Joining the dots

The role of evidence-based parenting programmes from prevention to treatment

Matt Buttery

Triple P®
Positive Parenting Program

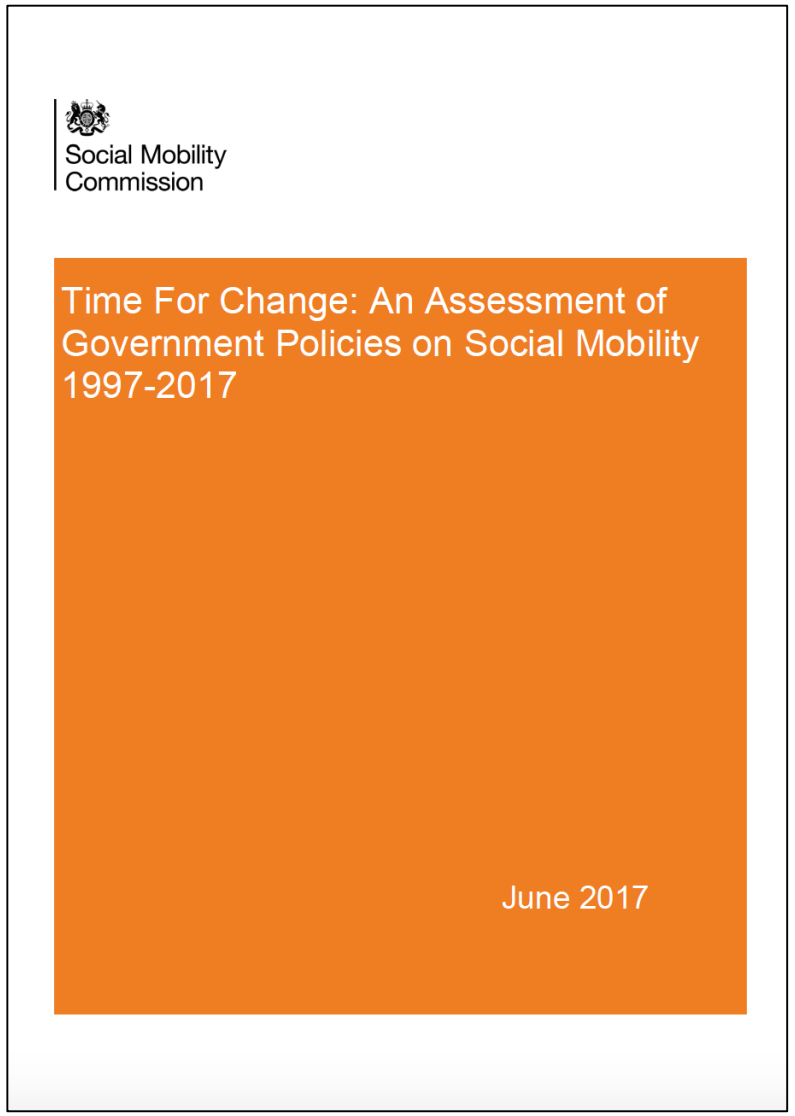
From *Future In Mind* to a 5 year Transformation

- Reduce waiting time standards in mental health services for children.
- Reduce inequalities in outcomes such as education attendance and attainment for children with multiple and complex needs.
- Incorporate effective, evidence-based interventions for vulnerable children and young people by ensuring those with protected characteristics such as learning disabilities are not turned away.
- Deliver a step change in how care is provided by moving away from a system defined by the terms of the services that organisations provide towards one built around the needs of children, young people and their families.
- Deliver a clear, joined-up approach that links services so care pathways are easier to navigate.

The risk….. Or the challenge?

"The scale and pace of the cuts risks undermining the transformation of public services. Long-term, preventative approaches are being compromised by the need to make short-term savings"

Time for change… investment in evidence based programmes


Social Mobility Commission

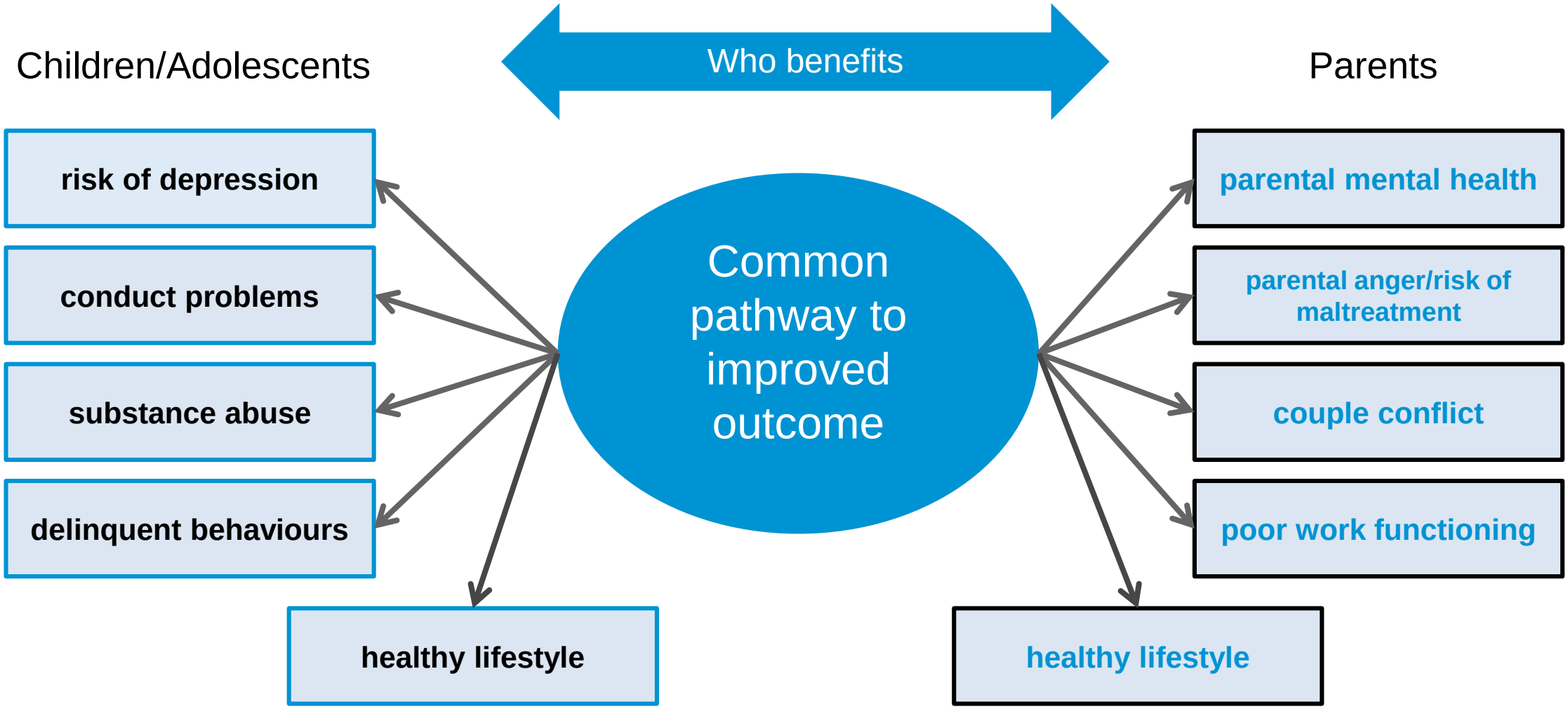
Time For Change: An Assessment of Government Policies on Social Mobility 1997-2017

June 2017

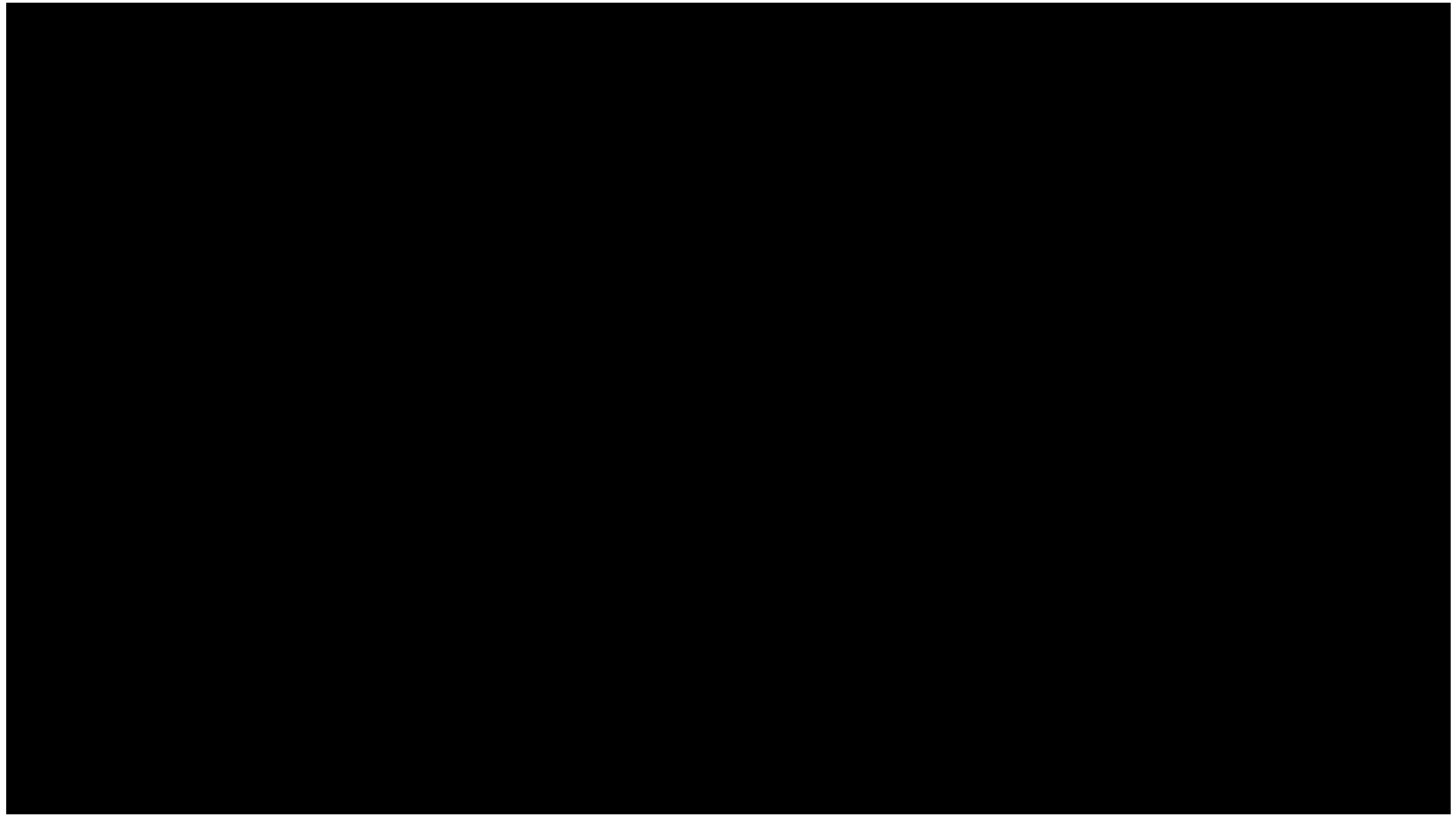
- For the majority of disadvantaged families, support is now at the discretion of local authorities.
- Given limited funds, many authorities opt for cheaper programmes with little or no measurable impact.
- In many areas, just a dozen or so parents per year were benefiting from programmes known to be effective
- The report calls for funding to be restored to evidence-based parenting programmes and suggests testing the use of online classes to achieve scale without undermining quality – using funding from both health and education budgets and shared objectives across both departments.

Transforming children's lives - the momentum

Parenting programmes concurrently address multiple problems



Meet Deborah Mitchell

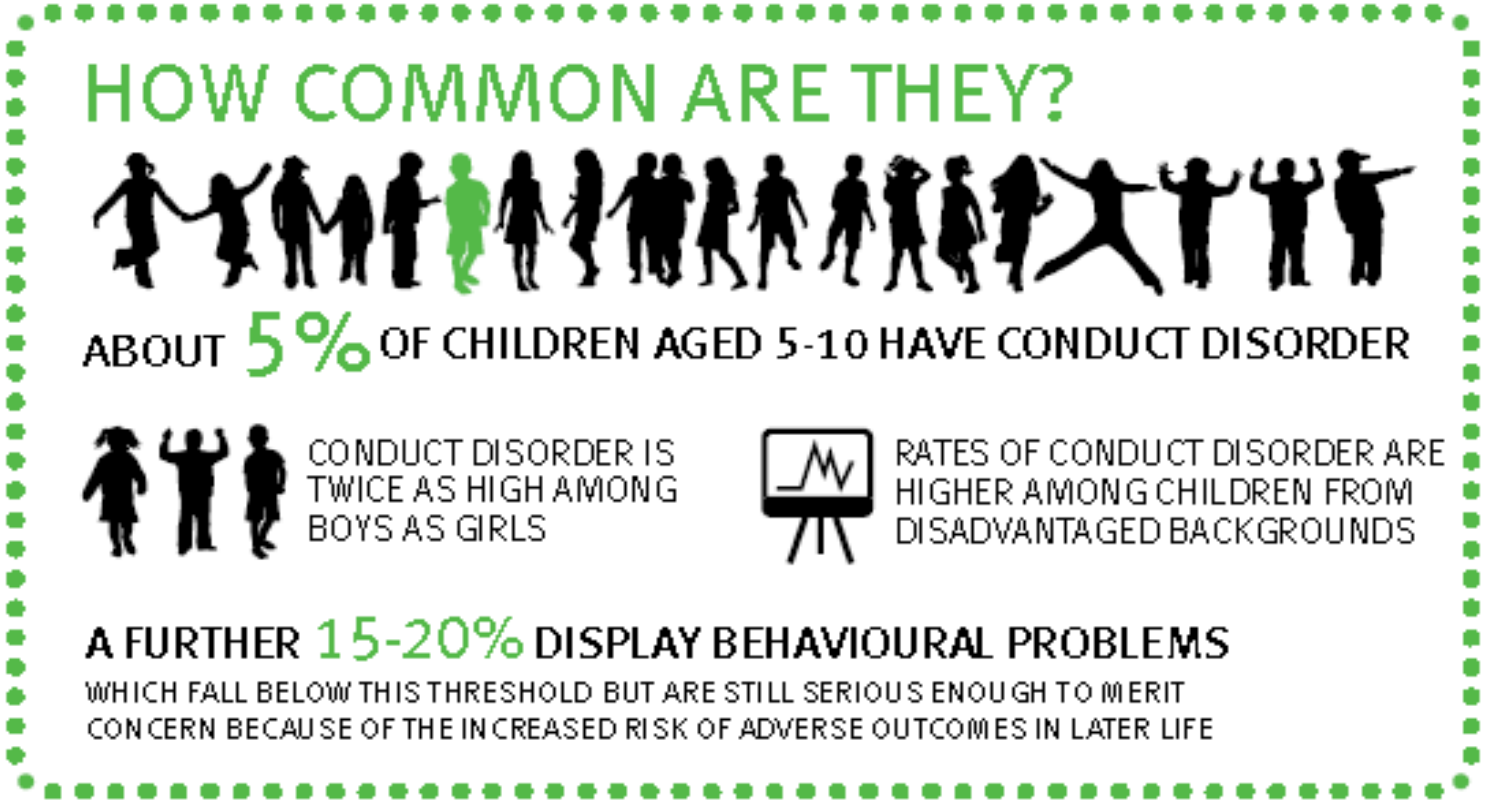


Triple P and North Staffordshire CAMHS

- 52% of referrals are for behavioural or neurodevelopmental issues
- They see around 500 families a year, some of whom are referred to TPOL
- This represents only a very minor number of families who need help. And waiting lists for CAMHS services are notorious.

Severe & Persistent Behavioral Problems

- 510,000 children have clinically elevated levels of behaviour problems
- Most common, damaging and costly childhood diagnosable mental health difficulty
- Most parents of children seek help (usually from schools)
- Only a quarter get any help

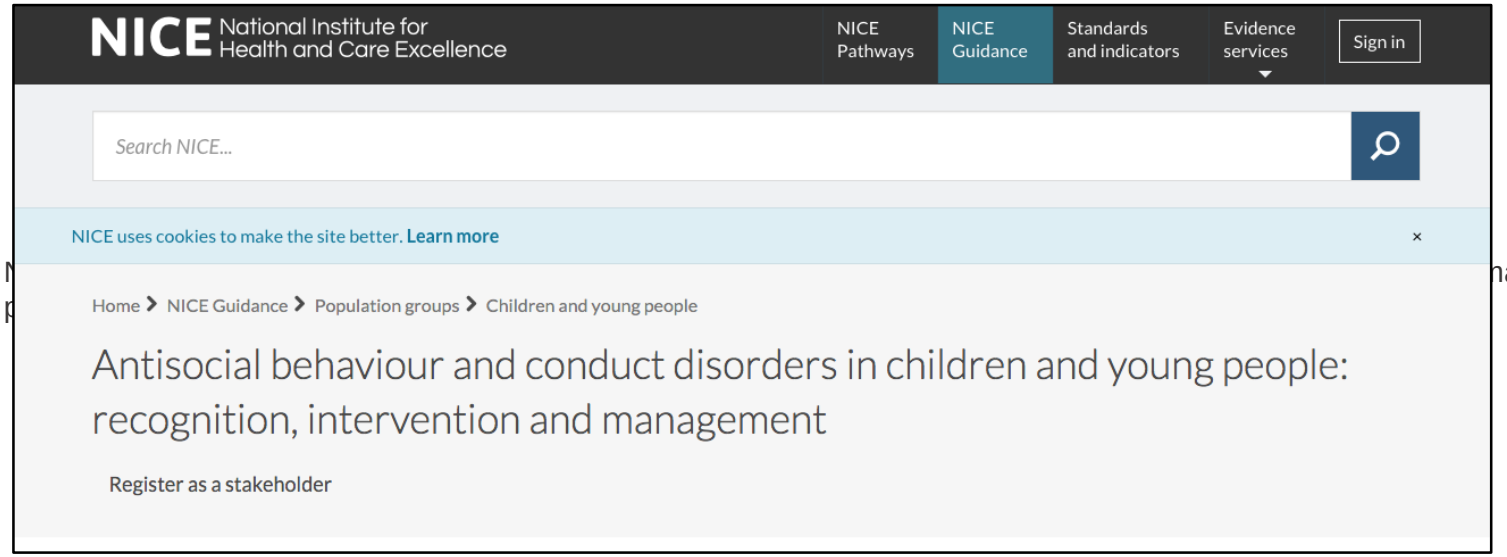


Department of Health, NHS England. (2015). *Future in mind. Promoting, protecting and improving our children and young people's mental health and wellbeing.* London, UK: Department of Health

Building a Better Future, (2014). Centre for Mental Health

NICE Guidance

- Evidence-based parenting programmes such as Triple P should be adopted
  - as the first line of treatment for parents or carers of pre-school aged children with conduct disorder and ADHD,
  - for parents of children aged under 12 years with a learning disability and behaviour that challenges (Stepping Stones Triple P)



What about also about interrupting the trajectory?

Future In Mind calls for:

"Improving access for parents to evidence-based programmes of intervention and support to strengthen attachment between parent and child, avoid early trauma, build resilience and improve behaviour. With additional funding, this would be delivered by enhancing existing maternal, perinatal and early years health services and parenting programmes."

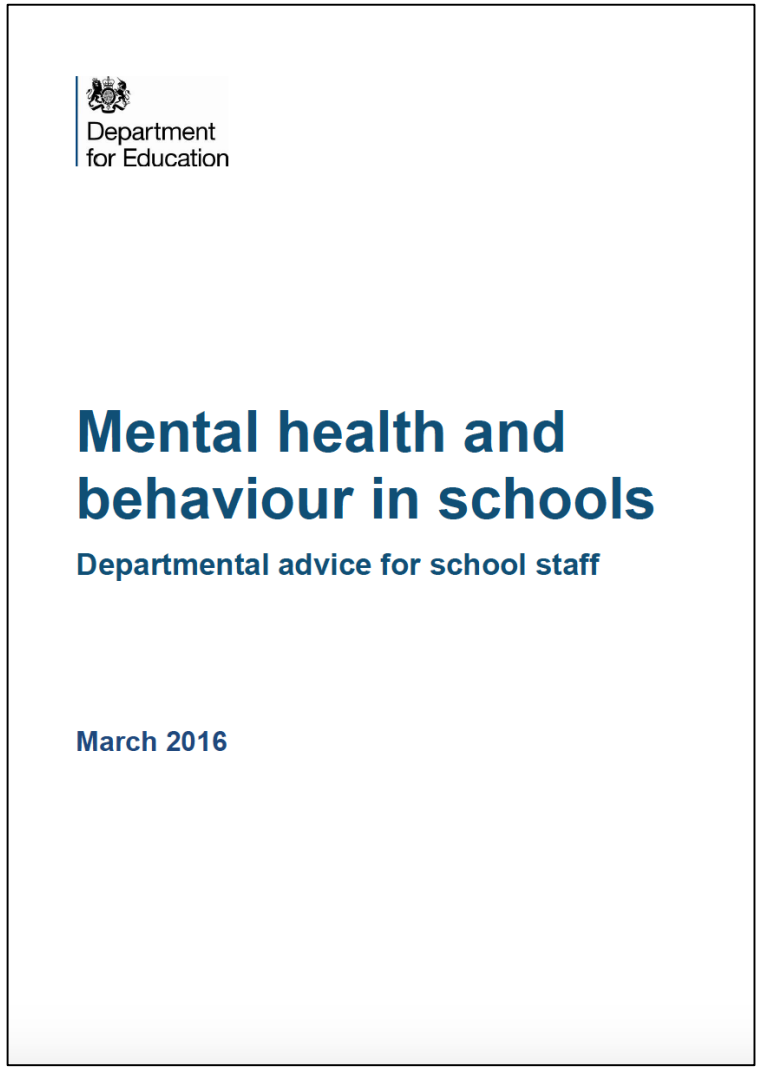
Adverse Childhood Experiences (ACEs)

A PERSON WITH FOUR OR MORE ADVERSE CHILDHOOD EXPERIENCES IS:

- **12x** more likely to attempt suicide
- **10x** more likely to use intravenous drugs
- **7x** more likely to be an alcoholic
- **5x** more likely to experience depression
- **3x** more likely to smoke
- **2x** more likely to have cancer

"**Without adequate adult support** [and] early intervention, exposure to **ACEs and toxic stress can lead to** an intergenerational cycle of **instability and poor outcomes** in core areas such as education, health and well-being, and economic security."

Department for Education advice


Department for Education

Mental health and behaviour in schools

Departmental advice for school staff

March 2016

- Suggests school staff and counsellors refer families to evidence-based parenting programs such as Triple P as the first step of care
- Suggests school counsellors or other staff should use tools such as the Strengths and Difficulties Questionnaire to track pre and post outcomes

Using TPOL

- Creates cross-sector collaboration and referral pathways to more intensive support services
- Brings local schools into transformation plans without placing more burden of care on already overstretched education services
- Supports GPs who argue that behaviour problems in young children is a “parenting problem” but have nowhere to refer parents to
- Is extremely cost-effective
- Reduces pressure on waiting lists and crisis services by intervening early to prevent problems before they increase, thus placing more pressure on consumers and service providers

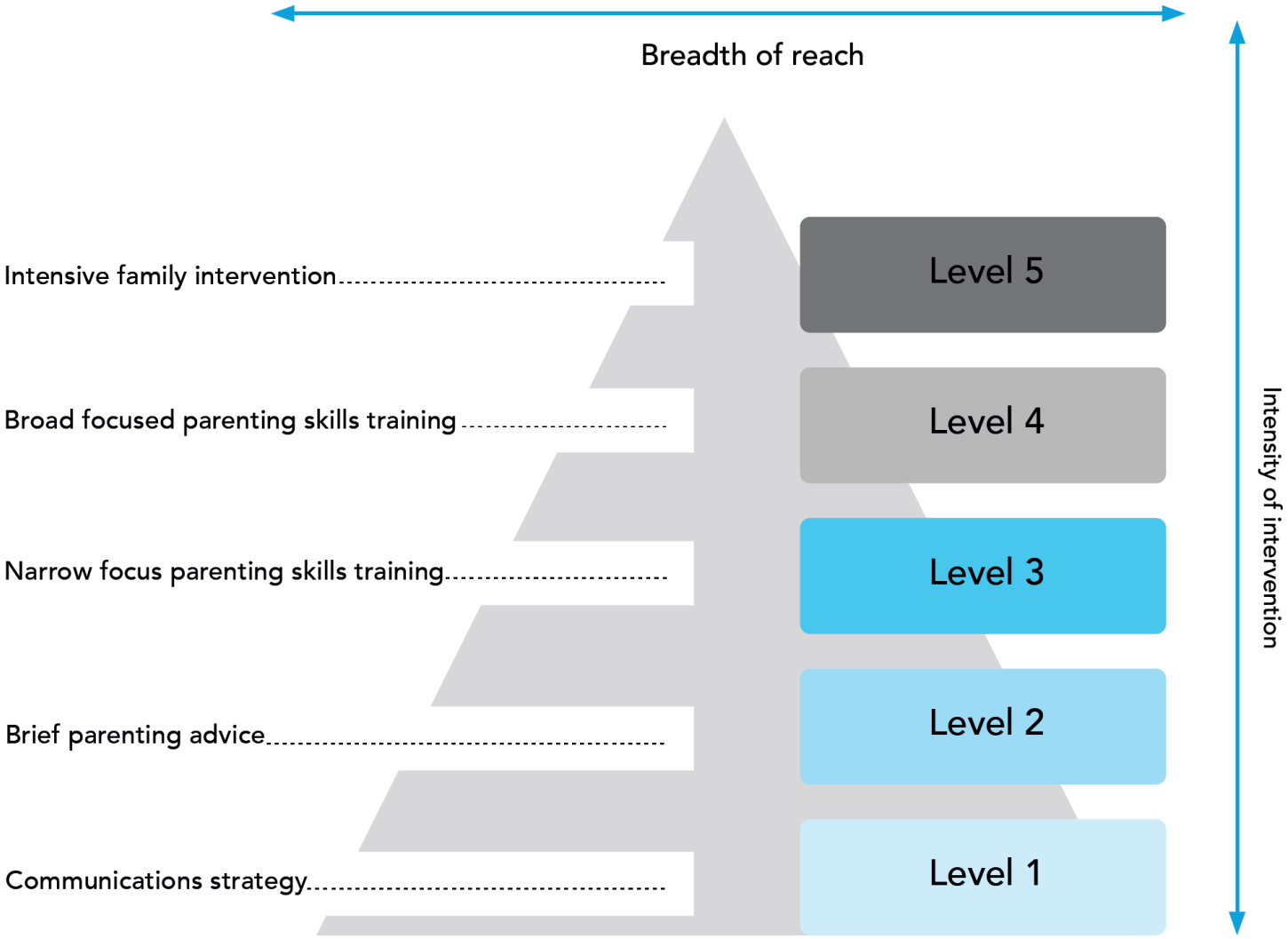
But parents don’t like to be told

“The idea of having to do a parenting course made me feel like I’d failed in a way. I felt it was a personal attack on my parenting skills”

What is Triple P?

- Flexible **system** of parenting and family support
- Combined **prevention, early intervention** and **targeted** approach
- **Multi-disciplinary** focus
- Can **scale** to a public health model of parent education and support
- **Evidence based**
- **Self-regulatory** framework

The Triple P System

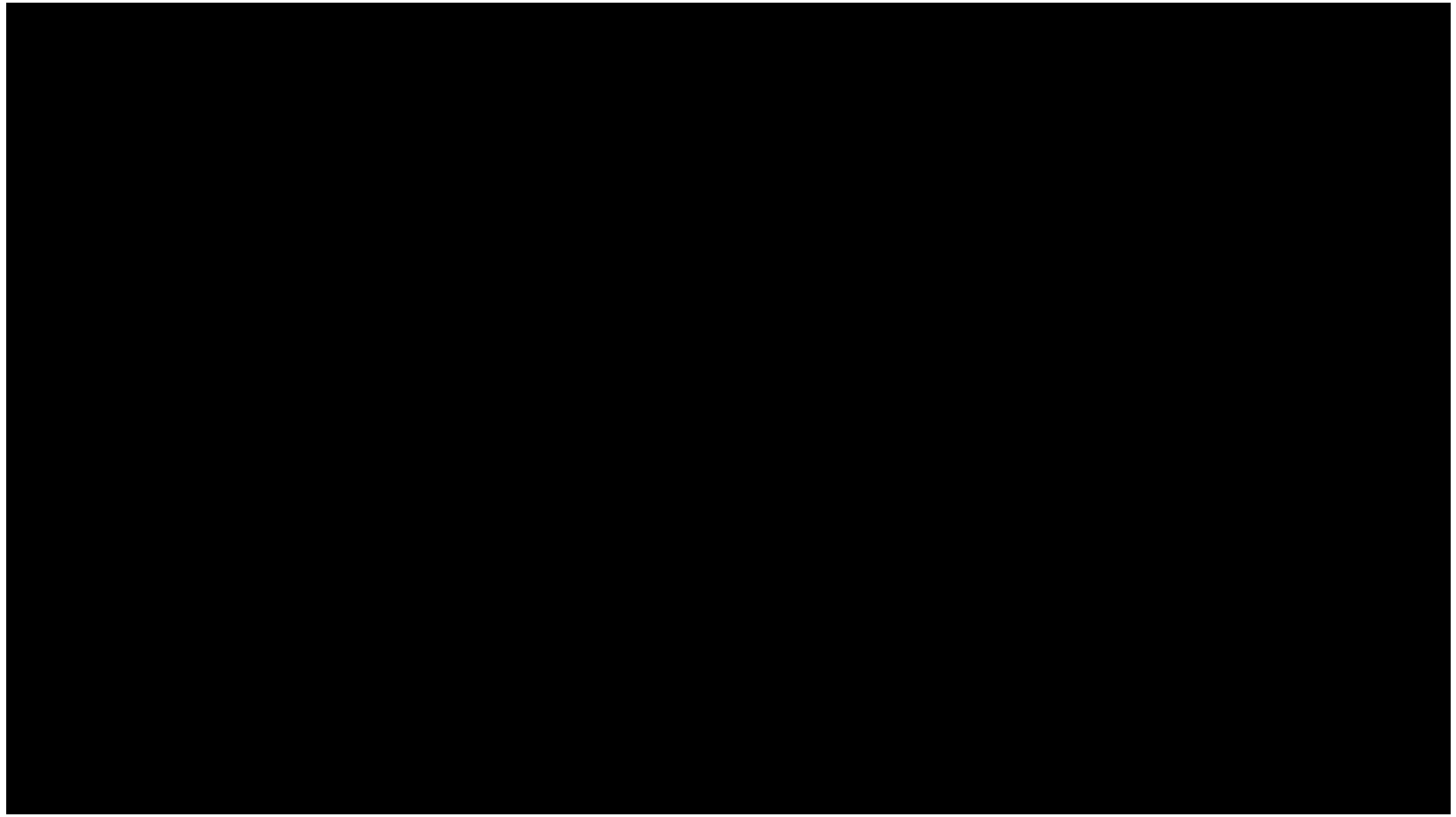


Triple P: One of the most evidence-based parenting programmes in the world

- Triple P is regarded by The World Health Organisation's violence prevention briefings as one of two programmes having the strongest evidence to prevent child maltreatment.
- Long-term data (15 years) for Group Triple P delivery to families of pre-schoolers in a vulnerable community shows improved education outcomes and school attendance
- Triple P Online has shown mental health outcomes for both children and parents, including pre-school children whose ADHD symptoms were reduced.
- An independent evaluation in Ireland shows population-health outcomes for children's and parents' mental health, replicating findings for the original Brisbane population-health study.

Triple P is a social enterprise with a proven track record of working with the NHS & Local Authorities to build stronger families

Going to scale and getting results



Going to scale and getting results

- Ireland: an independent evaluation found the program led to change across the population, including reducing clinically elevated levels of behaviour problems in children by 37.5%
- Queensland:
  - Over 70,000 families have accessed Triple P in 20 months
  - 22,000 of these families have accessed TPOL codes
    - Over representation of:
      - single parents
      - those in receipt of highest level of state benefits
      - parents speaking English as a second language
      - fathers

Why universal parenting support

- To create cohesive communities where parents feel supported
- Reduce waiting lists and times for children and young people's mental health services
- Reduce health and social inequality by offering positive parenting to improve child development
- Improve school readiness, and/or reduce conduct and behavioural problems with an early intervention offer across the community
- To deliver *Future in mind's* vision to collapse the tiers of support and transform early intervention support services

In conclusion

- Triple P Online provides an extremely cost effective way to dramatically increase **reach** and **access** to evidence based parenting programmes
- We need to **embed parenting support into business as usual** making parenting support everyone's business by inviting schools and and GP's into the equation
- We need to start talking a **population health approach** to providing evidence- based parenting support, including addressing stigma and help seeking behaviours
- **A universal, digital first approach** offers a joined-up approach to transforming services

Further information

- General information
  - www.triplep.net
  - http://www.pfsc.uq.edu.au/research/evidence/
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