



ParentsPlus

Empowering Professionals to Support Families



Annual Report 2017

CONTENTS

About	6
Training & Supervisions	10
Activity	16
Governance & Organisation	23
Finance	25

Foreword

With over 800 professionals attending Parents Plus training and supervision, 2017 proved to be our busiest year yet. Of particular note is the large growth in the number of individual supervision sessions we were able to offer professionals. This fits very much with our strategy of prioritising 'post training support and supervision'. Many implementation studies highlight that to successfully ensure that programmes get off the ground, post training coaching to professionals and their agencies is crucial, ensuring better quality delivery, larger numbers of groups delivered and better outcomes for families.

In March 2017, we also formally launched the new Parents Plus Programme materials which had been developed in 2016. The new parent booklets, have been greatly improved with a much clearer and attractive format that contains updated material addressing modern challenges such as technology in the family. The take-up of the materials has been phenomenal in 2017, so we have already gone to our first reprint!

In the Autumn 2017 we also recognised our first ten Parents Plus Champions – highlighting the work of ten accredited facilitators and agencies who regularly deliver the Parents Plus Programmes and who lead the way in service delivery. We are keen to support the many services who deliver groups in an ongoing way in their communities, by providing supervision, extra training and reduced cost programme materials.

In 2017, we also welcomed several international professionals to our training including delegates from Malta, Singapore and Turkey. We hope to look at cultural adaptations of the programmes in 2018.

In December this year, we also moved to our new location with the Mater Hospital on Eccles Street. We are delighted to receive this continued support from the Mater who were there from the early days when Parents Plus were established

I would like to also thank the great work of Michael Drumm and the Parents Plus board who provide great oversight and guidance to Parents Plus. This year Catherine McIntyre and Eoin McGlinchey retired from their work on the board. I would like to thank them for their contributions and wish them all the best in the future.

John Sharry

Parents Plus CEO

Chairperson Message

Welcome to the 2017 Annual Report for Parents Plus. I hope you find it informative and engaging. The Annual Report gives an outline of the enormous work of Parents Plus throughout 2017. The Parents Plus mission is to empower professionals to deliver evidence-based mental health and parenting programmes to families and it is estimated that professionals have delivered Parents Plus Programmes to over 80,000 families since the first programme in 1998, a significant achievement. Parents Plus continues to provide training across all of the programmes and work in close partnership with a variety of services and agencies across Ireland and into the UK. In addition professionals from Malta, Singapore, the UK and Turkey travelled to Dublin in 2017 to attend Parents Plus training. We hope to train more facilitators from different countries in 2018 under the Parents Plus sponsorship scheme.

The redevelopment of the Facilitators Manuals and Parent Materials for all five Parents Plus Programmes were formally launched in March 2017. It was well received and gave an opportunity to promote the Parents Plus Programme to service managers and practitioners from around the country and how best to implement them within individual services.

A key strategy for Parents Plus is to increase the engagement of facilitators in supervision post training in order to increase positive outcomes for families. We ran many individual and group advanced practice supervision sessions all over the country to support this and offered further post training support in the form of facilitators/members area of our website which has been developed to include resources to help and assist facilitators with the running of parenting groups post training.

In 2017 we introduced Parents Plus Champions to recognise those agencies across the country that deliver a significant number of Parents Plus programmes. Ten facilitators were selected as recognition and acknowledgment of their contribution and these Champions, as a show of appreciation, were given special discounts on materials and additional supervision and supports.

We continue to strive to improve our communications with professionals and others seeking information about Parents Plus with our new and improved website, email correspondence, monthly newsletter and social media channels (Parents Plus Facebook page and Twitter account) as we continue to develop new content and reach out to and engage with a wider audience.

We are very appreciative of the funding and support we received from 3Ts project over three years which came to an end in August 2017. However we are confident that the benefits of the sponsorship they provided will continue well into the future as the services continue to deliver ongoing parenting groups.

Parents Plus continues to work with Our Lady's Hospital Crumlin in partnership with Safefood Ireland and Healthy Ireland to develop a special programme to assist families in tackling the problems of childhood obesity and promoting healthy families. Also we are hopeful that the Family Links project – which provides parenting groups to families with a father in prison – will be integrated in the prison service provision in the coming year. In addition we are looking at developing supplementary materials to tackle the specific problem of anxiety in children and young people.

We are extremely grateful to the Mater Hospital for facilitating and supporting the re-location of Parents Plus to within the hospital site on Eccles Street at the end of 2017, and providing office space, meeting rooms and ongoing support and assistance.

Parents Plus is registered with the Charities Regulatory Authority and is compliant with the Governance Code for Community, Voluntary and Charitable Organisations, an important quality mark for our organization. The Board of Directors of Parents Plus has responsibility for the governance and strategic direction of the organization and I would like to thank them most sincerely for their continued support and guidance. They give so generously and willingly of their time and expertise and it is greatly appreciated. I would like to especially thank Catherine McIntyre and Eoin McGlinchey who retired from their work on the board in 2017. I wish them well in the future and thank them for their significant contribution.

We look forward to supporting Parents Plus into 2018 and beyond.

Michael Drumm

Chairperson

ABOUT

“I think the Parents Plus course was fantastic, you know I was lost before, I was really lost before I went into it, and then each time I went to the course, each day coming out of it I just felt more confident, you gave me the tools to do the things right, and the exercises at home.” -Parent

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 was [founded in 1998](#) by Dr. John Sharry, former Principal Social Worker, and Prof Carol Fitzpatrick, former Consultant Child and Adolescent Psychiatrist, when they worked together at the Mater Hospital Child and Adolescent Mental Health Service in Dublin. Parents Plus was established as a registered charity under the auspices of the Mater Hospital, Dublin in 2001.

Now, Parents Plus trains several hundred professionals as [facilitators](#) each year throughout Ireland, the UK and internationally to deliver our programmes in their own local areas and agencies. Our 'train the trainer' model ensures a long-term, sustainable benefit for facilitators' communities and organisations. Facilitators include teachers, social workers, speech and language therapists, psychologists, psychiatrists, childcare workers, mental health workers and community workers.

Programmes are delivered to parents in a variety of settings including, family resource centres, childcare centres and preschools, primary and secondary schools, child protection agencies, child and adolescent mental health clinics, colleges and training centres as well as to parents of children with special needs.



Parents Plus has developed [five flagship programmes](#) in partnership with parents and children living in Ireland and includes their specific experiences. Our programmes combine a social learning model with a solution-focused preventative framework that encourages and empowers 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 [Adolescents Programme](#) for parents of adolescents aged 11 to 16.
- The [Working Things Out Programme](#) targeted at adolescents aged 11-16.
- The [Parenting when Separated Programme](#) targeted at parents who are preparing for, going through or have gone through a separation or divorce.

Mission and Values

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

Parents Plus provides 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 encourages **collaborative practice**. We 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 believes 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.



TRAININGS & SUPERVISIONS 2017

“Today to be able to manage my children and feel that I am a good mother is worth everything to me and I think that the children have reaped the benefit of it too.” –Parent

Trainings and Supervisions 2017



Impact

Using a modest estimate that each professional has delivered Parents Plus Programmes to an average of 15 families each, this suggests that at least **80,640 families** have benefitted since the first Parents Plus Programme in 1998.

Figure 1 – Breakdown of Training Type – number of training sessions

The Facilitator Training can be categorised into **Scheduled** Training run by Parents Plus in Dublin; **Onsite** Training which is Parents Plus training in collaboration with other organisations usually run onsite in their agency; as well post-training **Supervision** (individual and group). See figure 1 below for the breakdown of the number of each type of training session that took place in 2017.

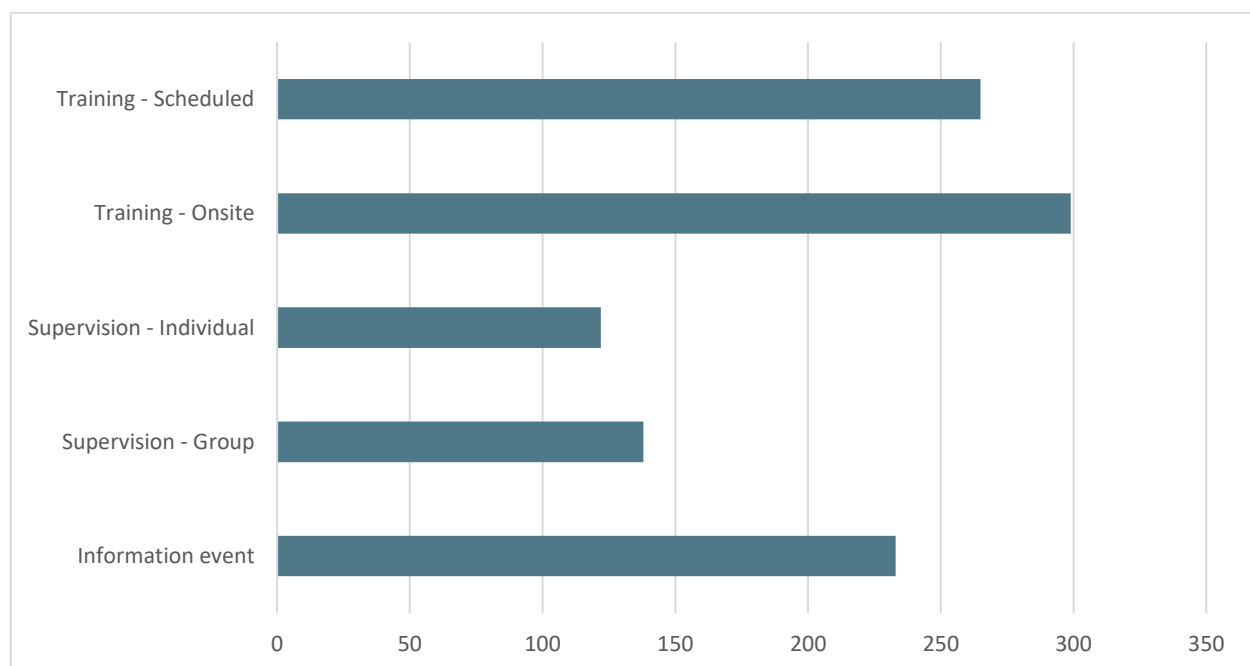
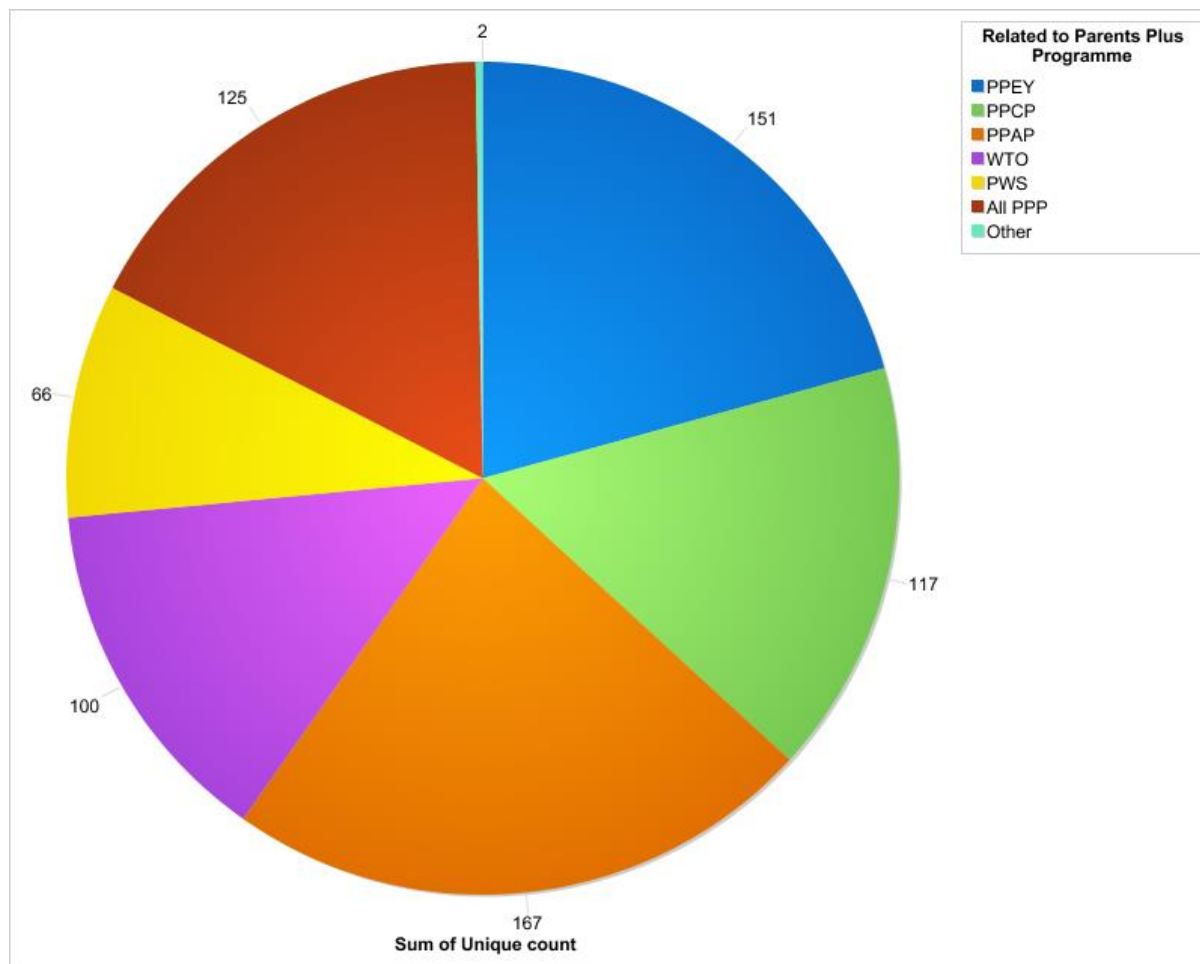


Figure 2 – Facilitator Training by Programme

Figure 2 outlines the number of facilitators by what programme they trained in.



- PPEY = Parents Plus Early Years Programme,
- PPCP = Parents Plus Children's Programme,
- PPAP = Parents Plus Adolescents Programme,
- PWS = Parenting When Separated Programme,
- WTO = Working Things Out Programme
- All PPP refers to training which covered more than one PP Programme and this category also includes those who attended Information Events.

Figure 3 – Facilitator Training by Profession

Facilitators who trained were from a wide range of professions. Most professions were represented across the educational, health and community sector agencies.

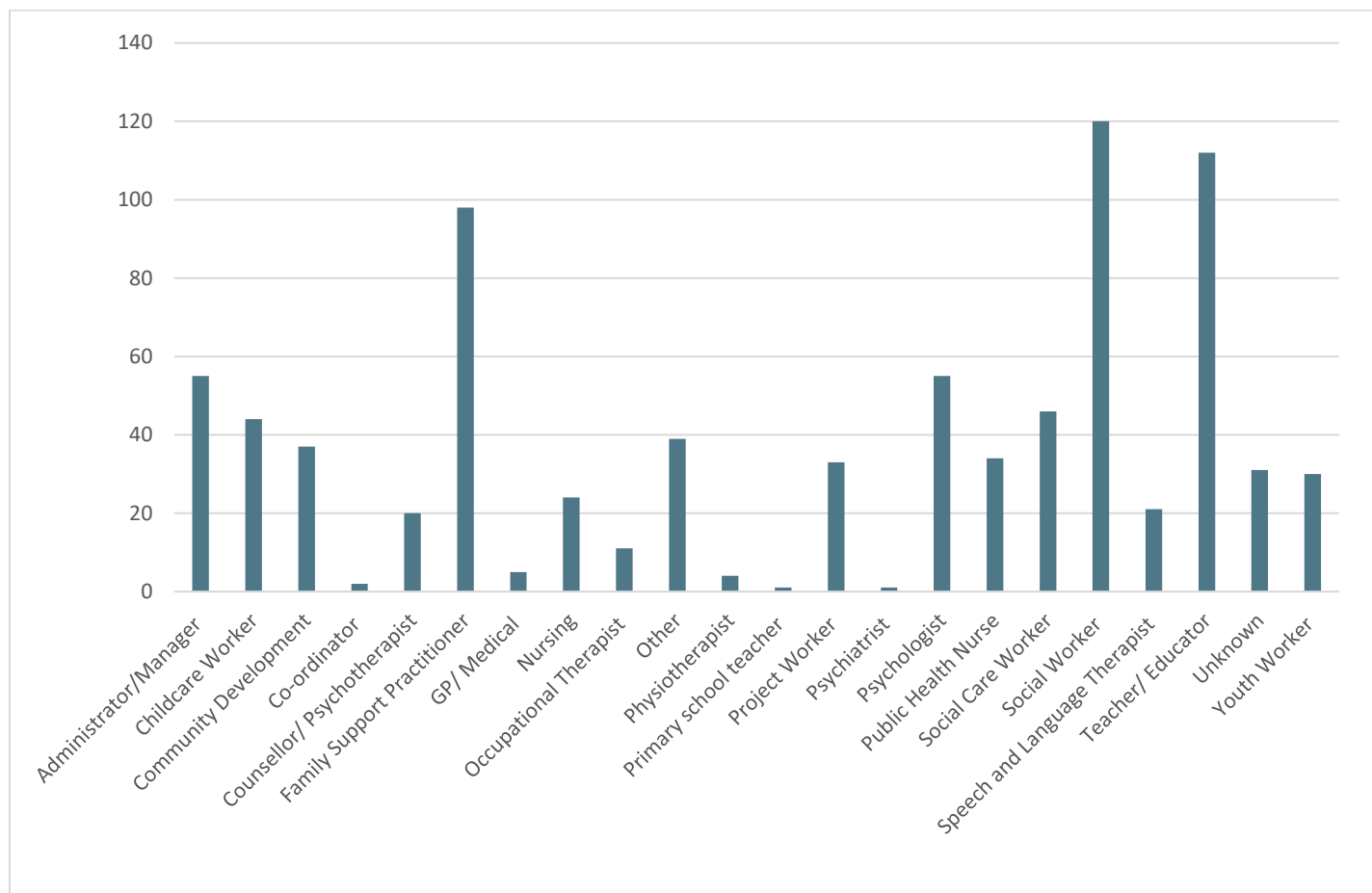


Figure 4 – Facilitator Training by Organisation Type

Professionals who trained came from a variety of educational, health and community sector agencies.

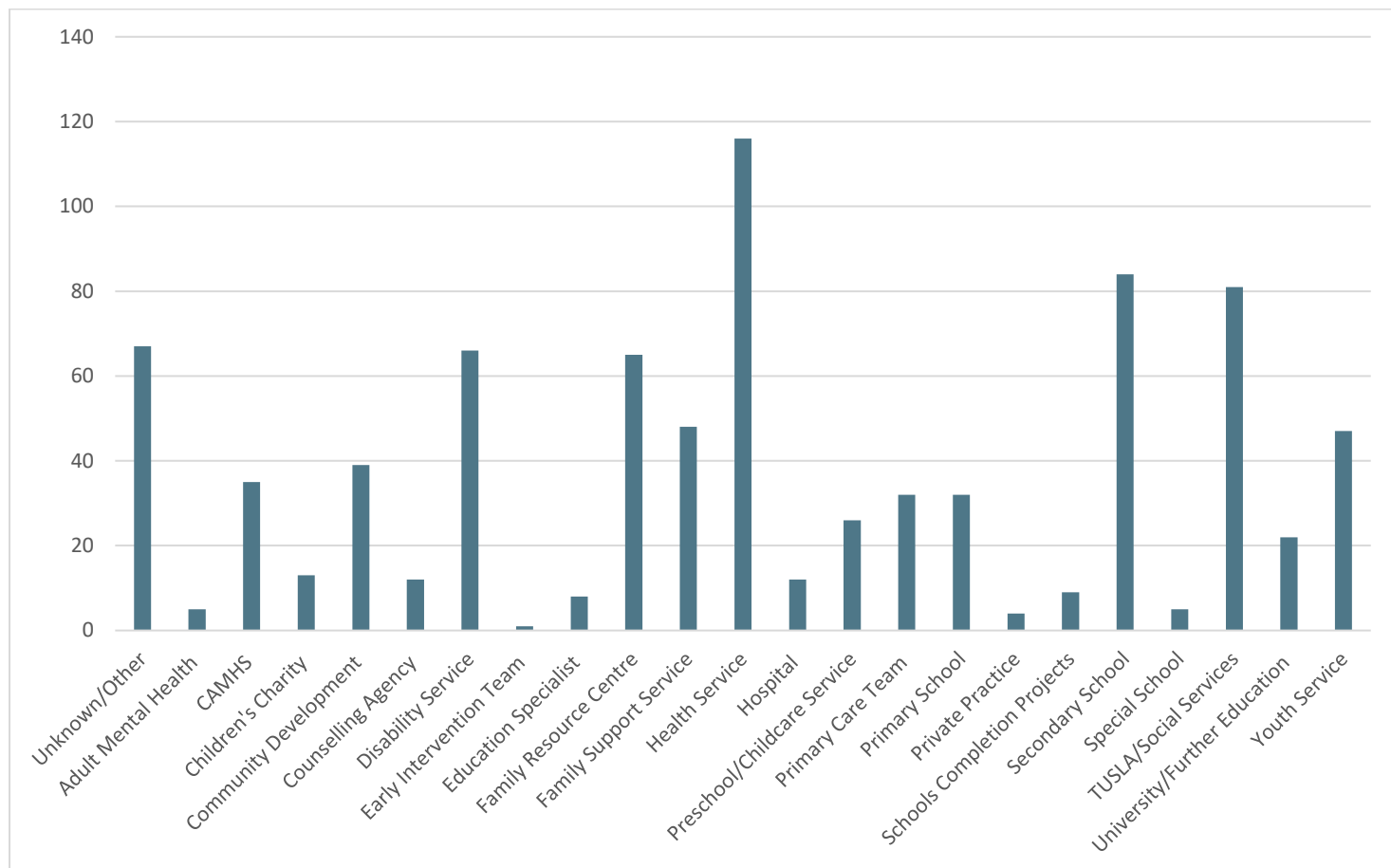
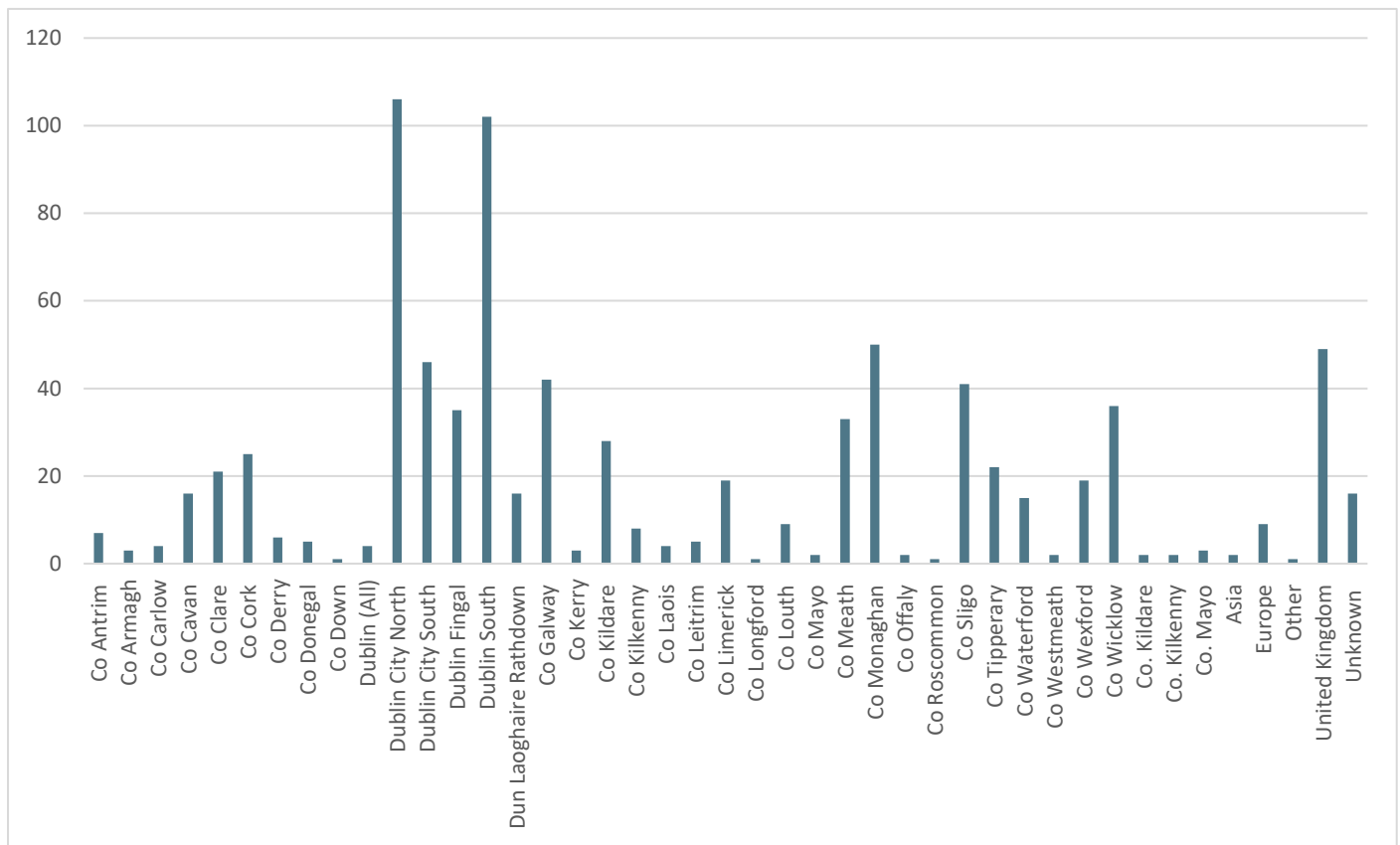


Figure 5 – Facilitator Training by Location

Figure 5 outlines where the facilitators (and their agencies) who trained with Parents Plus are based. In the UK, 49 facilitators were trained. Two facilitators came from Singapore and two from Malta to receive Parents Plus training in Dublin. One facilitator came from the UK to Dublin for training, and has since returned to Turkey where he runs Parents Plus groups.



- The 'All Dublin' location refers to a facilitator/agency who isn't located in one specific area in Dublin but covers all of Dublin city and county.



ACTIVITIES & PROJECTS 2017

"An incredibly valuable tool in the toolbox for enabling groups of parents to work collaboratively towards solutions that work for them in their real world situations."

–Parenting consultant, South Gloucestershire, UK

Activities and Projects 2017



3ts Project

The third year of the 3Ts project saw sponsorship opportunities expand to a variety of services including family resource centres and community services. The goal of this phase of the project was to increase the access of families to evidence-based supports in community services, so as to improve outcomes for parents and children of all ages. In addition to the PPAP and WTO the three additional Parents Plus Programmes were included.

In 2017 44 new agencies and teams were sponsored to deliver the groups from all over Ireland. These agencies included community services such as family resource centres and primary care as well as specialist mental health agencies.

The 3Ts project came to an end in August 2017 but the benefits of the sponsorship they provided will continue for several years as the services continue to deliver groups. We are very grateful to the 3Ts for their partnership in this project.

Parents Plus Healthy Families and Wellbeing Programme

In 2017 Parents Plus continued to work with Dr Adele Keating, Psychologist, Our Lady's Hospital Crumlin about the development of a special programme designed to assist families in tackling the problems of childhood obesity and promoting healthy families in both clinical and community settings. We met with partner organisations notably Safefood, HSE HEAL programme and the HSE clinical lead on tackling obesity. In partnership with SPECS Bray, we also secured a Healthy Ireland grant to deliver three parenting workshops in Wicklow as well as a professional training workshop in 2018.



Anxiety Programme

To tackle the specific problems of anxiety in children and young people, Parents Plus started the process of developing supplementary materials and workshops that could form the basis of a specific programme. The project is being developed by John Sharry, Eileen Brosnan and Jenny Crampton, one of the Parents Plus accredited facilitators working in a secondary school. Parents Plus have applied to Electric Aid for support to develop the materials development.

Family Links

Parents Plus continued to support the Family Links project (providing parenting groups to families with a father in prison) which is being spearheaded by the CDI in Tallaght. The service is likely to be integrated in the prison service provision in the coming year.



Onsites and Regional Roll Outs

- **United Kingdom**

Parents Plus hosted Onsite Trainings in South Gloucestershire and Rochdale in 2017. Already Onsites are scheduled to take place in Swansea and South Gloucestershire in 2018. The Northern Trust hosted Onsites for their staff in Belfast in 2017, and have planned further training in Parents Plus programmes in 2018.

- **TUSLA Sligo/ Leitrim**

Sligo County Childcare Committee in association with TUSLA have requested a full suite of Onsite Trainings from Parents Plus. In 2017, Parents Plus Children's, Adolescents and Early Years Programmes were delivered. Parenting When Separated and Working Things Out are due to be delivered in 2017. 17 training places were taken up in 2017.

- **Galway**

TUSLA Galway have had Parents Plus train their staff in Working Things Out and Parenting When Separated in 2017. In 2018 Parents Plus will deliver the Children's Programme and Adolescents Programme trainings. So far 18 TUSLA Galway staff have been trained in Parenting When Separated and 17 in Working Things Out.

- **Monaghan**

The Parenting in Monaghan project continued in 2017, with further trainings being provided in the PPAP and PWS programmes. In addition, two onsite group supervision sessions and several individual supervisions were provided to facilitators delivering groups. Parents Plus will continue to support the project in 2018.

- **Cavan**

Cavan have started to develop their own Parenting initiative and have started with training in the Parents Plus Early Years Programme which was started in December 2017 and will be complete in January 2018. The project will be formally launched in March 2018.

- **SPECS Bray**

SPECS in Bray continued to provide parents plus groups for the Early, Years, Adolescents and Separated parents cohorts. Parents Plus provided supervision to existing facilitators and trained a number of additional staff in the programmes. Parents Plus also will partner with SPECS in the Healthy Families programme in 2018.

International Facilitators

Professionals travelled from Malta, Singapore, the UK and Turkey in 2017 to attend Parents Plus training in Dublin. Parent groups are now being run in Brighton, Singapore and Erzurum, Turkey. Three more Turkish facilitators will train in 2018 under Parents Plus sponsorship.

Disability Network

In 2017, Parents Plus continued to provide specific support to facilitators delivering the programmes to parents in disability settings. This included an Advanced Disability training day in Dublin, which was attended by fifty facilitators and a special parenting workshop with St John of God Disability Services in September.

Research

In 2017, Parents Plus started an implementation study on the roll-out of the programmes throughout several regions in Ireland to explore the factors which facilitate and hinder agencies to successfully deliver the programmes. In Autumn 2017, MSc student from Trinity College Dublin, Micheli Romão da Silva, took up the study which is due to be completed in late 2018.

Parents Plus Champions

As a way of supporting high-performing agencies who deliver many Parents Plus programmes, Parents Plus has created an annual champion status which allows staff discounted materials and supervision. Ten Champion Facilitators were selected for 2017 - 2018:

- Susan O'Neill and Niamh Kelly, Squashy Couch Mental Health Project, Waterford
- Suzanne Lindsay, Foroige, Tallaght in Dublin
- Margaret McKeague, Mevagh Family Resource Centre, Letterkenny in Donegal
- Deborah Davis, Early Help Team, Bristol in England
- Helen Casey, Tusla Child & Family Agency, Kilkenny
- Karin Todd & Wendy Taylor, Father McGrath Family Resource Centre, Kilkenny
- Ciara Ni Raghallaigh, HSE/Scoil Chiaráin, Dublin North
- Lulu O'Kelly, SPECS, Bray in Wicklow
- Kirstie Smith, Dunmanway Family Resource Centre, Cork



Launch and Information Seminar 2017

The Official Launch of the New Parents Plus Programme Manuals and Information Seminar was held on Thursday, 9th March 2017 in the Ashling Hotel, Dublin.

This event saw presentations for practitioners and service managers who want to gain an understanding of the five Parents Plus programmes and how they can best be implemented within individual services.

The launch and seminar was attended by 233 visitors.

New Parents Plus Programme Materials

Parents Plus course content had been reformatted, so that in each session there is more balance between the Positive Parenting and Positive Discipline content. The Parents' Booklets are now in colour and we have tried to present the information in a clearer way that is accessible to more parents.



Post-Training Support

Individual Supervisions	104
Group Supervisions	20
Total No of Facilitators Supervised 2017	317

In order to increase outcomes for families, a key [strategy](#) for Parents Plus is to increase the engagement of facilitators in [supervision post training](#). Parents Plus ran 124 individual and group advanced practice supervision sessions all over the country in areas including Dublin, Clare, Limerick, Galway, Wicklow and Monaghan in Ireland, and Gloucester, Devon and Rochdale in the UK. These were carried out in person and we have also made use of Skype to carry out cross-country meetings. A total of 260 facilitators participated in supervision sessions, and 19 facilitators were accredited in 2017.

Parents Plus also offers further post training support in the form of the facilitator's / [members area](#) of the website which has been developed to include resources to help facilitators to promote their groups. Resources on this section of the site include, posters and fliers as well as certificates and handouts for the parents in the group; best practice information from the Parents Plus trainers as well as presentations and tips from Parents Plus facilitators; an archive of the monthly facilitator newsletter, and information on the accreditation process and quality assurance protocol. Parents Plus Facilitators are also kept informed after training with regular emails and contact from Parents Plus.

Communications

- [Parents Plus Website](#)

The Parents Plus website continues to improve communications with professionals and others seeking information about Parents Plus. It also provides an easy way to access information for those using the programmes in their services.

Visitors to the Parents Plus website are up 37.23% on 2016 figures. We continue to update the content on the website and are currently reviewing the Members Area Resources page and the [Parents Page Map](#) to make them more user-friendly.

You are on the professionals site. Visit the [Parents Site](#) for more information about parenting courses.



• Social Media Channels

The Parents Plus [Facebook](#) page and [Twitter](#) accounts continued to be developed with new content in 2017. There was an increase in engagement with the Parents Plus audience on social media in 2017. For example, by 31st December 2017, likes on the Facebook page had increased by 602 since the start of the year. The highest-reaching post published by Parents Plus on Facebook in 2017, saw a reach of 2,700 Facebook users. Our Twitter audience has grown at a rate of approximately 12 new followers per month, with 893 total followers in mid- December 2017.

Parents Plus launched a private Facebook Facilitators Group in December 2017. This group is to be used as a forum for sharing tips and information, as well as posing questions and sharing appropriate content with members. It will act as an environment to network with other facilitators of Parents Plus courses.



• Email Communications

Parents Plus also continued to engage and build relationships with professionals via email in the form of the monthly Parents Plus newsletter and via other relevant email communications about training, supervision support, events and extra resources.

Office Re-Location

Parents Plus re-located to the Mater Hospital (Hostel Building) on Eccles Street at the end of 2017. Parents Plus are most grateful to the Mater Hospital for granting this office space and meeting rooms.



GOVERNANCE & ORGANISATION

"I run Parents Plus programmes all of the time in my work. The lasting message that parents take away is to 'Press the Pause Button'. In our lives, we all need to press that button now and again. It's ok to get frustrated" –
Family Support and Community Outreach Worker

Governance and Organisation

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 c' organisation for the purpose of the Governance Code. You can read the Parents Plus Governance statement, adopted by our Board, on the website: <http://www.parentsplus.ie/about/governance/>.

Board

The [Board of Directors](#) – who meet six times annually – have responsibility for the governance and strategic direction of Parents Plus in liaison with the Chief Executive Officer and senior staff members. During 2017 The Board of Parents Plus comprises of the following members (31st December 2017):

- Michael Drumm (Chairperson)
- Mary Fanning (Director)
- Jane Morgan
- Dr Charlotte Wilson
- Philip Mudge

John Sharry (Chief Executive Officer and Co-founder) and Breda Flood (Finance Manager and Company Secretary) attend the board meetings also.

Training Sub-committee and Parents Plus Trainers

The Parents Plus training sub-committee provides a forum for all the Parents Plus accredited trainers to meet to review training and supervision standards for Parents Plus and to make representations to the Parents Plus Board as appropriate. Parents Plus currently works with [10 accredited trainers](#) to do this.

Staff

Parents Plus has six part-time staff members and one full-time staff member:

- Dr. John Sharry, Chief Executive Officer
- Breda Flood, Financial Controller
- Eileen Brosnan, Senior Trainer
- Grainne Hampson, Senior Trainer
- Siobhán Dolphin, Operations and Communications Manager
- Una O'Maonaigh, Administrator and Finance
- Sinéad Vaughan, Acting Operations and Communications Manager

FINANCE

“Really positive – I was very unsure about going to the Parents Plus group, I thought people were going to criticize me, but the course gave me the tools I needed in a friendly way...I just need to remember to press the pause button!” – Parent

Finance

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

- Accounts are audited annually by Robert J Kidney & Co.
- 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 and approved by the administrator and the CEO.

Parents Plus Limited – Financial Information for Year Ending 31st
December 2017
Summarised Financial Information

Income & Expenditure Account Extract		12 months ended 31/12/2017	
	€		€
Incoming Resources			
Programme & Training			279,173
Grants received			96,691
Total Incoming Resources			389,461
Resources Expended - Ongoing Expenditure			
- Training & Other Costs			286,661
Administration Costs			
- Administration Costs	53,120		49,680
Sub-Total Resources Expended - Ongoing Expenditure			
- Depreciation			3,219
Net Incoming Resources for the Period			49,680
Balance Sheet Extract			
			€
Fixed Assets			
Leasehold Improvements & Office Equipment			5,619
Current assets			
Accounts Receivable			12,976
Cash at bank			311,496
Stock			44,457
Creditors: amounts falling due within one year			
Operating Creditors			(16,023)
Accumulated Net Funds (2014-2017)			358,525

Parents Plus Ltd • Mater Hospital, Eccles Street • Dublin 7
www.parentsplus.ie • admin@parentsplus.ie • 00353 1 830 7984

Like us on Facebook: www.facebook.com/ParentsPlusCharity

Follow us on Twitter: www.twitter.com/parents_plus

Follow us on Pinterest: www.pinterest.com/ParentsPlus