



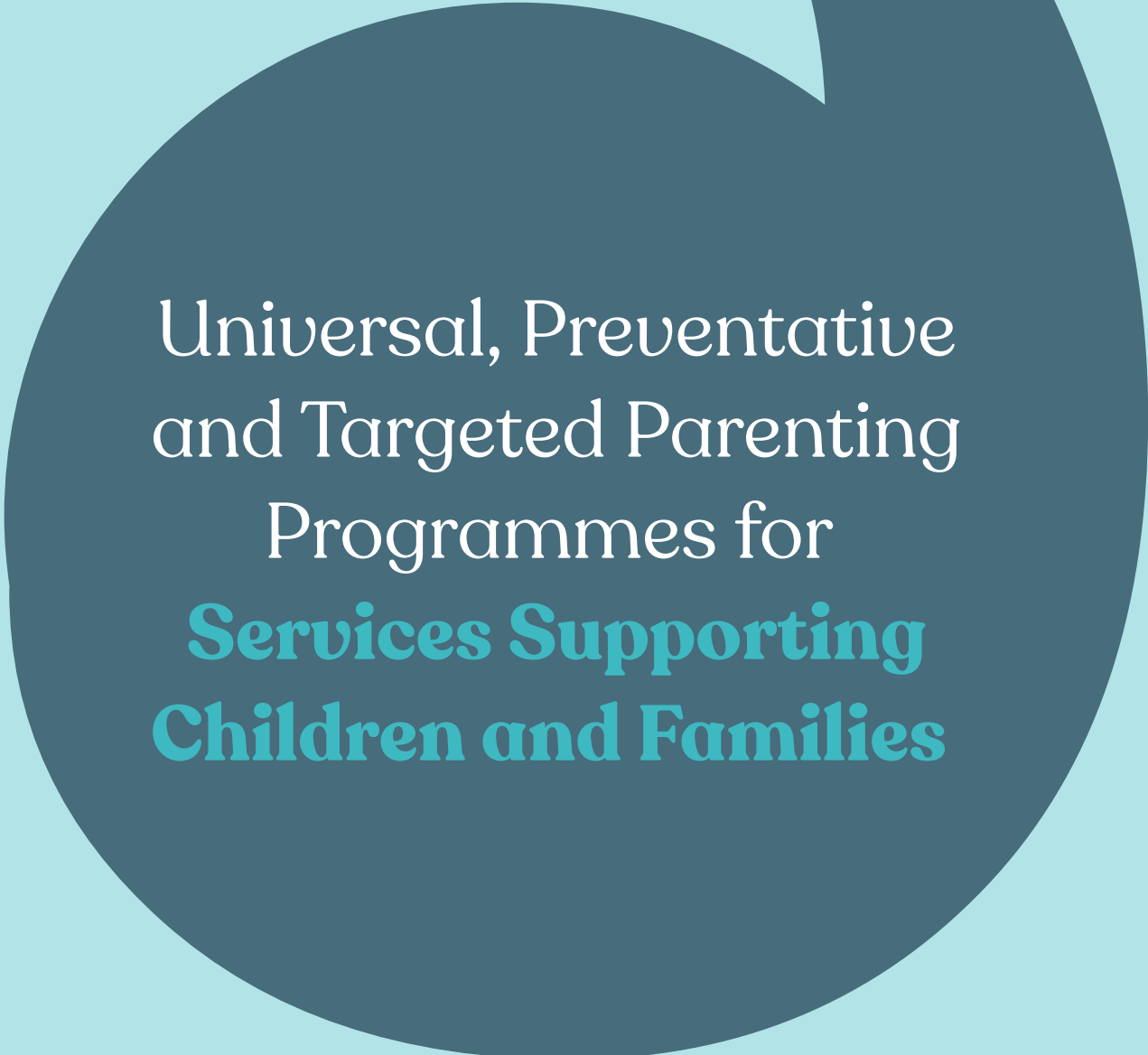
ParentsPlus

Empowering Professionals to Support Families

# Annual Report 2025

and Audited Financial  
Statements for the financial  
year ended 31st December 2025

**Building capacity of  
services to improve  
outcomes for families  
with evidence-based  
parenting  
programmes.**



Universal, Preventative  
and Targeted Parenting  
Programmes for  
**Services Supporting  
Children and Families**

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# CEO and Chairperson Welcome Message



At the heart of Parents Plus is a commitment to working alongside services, national organisations and government partners to improve outcomes for children, young people and parents, by expanding access to evidence based parenting support. Our collaborative model strengthens established services, local systems of support and enables services to respond earlier and more effectively to emerging difficulties, which means families across the country can access proven parenting programmes through services in their local communities, at their point of need.

To achieve this, we work primarily across three areas of impact: Research and Development, Building the Capacity of Organisations, and Direct Delivery.

## 1. Research and Development

A major milestone in 2025 was the **publication of our second largescale meta-analysis**, conducted by UCD School of Psychology Professor Alan Carr and Dr Claire Dwyer. This rigorous review provides compelling evidence of the effectiveness of the Parents Plus Programmes, delivering **significant, measurable improvements for families**, including reductions in child emotional and behavioural difficulties, reductions in parent stress, increases in parent satisfaction, and strong achievement of therapeutic goals.

As part of our commitment to continuing to meet the evolving needs of families and the services that support them, we launched the **2nd Edition of the Parents Plus ADHD Children's Programme**, grounded in a neurodiversity-affirming and strengths-based approach.

Major redevelopment of the **Parenting When Separated Programme** and the **Early Years Programme** continued with both due for launch in 2026.

As part of our ongoing **Tusla funded Traveller Project**, we launched a series of **Traveller Specific Videos** developed to complement the Parents Plus Early Years Programme (PPEY). This development represents an important collaboration to better engage and support parents from the Traveller community through culturally relevant and empowering resources.

Across all of this work, our focus remains on developing high-quality, evidence-based programmes that empower parents and strengthen family wellbeing.

## 2. Building Capacity of Organisations to Improve Outcomes for Families

Parents Plus works with hundreds of organisations across mental health, family support, disability and education services to strengthen their ability to achieve sustained, evidence-led improvements for families. This work includes:

**National Partnerships** with established organisations to build their capacity to embed robust, evidence based interventions that improve family outcomes by providing effective parenting support. We do this by working with managers, training and supervising their teams, to deliver our programmes to parents, providing implementation support and conducting evaluations of impact.

**HSE Children's Disability Network Teams (CDNTs):** Through partnering with HSE Disability over a two-year period, we trained and supported 210 clinicians across 82 CDNTs to deliver the Parents Plus Special Needs and Early Years Core Programmes. We also conducted an evaluation of this capacity building initiative with participating parents and clinicians which demonstrates strong improvements in parental confidence, child outcomes and CDNT practitioner skills.

**Training and supervising individual practitioners** via our scheduled trainings to deliver Parents Plus programmes in their own communities and at parents' point of need.

In 2025 we trained over **1,000 professionals**, in Ireland and the UK, delivered **407 supervisions** and had over 450 registrations to our professional development events, including a **Neurodiversity-Affirming Practice webinar**

Through these partnerships and training initiatives, Parents Plus continues to build sustainable, community based capacity to support families at scale.




## 3. Delivering Parents Plus programmes online and directly to parents through national organisations

Parents Plus delivers our programmes online to parents through national organisations, ensuring that families who might otherwise face barriers to support can access high-quality, evidence-based parenting programmes when they need them most.

Between 2022 and 2025, with the support of the RTÉ Toy Show Appeal Transformative Grant, we scaled online delivery of our programmes to over 900 families through Parentline, ADHD Ireland and Family Carers Ireland, and improved outcomes for 2,000 families across Ireland experiencing complex needs, disability, separation and concerns about youth mental health.

The research study published in Spring 2025 emphasises robust findings on the effectiveness of the online Parents Plus programmes in improving outcomes for children, young people, parents and families.

Current **direct delivery partnerships** include:

	<b>HSE Child and Adolescent Mental Health Services (CAMHS)</b> delivering online Parents Plus Children's ADHD Programme to families on CAMHS waiting lists, improving timely access to tailored support.
	Collaboration with the <b>HSE Wellbeing</b> to deliver online Parents Plus Children's Programmes and evaluate parents' experiences of this type of support.
	Delivery through <b>Parentline</b> , providing a highly accessible pathway for parents to join online Parents Plus programmes. Delivered by accredited facilitators, these groups consistently book out almost immediately further demonstrating the need for families.

## New Strategic Plan 2026 – 2029

In 2025, with the **support of a Rethink Ireland funded strategic consultant**, Parents Plus developed a new Strategic Plan 2026 – 2029. Through extensive internal and external stakeholder engagement and structured analyses and strategy workshops over a twelve-month period, we identified the key strategic themes and priorities required to maximise impact.

The resulting strategy sets out the need, rationale and a clear road map of what Parents Plus aims to achieve over the next three years. It outlines specific goals to expand our reach, deepen our partnerships with national organisations, and ensure that Parents Plus programmes are embedded more widely across sectors so families can access them at their point of need, whilst also ensuring sustainability, strong governance, and accountability as a charity and social enterprise.

## Strategic Goals 2026 – 2029 include:

1. Increase Parents Plus impact through strategic partnerships that embed our evidence-based parenting programmes across sectors.

2. Strengthen and increase diversification of Parents Plus income streams.
3. Strengthen and increase number of practitioners and services purchasing Parents Plus trainings and support packages.
4. Continuously develop and future proof Parents Plus evidence-based parenting programmes for services supporting families.
5. Deliver high quality practice and service excellence.
6. Strengthen organisational capacity, capability and sustainability.

## Funders

Parents Plus is deeply grateful to our funders whose support enables us to further build the capacity of services to improve outcomes for families. We are especially thankful for our continued partnership with **Rethink Ireland**, whose support through the Growth Fund three-year programme, is playing a transformative role in strengthening our organisational systems and helping us to scale our impact further.

We also extend our sincere thanks to **Pobal SSNO**, the **JP McManus Benevolent Fund**, and our **private donor through Community Foundation Ireland**, whose investment has directly strengthened our capacity to reach more communities and frontline services, as well as The Mater Hospital, whose continued support, through office and training facilities, is invaluable to our work.

The commitment of all our funders plays a vital role in ensuring that Parents Plus can continue to support families and services across Ireland with lasting, meaningful impact.

## Finance and Governance

Parents Plus continued to strengthen its governance, financial management and regulatory compliance in 2025, further reinforcing our commitment to transparency, accountability and the responsible stewardship of charitable resources. Our annual return confirmed **full compliance with the Charities Governance Code** and we adopted an **updated constitution** approved by the Charities Regulator.

As part of our commitment to best practice, our Finance Subcommittee led a competitive tender process that resulted in the appointment of **Woods & Partners as our new external auditors**, a firm with extensive experience in the not for profit and charity sector. We would like to thank Kidney & Co for their services and support to date.

We also launched **a new cloud-based accounting system** and strengthened our IT infrastructure, appointing **ComTech to support enhancing cybersecurity**.

Finally, our focus this year has been on strengthening how we work with established organisations, services and partners to **grow our reach and deepen our impact**. We have continued to **expand our work with government and community and voluntary sector organisations**, building capacity, ensuring that our evidence-based parenting programmes are embedded where they can make the greatest difference to the lives of children, young people, parents and families.

Without doubt, all of this work is only possible with the **entire Parents Plus community**. To all of our **trained facilitators and service partners** across Ireland, the UK, and internationally who deliver Parents Plus programmes with professionalism and commitment, your work is central to advancing real and lasting improvements for children, young people and parents.

Thank you to our **voluntary Board of Trustees** for your strategic guidance and time, which has been vital in shaping our progress. We also acknowledge the important contributions of our research collaborators, including **Professor Alan Carr**, whose expertise continues to strengthen the evidence-based and effectiveness of our programmes.

To **the Parents Plus team**, your expertise, innovation, and consistent commitment underpin everything we achieve. From programme development, training delivery and supervision to research, partnership building, scaling impact and evaluating outcomes, you ensure that our work remains both evidence-based, and responsive to the evolving needs of families and services.

As we look ahead to 2026, we are driven by a **shared ambition to scale our impact, working alongside established services to strengthen outcomes for all families** by bringing Parents Plus programmes to more services and communities than ever before.



CEO



Chairperson

# About Parents Plus

**Parents Plus is a charity on a mission to strengthen families and achieve the best possible outcomes for children, young people, and parents.**

We work primarily across three areas of impact to achieve our mission:

- **Researching and developing evidence based-parenting programmes** in collaboration with families and services.
- **Building the capacity of organisations to improve outcomes for families** through:
  - Partnerships with national organisations** across community, mental health, disability and education sectors, to deliver and evaluate our programmes in their services and communities.
  - Training and supervising individual practitioners** via our scheduled trainings.
- **Delivering our programmes online and directly to parents through established organisations.**

Over the past 30 years, Parents Plus has been working closely with services, across the community, mental health, disability, and education sectors, to build their capacity and skills to make a difference for families from the early years to adulthood.

Parents Plus consistently demonstrates innovative practice as each intervention has been developed in partnership with families and services, for families and services. In the last 15 years Parents Plus has supported over 1,500 organisations, in Ireland and internationally, to achieve positive impact for over 150,000 families.

Backed by over 30 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.

## Research & Development

**Researching and developing evidence-based parenting programmes** in response to the evolving needs of families, enabling established services to improve outcomes, from the early years to adolescents, disability to separation.

**Building the capacity of organisations** across mental health, family support, disability and education to deliver evidence based parenting programmes to create meaningful, measurable impact. This work includes:

- **National partnerships with established organisations to build their capacity to deliver effective parenting support that strengthens families** and the communities they support. We do this by training and supervising their teams to deliver our programmes to parents and we evaluate impact. For example, through partnering with HSE Disability over a two-year period, we trained and supervised their Progressing Disability teams to deliver our proven parenting programmes to parents to improve outcomes for the 45,000 families raising children with a disability accessing their services.
- **Training and supervising individual practitioners via our scheduled trainings** to deliver Parents Plus programmes in their own communities and at parents' point of need. Practitioners can book directly to attend these programme trainings.

## Capacity Building

## Direct Delivery

**Delivering Parents Plus programmes online and directly to parents through national organisations.**

Current partnerships include delivery of Parents Plus ADHD Children's Programme through HSE Child and Adolescent Mental Health Services, where parents of children on CAMHS waiting lists for assessment of ADHD are referred to our programme. We delivered our programmes online through Parentline, ADHD Ireland and Family Carers Ireland.

# 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 parenting and mental health 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.



# Our Values

## Evidence-Based Service

Parents Plus is committed to measuring impact and developing effective programmes, as well as empowering professionals to continually evaluate their practice to ensure the programmes meet the needs of the families they support.

## Universal, early intervention, and prevention

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

## Excellence

There are 29 research studies conducted in clinical, community and disability service settings, showing evidence on the effectiveness of the Parents Plus programme for families dealing with a variety of challenges and issues. These studies have 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 What Works Ireland - Foundations UK, NHS Education for Scotland (NES), Early Intervention Foundation (EIF), and the National Parenting Academy (NPA).

## Collaborative Practice

Parents Plus works in partnership with families and services to research, test and ensure the programmes meet their goals, and to ensure their experience and knowledge are central to the content of the materials.

## Empowerment

The programmes are focused on encouraging children, adolescents and parents to achieve their potential and the professional training is focused on encouraging professionals to achieve the highest standards of excellence and to build sustainable family support projects within their local communities.

## Tailored

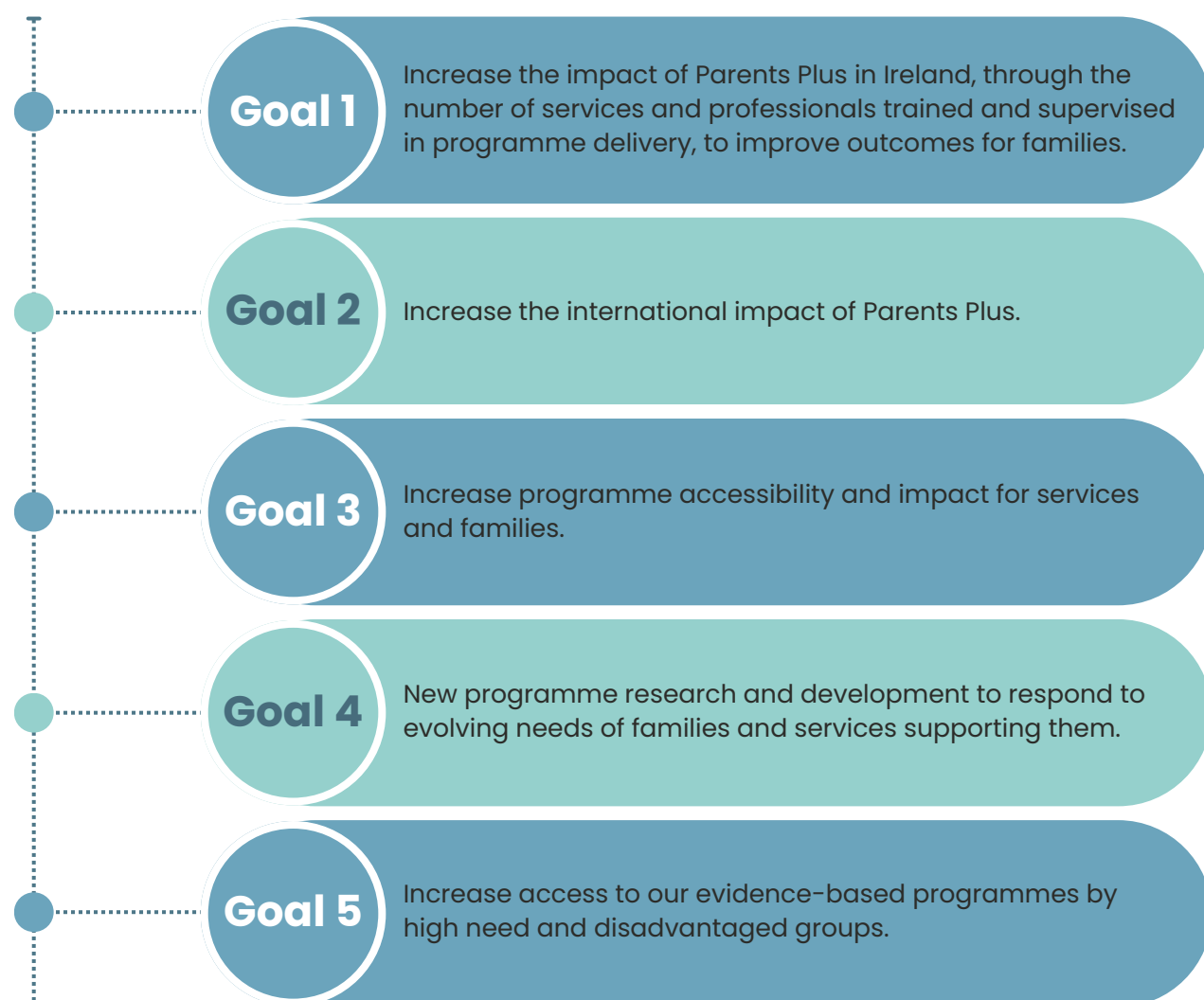
Parents Plus programmes are tailored to the needs of local communities and can be delivered one-to-one, in groups or online, to reach the most at-risk families.

# Strategic Plan 2022 – 2025

The Parents Plus Strategic Plan 2022 – 2025 is informed by up-to-date research on the needs of families; the 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.

In 2025, Parents Plus continued to 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.

Guided by the eight strategic goals set out in our strategic plan, Parents Plus remains committed to:











# Strategic Plan 2026–2028

## RETHINK IRELAND

In partnership with a Rethink Ireland funded strategic consultant, Parents Plus conducted a comprehensive planning process throughout 2025. This included:

	Internal stakeholder engagement meetings with Parents Plus executive, board and team. including trainers and supervisors
	Conducting SWOT and PESTLE analyses, and mission and vision meetings with team and board
	Running strategy workshops with consultant, executive and board
	Completing current strategy review questionnaires with each of the executive and board identifying opportunities and challenges
	External stakeholder engagement including stakeholder interviews and analysis of trained facilitator feedback
	Reviewing the wider landscape through competitor and sectoral analysis

Analysis of this extensive review identified the key strategic themes and priorities required to maximise impact. The resulting strategy will set out the need, rationale and a clear road map of what Parents Plus aims to achieve over the next three years. It outlines specific goals to increase our impact effectively, respond to family and service needs, and ensure sustainability, strong governance, and accountability as a charity and social enterprise.

Together, this strategy positions Parents Plus to deliver lasting, measurable change, improving outcomes for even more families with diverse and evolving needs.

# Parents Plus Evidence-Based Parenting Programmes

Parents Plus 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**

Training for Professionals, including the Core Delivery format, to support parents of children aged 1 to 6.

## **The Children's Programme**

Training for Professionals to support parents of children aged 6 to 11.

## **The Adolescents Programme**

Training for Professionals to support parents of adolescents aged 11 to 16.

## **The ADHD Children's Programme**

Training for Professionals to support parents of children with ADHD aged 6 to 12.

## **The Special Needs Programme**

Training for Professionals to support parents who have an adolescent with an intellectual disability.

## **The Working Things Out Programme**

Training for Professionals to support adolescents aged 11 to 16.

## **The Parenting when Separated Programme**

Training for Professionals to support parents who are preparing for, going through, or have gone through a separation or divorce.

## **The Healthy Families Programme**

Training for Professionals to support parents to develop healthy, active and positive family lifestyles.

“

Parents Plus Special Needs Programme (PPSN) is an amazing programme that gives parents the opportunity to come together, to share, discuss and learn from each other. The topics in the programme are on point, relevant, incredibly useful and beautiful conversation starters. Over the space of seven weeks, parents begin to feel a renewed sense of hope. They become more empowered and equipped through the learning of information, sharing of experiences and a sense of connection with each other to care for their children with confidence and purpose.

”

**Angelina Hynes,**  
Special Needs Parent and Parents Plus  
Accredited Facilitator



# Evidence Base

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The infographic features a horizontal dotted line at the top with three blue circular markers. Below each marker is a dark blue triangle pointing downwards. These triangles sit atop three vertical blue bars of varying heights. The first bar is the tallest and contains the number '30'. The second bar is shorter and contains the number '29'. The third bar is the shortest and contains the number '3'. Each bar has a white number at the top, followed by a subtitle in all caps, and then a paragraph of text.

**30**

YEARS OF  
RESEARCH

The Parents Plus Programmes are backed by over 30 years of research and have a strong evidence base that demonstrates positive outcomes for families who complete the programmes.

**29**

INTERNATIONALLY  
RECOGNISED  
STUDIES

There are 30 internationally recognised studies conducted in clinical, community and disability settings, attesting to their effectiveness for families dealing with a variety of challenges and issues.

**3**

INDEPENDENT  
REVIEWS

The Parents Plus Programmes follow international best-practice guidelines as described by the National Institute for Clinical Excellence in the UK.

# Research and Development



# Research and Development

Parents Plus Programmes are backed by over 30 years of research and have a strong evidence base that demonstrates positive impacts for families who complete the programmes.

In 2025, Parents Plus continued to invest in robust research to assess the impact of our programmes and to develop and update our programmes in line with current evidence and best practice.

## Research

2025 was a successful year in terms of research output for Parents Plus. Our new meta-analysis "[Parents Plus Systemic, Solution-Focused Parent Training Programmes: An Updated Systematic Review and Meta-Analysis](#)" was published in the Family Process journal. Conducted by Dr Claire O'Dwyer and Professor Alan Carr, UCD School of Psychology, the study demonstrates the long-term effectiveness of the Parents Plus Programmes for families.

In summary, the research shows:

The **Parents Plus Programmes have a significant impact** on:

Reducing child emotion/behaviour problems.	Reducing parent stress.	Increasing parent satisfaction.	Increasing therapeutic goal achievement.
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**The meta-analysis identified the following effect sizes across** all Parents Plus programmes.

Child emotion/behaviour problems - small effect size.	Therapeutic goal achievement - large effect size.	Parenting satisfaction - medium effect size.	Parental stress - small effect size.
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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.

Improvements were observed across a range of child age groups (1 - 17 years old), and positive impacts on both child and parent wellbeing were maintained at follow-up, 1 month - 2 years after programme completion.

In addition, our Randomised Control Trial on the Parents Plus Healthy Families Programme was published, demonstrating the significant improvements for families on measures of healthy habits, parental satisfaction, family-functioning, and child behavior problems with gains maintained at 6-weeks follow-up.

Finally, a qualitative evaluation of the PP-ADHD capturing insights of 15 parents was accepted for publication by the journal Child Care in Practice in 2026.

“

Evidence shows that parent training is twice as effective as individual therapy with children. Parents Plus are leaders in recent developments, their programmes empower parents to promote child development, quality of life and strengthen child-parent relationships.

”

**Professor Alan Carr**  
UCD School of Psychology



# Programme Development

Key to Parents Plus impact is responding to the evolving needs of families, and the services set up to serve them. In 2025, Parents Plus launched the second edition of the Parents Plus ADHD Children’s Programme. Further programme development in 2025 centred on research and development of new editions of the Parenting when Separated and Early Years Programmes, both to be launched in 2026.

## Parents Plus ADHD Children’s Programme – New Edition

In February 2025, Parents Plus launched the Second Edition of the Parents Plus ADHD Children’s Programme with a special online event. Attendees ranged from parents and educators to mental health professionals and community colleagues, some new to the Parents Plus suite of programmes and others well-acquainted.

With presentations from Parents Plus Clinical Director, John Sharry, ADHD Lead, Lisa Whitlock, and Senior Trainer, Fred Ehresman, the launch shared updates in the second edition, explained differences with the ADHD parent book, and informed attendees about the Parents Plus facilitators training ethos and post-training support.

Drawing on feedback from trained facilitators and parents who completed the programme, the new edition comes with:

Additional handouts, worksheets, videos and posters	An expanded full colour standalone manual that no longer requires the PPCP manual for delivery	Additional content on working with ADHD families from a neurodiversity affirming, strengths-based perspective.
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One key change in the second edition is its neurodiversity-affirming tone and approach. This approach focuses on the connection between parent and child, recognising ADHD as a natural variation of the human brain. The strengths-based perspective fosters an inclusive environment, providing safety and support for all parents. Training sessions are structured to support strong, solution-focused facilitation skills that empower parents to find solutions to their individual challenges.

## Parents Plus Parenting When Separated – New Edition

Parents Plus has worked extensively with hundreds of services in Ireland and the UK to build their capacity to improve outcomes for families experiencing separation and divorce by training and supervising them to deliver the Parenting When Separated (PWS) programme to parents in their local communities and at their point of need. In addition, Parents Plus delivers the programme directly and online to parents via partnerships with other national organisations such as Parentline and The MidWest Parenting When Separated Project.

Due to be launched in 2026, the new edition of the PWS programme was developed over the last 3 years in partnership with parents and children affected by separation, the parents who completed PWS, and services. It also incorporates the latest evidence, updated resources, and enhanced guidance for practitioners working with parents in diverse circumstances, including managing challenging contexts such as parental alienation, domestic violence and coercive control.

The revised PWS programme will increase from six to seven sessions to allow more time for parents. The new format contains new content and materials including:

Videos from parents who completed PWS, sharing their experiences	Quotes and stories from children and teenagers	Additional input on parent self-care and stress management	Extra input for professionals on managing challenging contexts such as domestic violence, coercive control and parental alienation.
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## Parents Plus Early Years Programme – New Edition

The revised Parents Plus Early Years Programme (PPEY) will integrate the different versions of the PPEY into one single manual that will be suitable for universal services, primary care, disability services, as well as special adaptations for individual delivery and Traveller families. The new PPEY will also incorporate a neurodiversity affirming paradigm to ensure it is inclusive and accessible to families with a diverse range of needs.

# Capacity Building of Services Supporting Families



# Capacity Building of services supporting families

Parents Plus works with hundreds of organisations including mental health, family support, disability and education services to strengthen their ability to provide high quality parenting support. By training and supporting professionals to deliver and evaluate Parents Plus programmes in their services and incorporate the principles they learn into their everyday practice, Parents Plus provides invaluable tools that increase the capacity of organisations to support families effectively.

This work is delivered primarily in two ways:

## 1 Scheduled and On-Site Training

Parents Plus offers training and supervision to individual practitioners via our scheduled trainings to deliver Parents Plus programmes in their own communities and at parents' point of need. Practitioners can book to attend any of the available programme trainings. We also offer bespoke "on-site" training for organisations wishing to train groups of 15 or more professionals, as well as tailored support in the roll-out and evaluation of the programmes to ensure effective community-wide delivery.



## 2 Partnerships and Collaboration

Parents Plus works in partnership with established organisations to build their capacity to improve outcomes for families by providing effective parenting support that strengthens families and communities. We do this by training and supervising their teams to deliver our programmes and working together to evaluate impact.



# Scheduled and On-Site Training 2025

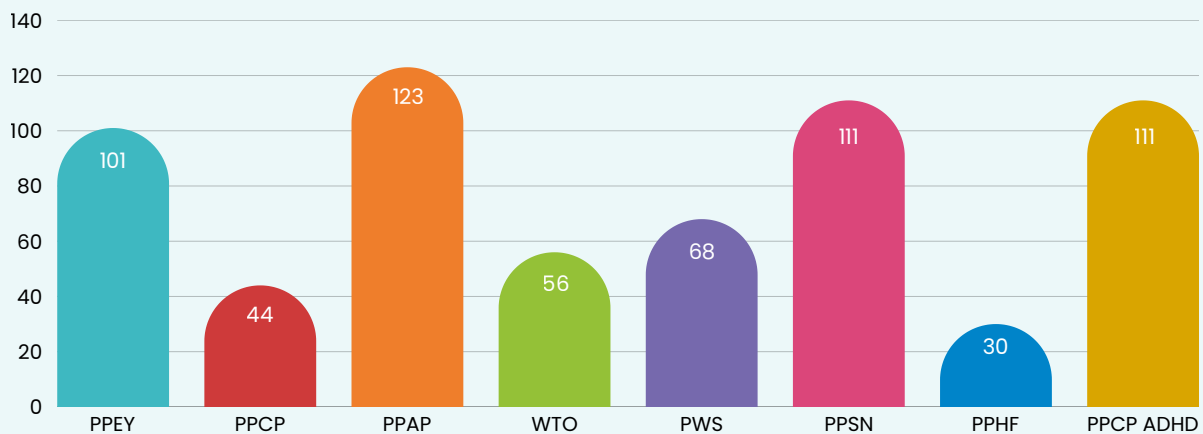
644

Professionals trained in Core Programmes

407

Total number of supervisions provided to practitioners across the suite of Parents Plus programmes

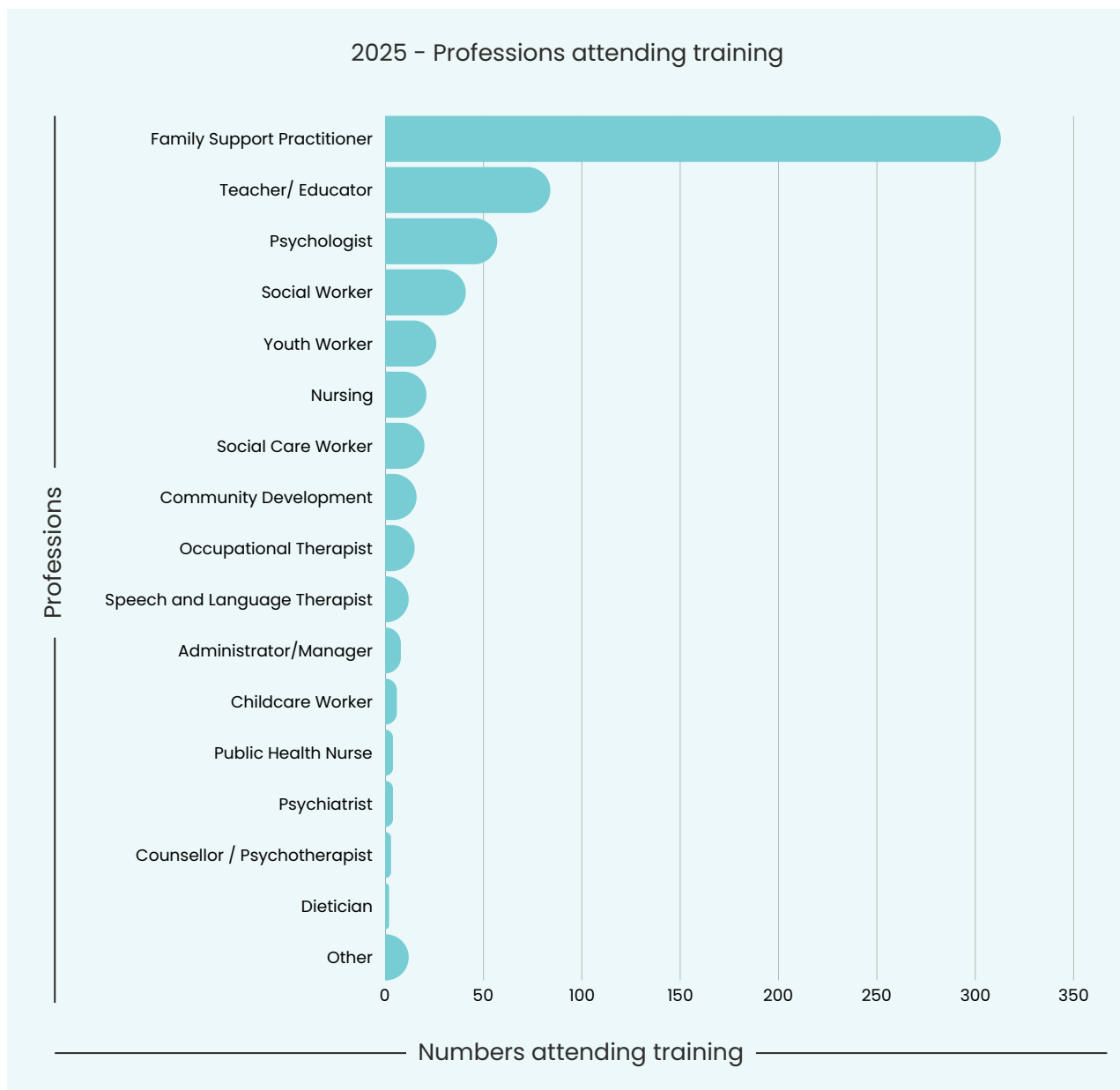
2024: No. of professionals across the 8 Parents Plus programmes



## Professionals and Services

In 2025, Parents Plus trained and supported over a thousand professionals as facilitators 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 family support workers, social workers, psychologists, speech and language therapists, teachers, public health nurses, occupational therapists, psychiatrists, childcare workers, mental health workers, health promotion officers and community workers.

In 2025, practitioners 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.



# Parents Plus in Ireland

In 2025, our charity made a significant impact by training 644 professionals in our suite of evidence-based parenting and mental health programmes, delivering 46 trainings, providing individual supervision to 114 trained facilitators, and group supervision to 293 trained facilitators. Importantly, this work has contributed to developing the skills and expertise of these professionals to improve outcomes for the children, adolescents and families they are set up to serve.



# Parents Plus in the UK

In 2025, Parents Plus continued its work in partnership with services across the UK. This work included training 199 practitioners from UK agencies. While the financial landscape in the UK Health and Social Care sectors remains challenging, through the work of our Impact Lead, we have continued to build our presence with Local Authority (LA) teams.



# Parents Plus in Northern Ireland

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Fifty agencies in Northern Ireland have trained more than four hundred professionals to deliver Parents Plus Programmes over the past twenty years. They trained in the Early Years, Children's, Adolescent, Working Things Out, ADHD, Special Needs and Parenting When Separated Programmes. In March 2025, Parents Plus presented at the National Children's Bureau parenting programmes showcase for Northern Ireland.

Co-Founder and Clinical Director of Parents Plus, John Sharry, presented the eight evidence-based parenting programmes developed by the charity. At this showcase, two facilitators from the Southern Health and Social Care Trust (SHSCT) region who deliver the Parents Plus Special Needs Programme (PPSN) presented on the positive impact of the delivery of this programme with families of children who have a disability.

Fifty professionals in Northern Ireland have trained as PPSN facilitators since the programme launched in September 2020. They are delivering the programme across community, health and education agencies. In the SHSCT twenty PPSN facilitators meet at a Community of Practice session annually which is facilitated by Parents Plus Disability programme Lead, Ciara Ni Raghallaigh.

In December 2025, eight PPSN facilitators shared their positive experience of delivering the programme in four separate Special Schools across the SHSCT region that year. As part of their training package with Parents Plus these facilitators accessed online coaching from Parents Plus as they were delivering their first PPSN Programme. More PPSN Programme delivery is planned in the SHSCT in 2026 and this is being coordinated by Martina McCooey who is a Child Development Intervention Coordinator in the SHSCT.

“

In the Southern Trust Area we have embraced the Parents Plus Special Needs programme from its inception in 2020. It is now an integral part of service provision across a range of settings in our community and within the School environment. Feedback from practitioners delivering on the programme and more importantly from parents/carers accessing it is overwhelmingly positive..

”

**Martina McCooey,**  
Child Development Intervention Coordinator,  
Southern Health & Social Care Trust.



# Parents Plus in Wales

In 2025, Parents Plus gradually increased its presence across the Local Authorities in Wales, with a presence in 8 out of the 22 Local Authorities there by the end of the year. New for Parents Plus this year was Torfaen with Bridgend booking Parenting When Separated training, and Neath Port Talbot commissioning further onsite training in the Adolescent Programme to take place in early 2026.

2025 saw Carmarthenshire Council hold two on-site trainings in three different programmes as well as sending some of their team on our scheduled training. In total, they trained 58 practitioners to deliver the Parents Plus Children's, Early Years and Adolescents programmes. They have also commissioned three further onsite trainings which will take place in the first quarter of 2026. This will mean that this Local Authority will be offering seven of the eight Parents Plus programmes to families in their region.

# 51

In total, 65 practitioners from Wales trained across the programmes in 2025. With many more discussions with other regions in place, we hope that this growth continues into 2026 and beyond.

## Sponsored Training

In 2025, our charity sponsored/funded training places for 34 professionals from the community, education, health and disability sectors. This was from our own resources, as well as from external grants that we secured from the JP McManus Benevolent Fund and the RTÉ Toy Show Appeal, to support services who work with high need families, and who may have limited funding, to train in our programmes.

### 34 Professionals availed of sponsored training

# 9

Parents Plus  
sponsorship\*

# 11

Toy Show Fund

# 14

JP McManus  
Benevolent Fund

\*50% sponsorship

“

I feel the course has empowered me as a parent and has given me the tools I need to get to where I want to be. I feel we have more structure and feel more connected with my family. Since I started the course, my bin is now full of fruit peeling rather than sweet wrappers.

”

**Parent who attended the Parents Plus  
Healthy Families programme**



# Partnerships and Collaborations



# Partnership with HSE Children's Disability Network Teams

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Parents Plus worked with HSE Children's Disability Network Teams (CDNTs) during 2024 and 2025, as part of a service level agreement, to strengthen effective parenting support within CDNT services through the implementation of Parents Plus evidence-based programmes, alongside workforce training, capacity building, and implementation support to teams.

Through this partnership, Parents Plus trained multidisciplinary CDNT clinicians to deliver two primary interventions: The Parents Plus Special Needs (PPSN) programme and the Parents Plus Early Years (PPEY) Core programme. Both programmes are grounded in a solution-focused model of practice that positions parents as experts in their own lives, builds on existing strengths, and supports families to manage challenges associated with raising children and young people with additional needs. The project sought not only to increase programme availability for families but also to embed sustainable, high-quality parent support within CDNT service provision nationally.

The scale of the project was significant. A total of 82 CDNTs participated, with 210 practitioner training places completed (126 PPSN and 84 PPEY). In addition to facilitator training, the project provided extensive wraparound supports to each of the CDNT teams, including Communities of Practice, individual coaching and supervision, accreditation workshops, and specialist training in solution-focused and neurodiversity-affirming practice. These supports were designed to enhance skills further, promote confidence, consistency, and fidelity in programme delivery, and to build a sustainable network of skilled facilitators across regions.

Over the two year project, CDNTs delivered 76 Parents Plus programmes to families (56 PPSN and 20 PPEY), with a further nine programmes planned for Spring 2026. A study was conducted with evaluation data collected from 232 parents and caregivers using a mixed-methods design. Quantitative data was gathered at three time points (pre-programme, post-programme, and follow-up), while qualitative feedback captured parents' and facilitators' experiences of programme participation and delivery.

Quantitative findings demonstrated strong and consistent positive impacts. For the PPSN programme, statistically significant improvements were observed over time in parental satisfaction, bespoke learning outcomes, and achievement of both parent and child goals. Importantly, these gains were maintained at follow-up, indicating sustained impact beyond programme completion. Those attending PPEY also showed significant improvements in parental learning and goal attainment for both parents and children.

Qualitative findings strongly reinforced the quantitative results, with parents reporting increased confidence, practical parenting strategies, improved understanding of their child's emotional needs, and greater awareness of self-care. Furthermore, parents consistently identified peer connection as a valuable aspect of the programmes, highlighting the importance of meeting other parents with shared experiences in a safe, respectful, and supportive environment. For parents of older adolescents and young adults, support with future planning and transitions was particularly valued.

Feedback from CDNT clinicians trained as facilitators to deliver the programmes indicated high levels of acceptability and professional learning. Clinicians reported that the Parents Plus model enhanced their listening skills, strengthened therapeutic relationships with families, and supported a shift towards more collaborative, parent-led practice. Key enablers of successful delivery included preparation, supervision, and access to peer support through Communities of Practice. Identified challenges were primarily practical in nature, such as time management within sessions, recruitment of parents, and supporting engagement with self-care content.

The partnership and evaluation demonstrated that through working together at national level, the Parents Plus and CDNT delivered meaningful benefits for parents, children, families, and practitioners across the country. The project has strengthened the capacity of CDNTs to offer structured, evidence-based parent programmes and has established a strong foundation for the continued integration of solution-focused, parent-centred interventions within disability services.





# Parents Plus Early Years Traveller Project with TUSLA

Since 2023, the Tusla funded Traveller Project has supported the roll out the Parents Plus Early Years Programme to Traveller families in their communities. The project funds Link Worker positions in key areas and trains these professionals to deliver the programme to Traveller families, as well as providing ongoing post-training support and supervision. Many Link Workers recruited are traveller parents themselves, who already have an established and trusting relationship with other traveller parents in their community. These funded positions mean that the Parents Plus Early Years Core Programme can be delivered to every parent in their community on a regular basis. This is complemented by other training programmes such as Baby Massage, etc.

In Autumn 2025, Parents Plus launched a series of **Traveller Specific Videos** developed to complement the Parents Plus Early Years Programme and enhance the accessibility and relatability of the programme for Traveller families. This important development represents a collaborative effort to better engage and support parents from the Traveller community through culturally relevant and empowering resources.

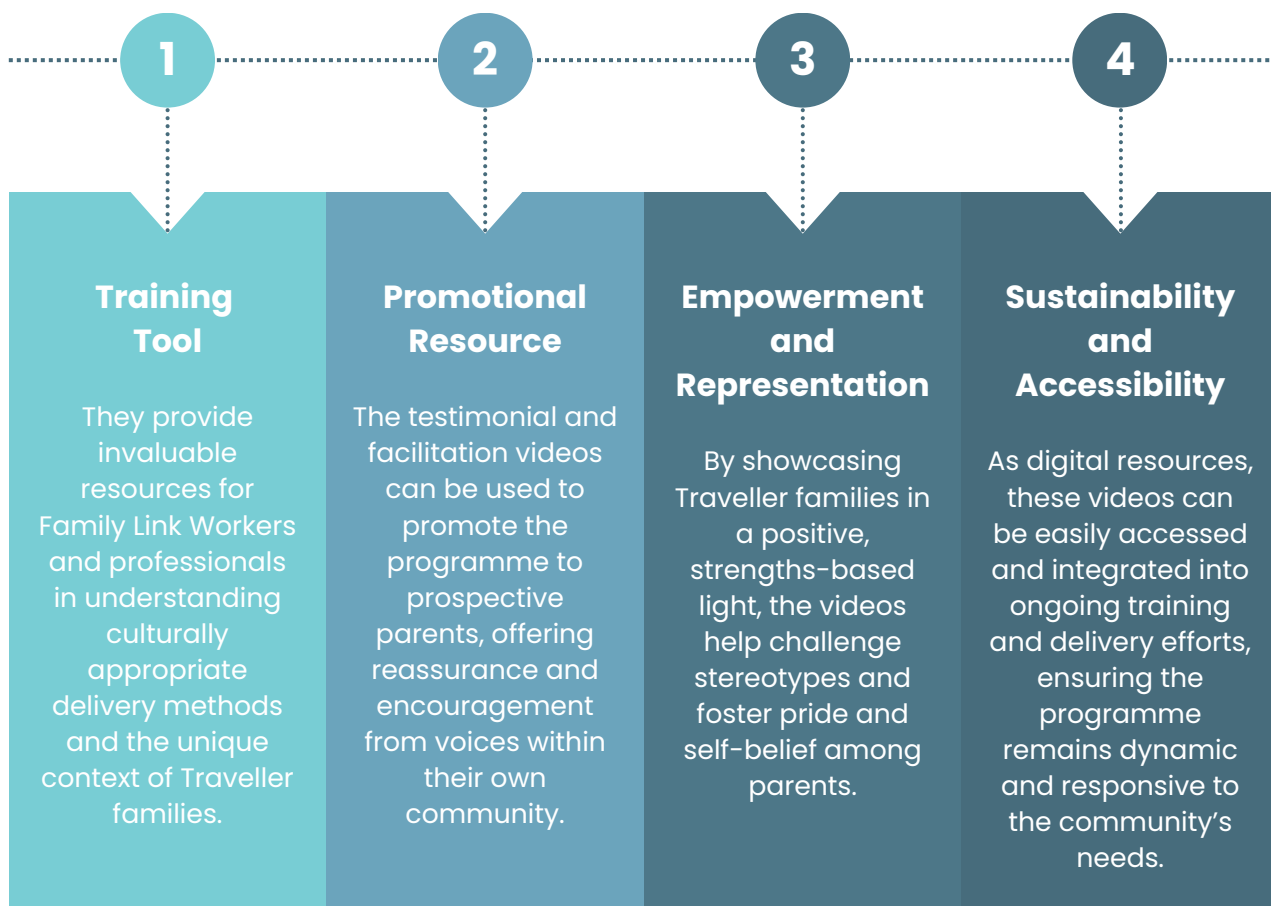
Four videos have been created by the Donegal Traveller Project, with input from Tusla and Parents Plus. These videos offer a deep and authentic insight into the lived experiences of Traveller parents, as well as the strength and resilience that exist within Traveller families.

The videos include:

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|--|--|--|---|
| <b>1.</b><br>A <b>parent testimonial video</b> , where Traveller parents share their experiences and the real benefits they gained from attending the programme. | <b>2.</b><br>A video that highlights both the <b>strengths of Traveller families and the specific challenges</b> and needs faced by Traveller parents. | <b>3.</b><br>A <b>professionals video</b> featuring contributions from Tusla, Parents Plus, and Traveller parent and family link worker advocates. | <b>4.</b><br>A <b>facilitation video</b> showcasing Traveller Family Link Workers delivering the PPEY programme in their communities. |
|--|--|--|---|

The online launch of these videos in October 2025 was well attended by a broad mix of stakeholders – Traveller parents, Family Link Workers, service managers, and representatives from Tusla and Parents Plus. The enthusiasm and engagement at the event reflected the strong commitment to supporting Traveller children and families through culturally sensitive and inclusive approaches.

These new videos serve several important purposes:



At its Core, Parents Plus champions a strengths-based approach, aiming to empower parents in their roles and create supportive environments for young children to thrive. These Traveller-specific videos not only align with that mission, but they elevate it—by ensuring Traveller parents are seen, heard, and supported in a meaningful way. This marks a significant step forward in inclusive practice, community-led delivery, and building trust within the Traveller community.

# Wendy Taylor, Parents Plus Trainer and TUSLA Traveller Project Lead



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As I move into my third year as Mentor for the Parents Plus Early Years (PPEY) Traveller Project, I continue to feel both honoured and deeply grateful to be part of such a meaningful and evolving initiative. With over 30 years’ experience working with children and families—primarily those with complex needs and from diverse and minority backgrounds—this role brings together my professional journey as a family support practitioner, qualified teacher, mentor, trainer and facilitator in a way that feels both purposeful and deeply rewarding.

The PPEY Traveller Project focuses on early intervention supports for parents of children aged 0–6 years, recognising the critical importance of the early years for positive outcomes for children and families. Funded by Tusla, Family Link Workers (FLWs), deliver a range of supports including the PPEY programme. Many FLWs are members of the Traveller community themselves, which is a significant strength in supporting trust-building and meaningful engagement with families. The project has grown considerably, from six areas in phase one, to eleven in phase two, with a further six areas added last year, bringing the total to seventeen areas.

Parents and FLWs compliment the user friendly PPEY Parent Pack, which focuses on clear, self-explanatory illustrations, which helps reduce literacy concerns. A particularly positive development in 2025 was the introduction of Traveller-specific videos to further complement the programme. Developed collaboratively by the Donegal Traveller Project, Parents Plus and Tusla, these resources provide authentic, strengths-based insight into Traveller parents’ lived experiences. The videos include parent testimonials, professional perspectives, and examples of programme facilitation by Traveller FLWs. They have proven to be an invaluable asset for both training and programme delivery. Feedback reflects that parents find the parent packs, videos and group discussions engaging, enjoyable and accessible.

Challenges commonly raised include trust issues with Tusla-funded programmes, and the reality that family crises often take priority over programme engagement. Levels of engagement can vary across projects.

A PPEY training is scheduled for April 2026 for newly recruited FLWs. Monthly Community of Practice sessions are also provided to support ongoing professional development. Given the demanding nature of the role and the high turnover of FLWs, this ongoing support remains crucial.

Despite the challenges, the opportunities are significant. The feedback from parents is powerful. The strengths-based approach leaves parents feeling more confident and empowered, better able to build positive relationships with their children, and more aware of the importance of parental self-care.

I feel privileged by the level of trust shown to me by FLWs as they share both their achievements and challenges. Progress may sometimes be slow, but it is real and meaningful.

Supporting this project continues to affirm my belief in the power of strengths-based, culturally sensitive practice to positively impact some of the most vulnerable parents and children.



# Parents Plus ADHD Facilitator Training with The Changing Lives Initiative

**The Changing Lives Initiative:** Flourish and Thrive is a new North-South partnership project in Ireland, funded through the EU PEACEPLUS Programme until December 2028. Parents Plus will play a major part in The Changing Lives Initiative plan to deliver evidence-based parenting programmes to at least 1,600 Irish parents/carers over the next 3.5 years.

Parents Plus ADHD Project Lead Lisa Whitlock reflects on our in-person Parents Plus ADHD Children's Programme facilitator training as part of this initiative in Dundalk in May 2025.







It was a privilege to deliver the Parents Plus ADHD Facilitator Training as part of The Changing Lives Initiative: Flourish and Thrive in Dundalk at the end of May 2025. Changing Lives is an early intervention project supporting families whose child has Autism or ADHD consistent behaviours. This exciting new project, recently awarded 3.5 years of EU funding, is set to make a meaningful impact by offering a range of evidence-based parenting programmes to families of children aged 2 to 12, whether or not they have a neurodivergent diagnosis. At its heart, the initiative embraces a neuro-affirming approach to childhood experiences, which aligns fully with the ethos of Parents Plus ADHD Programme.

Over three days, I had the pleasure of introducing the Parents Plus ADHD Programme to 18 dedicated, compassionate facilitators, and their managers, from the two delivery organisations in the Changing Lives partnership, Archways and Colin Neighbourhood Partnership, coming together in Dundalk.

What stood out most was the team's unwavering curiosity and commitment. Their energy, thoughtful questions, and willingness to engage deeply with the material made for a dynamic learning environment. We stepped into the shoes of parents, then shifted perspectives to our professional roles — reflecting, analysing, and refining our facilitation skills. This created an atmosphere where we could imagine supporting parents in building calmer, more connected relationships with their children.

The Parents Plus approach moves away from an expert perspective and instead embraces collaboration, curiosity, and compassion – qualities that lie at the heart of effective facilitation.

The feedback from participants was insightful and affirming. Many highlighted the value of:

	Practical strategies they could immediately apply in real-time group settings.
	Emphasis on self-compassion and self-care, which resonated deeply, especially for those with lived experience as family carers.
	Reframing techniques and the Core competencies that underpin effective delivery.
	Importance of modelling facilitation and creating a safe, supportive group space.

When asked about their next steps, responses ranged from “I’m good to go”, to “I want to take time to reflect and revise the materials.” Parents Plus offers a range of post-training supports, including supervision, accreditation, and facilitation development, to all trained practitioners and their managers, ensuring excellence in implementation, capacity building and evaluation of the PP-ADHD programmes. Participants appreciated knowing that supervision and guidance from Parents Plus would be available as they begin facilitating.

One participant summed it up well:

**“I really love and believe in the values and principles of the Parents Plus ADHD Children’s Programme. I just want to be able to do it justice.”**

To support the delivery of the PP-ADHD programme by these newly trained facilitators, a rigorous research and evaluation programme is being led by the third Changing Lives Initiative partner, Dundalk Institute of Technology, and will provide important evaluation data on the impact of Parents Plus to families, as well as the other programmes being delivered.

As I left Dundalk after three days of training, I felt inspired and hopeful. This team is poised to make a real difference in the lives of families, and Parents Plus is delighted to support them on this journey.



# Delivering Parents Plus programmes online and directly to parents through national organisations



# Direct Delivery

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Through strategic partnerships with established organisations, Parents Plus provides our suite of evidence-based parenting programmes directly to parents online and free of charge. We see significant demand from parents for these programmes, which are successful in bypassing barriers to participation such as transport, location and the need for childcare in order to attend courses.



# Online Parents Plus Programmes in Partnership with Parentline

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This partnership began in Autumn 2020 in response to the surge in parental stress and family challenges during the COVID-19 period. Parentline experienced a substantial increase in parents seeking support for issues such as child anxiety and depression, behavioural difficulties, additional needs, and the pressures associated with separation and family change. In response, Parents Plus adapted its suite of evidence-based programmes for online delivery, ensuring quality, fidelity, and accessibility were maintained. The delivery via Parentline has been ongoing successfully since then.

The collaboration has created an effective and accessible pathway for parents across Ireland to access online evidence-based parenting support. For Parentline, the availability of these structured, parenting support programmes significantly enhances the range of supports offered to parents who contact their helplines. For Parents Plus, delivering programmes online through Parentline, where parents can book directly onto programmes, advances our mission to ensure parents can access high quality parenting support and tools when they need them most.

Programmes are delivered by accredited Parents Plus Facilitators using the solution-focused practice model. Groups typically include 12–14 parents and run over six to eight sessions of 2 hours. A key feature of the model is an individual pre-programme goal-setting session, where parents reflect on what change they want for themselves and their children. This goal-focused approach supports engagement and ensures the programme remains relevant to each family's needs.

An initial evaluation of the online programmes demonstrated strong impact. Parents consistently reported valuing the practical strategies they learned, including parent self-regulation, co-regulating with their child, using the 'pause button', encouragement, positive communication techniques, and prioritising self-care. Parents also highlighted the importance of connecting with other parents, sharing experiences, and giving and receiving support within the facilitated group setting. These findings align with international research, which confirms that online delivery of evidence-based parenting programmes is an effective and valuable form of support.

With funding from the RTÉ Toy Show Appeal Transformative Grant and Community Foundation Ireland, the Parentline project scaled significantly between June 2022 and June 2024. During this period, 70 additional Parents Plus programmes were delivered in partnership with Parentline and other organisations including ADHD Ireland, Family Carers Ireland, the Limerick Northside Family Resource Centre, and the Mid-West Family Resource Centre Network. In total, 848 parents participated, reflecting both the scale of delivery achieved and the growing national demand for accessible parenting supports. Since then another 16 online programmes have run throughout 2025.

A longitudinal evaluation involving 134 parents who attended programmes via Parentline provides robust evidence of impact. Parents reported significant increases in parenting satisfaction, empowerment, and confidence, alongside improvements in children's emotional wellbeing and behaviour. Notably, families whose children were experiencing more complex or clinically significant difficulties showed particularly strong gains. Parents also reported progress towards the goals they set for themselves and their children, reinforcing the practical and meaningful nature of the change achieved.

Qualitative feedback further brings these effects to life. Parents described calmer households, improved routines, stronger parent-child relationships, and greater confidence in managing challenging situations. Many spoke of the relief of realising they were not alone in their struggles and of the reassurance gained through shared learning with other parents. The accessibility of the online format was repeatedly highlighted as a key benefit, removing barriers such as childcare, travel, and cost, and making participation possible for families who otherwise could not attend.

Reflecting on the partnership, Parentline CEO Aileen Hickie commented:



Parentline was delighted to be given the opportunity to partner with Parents Plus in offering online parenting courses to the community of parents in Ireland. These programmes provide valuable support for parents dealing with parenting challenges during the adolescent stage, parenting in the early years, and parenting when separated. They help parents improve their confidence, learn how to deal positively with behaviours of concern, communicate better, and see corresponding improvements in children's social skills and emotional regulation. Demand for the programmes continues to grow, with courses regularly booking out quickly. Parents frequently contact Parentline helplines specifically seeking access to Parents Plus programmes, reflecting strong awareness, trust, and positive word-of-mouth.

**CEO of Parentline, Aileen Hickie**



Overall, the partnership between Parents Plus and Parentline demonstrates the powerful impact of organisations teaming up to provide accessible, evidence-based, and well-facilitated online support to parents. It offers a compelling model for future service delivery and continues to play a vital role in supporting parents to achieve the best possible future for their children and young people.



# Partnership with the RTÉ Toy Show Appeal and Community Foundation Ireland

The RTÉ Toy Show Appeal Transformative Grant 2022 – 2024, provided funding for online Parents Plus Programmes and allowed us to build on an earlier pilot in 2021 in response to increased demand for online parenting support. It meant we could expand access to evidence-based parenting supports across Ireland, with a particular focus on improving family wellbeing through easy registration and Zoom delivery. The project was implemented by Parents Plus in partnership with Parentline, ADHD Ireland, Family Carers Ireland, and the Mid West Family Resource Centre Network led by Northside Family Resource Centre, Limerick. The project aimed to extend the online parent programme format while maintaining quality engagement and therapeutic impact.

Between 2022 and 2025, 74 Parents Plus programmes were run reaching 912 parents. These included the range of Parents Plus programmes: Early Years (1–6 years), Children’s (6–11 years), Adolescent (12–16 years), Parenting When Separated, Special Needs, Healthy Families, and the ADHD Children’s Programme. Feedback from parents highlights the programmes’ transformative impacts. Participants frequently reported reduced feelings of isolation, valuing the solidarity and shared experience within facilitated online groups. Many described gaining practical tools—such as pausing before reacting, staying calm, using encouragement, and improving communication—that strengthened relationships and reduced conflict at home. Parents also emphasised the convenience of the online format, which often enabled both parents to attend without childcare barriers and offered greater privacy.

The project had a focus on building capacity within Parents Plus and its partner organisations to respond to this demand for parent support. This included training facilitators, strengthening collaborations, and supporting national service providers to implement online programmes. The initiative also strengthened strategic relationships with the Health Service Executive (HSE), Rethink Ireland, and Children’s Disability and Mental Health Services, contributing to broader system-level impact.

In 2025, the Community Foundation Ireland funding continued support of the Parenting When Separated Project, with the Northside FRC in Limerick and the Mid-West and North-West FRC Networks. This project delivers the Parents Plus Parenting When Separated Programme (PWS), addressing the challenges of separation in a seven-week online group format combined with individual support sessions and wider wraparound support to help parents keep their children's wellbeing central in separation and divorce. Evaluation data and parent feedback demonstrate strong goal attainment and meaningful improvements in family communication and reduced conflict.

# HSE Wellbeing – Online Parents Plus Children’s Programme

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This is a collaborative initiative between the Health Service Executive (HSE) Wellbeing group and Parents Plus Charity centering on the delivery of online Children’s Programmes (age 6–12 yrs) and is aimed at strengthening family wellbeing and supporting parents in nurturing positive mental health for their children. The associated research commissioned by the HSE through Quality Matters, is focussed on exploring parent’s views, needs and experiences of digital parenting support.

The project is delivering four online professionally facilitated group programmes to families, involving 8 sessions for 2 hours per session with groups of 12 parents. By combining structured parenting support, strong partnership working, and built-in evaluation, the project represents a forward-thinking model for preventative mental health and early intervention.

The parent programmes focus on empowering parents with practical skills, effective communication and behaviour support strategies, building their confidence, and peer support by sharing experiences and reducing feelings of isolation. The delivery is supported by clinical supervision to ensure quality and consistency with a strong focus on parent feedback and tailoring according to the needs of the parents attending. Each participating parent is offered an introductory one-to-one meeting before the group begins, helping to build rapport, clarify goals, and encourage participation from both parents where possible. This engagement ensures families feel welcomed and understood from the outset.

The project has taken a co-design approach with Parents Plus working closely with the HSE Wellbeing group to shape recruitment pathways, in particular via schools and the National Education Psychology Service. The insights from the evaluation are intended to inform next steps and explore further potential for scale-up of this type of online parenting support.

Running from March 2025 to March 2026, the HSE Wellbeing Project highlights the importance of partnership, prevention, and evidence-based service delivery. By equipping parents with practical tools and creating supportive peer networks, the initiative not only benefits individual families but also contributes to healthier communities overall.

# Partnership with HSE Child and Youth Mental Health Office



# Partnership with HSE Child and Youth Mental Health Office



Parents Plus works in partnership with HSE Child and Youth Mental Health Office delivering Parents Plus ADHD Children's Programme groups to families across specific regions in Ireland, to improve timely access to effective parenting support for children with ADHD or suspected ADHD. The aim is to offer this programme to families at an earlier stage in their journey.

ADHD is one of the most prevalent childhood neurodevelopmental disorders worldwide. It is estimated that the pooled global prevalence among children aged 18 years and under is 5.29% (Polanczyk et al., 2007). Reflecting this prevalence locally, a recent review of HSE Child and Youth Mental Health Office waiting lists found that approximately 60% of children awaiting services had either a diagnosis of ADHD or a queried ADHD presentation. Long waiting times for assessment and support places significant strain on families and services alike, underscoring the need for early supports.

Research consistently demonstrates that appropriate parent support significantly improves outcomes for children with ADHD and their families. The Parents Plus ADHD Programme is a structured, evidence-based course designed for parents and carers of children aged 6 to 12 years. Within this HSE service arrangement, the programme is delivered in an online group format, increasing access for families and reducing barriers related to travel, childcare and service availability.

In 2025, six online Parents Plus ADHD Programme groups were delivered, with 15 parents participating in each group over eight weekly 2.5 hour, facilitated by accredited clinical facilitators. In addition, individual support is offered to parents as needed and a goal-setting session before the parents starts on the programme. The project also includes structured project management, facilitator supervision, and ongoing data collection and research to evaluate outcomes and inform future development.

Building on the success of the initial phase, a further set of programme groups are planned for 2026/27. A key component of the initiative has been stakeholder engagement. Parents Plus Clinical Director and Head of Implementation and Practice work closely with HSE CAMHS teams involved to understand service challenges in relation to ADHD parent training provision, to demonstrate the impact of evidence-based ADHD parenting intervention and co-design a realistic framework to support the families effectively. This collaborative approach strengthens service integration and enhances the service to families affected by ADHD.



# Post Training Support



# Post-Training Support

In order to ensure a sustainable and effective delivery of the programmes within their agency, we provide a comprehensive package of pre and post-training support to facilitators and their managers. Research shows that families achieve the best outcomes when practitioners are well supported in their delivery of programmes. Parents Plus post-training support includes:



Central to our coaching/supervision and Community of Practice is the process of reviewing the Parents Plus Quality Protocol, which is a robust quality assurance system built into each programme. We also offer video reviews of practice which is a powerful learning and development method for practitioners.

## Community of Practice (CoP)





Once trained, facilitators are encouraged to avail of our CoP sessions which are included in the training package. These sessions provide an opportunity to reflect on and develop practice and share experiences of running Parents Plus groups with others.

## Individual Coaching

We also offer online individual coaching/supervision sessions with a Parent Plus Supervisor, where we review practice and skills and troubleshoot on specific challenges in programme delivery. These sessions work particularly well when attended by both co-facilitators.

## Additional Resources

Parents Plus also offers further post-training support in the form of the Facilitator's Member's Area of the website, including:

	Streaming of the Parents Plus programme video clips.
	Resources such as posters and fliers to promote groups, certificates and handouts for the parents attending.
	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. Information on the accreditation process and quality protocol.



293

Attended Community  
of Practice

114

Availed of Individual  
Coaching

357

Attended Specialised  
Workshops

11

Parents Plus Facilitators  
Newly Accredited in 2025

708

Accessed Additional  
Resources for Members

# The Impact of Parents Plus Accreditation

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In 2025, Parents Plus continued its commitment to the provision of Accreditation opportunities for trained facilitators across the suite of programmes. The robust process empowers facilitators by enhancing their ability to deliver programmes to the highest standards and provide high quality experiences to parents. It helps to fine tune facilitation skills and enhance the use of the Parents Plus Solution Focused model of parent engagement. There are a number of key motivations and benefits to accreditation:

## Enhanced Skills and Confidence:

Accredited facilitators engage in a comprehensive process post training to both deepen their understanding of the given programme and hone their facilitation skills and Solution-Focussed approach. The support practitioners receive from their Parents Plus mentor equips them to meet the needs of families and respond to challenges of delivery.

## Quality Delivery

The accreditation process is rooted in the effective use of Parents Plus Quality Protocol which not only serves to deliver the best results for families but also builds the capacity of the facilitator.

## Professional Development

Accreditation is a notable professional achievement and signifies a facilitator's level of competence. It indicates that the facilitator is committed to quality standards and the compassionate delivery of programmes and also enables a practitioner to deliver as both a solo facilitator and in private practice.

## Best Outcomes

Ultimately, the goal is to ensure the best possible experience and outcomes for families. Accredited facilitators are best equipped to meet the changing and often complex needs of families within their agency.

The development of an engaged, connected, community of accredited facilitators is an important goal for Parents Plus. Both enabling practitioners to continue their professional development and fostering a valuable pool of committed and advanced facilitators who can support and inform the ongoing work and direction of the charity.

To that end, in 2025 we provided two special Community of Practice workshops to our accredited practitioners. The topics of Neuro-Affirming Practice and Advancing a Solution-Focused Approach to Facilitation were warmly received, and we plan to provide further opportunities of this kind to accredited facilitators each year.

Our continued accreditation developments benefit our facilitators by enhancing their professional skills, fostering a collaborative environment, and ensuring adherence to Parents Plus quality protocol and facilitation standards. We remain committed to ensuring that our facilitators are well supported to provide effective and empowering experiences to families.

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Completing the Parents Plus Healthy Families accreditation has been a really valuable experience for me. Throughout the process, I felt I grew significantly as a facilitator, particularly when taking time to reflect after each group session and through consistent, thoughtful planning alongside my co-facilitator. Working closely together allowed us to continually improve our delivery and better support families. Reading and reflecting on feedback from parents was especially helpful. It encouraged me to think more deeply about the needs of each individual family and to adapt future sessions to ensure they felt supported, heard, and understood. I would highly recommend the Parent Plus Healthy Families accreditation to others. The support from the Parents Plus assessors throughout the process was extremely valuable, and I felt well guided and encouraged every step of the way.

Thank you for such a supportive and rewarding experience.

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**Lisa Bennett,**  
Parenting Facilitator, Flying Start  
Carmarthenshire







# Professional Development Workshops for Trained Facilitators

## Neurodiversity Affirming Practice and the Parents Plus Programmes Workshop

As well as workshops for accredited facilitators, Parents Plus also offers professional development events on key topics open to all trained Parents Plus facilitators. In November 2025, we were delighted to host our 'Neurodiversity Affirming Practice and the Parents Plus Programmes' webinar. The workshop explored how we can take a neurodiversity affirming approach to our practice and to all the Parents Plus programmes.

With over 450 registrations and 270+ attendees the webinar clearly engaged the Parents Plus Facilitator Community. It demonstrates the importance of appreciating neurodiversity and the commitment of Parents Plus Facilitators to identifying best practice with their families.

Highlights from the workshop included:

	"Empowering your practice: Integrating a neuro-affirming approach into supporting families", presentation from CAMHS Parent Support Lead Facilitator, an Independent Neurodiversity Trainer, Abigail Patikis
	"Embracing Neurodiversity within the Parents Plus Programmes", presentation from Parents Plus Clinical Director, John Sharry
	A Networking and Breakout Session offering attendees the opportunity to connect with each other and share their experiences
	Panel Discussion with Parents Plus Trainers Lisa Whitlock, Fred Ehresmann and Eileen Brosnan offering advice and guidance on first steps to taking a neuro-affirming approach to working with families

Attendees were very positive in their feedback and offered some key takeaways from the session:





“ It was a great session, and again good to reflect on our practice, and how we fully support parents who participate in Parents Plus courses so they get the most from attending. ”

“ I valued the insights from solution-focused practice on how to encourage the parent to be the expert and how we as professionals can facilitate this. ”

“ Ethos of listening to parental expertise about their children, self and holding the belief that parents have the answers. . .this fits so well with our absolutely collaborative stance. ”

## Promotion and Recruitment Workshop for CDNTs

In September 2025, Parents Plus hosted a workshop on Recruiting Parents for your Parents Plus Groups for facilitators trained in the Parents Plus Early Years and Special Needs Programme as part of our partnership with the HSE Children’s Disability Network Teams. This workshop featured:

-  Top tips for getting started with parent recruitment.
-  Guest speakers with experience of successfully recruiting families to participate in Parents Plus programmes.
-  Information on resources available to all Parents Plus facilitators on the Members Area of our website, including newly created promotional flyers and video templates.
-  Time for breakout sessions where attendees could connect with each other and share their ideas and experiences.

Feedback from participants was very positive and a similar workshop will be rolled out to all trained Parents Plus facilitators in 2026.

# Who'd Have Thought? A Reflection from Parents Plus Trainer Fred Ehresmann



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It's 2008 and I've finally landed my dream job as a Parenting Consultant setting up a Parenting Service for a local authority in the UK. I have a limited budget, three practitioners, and licence to be as creative as I like within those rather limited resources. Given that my team is limited to three, I've already decided that offering parents a group-based service is the best way to maximize capacity in the face of almost overwhelming demand.

For those in the know, the marketplace for evidence-based parenting courses tends to be dominated by large, very well-known providers with the resources to research and roll out their courses at scale on the international stage. But none of them seemed to have the special ingredient that I was looking for – **a solution-focused approach to working with parents**. So, I consulted with my professional network and the same name came up every time, I should contact John Sharry at the charity, Parents Plus. Little did I know that this initial phone call with John was the beginning of a journey that was to change my identity and practice as a Specialist CAMHS clinician forever.

Fast forward to Spring 2025, that phone call a distant memory, the parenting service long since reconfigured and pared back to within an inch of its life, but the Parents Plus courses still being offered. In fact, in the intervening years, the word about the Parents Plus parenting programmes has spread from Cornwall in the south to Scotland in north, from Wales in the West to Hertfordshire over in the East, and various points in between. How did this happen? I guess the way of all good things – letting the work speak for itself.

From the initial Facilitator Training to facilitating the courses themselves, witnessing practitioners and parents alike work together to think creatively and boldly about often painful and difficult situations has been both inspiring and humbling, as it has caused me to question so many of the accepted truths embedded within helping professions.

The idea that parents will likely be doing at least some of the solution, at least some of the time, and then, harnessing the collective wisdom of the group of parents to nurture and enhance this, has meant that I have seen so many parents arrive often pretty much broken, and leave with the gentle breeze of optimism in their sails, and the signs of repaired relationships with their children in their sights.

From a practitioner's perspective, the idea that I do not, indeed cannot, be an expert imparting knowledge if deep and meaningful parent-led change is to happen, can be both challenging and invigorating. Knowing that the Parents Plus methodology has the courses as parent-led, and facilitated by the practitioner, makes the work interesting, often unpredictable in all the best ways, and highly satisfying. In a very demanding field of work where the highlight of the week is often 4.30pm on Fridays, I have heard endless practitioners declare that their latest Parents Plus course is in fact the highlight of their working week.

I started working in this field when I was 26. At 62, I should probably be either in management or completely spent and contemplating early retirement. In fact, thanks to my work with Parents Plus, I feel as enthusiastic about this work as I did as a young idealistic lad wanting to help the world. Who'd have thought?

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# RETHINK IRELAND

## Rethink Ireland

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Our partnership with Rethink Ireland continued to grow in 2025, marking a significant milestone for Parents Plus. In Autumn 2024, we were selected as one of only two awardees for the Growth Strand of the Entrepreneurship Impact Fund, a programme designed to provide multi-year funding and strategic support to social organisations ready to scale their innovations further and deepen their national impact. For Parents Plus, this partnership represents a transformative opportunity. By working closely with Rethink Ireland and investing in the infrastructure required to scale deeply and sustainably, we are focused on creating lasting, positive outcomes for thousands more families and the services that support them.

We are extremely grateful to Rethink Ireland, whose generosity and belief in our mission made this award and supports possible.



# Governance and Organisation

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Parents Plus CLG is an Irish registered charity and complies with the Charities Acts. 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 Charities Act 2009, Parents Plus submits an annual report to the Charities Regulator and declared full compliance with the Governance Code in its return in October 2025.

In 2025 Parents Plus updated our constitution and, following approval by the Charity Regulator, this was formally adopted by the Board and members of the company in November 2025.

## Finance

Building on our compliant financial reporting requirements as detailed by the Charities Regulatory Authority, Parents Plus is also committed to working towards reporting in line with the Charities Statement of Recommended Practice (SORP) under FRS102. The SORP sets out how charities should prepare and report on their finances. Although still not yet introduced into law, Parents Plus recognises the value of this measure in providing a greater level of information, transparency and accountability.

## Lobbying

Parents Plus charity is registered as a Lobbyist, ensuring compliance with The Regulation of Lobbying Act 2015. This ensures that if and when Parents Plus engages with designated public officials on specific policy or legislative matters relevant to families in Ireland, we are fully compliant and transparent. We are required to make returns every four months and we are compliant with this requirement during 2025.

## Board of Trustees

Charity trustees are the people who exercise control over, and are legally responsible for, the management of a charity, having specific duties set out by the [Charities Act 2009](#). They are volunteers who give their time to improve, protect and support the charitable purposes and activities that occur in Ireland. Although they are volunteers, the role of a charity trustee carries significant responsibility. The board of trustees of a charity is collectively responsible for the oversight of that charity.

The board of trustees, who in 2025 met for 8 board meetings, have responsibility for the governance and strategic direction of Parents Plus in liaison with the Chief Executive Officer and senior staff members. During 2025 the Board of Parents Plus comprised of the following members (all of whom were in place at 31st December 2025):

### Dr Michael Drumm



Dr Michael Drumm is Chairperson of the Board and a member of the Parents Plus Finance Subcommittee and the HR and Remuneration Subcommittee. He is Principal Clinical Psychologist and Head of Psychology at the HSE Dublin North City and County Child and Adolescent Mental Health Service (CAMHS). He is also a member of the Board of Directors of the Children's University Hospital, Temple Street and a member of the Board of Management of St. Brigid's Day Nursery, Mountjoy Square. In addition to the above roles, he was Chairperson of the Heads of Psychology Services Ireland (HPSI) from 2010 to 2012 and President of the Psychological Society of Ireland (PSI) from November 2011 to November 2012. He remains actively involved in research and continues to provide clinical and research supervision to postgraduate students. He has a particular interest in early intervention, as well as promoting mental health and resilience in young people and the use of therapeutic technologies.

## Nicola Corrigan



Nicola Corrigan is the Company Secretary of Parents Plus and is a member of the Governance Subcommittee and she is Chairperson of the HR and Remuneration Subcommittee. Nicola is a finance and commercially focused individual having spent 15+ years in senior management and on the board of start-up and early stage companies delivering IT solutions primarily to the sustainability and debt sectors. Nicola's expertise is in customer and project management, solution selling on an international scale, raising of investment and grant financing, large project delivery as well as governance compliance and ongoing day to day financial management. Nicola trained in KPMG Corporate Finance and has a degree in International Business and Languages from DCU.

## Adam O'Reilly



Adam O'Reilly is a Fellow Chartered Accountant (FCA) and the International Statutory Controller at Meta, overseeing a global team responsible for financial reporting and statutory compliance across multiple jurisdictions. Adam is Chairperson of Parents Plus Finance Subcommittee and a member of the HR and Remuneration Subcommittee. Adam has over 18 years of experience in finance and accounting, as well as extensive experience designing processes, controls, and systems for large infrastructure investment projects. Over the course of his 13 years in the tech industry, Adam also works with large cross functional teams and advises on the financial impact of strategic initiatives.

## Professor Gary O' Reilly



Professor Gary O' Reilly is Professor of Clinical Psychology at University College Dublin (UCD). He is the Director of the Doctoral Training Programme in Clinical Psychology at UCD and has a part-time appointment as Principal Clinical Psychologist at Children's Health Ireland. He has over 30 years experience as a practicing clinician and academic researcher with a particular focus on mental well-being in young people.

## Andrew Bourke



Andrew Bourke is a global business and commercialisation expert with over 16 years experience in the healthcare space. Acquiring his MBA from UCD Smurfit Business School in 2014 and his Masters in BioInnovation from National University of Galway in 2016, Andrew has helped to generate a number of innovative medical device solutions which aim to positively impact millions of patients' lives globally. Andrew has been co-founder and director of three successful companies to date and resides on a number of advisory boards across the areas of MedTech and philanthropy. Andrew became a member of the Finance Subcommittee in August 2025.

## Jude Gordon



Jude Gordon is a member of the HR and Remuneration Subcommittee. Jude is the Supporting Families Programme Manager at Relate. She has been the lead for supporting parents with conflict for the last five years and currently her role involves national and local contract management, creating new resources, including a digital project, and managing a dedicated team of practitioners who support families. Jude's background is varied; she has experience as a probation officer, with children in care, teenage parents and with young people at risk of sexual exploitation. She has previously worked as Service Manager for The Children's Society, a Trustee for her local Young Women's Project and has experience of managing lots of competing demands.

## Ciaran Hynes



Ciaran Hynes is a member of the Governance Subcommittee. Ciaran is a commercial and financially focused individual with extensive experience in strategic planning, business management controls, process excellence, KPI metric development and analysis. He began his career as an accountant rising to several financial director level positions, including Finance and Operations Director in HP Ireland. While there, he also ran commercial and sales functions as Business Unit Director and Channel Sales Director. Ciaran is currently the founder and CEO of an IT financial services company with a focus on putting laptops into classrooms. He is a member of The Chartered Institute of Management Accountants (C.I.M.A.) and also holds a Master of Business Administration (M.B.A.) from U.C.D. Smurfit business School.

## Clíodhna Reid



Clíodhna Reid is a programme manager with over 15 years experience in the consulting and IT sectors. She currently works for Meta, where she has led teams in Trust and Safety Operations and is most recently with the Global Revenue Operations Group. Clíodhna's advisory experience spans the healthcare, technology, financial, and FMCG industries, where her focus has been on business transformation, process improvement, operational efficiency and outsourcing. She has a background in supply chain management, with a PhD and Masters from UCD.

### Board Meeting Attendance during 2025

Michael Drumm	7 / 8	Andrew Bourke	5 / 8
Nicola Corrigan	8 / 8	Jude Gordon	5 / 8
Adam O'Reilly	7 / 8	Ciaran Hynes	8 / 8
Gary O'Reilly	4 / 8	Clíodhna Reid	8 / 8

### Board members who resigned during 2025

None

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I became involved with Parents Plus in 2019, when the Relate Reducing Parental Conflict team in the UK were trained in facilitation of Parenting When Separated. One of the things I really value about the Parents Plus approach is the warmth and compassion for parents who are often at their lowest ebb, regardless of which programme they are engaging with. I became a Trustee of Parents Plus in 2024, shortly before securing a new role in the North East Combined Authority in the child poverty reduction team. This is really relevant; the links between poverty and conflict in families are well-documented and I am always encouraging commissioned delivery providers to take the 'Parents Plus' approach of warmth, compassion and understanding.

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**Jude Gordan,**  
Parents Plus Board Trustee



## Board Subcommittees

To maintain and continually improve standards, Parents Plus has three subcommittees that meet throughout the year and report to the Board:

There are three subcommittees to assist the Board in their work. These are:

Finance Subcommittee	Governance Subcommittee	Human Resources and Remuneration Subcommittee
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The Terms of Reference for each subcommittee are approved by the Board and outline the particular areas of work to be carried out. The purpose of each subcommittee and attendance by Board members during the year is detailed further below. There are a minimum of two Board members on each subcommittee and members of staff are invited to attend subcommittee meetings as required. The subcommittees report back to the Board and bring forward any recommendations from their meetings for approval by the Board.

### Finance Subcommittee

The Finance Subcommittee is a subcommittee of the board of Parents Plus. Its main purpose is to ensure that Parents Plus demonstrates financial accountability and transparency. The board members who are on this subcommittee are Adam O'Reilly (Chairperson), Michael Drumm and Andrew Bourke.

### Board Meeting Attendance during 2025

Adam O'Reilly	7 / 7
Michael Drumm	7 / 7
Andrew Bourke	3 / 3 (joined subcommittee in August 2025)

### Governance Subcommittee

The main purpose of the Governance subcommittee is to provide oversight of all of the regulatory and governance requirements of Parents Plus. The board members who are on this subcommittee are Nicola Corrigan (Chairperson) and Ciaran Hynes.

## Attendance

Nicola Corrigan	7 / 7
Ciaran Hynes	7 / 7

## Human Resources and Remuneration Subcommittee

This Human Resources and Remuneration subcommittee was formed towards the end of 2024. Its purpose is to ensure that Parents Plus is a good employer and complies with all the legal requirements and best practices in relation to Human Resources. It is also responsible for remuneration policy. The Board members who are on this Subcommittee are Nicola Corrigan (Chairperson) , Michael Drumm, Jude Gordon and Adam O'Reilly.

Nicola Corrigan	7 / 7
Adam O'Reilly	6 / 7
Michael Drumm	7 / 7
Jude Gordon	3 / 7

“

Since 2024, I've had the privilege of serving as a board trustee with Parents Plus, a remarkable Irish charity that builds the capacity of services to improve outcomes for children and families with evidence-based parenting and mental health programmes.

As Vice-Chairperson, Company Secretary, and a member of both the Governance and HR & Remuneration Subcommittees, I've had the opportunity to contribute to strong, transparent governance and to support the incredible team behind the organisation's work.

What stands out most to me about Parents Plus is the real, tangible difference it makes in communities - building the skills of professionals to empower parents to help their children and families thrive. It's been inspiring to see the impact of the programmes and the dedication of everyone involved.

I'm proud to be part of a board that prioritises integrity, innovation, and impact, and I look forward to continuing this journey with Parents Plus as it grows its reach and deepens its impact in communities across Ireland and the UK.

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**Nicola Corrigan,**  
Parents Plus Board Trustee and Subcommittee Member





## Parents Plus Core Team



**Cherie Tyner**  
CEO



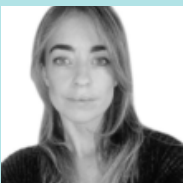
**Professor John Sharry**  
Clinical Director



**Dr. Eileen Brosnan**  
Head of Practice and Implementation



**Stuart Baldwin**  
Finance and Governance Manager



**Vicki Byrne**  
Impact Lead



**Ciara Ní Raghallaigh**  
Disability Programmes Lead



**Grainne Hampson**  
Programme Co-Developer



**Liam McGrattan**  
Researcher/Assistant Psychologist



**Claire Raftery**  
Programmes Manager



**Jenny Mulligan**  
Communications Manager

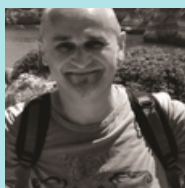


**Donna Kavanagh**  
Office Manager

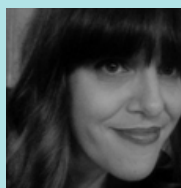


**Breda Flood**  
Finance Support

## Parents Plus Trainers and Supervisors



**Fred Ehresmann**  
Specialist CAMHS Nurse and Senior Lecturer in Mental Health



**Geraldine Buckley**  
Senior Speech and Language Therapist



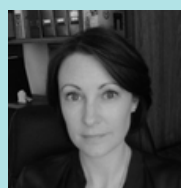
**Fiona Hughes**  
Clinical Manager, Youth Mental Health



**Dr. Adele Keating**  
Senior Clinical Psychologist



**Matt McDermott**  
Senior Social Worker and Psychotherapist



**Michelle Choudhry**  
Senior Social Worker



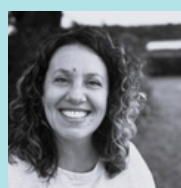
**Wendy Taylor**  
Family Support Manager



**Karin Todd**  
Family Support Practitioner and Psychotherapist



**Úna O'Brien**  
Senior Speech and Language Therapist



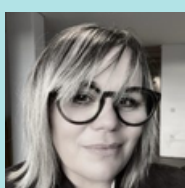
**Lisa Whitlock**  
Family Support Practitioner



**Clíodhna Cunningham**  
Family Support Manager



**Marian Monaghan**  
Senior Clinical Psychologist



**Deborah Davis**  
Clinical Supervisor Parenting Support

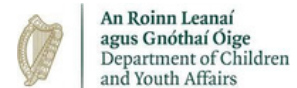


**Gill Moses**  
Parent Support Practitioner

# Financial Reports

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# Our Supporters



**Charitable Tax Exemption by the Office of the Revenue Commissioners:** CHY 13664.  
**Charities Regulatory Authority Number:** 20043124  
**Company Registration Office (CRO) Number:** 530105

### **Accounts auditors**

Woods & Partners

Chartered Accountants and Registered Auditors

### **Registered Office**

Parents Plus Charity,  
Mater Hospital,  
Eccles Street,  
Dublin 7,  
Ireland,  
D07 R2WY.