

Special Needs Practice Seminar

27th June 2022

Practice Seminar

- 11am Opening and Welcome – Eileen Brosnan
- Parent empowerment and the Parents Plus Special Needs Programme (PPSN), Prof John Sharry Parents Plus
- 11:15am Rolling out the PPSN with follow up groups – the Scottish Experience. Sylvia Todman, Health and Wellbeing Practitioner, Thistle Young Persons Team
- 11:30am How the PPSN can work within a HSE disability setting and align with PDS principles. Eileen Crowley, Senior Occupational Therapist Limerick
- 11:45am Supporting parents in a school for children with mild ID – Suzanne Anglim and Emma Earley, Resource Teachers Scoil Chiarain
- 12noon - Delivering the PPSN with families with younger children with Intellectual Disabilities Catherine McConnell, Therapeutic Social Work Senior Practitioner in the Children's Learning Disability Therapeutic Service in the Northern Health and Social Care Trust
- 12:15pm What is working for the parents - feedback from recent evaluation - Lesley Lally, Research Psychologist Parents Plus

Thanks to everyone

Authors and development team: John Sharry, Gráinne Hampson, Aoife O'Leary,

Parent focus groups: 90+ parents who contributed in initial focus groups

Partner agencies: 60+ agencies who contributed to the programme development in the research

Research Team: Charlotte Wilson and Suzanne Mc Mahon, Lesley Lally

Parents Plus Training Team: led by Eileen Brosnan and Ciara Ni Raghallaigh

Parents: 330 parents who helped evaluated the first groups and 200+ who have started the new set

Thanks to Our Funders



An Roinn Leanaí
agus Gnóthaí Óige
Department of Children
and Youth Affairs

**RETHINK
IRELAND**

We are proud to be supported by the

**RTÉ
TOY
SHOW
APPEAL**

The Community
Foundation for Ireland

Charity No. CHY 13067



An Roinn Tithíochta, Pleanála,
Pobail agus Rialtais Áitiúil
Department of Housing, Planning,
Community and Local Government



Energy for
generations

Sunbeam House Trust

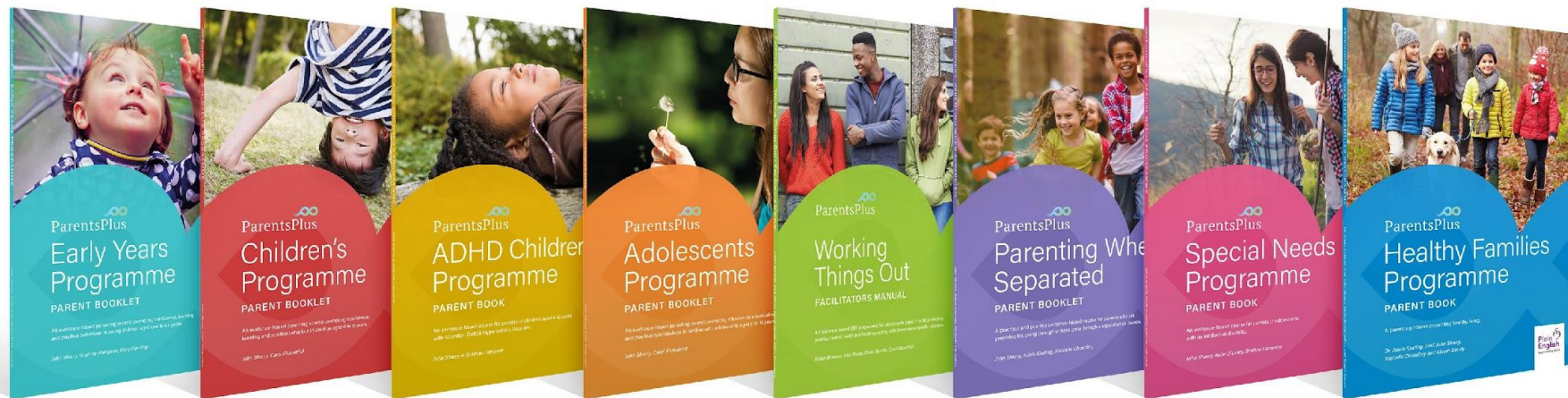


**Rialtas na
hÉireann
Government
of Ireland**



**The Community
Foundation for Ireland**

Parents Plus Programmes



Parents Plus Special Needs Programme

- Strengths-based parenting programme for parents of adolescents with intellectual disabilities
- Evidence-based with a large RCT study demonstrating positive benefits to parents
- Core programme is delivered over 7 weeks, to small groups of parents. Ongoing follow up group is recommended
- Facilitated group delivery - group discussion, worksheets, exercises, role-play, handouts and homework
- 3 day professional training, facilitator manual, and parent books.
- Post-training support, supervision and accreditation for facilitators.



Who is the PPSN Programme for?

Primarily for parents/carers of:

- children with an intellectual disability (ID) aged 11 to 18 years
- children with an ID and additional diagnoses such as ASD, ADHD and physical disabilities
- young adults aged 18 - 25 years, who have an ID

Can also be used with parents/carers of:

- children with an ID who are younger than 11 years
- children without an ID who have other additional needs



PPSN Programme Content





Group 1	Raising a Child with Special Needs	'Tuning In' to your Adolescent	Counting your Breaths
Group 2	An Emotional Journey	Positive Communication and Rules	Mindfulness
Group 3	Supporting Parents' Relationships	Establishing Routines	Focusing your Attention
Group 4	Supporting Siblings	Managing Challenging Behaviour	Visualisation
Group 5	Personal Coping and Life Balance	Friendships and Socialising Sex and Relationships	Relaxing your Body
Group 6	Planning for the Future	Talking about Special Needs, Self-esteem and Preparing for Adulthood	Noticing Thoughts and Feelings
Group 7	Coping in the Long Term	Managing Transitions	Self-compassion



The importance of parent empowerment