

Launch Seminar

20<sup>th</sup> October 2022

# Thank you from Parents Plus to...

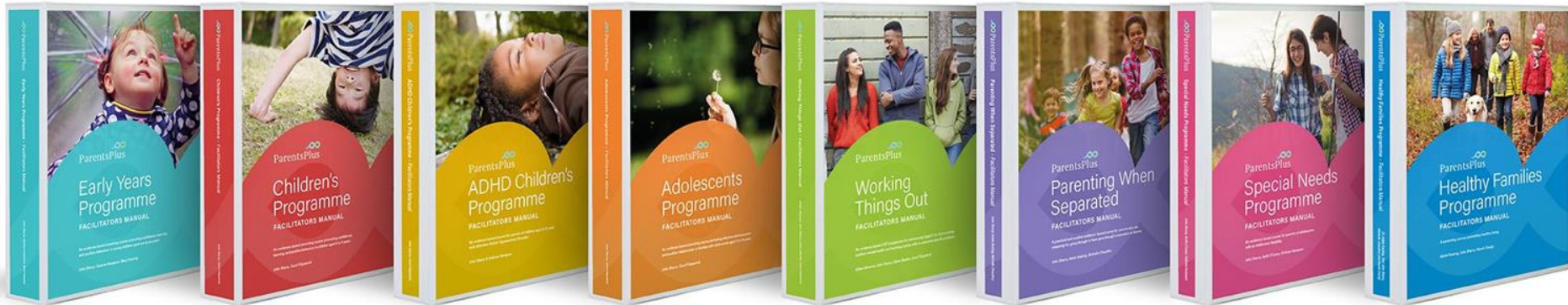
- Programme co-author Grainne Hampson
- All the Parents who participated in focus groups, research and contributed their stories and experiences
- ADHD Ireland who have run the Parents Plus Programmes for over ten years
- Dublin North City, Linn Dara and Gloucester Child and Adolescent Mental Health Services (CAMHS) who ran the pilots
- Keith Cregan, who contributed to the background research and chapter writing
- Dr Blánaid Gavin, who co-wrote the section on medication
- Úna O'Brien, Eileen Brosnan, Matt McDermot, Jon Baker-Churchill, and Lisa Whitlock Parents Plus trainers who co-facilitated the first pilots
- Lesley Lally who completed the pilot research

# Parents Plus Mission

Empowering Professionals to Improve Outcomes  
for Children and Families



# Our Programmes



# Programme Delivery

- Comprehensive professional training, facilitator manuals, parent books, DVDs.
- Delivered over 6-12 weeks to parents or young people, individually or in small groups.
- Collaborative, solution-focused and strengths-based.
- Can be used universally, preventatively or as an intervention, across sectors.
- Facilitated group delivery - group discussion, worksheets, exercises, video input, role-play, handouts and homework.
- Post-training support, supervision and accreditation for facilitators.

# Development of ADHD Programme

- Parents Plus Children's programme (1997) is the 'Mother Parents Plus programme'
- PPCP is a broad based behavioural parenting programme and has been effective with parents of children with ADHD
- In recent years, growing awareness of the specific needs of children with ADHD as well as the needs of their parents
- In 2021, met with ADHD Ireland to review their use of PPCP and agreed to make a more specific version for ADHD

# New Content in ADHD Programme

- The experience of parenting a child with ADHD
- Understanding the challenges and strengths of ADHD
- The role of medication and other treatments
- Managing homework and education challenges
- Understanding the emotional impact of ADHD and building children's self-esteem
- Talking to children about their ADHD
- Supporting children's friendships
- Creating long term supports as children grow up

# Evidence based for ADHD Programme

## **Study 1 - Child and Adolescent Mental Health Service (CAMHS) Ireland, RCT study ( 74 parents)**

Compared to the control group parents completing PPCP showed significant reductions

- Reductions in children's total difficulties and conduct problems
- Decreased parental stress and increased parental confidence
- improvements in parent-defined problems and
- Gains maintained at five-month follow-up also.

## **Study 2 – ADHD mental health service, Turkey RCT study ( 46 families)**

The children in the study were aged 6–11 years, and they had been diagnosed with ADHD and had residual symptoms despite effective dosage and timing of their medication.

- Compared to control Those in the PPCP group improved significantly more over time on
- Conners' Parent Rating Scale-Revised,
- Family Assessment Device,
- Parent Stress Index

The trial is the first clinical study involving the parents of children with ADHD that addresses residual symptoms and functional impairments that remain despite the administration of the maximum effective dose of pharmacological treatment.



# Evidence based for ADHD Programme

## Study 3 – CAMHS services and ADHD Ireland, Qualitative study ( 71 parents)

Question	Cohen's d
I understand how best to parent my child with ADHD	1.50
I understand my child's ADHD and what it means for them	1.43
I know how to talk to my child about their ADHD in a positive way	1.78
I have the support I need as a parent of a child with ADHD	0.52
I feel confident supporting my child's friendships with peers	0.57
I feel my child gets enough sleep	0.57
We have a good bedtime routine in our home	0.28
I am clear about making the best decision around medication for my child	0.10
I feel medication will help my child with their ADHD	0.14

# Facilitator Training Options

- 1) For those already trained in PPCP**, there two module training in the new ADHD programme - Tuesday 22<sup>nd</sup> and Tuesday 29<sup>th</sup> November 10am -12:30 pm
- 2) Not yet trained in PPCP**, can first do PPCP five module training and then at later stage do two module ADHD programme training
- 3) To coincide with the launch there is also a **special combo training in both the PPCP and ADHD** programmes on Thurs-Fri 8<sup>th</sup> 9<sup>th</sup> Dec 2022 and Wed- Fri, 4<sup>th</sup> 5<sup>th</sup> and 6<sup>th</sup> Jan 2023 (9am-1pm)

All training options on [parentsplus.ie](https://parentsplus.ie) or email [vicki@parentsplus.ie](mailto:vicki@parentsplus.ie) tel: +353 858433098