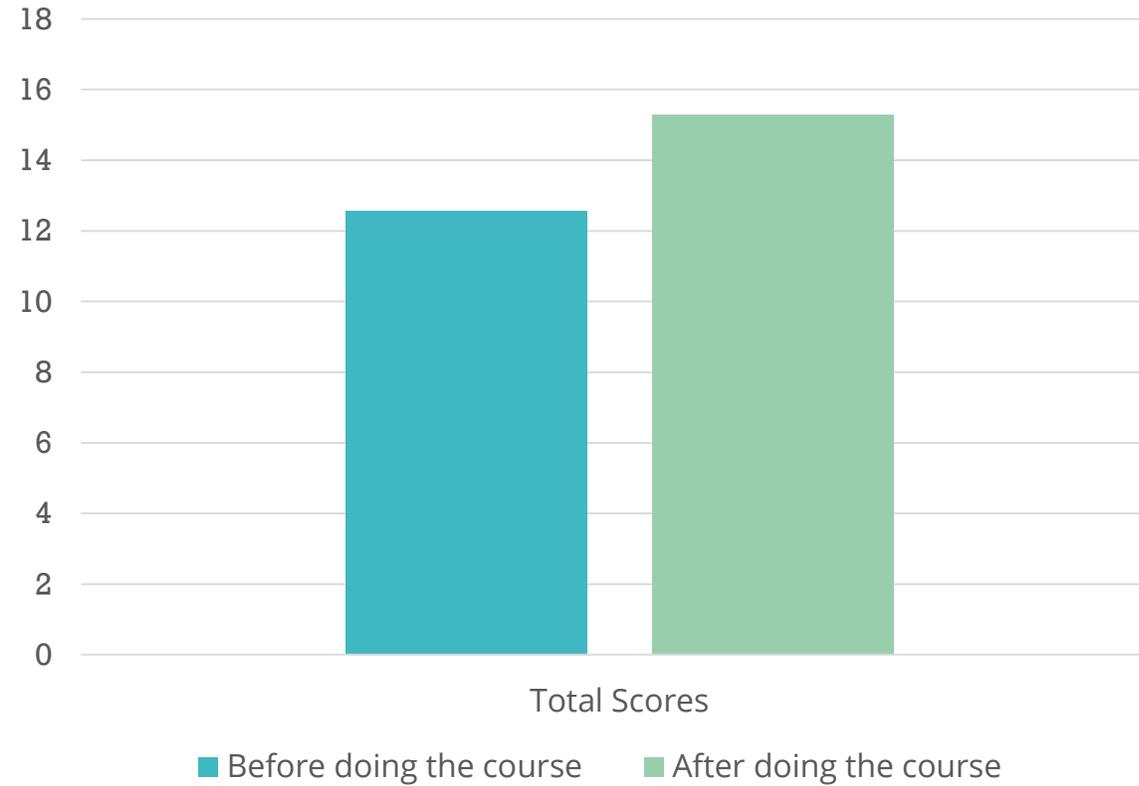
Parents Stress Scale



There was a significant decrease in parents' levels of stress as measured by the Parent Stress Scale.



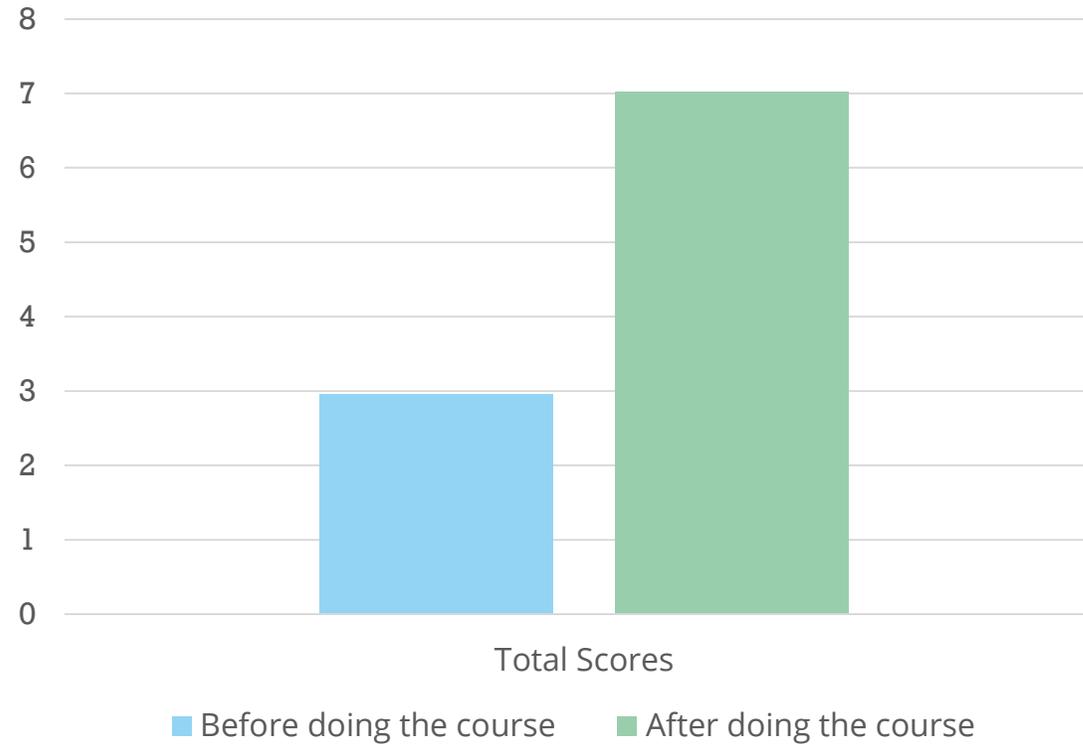
Parent Satisfaction



There was a significant increase in parent satisfaction levels as measured by the Kansas Parent Satisfaction Questionnaire (KPS)



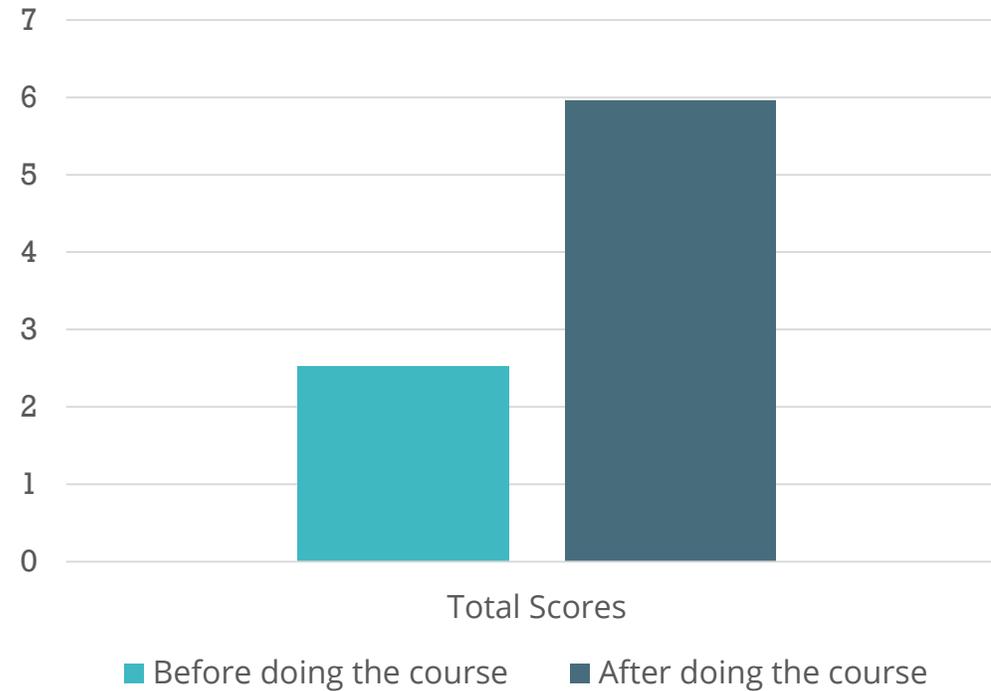
Parent Personal Goal and Child Goals



Parents made significant improvements towards their personal goals and their goals for their children.



Adolescent's Personal and Family Goals



The adolescents made significant improvements towards their own personal and family goals

Wynne, C., Brosnan, E., Doyle, C., Kenny, R., Sharry, J. (2015) A first-level evaluation of a family intervention for adolescent social, emotional and behavioural difficulties in child and adolescent mental health services, *Journal of Child and Adolescent Mental Health*.

Study

2



An outcome study of the Parents Plus Adolescent Programme (PPAP) and Working Things Out Programme (WTO) in secondary schools in Ireland

Participants were recruited from 17 secondary schools.

The 2 programmes were run in parallel over 8 weeks.

140

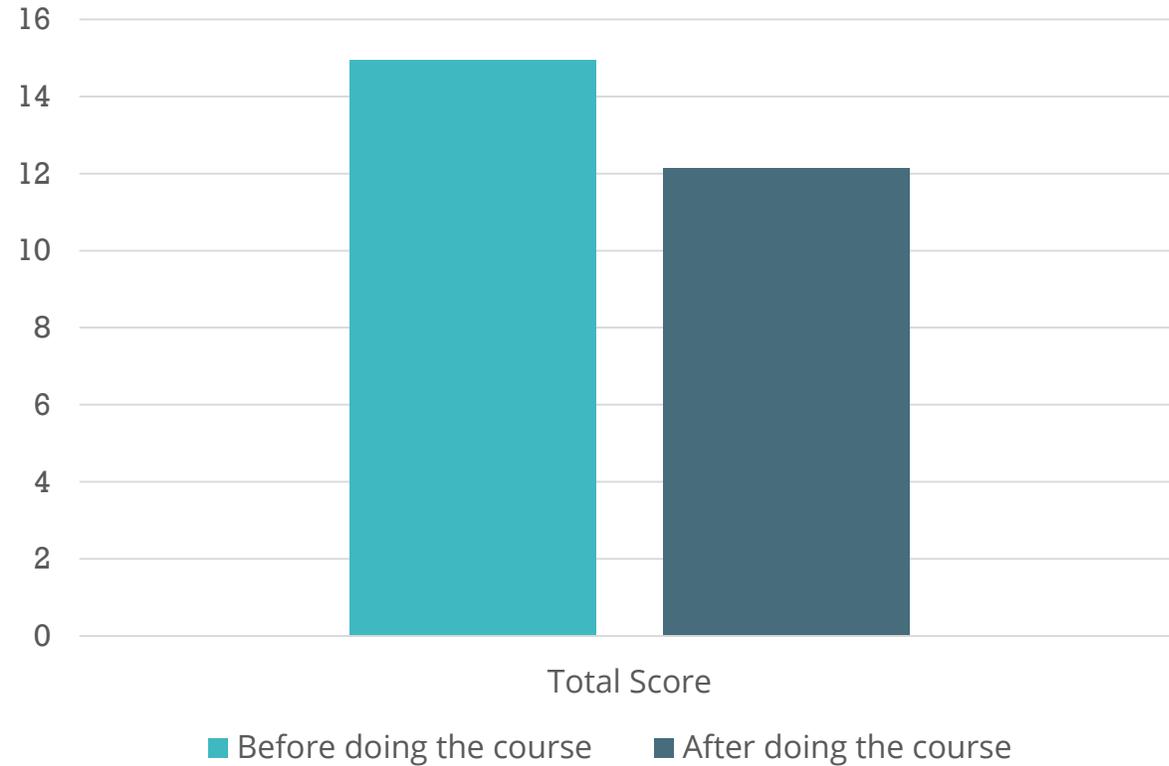
Adolescents completed WTO

116

Parents completed PPAP



Total Difficulties

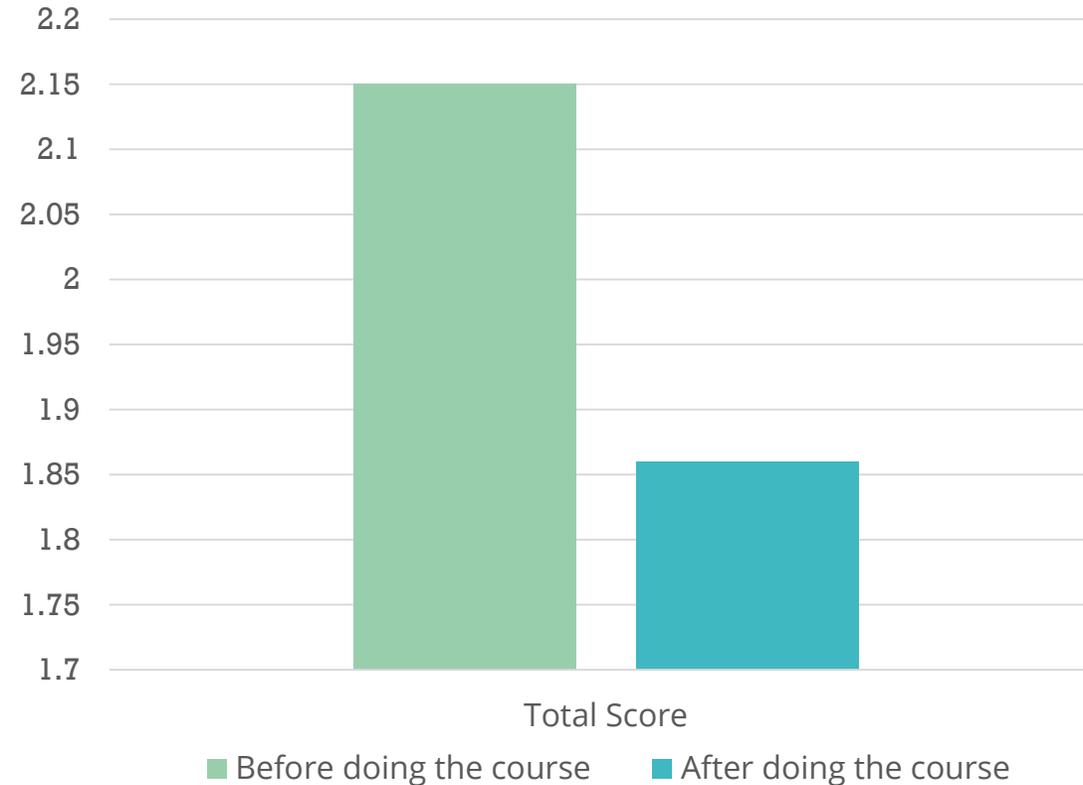


Parents noted a decrease in the difficulties with their children as measured by the total score on the Strengths and Difficulties Questionnaire (SDQ)

*Doyle, C, McGrath, A, Sharry, J. An outcome study of the Parents Plus Adolescent Programme (PPAP) and Working Things Out Programme (WTO) in secondary schools in Ireland (2016).



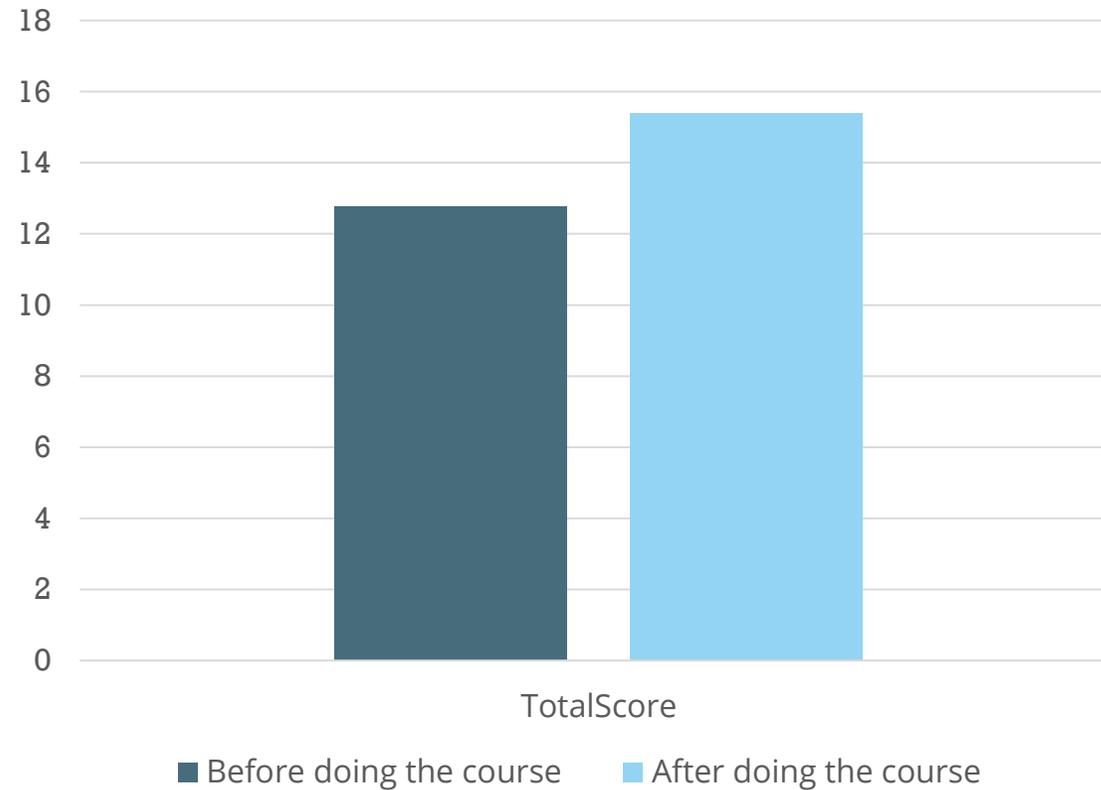
Family Functioning



There was a significant improvement in how the family was functioning in terms of communication, closeness and problem solving as measured by the McMaster Family Assessment Device



Parent Satisfaction

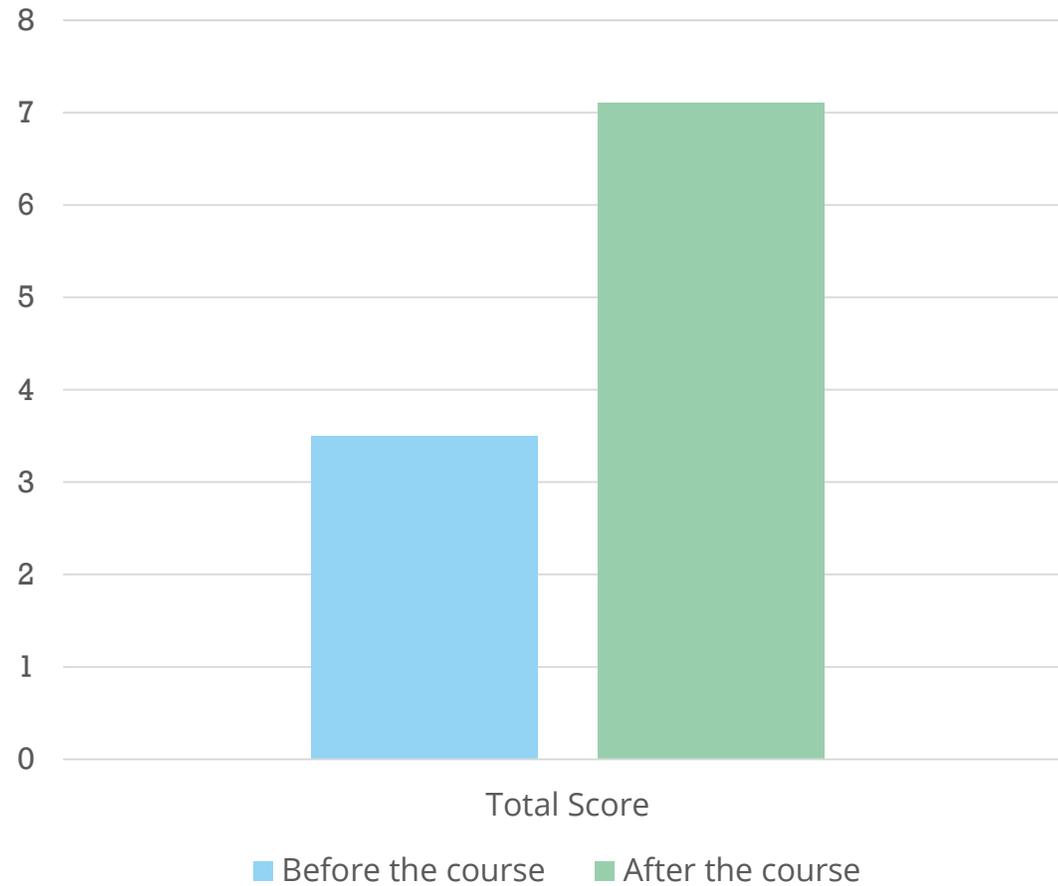


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Parent Personal Goal and Child Goals

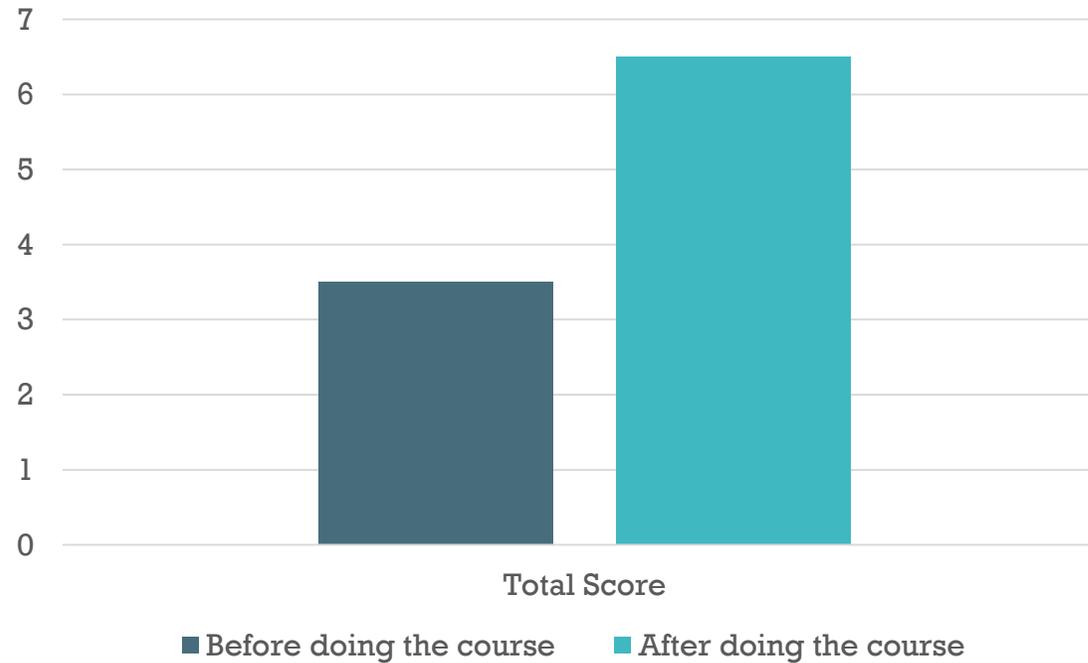


Parents made significant improvements towards their personal goals and their goals for their children.

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Adolescent's Personal and Family Goals



The adolescents made significant improvements towards their own personal and family goals

*Doyle, C, McGrath, A, Sharry, J. An outcome study of the Parents Plus Adolescent Programme (PPAP) and Working Things Out Programme (WTO) in secondary schools in Ireland (2016).



Adolescent's Emotional Problems



There was a significant decrease in emotional problems for adolescents as measured by the emotional problem sun scale on the Adolescents's Strengths and Difficulties Questionnaire (SDQ)

*Doyle. C, McGrath. A, Sharry. J. An outcome study of the Parents Plus Adolescent Programme (PPAP) and Working Things Out Programme (WTO) in secondary schools in Ireland (2016).



3Ts/Parents Plus Project Year 3


ParentsPlus



3Ts/ Parents Plus Project

Key learnings from first two years

- ➔ Many families do not engage with traditional mental health services.
- ➔ Mental health problems can start earlier than adolescence in families.
- ➔ Many services struggle with getting groups off the ground and in sustaining delivery in long term.

3Ts/ Parents Plus Project

Key goals for Year 3 and beyond

- Include a wider range of the services who can deliver the Parents Plus Programmes as part of the project.
- Expand the age range and include the Parents Plus Early Years (1-6 year olds) and Children's Programmes (6-11 year olds) in the suite of groups that are offered.
- Focus on increased post training and implementation support.
- Undertake a new research study of what helps services deliver and keep delivering the parenting and mental health groups.

Year 3 - Progress so far



New agencies and teams have been recruited to deliver the groups from all over Ireland.



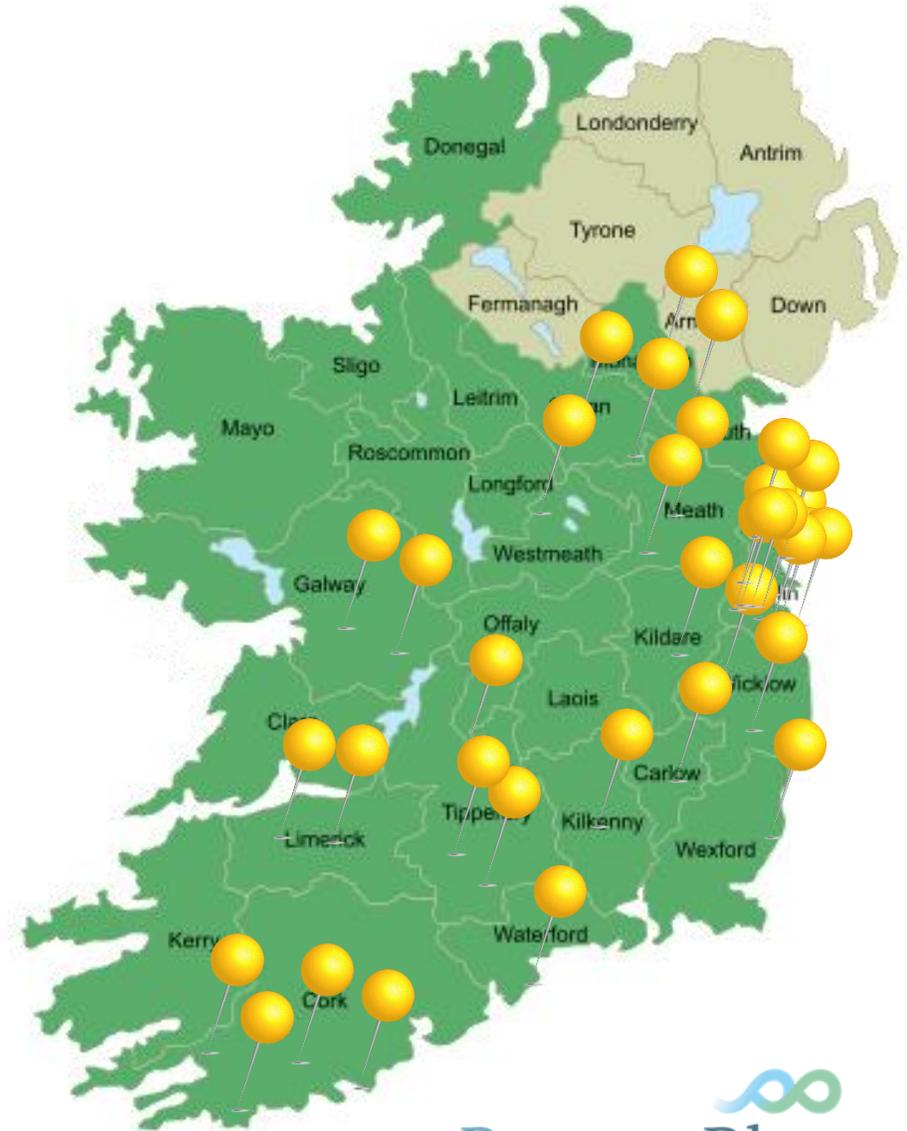
Groups with parents and adolescents will be run in 2017 and 2018



Professionals have been trained to run the groups with parents and children.

Services that have been Recruited

Family Resource Services
Disability Teams
Parent Support teams
Primary Care
Youth Counselling
Public Health Nurses
Early Years Services
Mental Health
Community Partnerships
Tusla/ Child Protection Teams
Home School Liaison Teachers
School Completion Teams





Future Plans

With the continued support of the 3Ts, Parents Plus hope to:

- ➔ **Support the 45 services** recruited in year three to deliver the parenting and mental health groups over the next two years to ensure they get the groups off the ground and achieve the best outcomes.
- ➔ **Ensure a sustainable delivery** of the programmes by ensuring the evidence-based practice becomes embedded in agencies.
- ➔ **Support communities and agency clusters** to work together to implement mental health interventions.
- ➔ **Complete a new research study** on what helps services implement the parenting and mental health groups and to disseminate these results.



**On Behalf of the Teenagers and Parents
Thank You for your support!**



Sources of Research

- Parents Plus website: <http://www.parentsplus.ie/>
- Ireland's National Strategy to Reduce Suicide 2015-2020, HSE [National](#) Office for Suicide Prevention:
http://www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP/preventionstrategy/connectingforlife.pdf
- 3Ts, Suicide in Ireland Survey: <http://www.3ts.ie/research-support/research/all-ireland-suicide-survey/>
- What 3Ts Do: <http://www.3ts.ie/about/what-do-3ts-do/>
- Working Things Out Programme: <http://www.parentsplus.ie/programmes-about/working-things-out-dvd/>
- Parents Plus Adolescents Programme: <http://www.parentsplus.ie/programmes-about/adolescents-11-16-years/>

Sources of Research Continued.....

- Wynne, Doyle, Kenny, Brosnan and Sharry (2015). *A first-level evaluation of a family intervention for adolescent social, emotional and behavioural difficulties in child and adolescent mental health services*, *Journal of Child and Adolescent Mental Health* and online at: <http://www.parentsplus.ie/wp/wp-content/uploads/2015/06/A-first-level-evaluation-of-a-family-intervention-for-adolescent-social-emotional-and-behavioural-difficulties-in-Child-and-Adolescent-Mental-Health-1.pdf>
- Doyle, McGrath, and Sharry (2016). *An outcome study of the Parents Plus Adolescent Programme (PPAP) and Working Things Out Programme (WTO) in secondary schools in Ireland (unpublished report)*. A copy of this entire report can be provided upon request.