

# Working online and remotely with families and supporting their wellbeing

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[www.parentsplus.ie](http://www.parentsplus.ie)



# Our Mission

“To improve outcomes for families through training and supporting professionals to deliver evidence-based parenting and mental health programmes”

We are a community of professionals who want to make a difference with the families we work with.

# Our Programmes



# Parents Plus Special Needs Programme

Seven week course developed in partnership with parents and professionals

- Adolescents and young people with an intellectual disability (ID) aged 11 to 25 ( who may have additional diagnoses such as ASD, ADHD and physical disabilities)

## Three core inputs

- 1) **Supporting Families:** understanding disability, parent, sibling and family relationships
- 2) **Supporting Children:** transition to adulthood, sexuality, friendships, education, etc
- 3) **Parent Self-Care:** meditation, mindfulness, self-compassion

# Delivering our Programmes

- Over 6 to 12 weeks to parents or young people, individually or in small groups
- Solution-focused, strengths based, empowering and practical
- Drawing on social learning, communication and attachment ideas
- Can be used universally, preventatively and as interventions across sectors
- Includes practical teaching strategies such as video input, role-play, group discussion, worksheets, exercises, handouts and homework

# Our Research

## Strong Evidence Base:

24+ research studies, including 7 RCTs & 4 independent studies show that the Parents Plus Programmes are effective in:

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

**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 Special Needs Programme - Research

In 2019/2020 in a large randomised controlled trial involving 23 services, 50 clinicians and 277 parents. Families were randomly assigned to Treatment as Usual or to attend the PP Special Needs Programme

Parents attending the PPSN reported significant improvements in

- Parenting practices,
- Problem behaviours,
- Parental satisfaction,
- Parental self-efficacy
- Personal goal attainment.
- The TAU group remained the same on all primary outcome measures.

# Parents Plus Programmes

*Empowering Communities, Professionals, Parents and Children*



Supporting agencies to work together to improve outcomes for families.

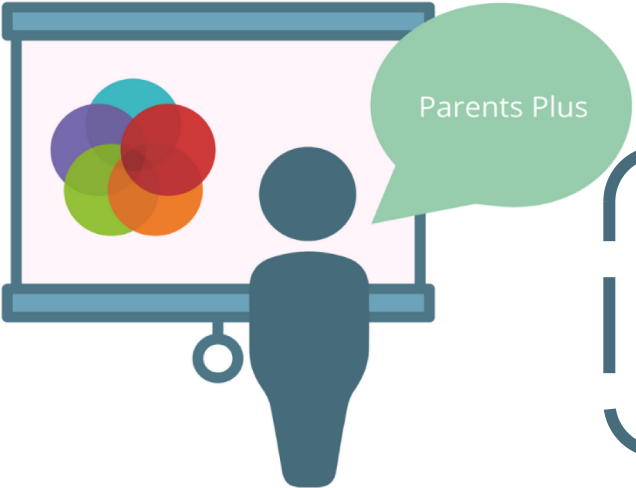
Training professionals to deliver evidence-based programmes to families.

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

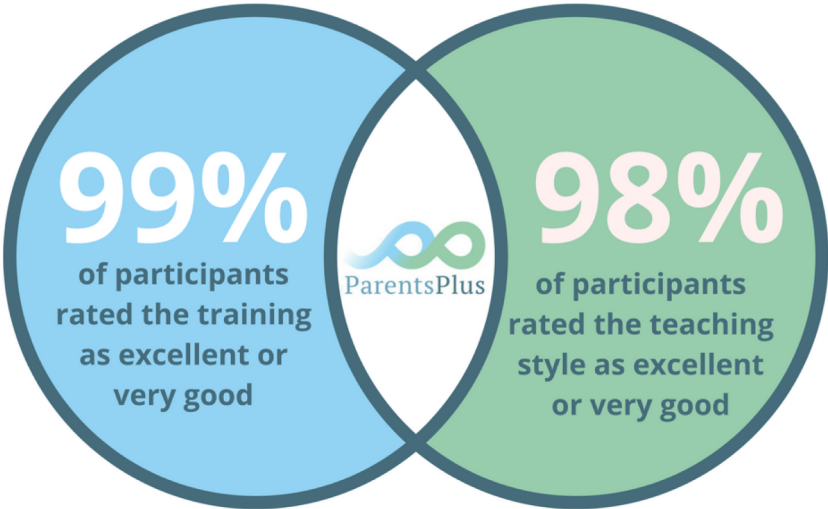
Teaching children and young people problem solving and positive coping.



# Our Training



**‘Train the trainer’** model ensures a long-term, sustainable benefit for facilitators, communities and organisations.



**Accreditation process and post training support** ensures effective delivery and helps to develop professional practice.



## More information

15<sup>th</sup> June - Training in Online working

22<sup>nd</sup> June Parents Plus Children's Programme Facilitator Training

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# Covid-19 Strikes...



# Moving to remote working

Our team now works remotely online to

- Support facilitators delivering groups and sessions online and by phone
- Provide Parents Plus programme facilitator training online

# Which Software Platform?

We support professionals using all platform types  
(e.g. Zoom, MS teams, Google, phone conferencing, whatsapp, face  
time etc..)

Depend on agency policies

# Advantages of online/ phone

- Geographical Access
- New communication possibilities e.g. via chat

# Challenges

- Technical Set up
- Helping parents creating space at home
- Have to work harder to engage participants

# Making online work therapeutic?

- Prepare with individual calls
- Gallery view to see all on screen at once
- Use gesture and body language
- Break out rooms for small group work
- Chat function for increased interaction
- Role plays and demos can work well



# Online working - What we have learnt?

- Much more successful than expected
- Can preserve therapeutic benefits, but have to work harder to engage participants
- Preparation is key both for parents and professionals

# Supporting Parent and Family wellbeing during Covid-crisis

1. Reach out to families
2. Listen carefully to individual family needs
3. Attend to parent's needs as well the children's needs
4. Attend to adult relationships
5. Support family routines
6. Help parents have a plan for problems and misbehavior



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