

Training Professionals in Evidence-based Parenting and Mental Health Programmes



2023

Autumn  
Brochure

Universal, Preventative and Targeted Solutions

ParentsPlus 

## About Us

We are a charity that trains and mentors those who work in Community, Health, Education, and Disability services, to improve outcomes for families, with our evidence-based parenting and mental health programmes. Parents Plus has supported over 1,000 organisations, to create sustainable change in their service delivery, strengthening over 100,000 families.

As a charity, we are consistently committed to researching outcomes and developing effective programmes for professionals supporting families. Backed by over 25 years of research, we collaborate with families to ensure that each of our eight flagship programmes meets their goals and is focused on empowering children and parents to achieve their potential. Our programmes have proven benefits for families, including those dealing with disadvantages, disability, and mental health problems, as well as the normal ups and downs of family life.

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.



### **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 26 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**.

## Our Programmes

All of our programmes are robustly evidence-based and currently, over 26 studies conducted in clinical, community, and disability settings attest to their effectiveness for families with children and adolescents of all ages, dealing with a variety of challenges and issues. Our Programmes are systemic, solution-focused, group-based interventions designed for delivery in clinical and community settings as treatment programmes.

These programmes are designed for families with child-focused problems, such as behavioural difficulties, disruptive behaviour disorders, and emotional disorders in young people with and without developmental disabilities. Our programmes have been developed for families of pre-schoolers, preadolescent children, and teenagers, as well as for separated or divorced families. Studies involving well over 1,000 families have shown that our programmes have a significant impact on child behaviour problems, goal attainment, and parental satisfaction and stress.



## Our training focuses on:

- Developing an in-depth understanding of your chosen programme.
- Delivering the programme via face-to-face and online sessions to groups and individual families.
- Providing opportunities to observe and practise the skills to become a solution-focused facilitator.
- Building on parents strengths as a basis for ongoing change.
- Strengthening inter-agency and community partnerships.

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.

## Onsite bookings and supporting regional and national 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. If you would like to discuss booking onsite training and supervision of your team (15 or more), and/or tailored support in the roll-out and evaluation of the programmes to ensure effective community wide delivery, please contact our Impact Lead Vicki Byrne at [vicki@parentsplus.ie](mailto:vicki@parentsplus.ie)

“  
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'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

“  
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



# The Children's Programme Training for Professionals

The Children's Programme facilitator training is suitable for a wide range of professionals from clinical to community settings working with parents of children aged 6 - 11 years, including children with additional needs. Through this programme, you will learn how to equip parents to effectively support their children's learning and emotional well-being, as well as deal with behavioural and emotional problems. The Children's Programme will provide you with the essential skills and learning to achieve the best outcomes for the parents and families who attend your service.

**By training as a facilitator of this programme, you will learn how to support parents to:**

- Manage behaviour and emotional problems.
- Build their children's self-esteem and confidence.
- Reduce their own stress as parents.
- Problem-solve with their children.
- Establish positive daily routines.
- Develop connected and close family relationships.
- Encourage their children's learning and school work.



## TRAINING START DATE - OCTOBER 16TH 2023

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# The Early Years Programme for Professionals

A practical and solution-focused programme suitable for parents of children aged 1 to 6 years. Through training in this programme, you will learn how to equip parents to effectively deal with behavioural and emotional problems, as well as to support their children's learning, language and social development. The Programme facilitator training will provide you with the essential skills and learning to achieve the best outcomes for the parents and families who attend your service.

By training as a facilitator of this programme, you will learn how to support parents to:

- Help their children develop good attachments and relationships.
- Manage tantrums and misbehaviour.
- Build their children's language and development.
- Reduce their own stress as parents.
- Help their children to concentrate and learn.
- Increase their children's self-esteem.
- Establish positive daily routines.



## TRAINING START DATE - SEPTEMBER 25TH 2023

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# The Special Needs Programme for Professionals

This is a first-in-the-world programme for families rearing an adolescent with an intellectual disability and was created to help parents to manage challenges, improve their family's well-being and strengthen their links with other parents. Through training in the Special Needs Programme, you will learn how to empower parents to positively manage the many hidden challenges and isolation that can be common for parents of adolescents with an intellectual disability, as well as improve the well-being of all family members and prepare young people for future transitions and adulthood.

**By training as a facilitator of this programme, you will learn how to support parents to:**

- Manage behaviour and emotional problems.
- Deal with puberty, sexuality and relationships.
- Reduce their stress as parents and support all relationships in the family.
- Build self-esteem and confidence.
- Advocate for their child or adolescent.
- Support education and development and prepare their child for adulthood.



## TRAINING START DATE - SEPTEMBER 11TH 2023

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# The Working Things Out Programme for Professionals

This professional programme can be used as a preventative youth mental health programme or as an intervention for young people with identified mental health problems such as anxiety, depression, or self-harm. Through this programme, you will learn how to equip young people with skills to deal effectively with problems, develop helpful thinking strategies and improve their conflict resolution and communication skills. Building on young people's strengths, you will also learn how to support young people to build positive relationships with their families, their community and in school.

**By training as a facilitator of this programme, you will learn how to support parents to:**

- Learn practical cognitive behavioural therapy (CBT) strategies and coping skills.
- Deal with anger and conflict.
- Understand the key to solving problems.
- Develop helpful thinking strategies.
- Behavioural therapy strategies.
- Manage feeling down and reduce stress.
- Improve relationships with friends and family.



## TRAINING START DATE - SEPTEMBER 26TH 2023

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# The Parenting When Separated Programme for Professionals

This programme is suitable for professionals including therapists, teachers, and social workers to support families going through separation. Through training in this programme, you will learn how to equip parents to co-parent successfully, listen to and focus on the needs of their children, help their children cope and thrive, as well as cope themselves.

**By training as a facilitator of this programme, you will learn how to support parents to:**

- Solve co-parenting problems in a positive way which focuses on their children.
- Create practical arrangements for children that minimise stress and conflict.
- Improve communication with their children and their children's other parent.
- Cope with the emotional impact of separation and learn stress management techniques.
- Help their children cope emotionally with the separation .
- Deal with the challenges of lone parenting or being a 'live away'.



## Training start dates - October 5th and November 28th 2023

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# The ADHD Children's Programme for Professionals

This professional programme addresses the needs of parents of children with ADHD aged 6-12 years. This programme can help prevent serious secondary problems, such as self-harm and substance misuse, from affecting children with ADHD as they grow older. The programme utilises a solution-focused approach with facilitators introducing and exploring topics and parents' problem-solving solutions as a group. It was developed with the understanding that early intervention from specially trained professionals can help parents manage the challenges children with ADHD can face.

**By training as a facilitator of this programme, you will learn how to support parents to:**

- Understand the challenges and strengths of ADHD.
- Manage behaviour and emotional problems.
- Build their children's self-esteem and confidence and reduce their own stress.
- Understand the role of medication and other treatments.
- Manage homework and education challenges.
- Help their child talk about and understand ADHD.
- Support children's friendships.



## TRAINING START DATE - OCTOBER 9TH 2023

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# The Adolescent Programme for Professionals

This programme was developed to help teenagers to grow up as well-adjusted and happy adults and for helping parents develop warm relationships with their teenagers. Through the Adolescent's Programme you will learn how to empower parents to get it right, build positive relationships with their adolescents, support their emotional well-being, and bring them up to be confident, well-adjusted adults.

**By training as a facilitator of this programme, you will learn how to support parents to:**

- Manage and resolve conflict.
- Build self-esteem and confidence.
- Create warm connected relationships.
- Positively discipline their adolescent.
- Negotiate rules and boundaries.
- Solve problems together.
- Communicate positively and effectively.
- Reduce own stress as parents.



## TRAINING START DATE - OCTOBER 18TH 2023

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# The Healthy Families Programme for Professionals

This programme helps to empower parents to create healthy and connected families and improve the well-being of everyone and is suitable for professionals working with families with young children aged 1 to 12 years. Through training in this programme, you will learn how to equip parents to change the future health outcomes of their families and effectively improve their physical, nutritional and psychological well-being. Drawing on parents strengths, you will also learn how to support parents to build positive and preventative strategies into their family routines so as to mitigate against long-term health problems.

**By training as a facilitator of this programme, you will learn how to support parents to:**

- Understand how to improve their families health and well-being.
- Promote healthy eating and mealtimes.
- Incorporate active play and physical activities into their day.
- Maintain positive mental health and self-esteem.
- Establish good routines for sleep.
- Set up rules around technology use at home.
- Build positive family relationships.



## TRAINING START DATE - DECEMBER 7TH 2023

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