



2022

Annual Report

A Year of Impact



ParentsPlus

Universal, Preventative and Targeted Solutions for Services Supporting Families and Children.



2022

**Annual
Report**
A Year of Impact

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Message from CEO

A Year of Impact

2022 has been a year of significant growth and development for Parents Plus with the charity focusing on increasing the impact of our work in Ireland and internationally, guided by the new Parents Plus Strategic Plan 2022 – 2025. Eight strategic goals have been developed, setting out the high-level aims which underpin our vision for Parents Plus, and the services and families we set up to serve.

Building on the charity's participation in the Rethink Ireland Business Accelerator Programme of 2021, and seeing first hand the impact of Covid-19 pandemic on services and families, Parents Plus recognised the need to invest in infrastructure to grow and increase our impact, all critical to our purpose and mission. Key to delivering on this ambitious strategy has been our investment in expanding our team, ongoing research, building internal capacity to engage more services, raising the profile of the charity with key stakeholders at national and regional levels, as well as investing in resources to make our processes more streamline with expertise brought in across website development and PR.

I would like to take this opportunity to welcome Vicki Byne who joins the team as Impact Lead, working with services to identify which programmes and supports they need to improve outcomes for families; John Harvey working in Communications, raising the profile of our organisation; and Donna Kavanagh, our part time Office Manager, tasked with ensuring the smooth running of the office. For the long standing members of the team there have been some new changes also with Parents Plus co-founder and CEO Dr. John Sharry now leading Research and Development as Clinical Director, and Dr. Eileen Brosnan now Head of Implementation and Practice. We also welcomed two new assistant psychologists, Cian O' Regan and Katie Eustace, supporting our research and development work. As a member of the Parents Plus team since 2019 I was honoured to accept the position of Interim CEO and am committed to delivering the new Parents Plus Strategic Plan 2022 - 2025, scaling the impact of the charity, and working in partnership with the Parents Plus colleagues and partners, to ensure the continued quality delivery of all services to our stakeholders.

Building on our compliant financial reporting requirements as detailed by the Charities Regulatory Authority, Parents Plus also committed to working towards reporting in line with Charities SORP (Standard of Reporting Practice under FRS102), a statement of recommended practice that sets out how charities should prepare and report on their finances. This measure aims to provide a greater level of information, transparency and accountability.

2022 also saw the launch of the Parents Plus ADHD Children's Programme (PP-ADHD) with over 500 CAMHS, Primary Care, Education and Family Support professionals signing up to the online event. Currently ADHD affects approximately 5 - 6% of children in Ireland, with a recent HSE report showing that of the 21,000 cases of children and young people attending CAMHS, 30% will have ADHD. The programme is Ireland's first ADHD training programme for frontline professionals and provides a much needed resource for them to effectively support families managing the challenges associated with ADHD.

Message from CEO

Our work to support both the voluntary and HSE Children's Disability Network Teams to improve outcomes for families raising a child with an intellectual disability continued, with ongoing funding from Rethink Ireland and the JP McManus Benevolent Fund, helping us to add to the numbers trained in and supervised in delivery of the Parents Plus Special Needs and Early Years Programmes.

During 2022 we also continued our work with a wide range of public and voluntary sector organisations rolling out the Parents Plus programmes across mental health, community, education and family support services, including the Homes School Liaison service, the National Council for Special Education (NCSE) to roll out the Adolescents and Working Things Out Programmes in secondary schools, and supporting the Tavistock and Relate services in the UK to deliver the Parenting when Separated Programme.

An important result of adding communications capacity to the team has been the marked increase in the number of professionals taking up our post training supervision, with a total of 332 professionals availing of this service in 2022. Evidence shows that supervision and supporting facilitators through the accreditation process are integral to services maintaining improved outcomes for the families they work with, and why the charity provides two free supervision sessions to each professional trained in our programmes. Parents Plus also supported further services with limited funding and who work with high need families, by increasing the number of professionals we sponsored to train in our programmes, across both the public and voluntary services - an increase of 24.2% on 2021.

Although our scheduled training, supervision and outcome tracking services continue the strong growth trajectory of recent years, enabled by the pivot to online delivery as a result of the pandemic, the fallout from Brexit and significant budget cuts to services in the UK has resulted in a reduction in numbers availing of our programme trainings. However, our work with UK services increased overall in 2022 with 77 professionals attending supervision, identifying this post training support as essential to their services. We plan to see training numbers recover and increase further with our investment in capacity building to scale our impact in the UK.

Our core model is indeed to train and supervise services to deliver evidence based programmes in their local communities so families can avail of them at their point of need. However, in response to the overwhelming demand for parenting support during Covid 19, the pilot we launched to make our programmes available online through organisations, such as Parentline and ADHD Ireland, and the overwhelming number of families still needing support, we applied to the RTÉ Toy Show Appeal to fund expansion of this vital initiative. Fast forward and 2022 has seen Parents Plus scale this life-changing model via further national organisations, such as Family Carers Ireland, The National Parents Council and The Mid-West Parenting When Separated Project, with the goal of improving the futures of over 2,000 children and parents in the next two years. We also recognise the legacy effect that this financial investment will have on communities for years to come and would like to thank all the members of the public who donated to and made this initiative a reality through RTÉ and The Community Foundation of Ireland.

Message from CEO

However, 2022 has not been a year without challenges. The number of children, young people and families on mental health, disability and family support waiting lists has increased substantially post-lockdown, as has the number of services seeking our support to help address this crisis. It is against this backdrop of need that we will continue to invest in the necessary infrastructure to scale our impact and further build the capacity of services to deliver proven parenting and mental health support to improve the futures of families.

Finally, I would like to take this opportunity to thank all of the incredible Parents Plus team for their dedication to delivering on the mission of the charity, and for the commitment and invaluable contribution of each of our Board of Directors in 2022. I look forward to working with you all in 2023.

Warmly,



Cherie Tyner

Chairperson's Statement

It is my pleasure to welcome you to the Parents Plus Annual Report for 2022. On behalf of the entire team at Parents Plus, the Board and I are proud to share with you the progress we have made over the past year.

For 25 years, Parents Plus has been dedicated to developing and delivering evidence-based parenting programmes to support families across Ireland, the UK and internationally. Our dedication remains as steadfast today as when we began. Our mission is deeply personal to us all - to improve the well-being of children, young people and their parents, and to strengthen families by empowering professionals to deliver our evidence-based programmes in their services.

This past year, we have continued to train, supervise and support hundreds of professionals as facilitators to ensure our independently reviewed and evidence-based programmes are sustainably delivered across services, providing real and lasting positive outcomes for families.

We are also delighted to have launched the new Parents Plus ADHD Children's Programme in autumn 2022 - Ireland's first ADHD training programme for frontline professionals. This programme provides a much-needed resource for services to effectively support families and parents in managing the challenges associated with ADHD.

Through the ongoing support of Rethink Ireland, the JP McManus Benevolent Fund and the RTÉ Toy Show Grant, we have also been able to continue to increase the number of professionals trained in our programmes, as well as expand our pilot with key national organisations to deliver Parents Plus programmes online and support further parents and children during a time of significant stress and need.

As an Irish registered charity, we strive to raise the bar when it comes to compliance and governance. Our team works tirelessly to ensure that we are not only fully compliant with the Charity Act 2009 but also meet all the standards outlined in the Charities Governance Code. Our commitment to transparency and accountability is unwavering, and we are constantly looking for ways to improve our practices and exceed expectations.

We are delighted to launch our new Parents Plus Strategic Plan 2022 – 2025, which will guide us over the coming years as we work to increase the impact of our charity by working with our partners to deliver a high-quality service that improves the outcomes and well-being of children, adolescents and parents.

Chairperson's Statement

With some changes to our staffing in 2022, we are pleased to welcome new team members who bring a wealth of experience and expertise to the Parents Plus family. We are delighted to announce that Cherie Tyner was appointed interim CEO of Parents Plus having been a valuable member of the team since 2019. Parents Plus co-founder and former CEO Dr. John Sharry is now leading Research and Development as Clinical Director, and Dr. Eileen Brosnan is now Head of Implementation and Practice.

We would like to welcome Vicki Byrne who joins the team as Impact Lead, John Harvey who works in Communications; and Donna Kavanagh, our part-time Office Manager. We also welcomed two new assistant psychologists, Cian O' Regan and Katie Eustace, who support our research and development work.

We are deeply grateful for the hard work and dedication of everyone working with Parents Plus. They are committed to excellence and we really appreciate and value all the continued work they do to ensure the success of Parents Plus. I would also like to thank my fellow Directors for their continued dedication and commitment to the charity. There will be many challenges for Parents Plus in 2023 but we believe we are well-positioned to meet these and are determined to continue to grow and develop.

We would also like to express our gratitude to the Mater Hospital for their continued support of Parents Plus charity through the provision of accommodation, services for training and support for the programmes in general.

As we look forward to the coming year, we know that there will be challenges ahead, but we are confident in our ability to meet these challenges and continue to make a positive impact on services, families and communities across the globe. Thank you for your continued support and belief in our mission.

Warmly,



Dr Michael Drumm

About Parents Plus Charity

Why we exist

Parents Plus charity are leaders in developing, implementing, evaluating and disseminating evidence-based parenting and mental health interventions for services supporting families and children. Over the past 25 years, our charity has been working closely with teams across the community, mental health, disability, and education sectors, to build their capacity and skills to improve outcomes for families from the early years to adulthood.

Our focus is training and supervising these teams to improve outcomes for children, young people and parents in their communities at their point of need.

Parents Plus charity consistently demonstrates innovative practice as each intervention has been developed with services and families, for services and families. In the last 10 years alone, Parents Plus has supported over 1,000 organisations, in Ireland and internationally, to create sustainable change in their service delivery, strengthening over 100,000 families.

Backed by over 25 years of research, our programmes have proven benefits for families, including those dealing with disadvantages, disabilities, and mental health problems, as well as family life's regular ups and downs.

All profits from sales of programme training and supervision are re-invested in developing new evidence-based programmes to respond to the evolving needs of families and to sponsor facilitator training and support of services with limited budgets, who work with high-need families.

Founded in 1995 by Child and Adolescent Consultant Psychiatrist Professor Carol Fitzpatrick and Principal Social Worker Dr John Sharry, and established as a charity in 2001, our collaborative practice, training and supervision of teams ensures we are uniquely placed to equip services to deliver proven interventions tailored to the needs of local communities.

“

In the last 10 years alone, Parents Plus has supported over 1,000 organisations, in Ireland and internationally, to improve outcomes for over 100,000 families.

”

Mission, Vision and Values

Our mission - Is to improve outcomes of children, young people, and parents and to strengthen families, by empowering professionals to deliver our evidence-based programmes in their services.

Our vision - Is that all families have access to proven and tailored parenting tools, from the services they turn to, at their point of need, in their communities, improving their outcomes.

EVIDENCE-BASED

Parents Plus provides an evidence-based service. We are committed to researching outcomes and developing effective programmes in response to the needs of families and young people, as well as supporting facilitators to continually evaluate their practice to ensure their groups meet their family's needs.

UNIVERSAL, EARLY INTERVENTION, AND PREVENTION

Parents Plus programmes are important universal, early intervention, and prevention interventions.

TAILORED

Our programmes are tailored to the needs of local communities and can be delivered one-to-one, in groups or online, to reach the most at-risk families.

EMPOWERING

Parents Plus believes in empowering the professionals and families we work with. Our programmes are focused on encouraging children and parents to achieve their potential and our professional training is focused on encouraging professionals to achieve the highest standards of excellence.

COLLABORATION

Parents Plus focuses on collaboration. We work closely with families to ensure the programmes meet their goals and to ensure their experience and knowledge are central to the content of the materials.

Our Impact Model



Train the Trainer

The Parents Plus portfolio of parenting and mental health programme training packages for professionals is effective:

- Universal programmes for all families raising children
- In prevention for disadvantaged and at-risk families
- As interventions for high-need families dealing with complex problems

Effective for children across different age groups, each programme can be delivered individually or in small groups, both in person and online, to parents and carers.



Supervision

Evidence shows that supervision and supporting facilitators through the accreditation process are integral to services maintaining improved outcomes for the families they work with, and why our charity provides two free supervision sessions to each professional trained in our programmes.



Capacity Building and Regional Rollouts

Our team of experts work closely with services across Community, Mental Health, Disability and Education, to build their capacity and skills to deliver and evaluate our proven interventions, tailored to the needs of local communities, as well as support regional and national rollouts, to ensure effective community-wide delivery



Sponsorship of services with limited funding

Parents Plus reinvests profits made in sponsoring services who work with high-need families, and who have limited funding, to train in and deliver our programmes in their communities.



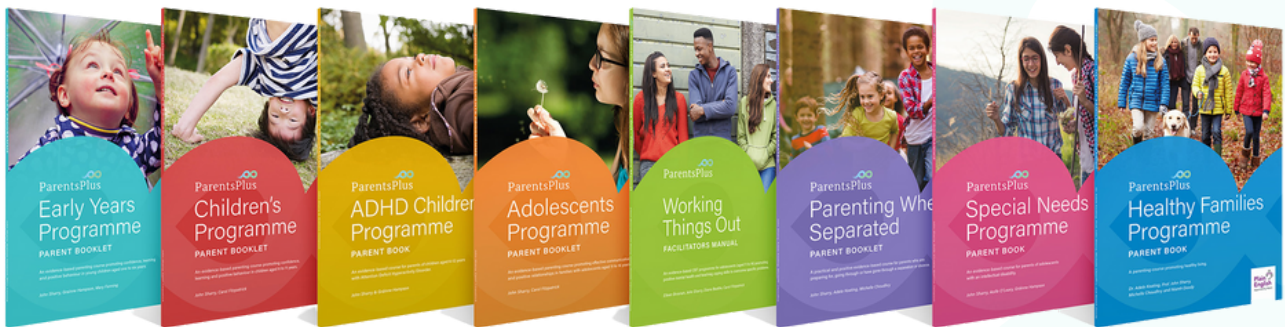
Development of Further Evidence-Based Programmes for services

Parents Plus reinvests profits made into development of further programmes to build capacity of services to respond effectively to the evolving needs of families, as can be noted by the 2022 launch of the Parents Plus ADHD Children's Programme and current research and development work.

Our Professional Programmes

Parents Plus has developed eight flagship programmes in response to the evolving needs of families and young people, including their specific experiences.

Our programmes combine a social learning model with a solution-focused preventative framework that encourages and empowers parents, young people, and children to 'take charge' and make positive changes in their lives.



The [Early Years Programme](#) for parents of children aged 1 to 6.

The [Children's Programme](#) for parents of children aged 6 to 11.

The [Adolescents Programme](#) for parents of adolescents aged 11 to 16.

The [Working Things Out Programme](#) targeted at adolescents aged 11 to 16.

The [Parenting when Separated Programme](#) targeted at parents who are preparing for, going through, or have gone through a separation or divorce.

The [Special Needs Programme](#) to support parents who have an adolescent with an intellectual disability.

The [Healthy Families Programme](#) to support healthy, active and positive family lifestyles.

The [ADHD Programme](#) to support parents of children with ADHD aged 6 to 12.

The Services We Support

Professionals and sectors

Parents Plus trains and supports over 800 professionals as facilitators each year throughout Ireland, the UK and internationally.

Our bespoke train-the-trainer model ensures that professional service providers are best equipped to improve the lives of thousands of families and young people in a variety of settings, including family resource centres, child and adolescent mental health clinics; and disability services, childcare centres and preschools; primary and secondary schools; and child protection agencies.

Trained professionals include teachers, social workers, speech and language therapists, psychologists, family support workers, public health nurses, occupational therapists, psychiatrists, childcare workers, mental health workers, health promotion officers and community Workers.





“

We had a waiting list of more than six months for young people waiting for counseling, and anxious parents also looking for support. Since running the Parents Plus Adolescent and Working Things Out Programmes our waiting list has reduced enormously and young people are discussing the improvements they feel at home.

”

Squashy Couch Adolescent Project Coordinator
Niamh Kelly, Waterford

Evidence Base



Backed by over 25 years of research.

The Parents Plus Programmes have a strong evidence-base that demonstrates positive outcomes for families who complete our programmes.



There are 24 internationally recognised studies

conducted in clinical, community and disability settings, attesting to their effectiveness for families dealing with a variety of challenges and issues. These studies have all been independently supervised by University College Dublin, Trinity College Dublin and the University of Limerick.

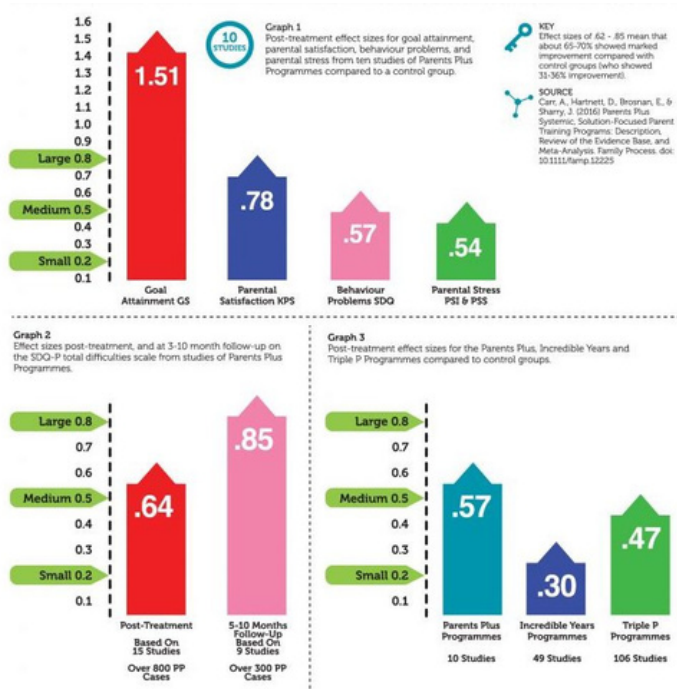


The Parents Plus Programmes follow **international best-practice guidelines** as described by the National Institute for Clinical Excellence in the UK and have been **independently reviewed** by the Early Intervention Foundation (EIF), NHS Education for Scotland (NES) and the National Parenting Academy (NPA) and were **awarded top ratings**.

Evidence Base

Meta-Analysis of the Parents Plus Evidence Base.

Professor of Clinical Psychology, Alan Carr, University College Dublin, conducted a **meta-analysis** of the Parents Plus evidence base, **with over 1,000 families** in specialist settings. This analysis highlighted the **significant benefit for families who attend the Parents Plus courses**, both post-treatment and importantly, at follow-up. Professor Carr concluded:



In summary, the research shows:

1. The Parents Plus Programmes have a significant impact on:

- reducing child emotion/behaviour problems.
- reducing parent stress.
- increasing parent satisfaction.
- increasing therapeutic goal achievement.

2. Most significantly, the gains made by families are maintained 3 to 10 months after completing the programmes and in some instances the benefits have increased. (Graph 2 below)

3. With an average effect size of .6 across all the studies, the effectiveness of the Parents Plus Programmes compares favourably with other international parent training programmes with large evidence bases. (Graph 3 below)

4. The results have been observed with over 1000 families in specialist settings, such as mental health and disability services, as well as in preventative community settings, such as schools and family centres.

The study was published in the International Journal Family Process.

[Read full paper here.](#)

Growing Our Impact

2022 has been a year of significant growth and development for Parents Plus with the charity focusing on increasing the impact of our work in Ireland and internationally, guided by our **new Parents Plus Strategic Plan 2022 – 2025**. Eight strategic goals have been developed, setting out the high-level aims which underpin our vision for Parents Plus, and the services and families we set up to serve.

Building also on the charity's participation in the Rethink Ireland Business Accelerator Programme of 2021, and seeing first-hand the impact of the Covid-19 pandemic on services and families, Parents Plus recognised the urgent need to invest in infrastructure to grow and increase our impact, all critical to our purpose and mission.

Over 2022, and key to delivering on this ambitious strategy has been our investment in:

- **Expanding our team** to include a new Impact Lead, Communications Officer and part-time Office Manager
- **Developing further our Research and Development and Implementation and Practice Departments** with Dr. John Sharry as Clinical Director and Dr. Eileen Brosnan as Head of Implementation and Practice
- Building **internal capacity to engage more services**
- **Raising the profile of the charity** with key stakeholders at national and regional levels
- **Expertise across website and SEO development and PR**
- **Charities SORP Reporting**

As we approach 2023, our team of experts and board of directors are committed to delivering the new Parents Plus Strategic Plan 2022 - 2025, and working in partnership with services and team to increase the impact of our work.

Strategic Plan 2022 - 2025

2022 saw the launch of the new Parents Plus Strategic Plan 2022 – 2025. The plan is informed by up to date research on the needs of families; impact of the Covid-19 pandemic; the current social, economic and political context for families living in Ireland, and internationally; as well as the gaps in services working with parents, children and young people.

Parents Plus charity is now at a pivotal stage in our growth, with world class solutions for services and families. To this end we will focus on increasing our impact in Ireland to respond to the growing needs of families and services, and scaling our current work in the U.K. and internationally to further strengthen families and improve outcomes.

Eight strategic goals have been developed, setting out in further detail the high-level aims which underpin our vision for Parents Plus, and the services and families we set up to serve.

By delivering on these goals, Parents Plus will be best placed to:

- 1. Increase the impact of our world-class parenting and mental health programme research, trainings, supervision and outcome monitoring for services, and importantly, families;**
- 2. Continue to respond to evolving needs of families, particularly those most marginalised and underserved, through development of evidence-based programmes and sponsorship of services with limited budgets and who work with high need families.**

Strategic Goals

- Goal 1** Increase the impact of Parents Plus in Ireland, through the number of services and professionals trained and supervised in programme delivery, to improve outcomes for families.
- Goal 2** Increase the international impact of Parents Plus.
- Goal 3** Increase programme accessibility and impact for services and families.
- Goal 4** New Programme research and development to respond to evolving needs of families and services supporting them.
- Goal 5** Increase access to our evidence-based programmes by high need and disadvantaged groups.
- Goal 6** Increase impact of post training support to agencies to improve outcomes for families
- Goal 7** Research and Evaluation of our programmes to ensure excellence
- Goal 8** Governance and Administration

“

We've been facilitating Parents Plus Programmes in our Primary Care service for a number of years. I always find our final sessions very moving as each parent shares the progress they've made, and the ways in which things have changed for them as parents and for their children.

”

Primary Care Senior Clinical Psychologist
Dr Rosario Power, H.S.E. Kildare



Our Impact in Ireland in 2022

In 2022 we trained 753 professionals in our evidence based parenting and mental health programmes and provided supervision support for 335 professionals from community, education, health and disability services.



753

PROFESSIONALS IN OUR
CORE PROGRAMMES

The infographic features a dark blue circular badge with the number 753 in large white font. Below the number, the text 'PROFESSIONALS IN OUR CORE PROGRAMMES' is written in white, all-caps font. The badge is positioned over a white silhouette of the map of Ireland.



335

TOTAL
PROFESSIONALS
FOR
SUPERVISION

The infographic features a light blue circular badge with the number 335 in large white font. Below the number, the text 'TOTAL PROFESSIONALS FOR SUPERVISION' is written in white, all-caps font. The badge is positioned over a white silhouette of the map of Ireland.



129

PROFESSIONALS
FOR INDIVIDUAL
SUPERVISION

The infographic features a teal circular badge with the number 129 in large white font. Below the number, the text 'PROFESSIONALS FOR INDIVIDUAL SUPERVISION' is written in white, all-caps font. The badge is positioned over a white silhouette of the map of Ireland.



206

PROFESSIONALS
FOR GROUP
SUPERVISION

The infographic features a green circular badge with the number 206 in large white font. Below the number, the text 'PROFESSIONALS FOR GROUP SUPERVISION' is written in white, all-caps font. The badge is positioned over a white silhouette of the map of Ireland.

Our impact in the UK in 2022

In 2022 we trained 135 professionals working in UK community, education, health and disability services. We also provided supervision for 77 professionals.





“
 Parents Plus programmes help us to support families experiencing emotional and behavioural difficulties. Parents report vast improvements in relationships with their children and in their own skills in parenting. Teachers observe corresponding improvements in the behaviours and social interactions of the children whose parents attend the Parents Plus courses.”
 Primary School Teacher
 Patrick Kinsella, St. Peter's, Wicklow

“
 Parents Plus training has enabled me to be a better teacher. I can now cater to the hidden needs of young people in an informed capacity. It gives parents the tools to parent effectively, implement discipline at home and manage the many challenges of parenting teenagers. It then reflects in the way young people behave in school.”
 Home School Liaison Officer - Yvonne Kiely, St. Joseph's, Rush

“
 As a Public Health Nurse, I've facilitated Parents Plus programmes in community settings for the past four years. We receive very positive feedback from parents, and when meeting these parents at a later stage, they often report the programme having 'changed their lives.’
 Primary Care Public Health Nurse
 Noreen Gorman, Wicklow

“
 The Parents Plus Training has had the biggest impact on the way I work as an SLT with children and parents. The biggest change has been learning to become solution focused to empower families to make long term positive changes.”
 CAMHS Speech and Language Therapist Ger Buckley, Dublin



“
 We've observed first-hand the success of the Parents Plus Programmes for families. Many parents have attended other parenting courses. All of them feel Parents Plus is different and that they learn so much more. A lot of other parents are keen to attend now due to parents telling them of how Parents Plus has changed their lives.”
 Chance For Change Manager - Rhonda Murphy, N.I.

“
 Since the Parents Plus training, and being part of implementing the courses in our region in the U.K., I have a more profound understanding of what it takes to support families to make changes in their life.”
 Family Support Practitioner
 Jon B. Churchill, Devon County Council, U.K.

“
 Due to the proven efficacy of the Parents Plus Adolescent Programme (PPAP) in improving outcomes for parents, carers, children and young people, Bristol City Council has committed to funding PPAP Facilitator training for 8 years.”
 Parenting Supervisor
 Deborah Davis, Bristol in Focus

“
 The techniques parents learn in the Parents Plus Children's Programme transform life at home.”
 Community Development Worker
 Marion Clarke, Ballyhoura Development CLG



“
 Parents Plus programmes provide an evidence-based, cost effective, systematic approach to supporting children with a wide variety of issues, and their families. When parents use these positive parenting tools, we prevent issues such as anxiety, social phobia and depression, occurring in children.”
 Professor of Psychiatry
 Onur Burak Durson, Ataturk School of Medicine, Turkey

“
 Parents Plus is one of the most effective parenting programmes. The courses produce real results for parents and are easy to facilitate, helping parents to achieve their goals. I would definitely recommend Parents Plus to other professionals.”
 Dr. Foo Fung, Medical Doctor, Singapore Community Services

“
 Parents Plus Parenting When Separated Programme greatly benefits my practice. Parents report that it's very helpful in supporting their children, reduces conflict and improves communication with their ex partners.”
 Family Support Worker
 Susan Lynott, Springboard, Dublin

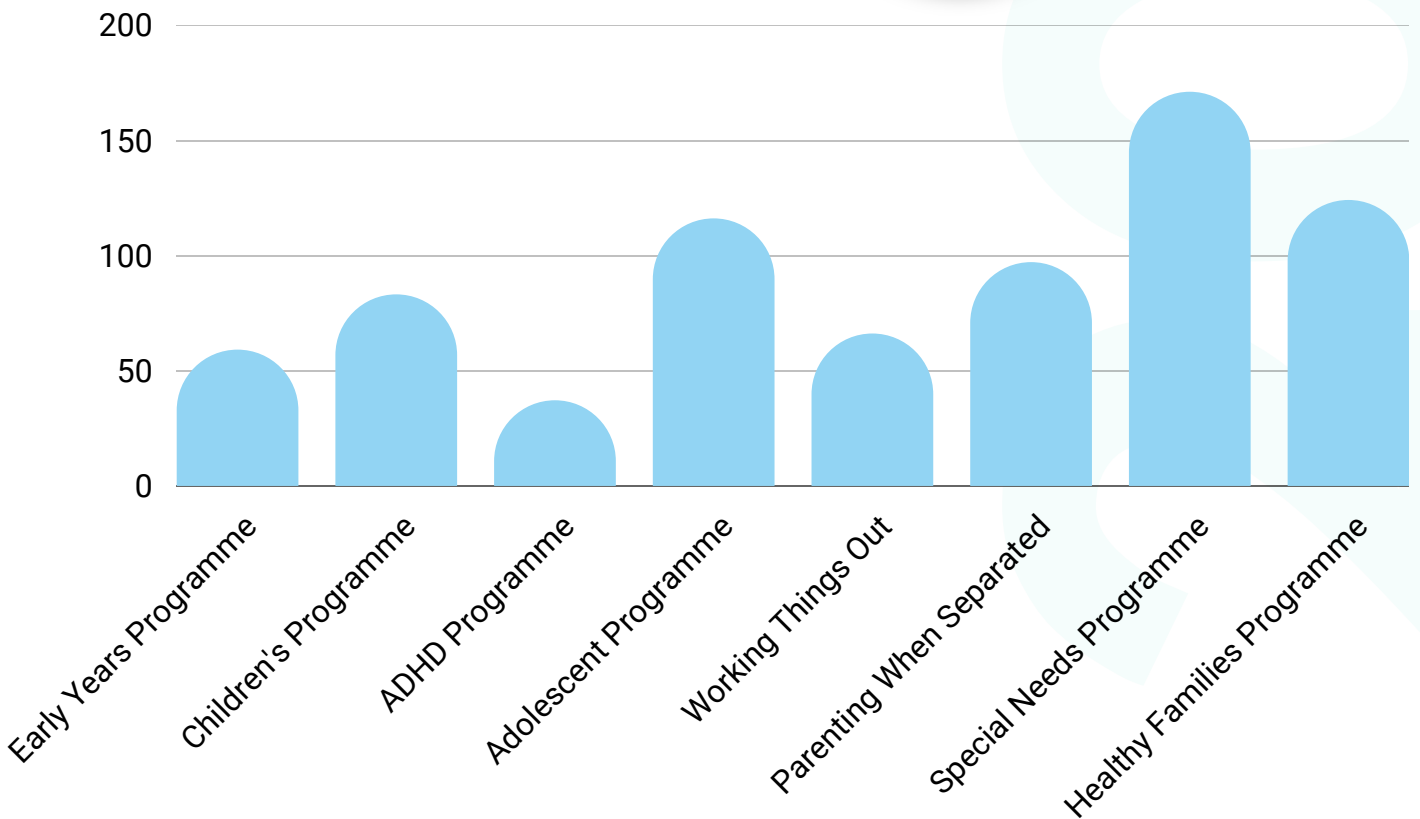
“
 We see the evidence – The Parent Plus Early Years Programme is very successful for the parents we work with and a valuable part of our multi-disciplinary team work.”
 H.S.E. Early intervention Team
 Kathleen O'Hara, MayoDevelopment CLG

Training and Supervision

753
PROFESSIONALS
TRAINED IN CORE
PROGRAMMES

288
TOTAL
PROFESSIONALS
SUPERVISED

Breakdown of professionals by
Parents Plus Programme for 2022



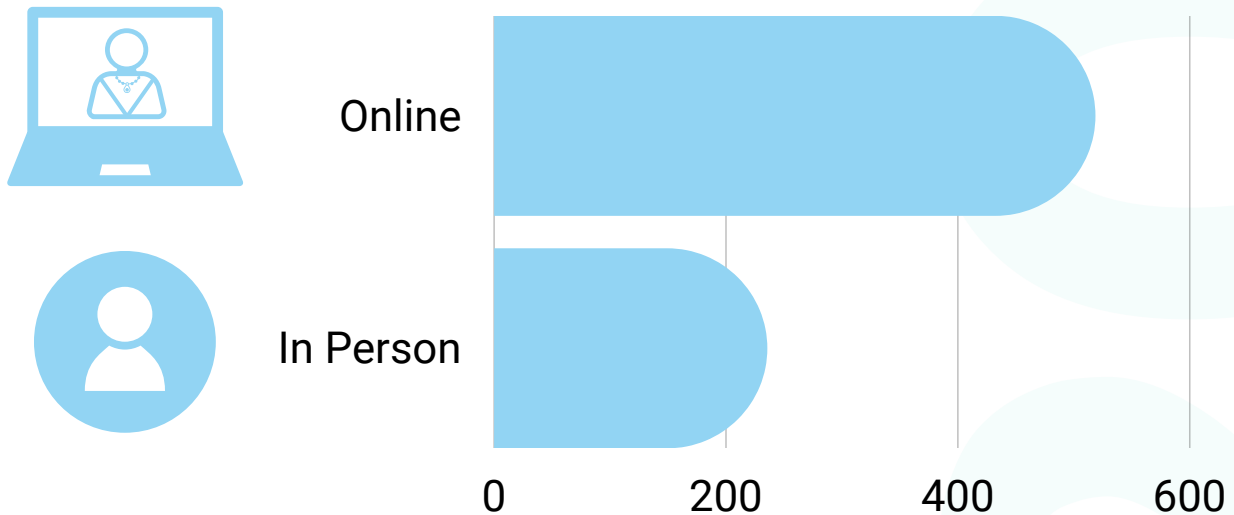
Training and Supervision

Evidence shows that in order to further improve outcomes for families, professionals must be supported, post training, to implement parenting and mental health groups within their own settings. Thus, a key strategy for Parents Plus is to increase the engagement of trained professionals in post training supervision. With this in mind, Parents Plus continued to integrate post-training supervision into all training packages.

From 2022, all professionals trained in Parents Plus programmes were offered:

- A two-week post training call to provide support
- Two supervision sessions funded by Parents Plus within year one
- Further sponsored supervision available by application.

Where training took place in 2022



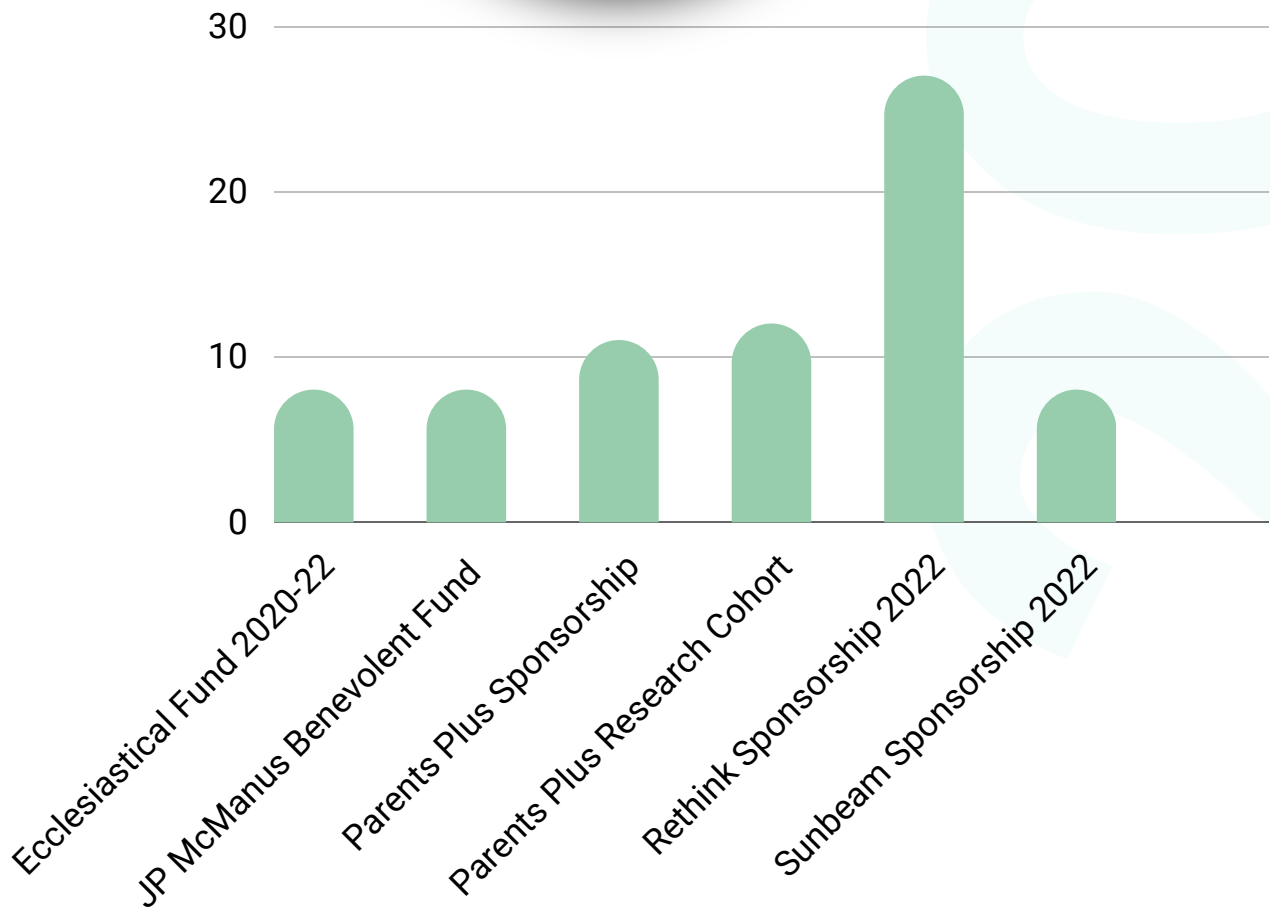
518
PROFESSIONALS
ACCESSED
TRAINING
ONLINE

235
PROFESSIONALS
ACCESSED
TRAINING
IN
PERSON

Sponsored Training

In 2022 our charity proudly sponsored/funded training places for 74 professionals from the community, education, health and disability sectors. This was from our own income and from external grants that we secured to help services support families and children more effectively.

This was an increase of 24.2% on 2021.



Onsite Training

As we continued to evolve as an organisation post-Covid-19 we were once again in a position to offer onsite training. In 2022 we delivered 16 face-to-face programme trainings in the Republic of Ireland and the UK.

These included:

North Somerset Council
Ecclesiastical UK
Wexford Primary Psychology
Family Carers Ireland
Devon County Council
UCD Ed Psych Doctorates
Bagenalstown FRC
Healthy Communities
Ballincollig FRC
Together for Children (Sunderland Council)
NCSE
South Tyneside Council
Rochdale Council
North Tyneside Council
Gateshead Council
CAMHS

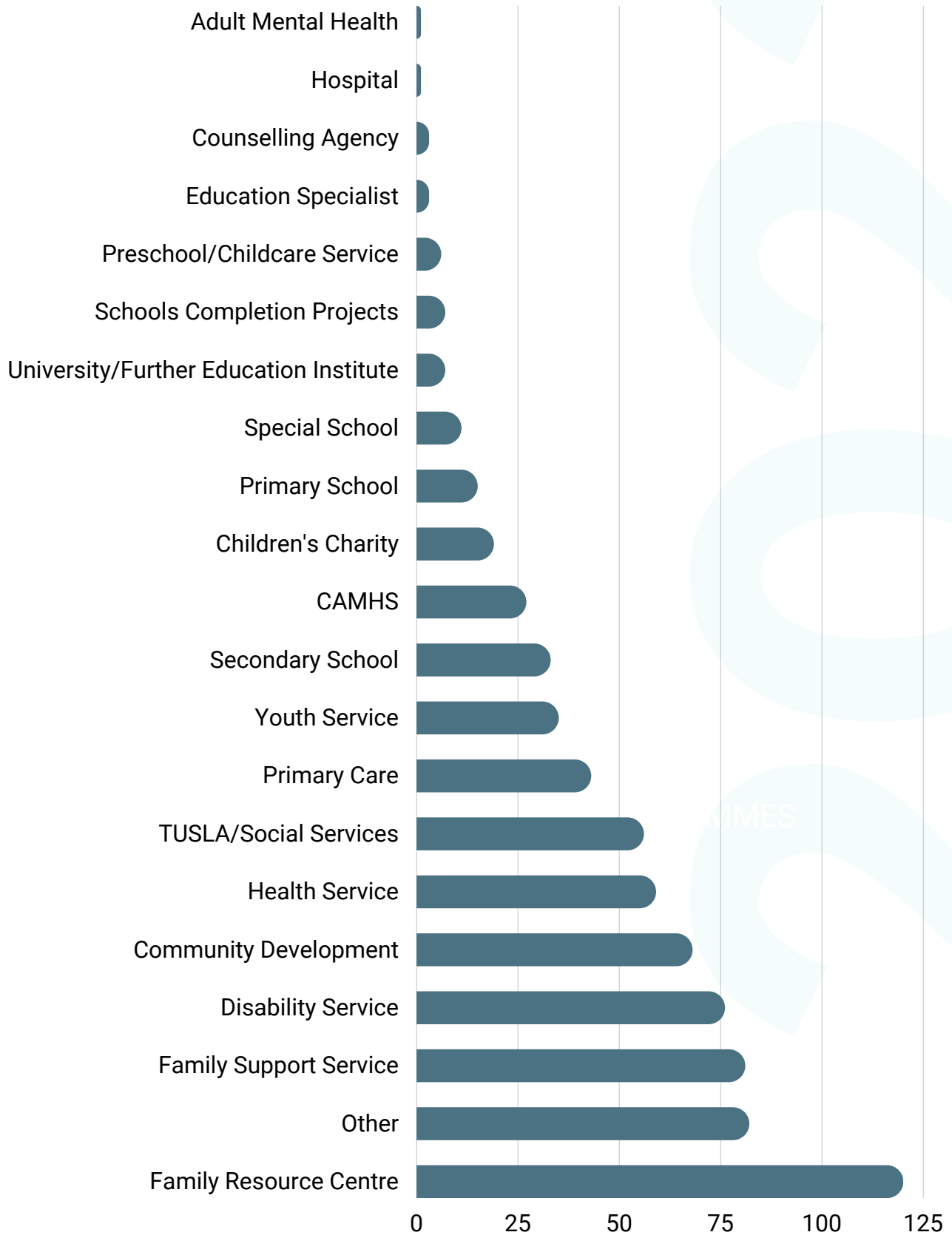


Professionals and Services

Professionals who trained in Parents Plus programmes were from a wide range of professions. Most were represented across the Family support, Mental Health, Education, Disability and Community Sectors.



Professionals and Services





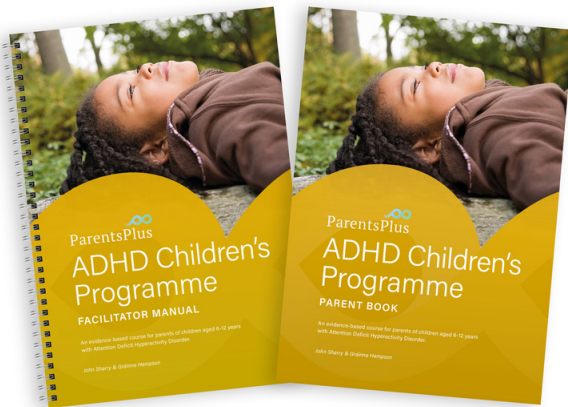
Universal, Preventative and Targeted Solutions

Spotlight On 2022

2022 saw the continuation of the effects of the Covid Pandemic on families. For some services it was possible to return to in person work but many services also continued with Zoom and MS Teams to run their parent groups and Parents Plus continued to support these practitioners and services to hone their skills and find the best ways to draw parents into online or in person support.

In the next section of this report you will read our progress in developing our existing partnerships and bringing on board new services and collaborations to fulfil our mission improve outcomes for as many families as possible with evidenced based supports.

Launch of ADHD Programme



ADHD affects approximately 5 - 6% of children, with over 65,000 children with ADHD living in Ireland. Furthermore, 30% of referrals to HSE CAMHS are for children with ADHD. More than half of all parents with ADHD will have a child with ADHD and recent genetic studies suggest a heritability rate of as much as 74%. This means that siblings of children diagnosed with ADHD are also 2 – 3 times more likely to have ADHD too.

Research emphasizes the importance of early access to parenting interventions and treatment, which significantly improves outcomes for children with ADHD and their families.

In response to the need for services to improve outcomes for families affected by ADHD, Parents Plus launched its new, ADHD Children's Programme for Professionals on Thursday, October 20th, 2022. This programme is **Ireland's first ADHD training programme for frontline professionals.**

The seminar saw over 500 professionals from CAMHS, Primary Care, Education, Disability, and Family Support services sign up to the event to learn how to support families more effectively with evidence-based programmes.

The seminar included a presentation from Úna O'Brien, a CAMHS speech and language therapist who delivered the Parents Plus Groups to families via ADHD Ireland.

Una O'Brien explained how frustrating it can be for professionals who may not know or understand enough about ADHD and how having the programme tools will help to improve their confidence and supports provided.

The launch also included presentations from parents who shared how the service has impacted them and how the whole family has benefited from the programme. This was the most powerful part of the launch, giving parents a platform to speak to professionals about the programme's impact.

The Parents Plus ADHD Children's Programme provides a much needed resource for services, particularly HSE CAMHS and Primary Care Teams, to deliver early and proven tools to families managing challenges associated with ADHD.

“

The Parents Plus ADHD Children's Programme is a fundamental tool to effective ADHD care. Professionals learn how to use helpful solution focused therapeutic strategies to enable positive behaviours.

”

Consultant Child and Adolescent Psychiatrist, Dr Blánaid Gavin



LEARN MORE



“



We see the evidence...
The Parent Plus Early Years Programme
has proven to be very successful for the
parents we work with and is now a
valuable and regular part of our multi-
disciplinary team work.

”

Kathleen O'Hara, Early Intervention

Midwest FRC Forum



Parenting When Separated Project - Mid-West Family Resource Centre Network

The **Parenting When Separated Project**, is an excellent example of partnership in practice. The project operates within the Mid-West Family Resource Centre Network and is coordinated by the Northside FRC.

Working in collaboration with the local Court Services and other community agencies the project provides support to parents who are separated or in the process of separation. The initiative sees the delivery of Parents Plus Parenting When Separated (PWS) course offered online to parents either going through separation and divorce, or having already separated. Many of the parents involved to date have been referred to the project via the Family Courts.

The online delivery of this support brings wider accessibility for parents attending. The course has been extremely successful, and positive feedback from participants includes increased confidence, improved communication with co-parents, and reduced conflict in the family.

The project first came to fruition following discussions between **Ciara Kane, CEO of Northside Family Resource Centre, Limerick, Judge Mary Larkin of Limerick Court Services, and Carmel Savage, Family Mediation Service on a potential collaboration to support families going through a separation.**

By the middle of 2021, the demand for support from parents grew beyond the capacity of Northside FRC which was providing the Parents Plus Parenting When Separated Programme to parents accessing their support services in Limerick. Thus, the Mid-West Parenting When Separated Steering Group was formed as a substructure of the Mid-west Family Resource Centre Forum, made up of the 9 Family Resource Centres in the region.

As a direct result of the collaboration, there are now 17 Parenting When Separated Facilitators and a Regional Steering Group, as well as a Project Co-ordinator led by Northside Family Resource Centre. The programme is offered free of charge to parents, and referrals are made through the Northside Family Resource Centre project coordinator. The project provides a one-stop-shop for parents going through a separation.

Parents Plus is now supporting this project via funding from the RTÉ Toy Show Appeal grant. This collaborative project between the Courts, Family Mediation and Community Services, is providing good quality support to this very high-need group of families. By providing the tools and knowledge to families to navigate the challenges of separation and co-parenting, they can ensure the best possible outcomes for their children.



“

Parents Plus training gave me a strong structure, with tried-and-tested content, to feel confident in facilitating the Children's Programme. Parents Plus challenges parents in a positive way, with parents less stressed and more relaxed with their families after doing the course.

”

Marian Clarke, Family Support Worker

Prevention and Early Intervention as Key



What Works is an initiative designed by the Department of Children, Equality, Disability, Integration and Youth, which aims to maximise the impact of prevention and early intervention to improve outcomes for children and young people living in Ireland. Better Outcomes, Brighter Futures: The National Policy Framework for Children and Young People 2014-2020 identifies Prevention and Early Intervention as a key transformational goal for children's services.

Parents Plus were honoured to be invited to speak as part of the panel of experts at the festival of learning, with Roderic O'Gorman TD, Minister for Children, Disability, Equality, Integration and Youth launching the event.

As a charity researching and developing evidence based programmes, and training and supervising services in these interventions so as to improve outcomes for families, we welcome this important initiative to Ireland.

With a focus on the highest standards of excellence, Parents Plus programmes follow international best-practice guidelines as described by the National Institute for Clinical Excellence in the UK and have been independently reviewed by the Early Intervention Foundation (EIF), NHS Education for Scotland (NES) and the National Parenting Academy (NPA) and were awarded top ratings.

It was apt that the first in the world Parents Plus Special Needs Programme received a spotlight, given its impact to date in disability services. Parents Plus Special Needs Programme Coordinator, Ciara Ní Raghallaigh, and parent, Niamh Kerrigan, spoke about the need to expand this ground breaking programme to more disability services to better equip them with the tools to improve outcomes for marginalised families raising an adolescent with an intellectual disability.

The Special Needs Programme was developed in consultation with disability services and parents from across the country, and importantly has undergone a randomised controlled trial with Trinity College Dublin Psychology Dept., showing the programme as having significant improvements for families and adolescents with an intellectual disability.

It was humbling to hear parent Niamh Kerrigan share her story and the journey from a parent of her daughter Lauren to a Special Needs Programme Facilitator. She told the audience about how she was **"stuck in limbo"** and that **the programme was the first time she sat down with parents like her** and explained, **"that's where the power is"**.

The success of the Special Needs Programme is a testament to the power of collaborative efforts to create meaningful and impactful interventions for children and young people with intellectual disabilities.





“

We chose to commission Parents Plus in our organisation as they are Irish based and provide good support and supervision. Since training in Parents Plus I can now give parents the support and confidence to be the best parents they can be.

”

Lulu O' Kelly,
Senior Support and Development Worker

Expanding Pilot with RTÉ



In response to the overwhelming demand for parenting support during Covid-19, Parents Plus launched a pilot programme to make our evidence-based programmes available online through key national parent support organisations such as Parentline and ADHD Ireland.

Our team quickly identified the need to expand this vital initiative given the overwhelming number of families still needing support, and so applied to the RTÉ Toy Show Appeal.

Fast forward and with the support of the RTÉ Toy Show Grant and the generosity of the public, Parents Plus has been able to scale the pilot programme and the range of programmes on offer through further national partner organisations including ADHD Ireland, Parentline, Family Carers Ireland, and the mid-west Family Resource Network. All programmes are delivered by accredited Parents Plus facilitators.

The funding is playing a crucial role in helping the charity expand the number of online Parents Plus programmes delivered directly with our partner organisations, including the Parents Plus Early Years, Children's, Adolescent, ADHD, Special Needs, Healthy Families and Parenting When Separated Programmes.

In 2022, we have run more than 20 programmes through this initiative. Over the course of the funding in 2022 and 2023, this initiative **will improve outcomes for over 2,000 children and parents nationally.**





“



The Healthy Families Programme is relevant to all areas of modern family life. The issues that parents look for most support with include routines, screen time, mealtimes and establishing good sleep patterns for their kids. The Healthy Families Programme answers all of these concerns and gives parents the tools to address these issues positively.

”

Brona Murphy,
Transitions Development Worker

Supporting UK Services



Running Hybrid Groups - North Somerset Family Wellbeing Parenting Team

North Somerset is a relatively small seaside authority with a population of 216,700, including areas in the top 25% of England's most deprived regions.

In response to parents' feedback, face-to-face groups were declined due to a lack of childcare, money for transport, anxiety around attending, distance to travel, and work timing issues.

Funding for taxis was withdrawn in 2018 due to austerity measures.

As a solution, North Somerset's Parenting Team looked at how they could engage more parents to attend and launched the hybrid Parents Plus Adolescent Programme (PPAP) in September 2022.

The initial visits to parents on the waiting list confirmed if the online route was viable, considering data poverty and support for going online through libraries.

For the first Hybrid PPAP attendees included five face-to-face parents from five families and nine online parents from five families.

The team achieved an 82% retention rate for the group, with parents more likely to join the online program. The hybrid model worked well for families with childcare, work timing, after-school clubs, and working away issues. It meant they could attend some sessions in person and some online. All the course materials, including the Adolescent Programme parent book, and session evaluation sheets was dropped off or sent before the course.

The staff team underwent training to deliver the hybrid model to build up their skills and confidence, particularly with the tech end of things.

The programme has been very successful and further programmes have rolled out since. The North Somerset's Parenting Team demonstrated that a hybrid model is an effective way to provide parenting support for families who may face barriers to in-person attendance. By combining in-person and online sessions, the team was able to increase parent participation and retention, ultimately achieving its goal of promoting positive parenting in the community.

Parents Plus Special Needs Programme

Building on 2021, and to scale the delivery of the PPSNP in 2023 and beyond, the PPSN Programme was delivered by trained facilitators in services in Ireland England and Scotland. This scaling-up initiative was made possible with funding from Ecclesiastical Movement for Good, the JP McManus Benevolent Fund and Rethink Ireland, and in collaboration with ARC Scotland.

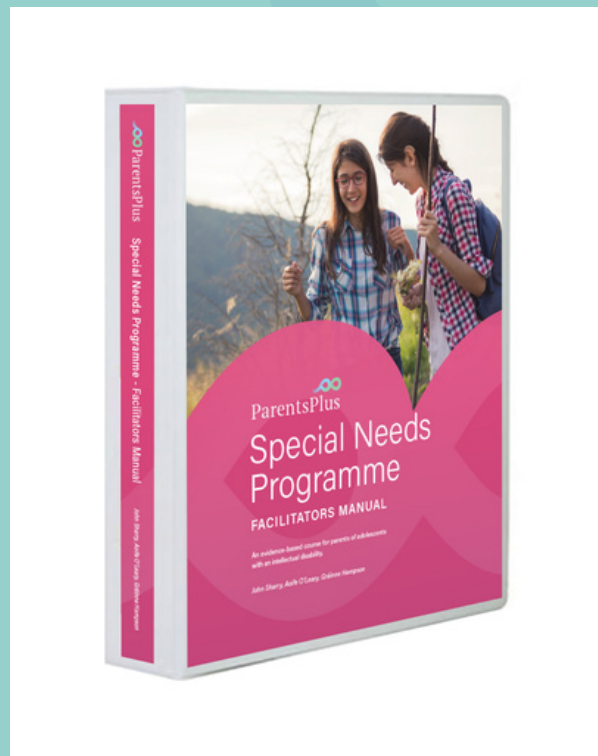
The larger-scale implementation of the Parents Plus Special Needs Programme has supported the running of fourteen groups for parents throughout 2022.

The outcomes for participating parents are being evaluated as part of a study (Parents Plus and Trinity College Dublin) conducted in Ireland and the UK, where parents are supported to complete a set of standardised measures, pre and post-intervention, and again at six and twelve months follow-up.

This longitudinal design looks closely at how the benefits of this evidence-based programme 'holds' for families, even a year after they attend the programme. Initial data are showing positive benefits, and the qualitative feedback from families and practitioners reinforces the power of peer support via the group delivery format.

In June 2022 we had 250 people registered to attend the PPSNP Practice Seminar. This special practice seminar took place to celebrate and support the work of the many practitioners who are delivering the PPSNP throughout Ireland and the UK. During the webinar four services presented how they have successfully delivered the PPSNP in a variety of settings, with a wide range of disabilities and age ranges.

Lesley Lally, researcher with Parents Plus, presented the current research and feedback from parents attending the groups taking part in the longitudinal study. This webinar was recorded and is available to view on the Parents Plus website.



Parents Plus Special Needs Programme



Parents Plus has been working with Family Carers Ireland to provide the Parents Plus Special Needs Programme (PPSNP) online throughout Ireland to parents and carers of children and young people who have additional support needs. Three PPSN programmes were delivered online in 2022 to twenty-five families. Each course was co-facilitated by an FCI Service Manager in the Community (SMC) and a parent facilitator. As a family-centred organisation, Family Carers Ireland is well-placed to provide this vital support to families, and each course was co-facilitated by a parent who has the lived experience of raising a young person who has additional support needs. Parents Plus and FCI are continuing to collaborate in 2023. Nine online PPSN Programmes are planned, starting in February 2023, with each course being co-facilitated by an FCI staff member and a parent facilitator. These courses are advertised on the FCI and Parents Plus websites. The courses are open to parents from around Ireland to attend.

All trained facilitators in the PPSN programme are offered post-training support through online supervision with Parents Plus as part of their training package. Group supervision takes place bi-annually and individual supervision can be accessed when co-facilitators are delivering their PPSN programme. This supports trained facilitators in the effective delivery of the PPSN Programme in their service into the future.

We also continued to run online programmes internationally with Filos Community Services, Singapore. Ten more facilitators from Filos and a special school in Singapore have also trained in the Parents Plus Special Needs Programme. These trained facilitators have accessed post-training support through online Group Supervision as they prepare to deliver the Parents Plus Programmes in their services. When they are delivering any Parents Plus programme they will be offered Individual Supervision online to support the effective delivery of the programme with families in Singapore.



“



The Parents Plus Special Needs Programme is a **MOMENTOUS** piece of work that will have real benefits for families with children with special needs.

ParentsPlus have a strong track record and really impressive results delivering positive outcomes for families. As we come out of the pandemic, the support of the new Parents Plus Programme is needed now more than ever.

This will make a real difference to family lives on a daily basis.

”

Roderic O’Gorman TD
Minister for Children, Disability,
Equality, Integration and Youth

Further Partnerships and Projects 2022

Onsite and Regional Roll Outs

2022 was one of the busiest years to date in Parents Plus for onsite training across the country and internationally, Onsite trainings took place in the U.K., Cavan, Leitrim, Donegal, Wexford, Dublin, Waterford, Mayo, Galway, Limerick, Cork, Monaghan, Sligo and Northern Ireland, with services such as The Schools Completions Programme, The National Council for Special Education, Tusla, the H.S.E., Enable Ireland, Brothers of Charity, Childcare Committees and The Northern and Southern Health and Social Care Trusts.

TUSLA Education Support Service - Home School Community Liaison Project

Building on our successful collaboration with the TESS in 2021 we continued to support the rollout of Parents Plus Early Years groups in participating schools. We also laid the groundwork for an expansion of this project with six new sites joining for a 2023 rollout. The impact of the programmes was significant for families with highly rated feedback and programme goal attainment for parents attending.

U.K. Update

2022 was a very successful year for Parents Plus in the UK with 135 new practitioners trained and 77 facilitators from UK services attending for supervision and coaching post training. Led by Parents Plus Senior Trainer and Mental Health Lecturer Fred Ehresmann, we continued to roll out the Parents Plus Parenting When Separated training and implementation support to services via the Department of Work and Pensions funding structures.

New trainings took place in North Somerset Council, Gateshead, Gloucestershire, Bristol, Devon and beyond with professionals from across community, health and education settings attending the Parents Plus Adolescent Programme, Children's Programme, Special Needs, the ADHD and the Parenting When Separated Programmes.

Scaling up Parents Plus Special Needs Programme (PPSN)

Building on 2020/21, we successfully ran programme information events to draw in services to participate in sponsored training and supervision for practitioners, as well as an associated roll out of parent groups in services in England, Scotland and Ireland. This scaling up initiative was made possible with funding from Ecclesiastical Movement for Good, the JP McManus Benevolent Fund and Rethink Ireland

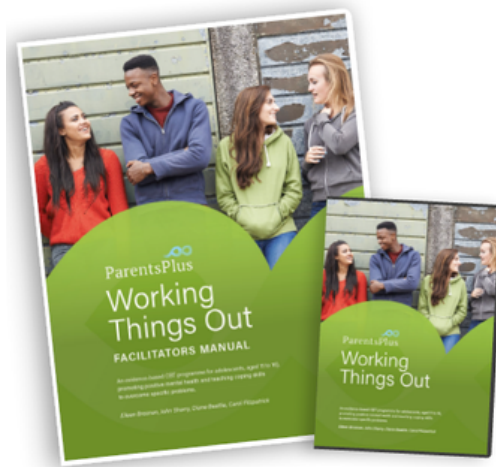
Further Partnerships and Projects 2022

Parents Plus Trainers and Supervisors

We would like to take this opportunity to acknowledge and sincerely thank our core team of expert Parents Plus Accredited Supervisors and Trainers working with us regularly, offering training, supervision and mentoring to new PP facilitators across the suite of programmes, as well as to those who are participating in the Parents Plus Programme Accreditation process. This team positively impact the mission and development of the charity on a day to day basis and are the backbone of the endeavor. As we expand our 'Train the Trainer' model more and more of our PP accredited experienced practitioners have the opportunity to engage with us to extend their practice and programme delivery skill and share their knowledge.

Post-Training Support

In addition to supervision and post training implementation support, Parents Plus also offers further post training support in the form of the **Facilitator's member's area** of the website, which has been developed to include resources to help facilitators to promote their groups. Resources on this section of the site include streaming of the Parents Plus programme DVDs, posters and fliers as well as certificates and handouts for the parents in the group; best practice information from the Parents Plus trainers as well as presentations and tips from Parents Plus facilitators; an archive of the monthly facilitator newsletter, and information on the accreditation process and quality assurance protocol. Facilitators can also avail of support to promote their groups locally via Parents Plus Communications Lead who issues press releases to print media, as well as promoting facilitator groups on Parents Plus Twitter and Facebook pages. Parents Plus Facilitators are also kept up to date on valuable resources and research to aid their practice after training with regular emails and contact from Parents Plus.



“



We had a waiting list of more than six months for young people waiting for counselling. We had numerous anxious parents looking for support. Since running the Working Things Out Programme and Adolescent Programme we have supported numerous families through the challenges faced in adolescents.

”

Niamh Kelly, Adolescent Health Project

2022 Research Updates

The Healthy Families Programme Randomised Control Trial

This RCT study examining the effectiveness of the Parents Plus Healthy Families programme is currently being undertaken by Dr Claire O'Dywer, Psychologist in Clinical Training under the supervision of Prof. Alan Carr and Dr Kathy Looney at the School of Psychology, University College Dublin. The study is in its second phase of recruitment and to date 101 parents have taken part, 54 parents have completed the treatment group and 47 parents have completed the control group. 10 services have engaged in the second phase of the research, facilitating the Parents Plus Healthy Families programme in their services. We await the results of the study.

A second study is being undertaken by Dr Brid Davis, Psychologist in Clinical Training, under the supervision of Prof Alan Carr and Dr Kathy Looney at University College Dublin, looking at validating the Healthy Habits questionnaire from the Parents Plus Healthy Families Programme. The questionnaire is being administered to 500 parents in the community.

The Special Needs Programme Longitudinal Study

The PPSN Longitudinal Study runs in tandem with the scaling up partnership initiative in Ireland and UK services made possible with grants from the Ecclesiastical Movement for Good, Rethink Ireland, The Sunbeam Trust and the JP McManus Benevolent Fund. The study being led by Dr. Charlotte Wislon from Trinity College Dublin, School of Psychology, in collaboration with Dr. Eileen Brosnan, has expanded in 2022 to include a total of parents who consented to engaging in the outcome evaluation at four time points - pre and post programme, six month and one year follow up. The interesting development in this project was that the practitioners/services provided the opportunity for parents to continue meeting on a monthly or bi-monthly basis after the seven weeks of the programme sessions ended. For many parents their most important gain from attending the PPSN is the support and understanding provided by other parents with the participating families. The outcomes data analysis so far points towards very positive effects for families in terms of stress reduction and increased parenting satisfaction. Final analysis of the full data will be completed by June 2023.

ADHD Programme Evaluation

In 2022, research commenced examining the effectiveness of the newly launched Parents Plus ADHD Children's programme. This study aims to evaluate the effectiveness of this programme for families by using pre and post-data following the eight-week intervention from 118 parents attending the programme. Initial findings from a data analysis in 2022 demonstrated parents had an increased understanding of how to parent a child with ADHD, and a better understanding of ADHD overall.

Parents also noted they had a greater understanding in knowing how to talk to their children about their ADHD. Additionally, parents reported feeling more confident in supporting their child's friendships with peers, and participants noted feeling greater support as a parent of a child with ADHD following the intervention.

Finally, the data following the intervention noted an increase in children's sleep, better-implemented bedtime routines and parents felt they had greater clarity regarding if medication was appropriate for their child. Further analysis will be completed in 2023 with the expectation for these positive findings to continue being highlighted from the delivery of this new programme in Parents Plus.



2022 Research Updates

Evaluating Online PP Programmes

In 2022 we continued the evaluation of the online Parents Plus programmes via our partnership with Parentline. The aim of this study is to evaluate the beneficial impact, if any, for families participating in the Parents Plus programmes online, as well as to evaluate this form of delivery in comparison with in-person courses. The courses being evaluated are the Adolescent Programme, Children's Programme, Early Years Programme, and Parenting When Separated. Data is collected using a mixed-methods survey at course start (time one), course finish (time two), and 6-month follow-up (time three). In 2022, a total of 135 parents completed time one measures. A total of 105 parents completed time two measures. Initial findings from the pre and post data are encouraging. Analysis of S.D.Q. data from parents who met clinical criteria for each domain, parent ratings showed a **significant decrease in emotional problems, conduct problems, hyperactivity, and peer problems, a significant increase in pro-sociality, and a significant decrease in total difficulties** after the programme. Using the Kansas Parental Satisfaction Scale, significant improvements were found in both satisfaction with oneself as a parent, and total satisfaction. With the Parental Empowerment and Efficacy Measure, significant improvements were found in total scores with small to medium effect sizes across items including staying calm under stress, feeling good about oneself and one's ability to parent, and, most strongly, one's knowledge of parenting tips to share with others. These findings provide initial indications that online Parents Plus courses may be as effective as their in-person equivalents.

Qualitative feedback on the courses was **overwhelmingly positive and retention in the groups was extremely high**, with 93.52% of households attending at least 50% of their course and 75% missing no more than one session.

Here are some selected quotes from parents:

"Currently there aren't many courses held in my area and online gives me the freedom to be able to do it remotely. I don't feel there is any disadvantage."

Parent on the Early Years course

"We couldn't have done it otherwise, if not online, and certainly not together."

Parent couple on the Children's course

"For busy working parents, it helped as there wasn't any issue with organising childcare, and commuting. It was easy to allocate the time without the travel costs, etc. I can't think of any way to improve it further to be honest. It works very well - better than I expected for someone who wouldn't be used to Zoom."

Parent on the Adolescent course



“



The Parents Plus approach to solving family problems is a well-established model. Due to the proven efficacy of the Parents Plus Adolescents Programme in improving outcomes for parents, carers, children and young people, Bristol City Council has committed to funding facilitator training for 8 years

”

Deborah Davis,
Parenting Supervisor, Families in Focus, Bristol, UK

Our Supporters



“

The Parents Plus Special Needs Programme is the solution to the crippling problems that parents of adolescents and young adults with an intellectual disability face. Each parent who completed our PPSN group talks about it as life changing. All professionals working in disability should be trained in this programme. It should be compulsory and offered to every family. It really is that important.

”

HSE CAMHS Social Worker
Eleanor Kent, Cork



Governance and Organisation

Parents Plus CLG is an Irish registered charity and complies with the Charity Act 2009. Parents Plus is constituted as a company limited by guarantee not having a share capital, registered with company number 530105. Parents Plus CLG is registered with the Charities Regulatory Authority with registered charity number 20043124 and has been granted charitable tax exemption by the Office of the Revenue Commissioners with the CHY reference number 13664.

Governance Code and Compliance

Parents Plus complies with all of the core standards outlined in the Charities Governance Code. In compliance with the Charity Act 2015, Parents Plus report annually on their compliance, which commenced in 2020. In addition, the charity has and continues to submit an annual report to the Charities Regulator. In 2018 and 2019, Parents Plus completed a review of our constitution, which was formally adopted by the board in June 2019.

Finance

Building on our compliant financial reporting requirements as detailed by the Charities Regulatory Authority, Parents Plus also committed to working towards reporting in line with Charities SORP (Standard of Reporting Practice under FRS102), a statement of recommended practice that sets out how charities should prepare and report on their finances. Although not to be introduced into law until 2024/25, Parents Plus charity recognise the value of this measure in providing a greater level of information, transparency and accountability.

Triple Locked Certification

As part of our commitment to the highest of charitable standards and governance Parents Plus Charity is also working towards securing the Triple Locked Standard of excellence with The Charities Institute of Ireland, a certification that shows excellence in fundraising, annual and financial reporting via SORP and Governance.

Lobbying

In accordance with the requirements of the Regulation of Lobbying Act 2015, Parents Plus charity signed up to Register for Lobbying with the Standards in Public Office Commission (SIPOC) in 2022, ensuring compliance with The Regulation of Lobbying Act 2015. The charity took this step to ensure that if and when Parents Plus engage with designated public officials on specific policy or legislative matters relevant to families in Ireland, we are fully compliant and transparent.

Governance and Organisation

Board

The Board of Directors – who meet six times annually – have responsibility for the governance and strategic direction of Parents Plus in liaison with the Chief Executive Officer and senior staff members. During 2022 the Board of Parents Plus comprises the following members (31st December 2022)

- **Dr Michael Drumm - Chair/Trustee**
- **Dr Charlotte Wilson - Trustee**
- **Jane Morgan - Trustee**
- **Andrew Bourke - Trustee**
- **Reynagh O' Brien - Trustee**
- **Carol Maricle - Trustee**
- **Andrew Balfe - Trustee**

Board Sub-committees

To maintain and continually improve standards, Parents Plus have two subcommittees that meet throughout the year and report to the Board

- 1) Finance Subcommittee – Meets to review financial procedures and to produce a draft budget and financial plan for the board.
- 2) Governance Subcommittee – Meets to review all governance procedures and to ensure the highest standards of accountability and governance.

Governance and Organisation

Parents Plus Core Team

Cherie Tyner - Interim CEO

Dr John Sharry - Clinical Director

Dr Eileen Brosnan - Head of Practice and Implementation

Breda Flood - Finance Manager

Claire Raftery - Programmes Manager

Grainne Hampson - Project Lead

Ciara Ní Raghallaigh - Supervision and Accreditation/Special Needs Programme Coordinator

Vicki Byrne - Impact Lead

John Harvey - Communications Lead

Donna Kavanagh - Office Manager

Katie Eustace - Researcher/Assistant Psychologist

Cian O'Regan - Researcher/Assistant Psychologist

Parents Plus Trainers and Supervisors

Dr. Adele Keating - Senior Clinical Psychologist, Our Lady's Children Hospital Crumlin, Dublin.

Fred Ehresmann - Senior Lecturer in Mental Health, University of the West of England, UK

Geraldine Buckley - HSE CAMHS Senior Speech and Language Therapist

Fiona Hughes - Social Worker

Matt McDermott - HSE CAMHS Social Worker

Michelle Choudhry - Senior Social Worker

Wendy Taylor - Early Learning Practice Teacher

Karin Todd - Family Support Practitioner, Irl

Úna O'Brien - Speech and Language Therapist

Lisa Whitlock - Family Support Practitioner, UK

Clíodhna Cunningham - Family Support Manager

Jenny Smith - Family Support Practitioner, Irl

Charitable Tax Exemption by the Office of the Revenue Commissioners CHY 13664.

Charities Regulatory Authority Number 20043124

Company Registration Number 530105

Accounts auditors

Robert J Kidney and Co.

Registered Office

Parents Plus Charity,

Mater Hospital, Eccles Street,

Dublin 7, Ireland, D07 R2WY.

Finances

Income & Expenditure Account Extract	12 months ended 31/12/2022
	€
Incoming Resources	
Programme & Training	549,531
Grants received	185,177
Total Incoming Resources	734,708
Resources Expended - Ongoing Expenditure	
-Training & Other Costs	690,766
Administration Costs	
-Administration Costs	86,973
Sub-Total Resources Expended - Ongoing	
- Depreciation	1,012
Net Incoming Resources for the Period	-44,043
	12 months ended 31/12/2022
Balance Sheet Extract	
Fixed Assets - Fixtures, Fittings & Equipment	€ 4,916
Current assets	
Accounts Receivable	69,215
Cash at bank - unrestricted funds	423,438
Cash at bank - designated funds	548,890
Stock	119,608
Creditors: amounts falling due within one year	290,576
Operating Creditors	875,491
Accumulated Net Funds (2014-2022)	875,491

Discover More



