

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. multimedia, online 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



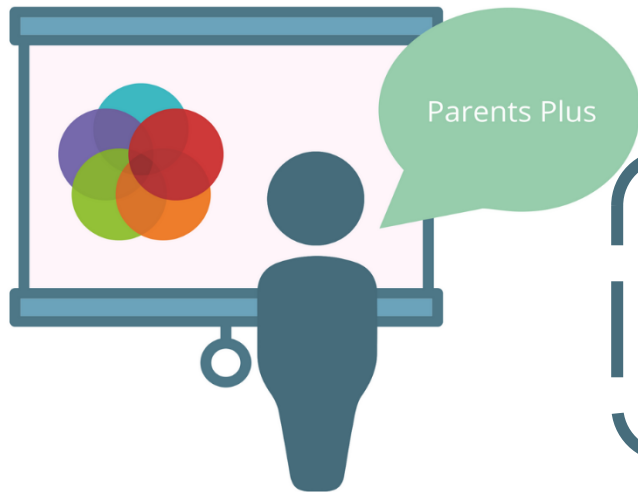
Supporting agencies to work together to improve outcomes for families.

Training professionals to deliver evidence-based programmes to families.

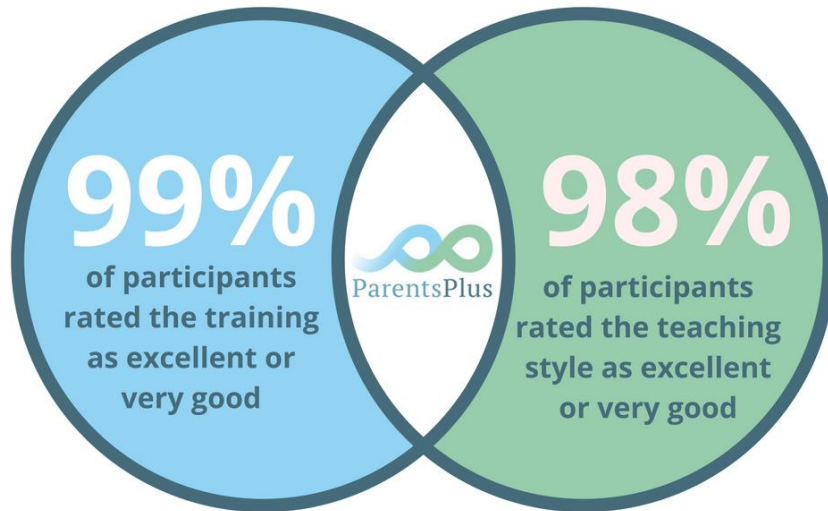
Empowering parents to communicate effectively and to build relationships with children.

Teaching children and young people problem solving and positive coping.

Parents Plus 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.

7 Parents Plus Programmes



Parents Plus Programmes

Empowering Families at All Levels of Need



Delivery to individual
parents

Presenting workshops
on specific topics

Running 6- 8 week small
group programmes

Delivering individual
family sessions and
group programmes

Community and Clinical Versions of Each Programme

**Preventative
Community Groups**
(preschools, schools,
family centres, Primary
Care, youth services)



**Community
Versions of PP
Programmes**

**Clinical/Specialist
Groups**
(CAMHS, Disability
services etc.)



**Clinical Versions
of PP
Programmes**

Parents Plus Programmes – Delivery

- Delivered over 6 to 12 weeks to parents or young people
- Draw on social learning , communication and relationship ideas within a solution-focused delivery
- Normal range of development and children with specific difficulties such as behaviour problems, ADHD, ASD, and developmental disorders.
- Uses video input to illustrate parenting techniques backed up by role-play, group discussion, handouts and homework
- Balance between input on researched parenting ideas and empowering parents to find their own solutions
- Can be adapted with the inclusion of extra modules (e.g. mental health, addiction) and therapeutic inputs (family therapy, individual support etc.)

Parents Plus Programmes – Research

Strong Evidence Base: 24+ research studies, including 7 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 24 studies consistently show that the PPP/ WTO are effective in:

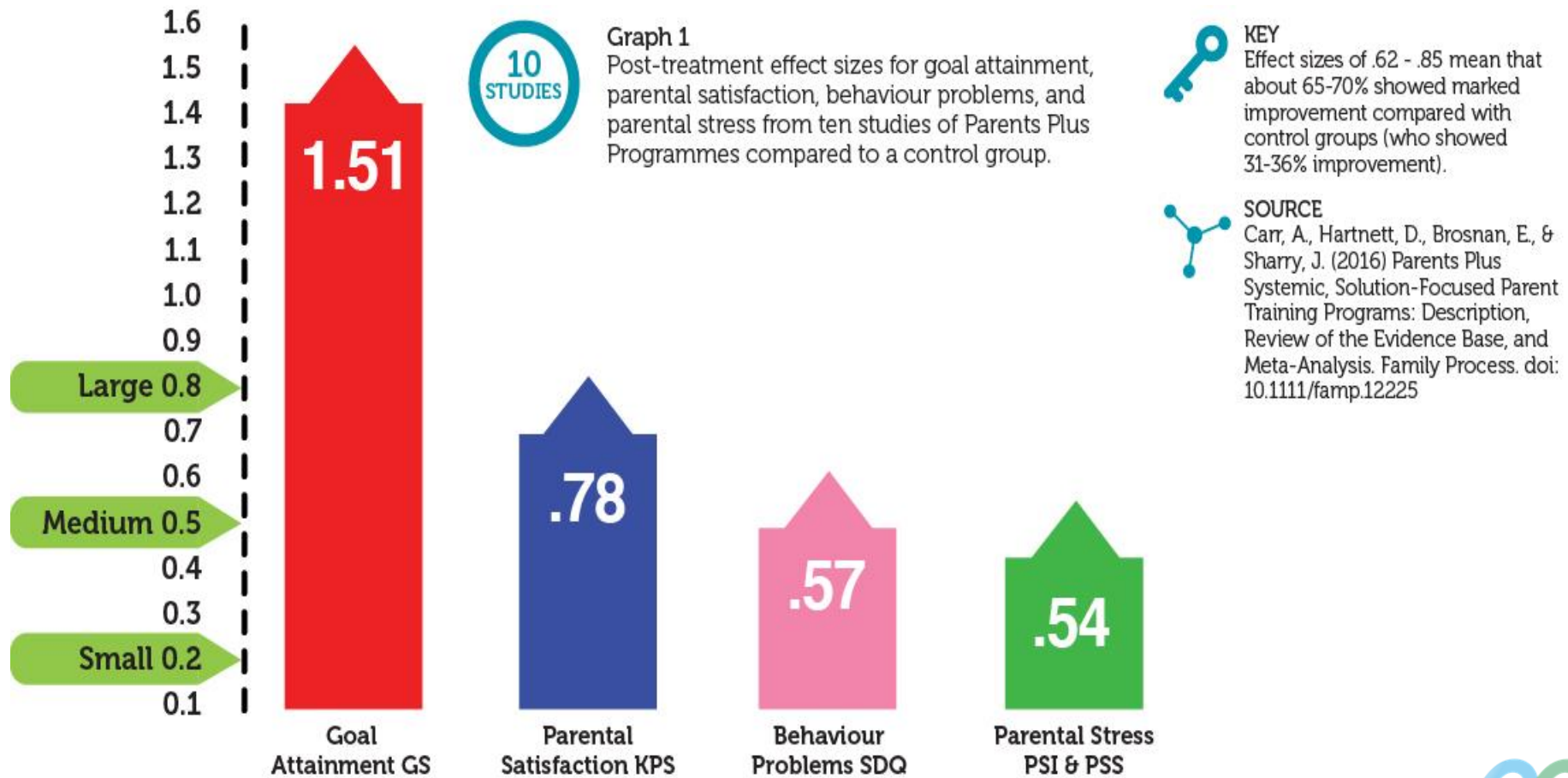
- Reducing emotional/ behaviour problems in children and teenagers
- Reducing parental stress
- Improving family communication and well-being
- Achieving high parent satisfaction in a variety of contexts and with a large range of presenting problems and issues.

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

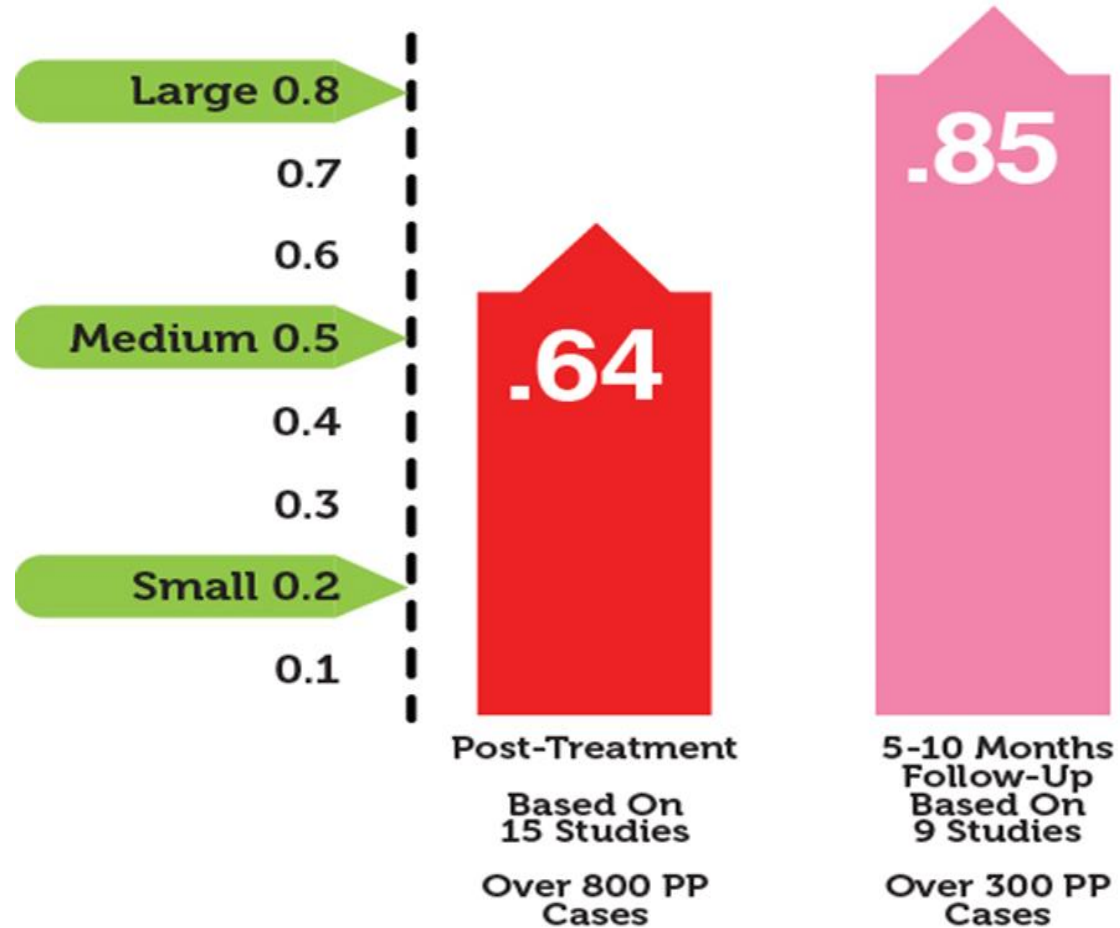
Parents Plus Programmes – Research Evidence



Parents Plus Programmes – Research Evidence

Graph 2

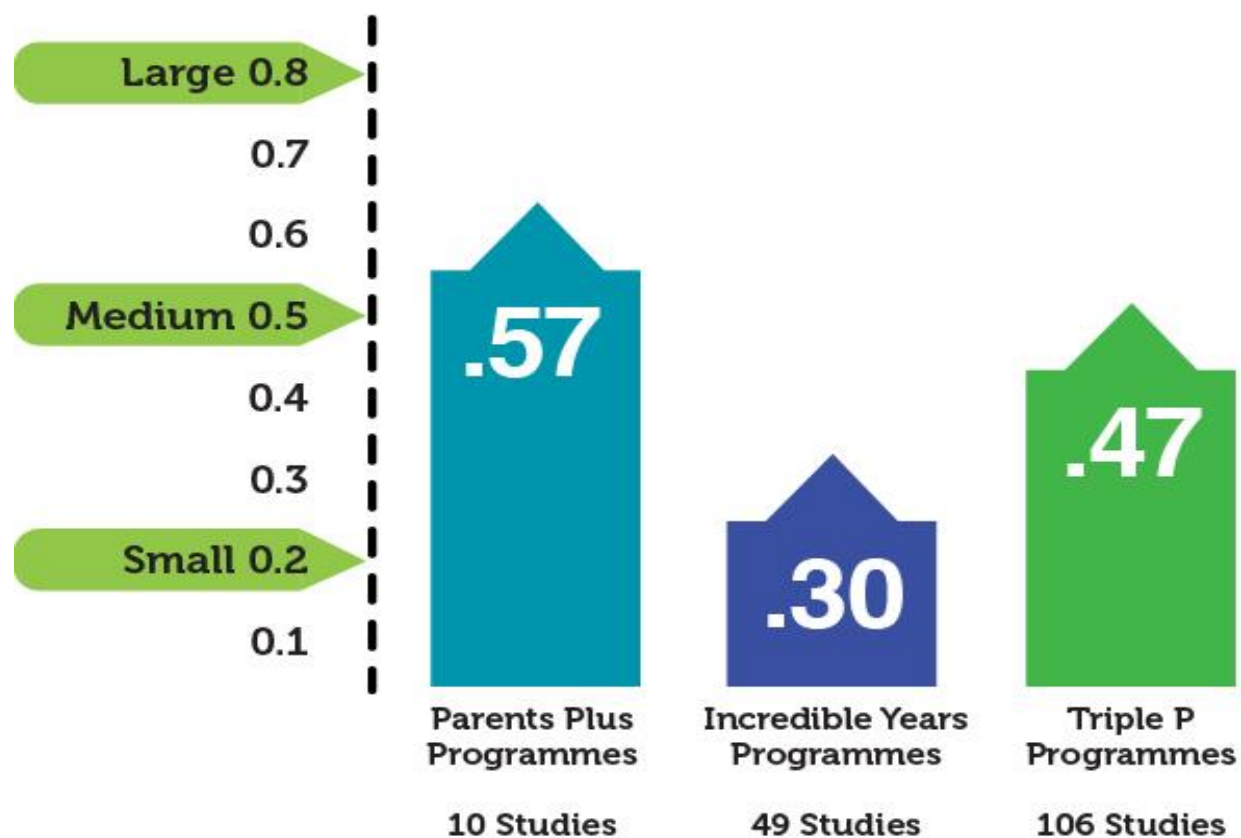
Effect sizes post-treatment, and at 3-10 month follow-up on the SDQ-P total difficulties scale from studies of Parents Plus Programmes.



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.





Early Years Programme

Parents Plus Early Years Programme

Promoting confidence, learning and positive behaviour in young children aged 1 to 6 years

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 Session-by-Session Plan

Individual Session 1: Screening

Group 1: Tuning into your child & Pressing the Pause Button

Group 2: Child-centred play and communication & Taking the lead with children

Group 3: Child-centred play and communication & Establishing routines and using rewards

Individual Session 2

Group 4: Encouraging and supporting your child & The 'Praise Ignore' Principle

Group 5: Ensuring encouragement gets through & Dealing with misbehaviour using consequences

Group 6: Prevention plans & Assertive parenting / Dealing with disrespect

Individual Session 3

Group 7: Problem Solving with Children & Step-by-Step Discipline

Group 8: Active listening and problem solving & Dealing with special needs

Group 9: Family listening and problem solving & Parent self-care

Individual Session 4: Follow Up

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



Children's Programme

Parents Plus Children's Programme

Promoting confidence, learning and positive behaviour in young children aged 6-11 years

Core Inputs

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

PPCP – Session-by-Session Plan

Individual Session 1: Screening

Group 1: Providing positive attention & Pressing the Pause Button

Group 2: Play and special time & Using ‘dos’ rather than ‘don'ts'

Group 3: Play & Establishing routines

Individual Session 2

Group 4: Encouragement and praise & Using consequences

Group 5: Encouraging homework and learning & Using sanction systems

Group 6: Prevention plans & Assertive parenting / Dealing with disrespect

Individual Session 3

Group 7: Problem Solving with children & Step-by-step discipline

Group 8: Active listening and problem solving & Dealing with special needs

Group 9: Family listening and problem solving & Parent self-care

Individual Session 4: Follow Up

Parents Plus Children's Programme – Research Clinical Setting

- Multi-site controlled clinical study
- Compared to Treatment as Usual (n=32) PP group (n=42) showed significant 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)
- Further PP group showed greater parental goal attainment
- Significantly, positive changes were maintained at five month follow-up for the PPCP group, in addition to further significant improvements in peer problems and prosocial behaviour



Adolescents Programme

Parents Plus Adolescents Programme

Promoting effective communication and positive relationships with adolescents aged 11 to 16 years.

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.

PPAP – Session-by-Session Plan

Individual Session 1: Screening

Group 1: Introduction to course & Positive communication

Group 2: Getting to know your teenager & Establishing rules

Group 3: Connecting with your teenager & Communicating rules positively

Individual Session 2

Group 4: Encouraging your teenager & Using consequences

Group 5: Listening to your teenager & Having a discipline plan

Group 6: Empowering teenager & Dealing with conflict and aggression

Individual Session 3

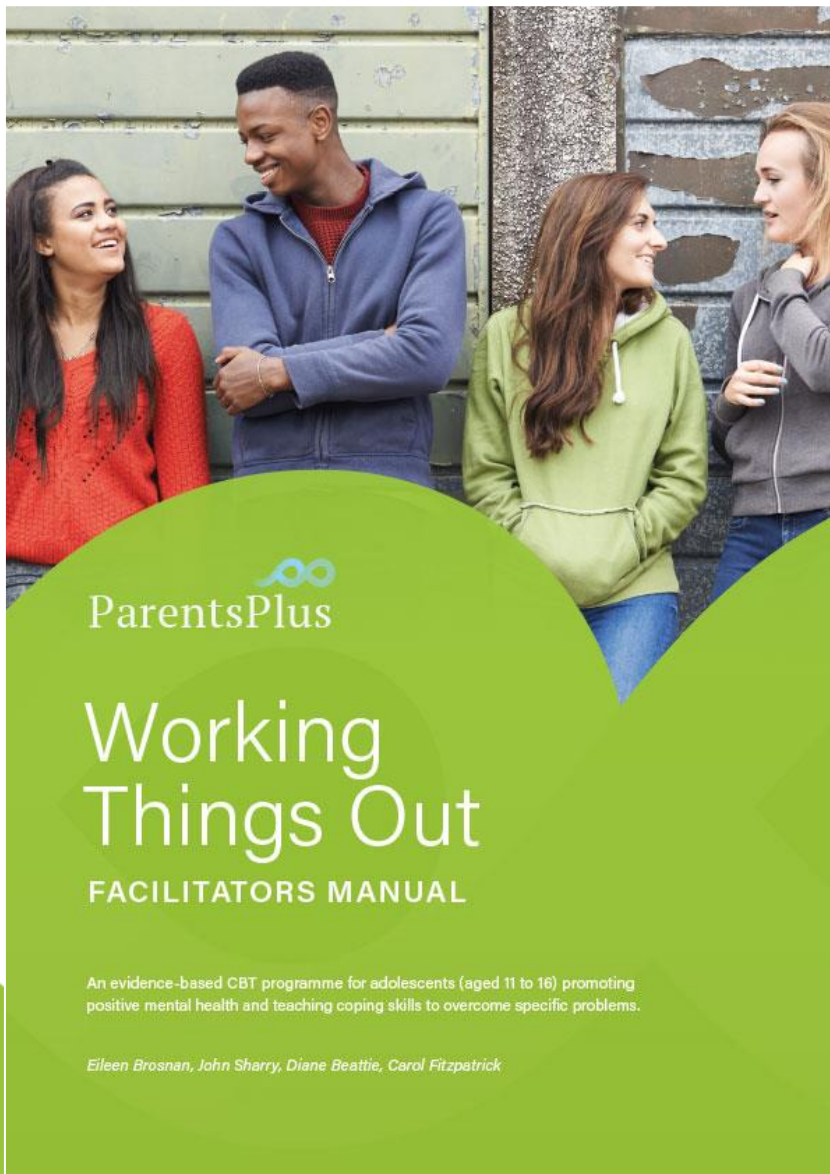
Group 7: Problem Solving & Dealing with specific issues

Group 8: Dealing with specific issues & Course evaluation

Individual 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



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

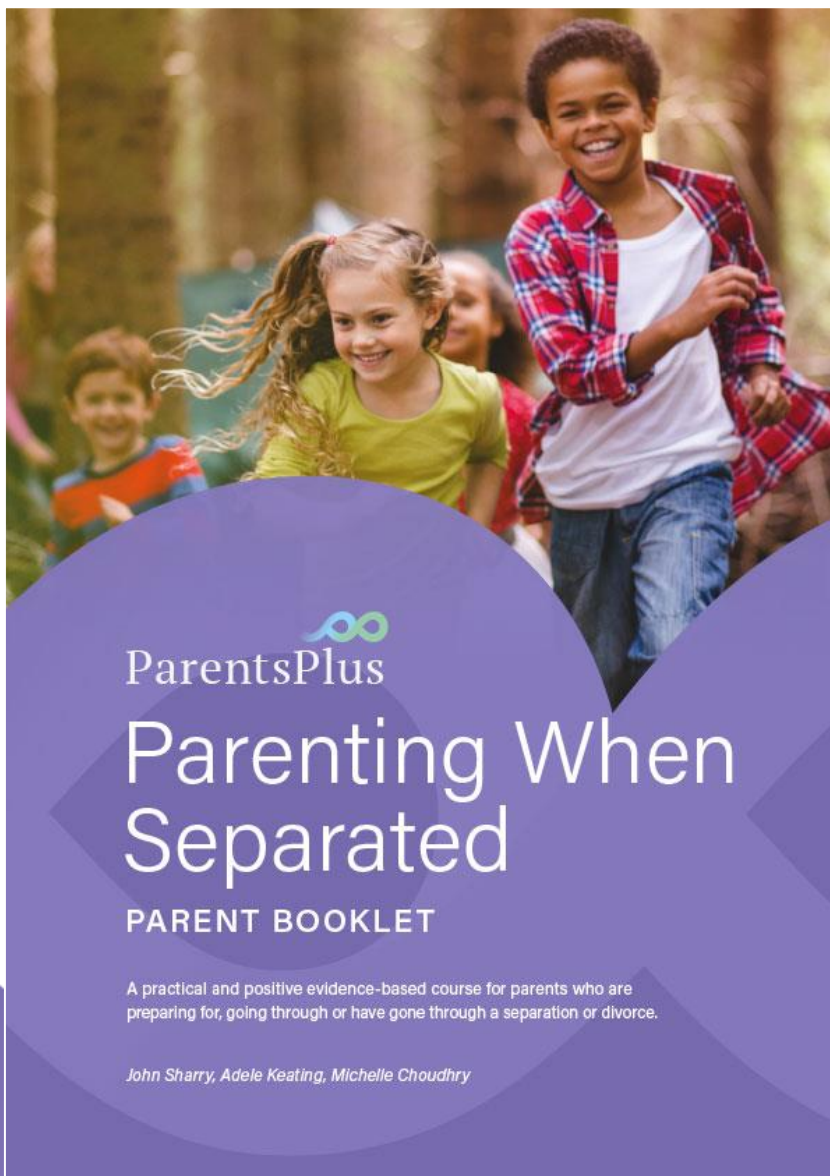
Group 6: Dealing with anger and conflict

Individual Session 3

Group 7: Communicating well & Building relationships

Group 8: Planning for the future & Making positive choices

Individual Session 4: Follow Up



ParentsPlus

Parenting When Separated

PARENT BOOKLET

A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

John Sharry, Adele Keating, Michelle Choudhry

Parenting When Separated

ParentsPlus
Empowering Professionals to Support Families

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

PWS – Session-by-Session Plan

Individual Session 1: Screening

Group 1: Introduction & The impact of separation on (i) parents and (2) children

Group 2: Co-parenting – Developing a business relationship & Effective communication

Group 3: Helping children cope; the needs of children at different ages; positive parenting strategies; and talking with children about separation

Individual Session 2

Group 4: Being a live away or resident parent and its impact on children & Managing successful contact for children

Group 5: Conflict management & Remaining calm in tough situations

Group 6: Coping in the long-term & Managing new relationships and their impact on children

Individual Session 3: Follow Up

Parenting When Separated Programme – Research in a Clinical Setting

- Random Controlled Trial
- PP treatment group (n = 82) compared to control (n = 79)
- Significant reductions were found in treatment group in peer problems subscale measured by Strengths and Difficulties Questionnaire (SDQ)
- There were also increases in
 - *Parenting satisfaction
 - *Conflict Management on the QCCS
 - *Co-parental relationship on the PSQ
 - *Client Defined Goals




ParentsPlus

Special Needs Programme

PARENT BOOK

An evidence-based course for parents of adolescents
with an intellectual disability.

John Sharry, Aoife O'Leary, Gráinne Hampson

Special Needs Programme


ParentsPlus
Empowering Professionals to Support Families

Parents Plus Special Needs Programme

Seven week course for Parents of

- 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)

Can sometimes be used with

- Children with an ID who are younger than 11
- Children without an ID who have additional needs

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.

Structure of the Programme



Structure of the Programme

Introductory Session			
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 Preparing for Adulthood	Noticing Thoughts and Feelings
Group 7	Coping in the Long Term	Managing Transitions	Self-compassion
Follow-up Group Session			




ParentsPlus

Healthy Families Programme

PARENT BOOK

A parenting course promoting healthy living.

Adele Keating, John Sharry, Niamh Doody

Healthy Families Programme


ParentsPlus
Empowering Professionals to Support Families

Parents Plus Healthy Families Programme

Eight week parenting course promoting happy and healthy lifestyles for children aged 1 to 12

1. Increased physical activity
2. Healthy foods and diet
3. Happy Family mealtimes
4. Managing screen time and technology
5. Relaxed sleep routines and less stress
6. Connected family relationships
7. Positive mental health and self care

Parents Plus and Working Things Out Programmes



Evidence-based, positive and practical interventions for families

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

Parents Plus Programmes

Empowering Families at All Levels of Need

Consultations



Providing information
and consultations

Workshops



Presenting workshops
on specific topics

Groups



Running 6- 8 week small
group programmes

Intensive



Delivering individual
family sessions and
group programmes



Thank you for listening!



www.parentsplus.ie