



Parents Plus Adolescent Programme (PPAP)

The PPAP Facilitator Training for practitioners is a specialised training designed for professionals who work with parents and caregivers of adolescents aged 11 to 16 years old. This Facilitator Training equips professionals with the skills, knowledge and resources needed to deliver the Adolescents Programme to parents in their community.

The PPAP is an evidence-based programme that provides parents with practical skills and strategies to support their adolescent's social, emotional and behavioural development. The programme is grounded in research and uses a strengths-based approach to support parents in building positive and supportive relationships with their adolescent children.

During the training, practitioners will build their facilitation skills in delivering the Adolescents Programme, including in the strengths-based engagement model for supporting parents. The training includes practice opportunities and covers key topics such as Adolescent brain development, communication, conflict resolution, and building resilience. The PPAP Training for Professionals is ideal for professionals working in a range of settings, including schools, social services, health clinics, and community centres. This programme is also suitable for professionals who work with families who are experiencing socio-economic disadvantage or are facing other challenges.

This evidence-based programme can make a real difference in the lives of adolescents and their families. By supporting parents to build positive and supportive relationships with their adolescent children, professionals can help to enhance the well-being and resilience of families, supporting positive outcomes for children and young people.

PPAP Facilitator Training

This Facilitator Training for professionals will take place over five morning sessions on zoom (9.15am-1pm) and will equip participants to use the programme with parents both in groups and individually and in online and face to face settings. It will also give you a structure, material and practice on providing Family Sessions to coach and enhance family problem solving.

The training is interactive with lots of participation and opportunity for group learning. There are regular screen breaks and one longer tea break for 15 mins at 11/11.15am. See the breakdown of the structure and content of the training modules below, though the exact format of training will be tailored to the needs of the participants. To enhance learning participants may be invited to complete a short assignment between sessions.

PPAP - Session by Session Programme Content summary

Positive Parenting		Positive Discipline
Understanding Teenagers	Group 1	Pressing the Pause Button
Getting to Know Your Teenager	Group 2	Establishing Rules with Teenagers
Connecting With Your Teenager	Group 3	Communicating Rules Positively
The Power of Encouragement	Group 4	Using Consequences
Active Listening	Group 5	Creating a Discipline Plan
Empowering Teenagers	Group 6	Dealing With Conflict and Aggression
Problem Solving With Teenagers	Group 7	Establishing Routines
Family Problem Solving	Group 8	Parent Self-Care

Facilitator Training for Professionals - content breakdown

<p>Module 1</p> <p>Introductions and Programme Overview Setting your Training Goals Background to PPAP, Research and Evidence base Introduction Video to Programme Navigating the Programme Materials Brief intro to the Strengths Based Model & Solution-focused Group Work ideas Familiarising with the Positive Parenting (PP) programme topics <i>Practice exercises</i> (Small Group Work/Breakouts)</p>
<p>Module 2</p> <p>Familiarising with the Positive Discipline (PD) programme topics <i>Practice exercise</i> (Small Group Work/Breakouts) Preparation for Session Planning and Group Work facilitation/Delivery skills practice</p>
<p>Module 3</p> <p>Planning a group session (Small Group Work/Breakouts) <i>Practice exercise</i>- Delivering a group session (Small Group Work/Breakouts) Dealing with challenges - group dynamics, complex and varying needs, time management and other topics arising</p>

Module 4

Ensuring/monitoring the Running a Good Quality Programme
The PP Quality Protocol - gaining parent feedback and reviewing progress
Post training Supervision & the Parents Plus Accreditation Process
Problem Solving with Teenagers
Demo Family Problem Solving structure
Practice exercise - Family Problem Solving Session (Small Group Work/Breakouts)
More on managing challenges - programme delivery in your service context

Module 5

Working with Parents - Demo of Solution Focused Parent Consultation model
Practice exercise - Pre programme meeting and Solution Focused Goal Setting (Small Group Work/Breakouts)
More on the Strengths Based Model & Core solution-focused facilitator skills
Practice exercise – Conducting the 'Review of the Week' section of the programme
Engaging parents, getting buy-in and motivation
Getting groups started, group design, next steps

A copy of the PPAP Facilitators Manual and Parent Book is required for the duration of the training. Full attendance at all modules is required for certification and we ask each participant to complete a feedback form at the end of each module. This feedback will help us fine-tune the training modules to ensure you get the most out of the Parents Plus training.

Learning Outcomes - By the end of this Training attendees will be able to:

1. Identify and discuss the core components of the PPAP including 'Positive Parenting' and 'Positive Discipline' topics and exercises that make up the programme and start to use the programme with parents, both in groups and individually and with families.
2. Demonstrate key skills in the strengths-based parent engagement model, facilitating solution-focused group work with parents, including engagement, retention and responding constructively to challenges.
3. Recognise and begin to address the factors that may support or hinder the implementation of the PPAP parent course in their local context.