

The Incredible Years Parenting Programme in Scotland

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Scottish policy environment

- Early Years Framework and Taskforce
- Preventive Spending Review
- Parenting Strategy
- Children's Services legislation
- GIRFEC
- GUS data
- Healthcare Quality Strategy
- Mental Health Strategy

Why parenting interventions?

The quality of care a child receives from his main caregiver is a primary mediator of child outcomes

AND.....

- positive parenting is a key protective factor buffering children against the full impact of risk laden adversities

- **AND.....some actually work!**



Knowing which programmes work best?



Early Intervention: The Next Steps

An Independent Report to Her Majesty's Government

Graham Allen MP

Commissioners Toolkit database

Interventions for Promoting Early Child Development for Health

An environmental scan with special reference to Scotland

Suggested mixed, two-generation approach to address early childhood social-emotional and cognitive development based on evidence of promising interventions

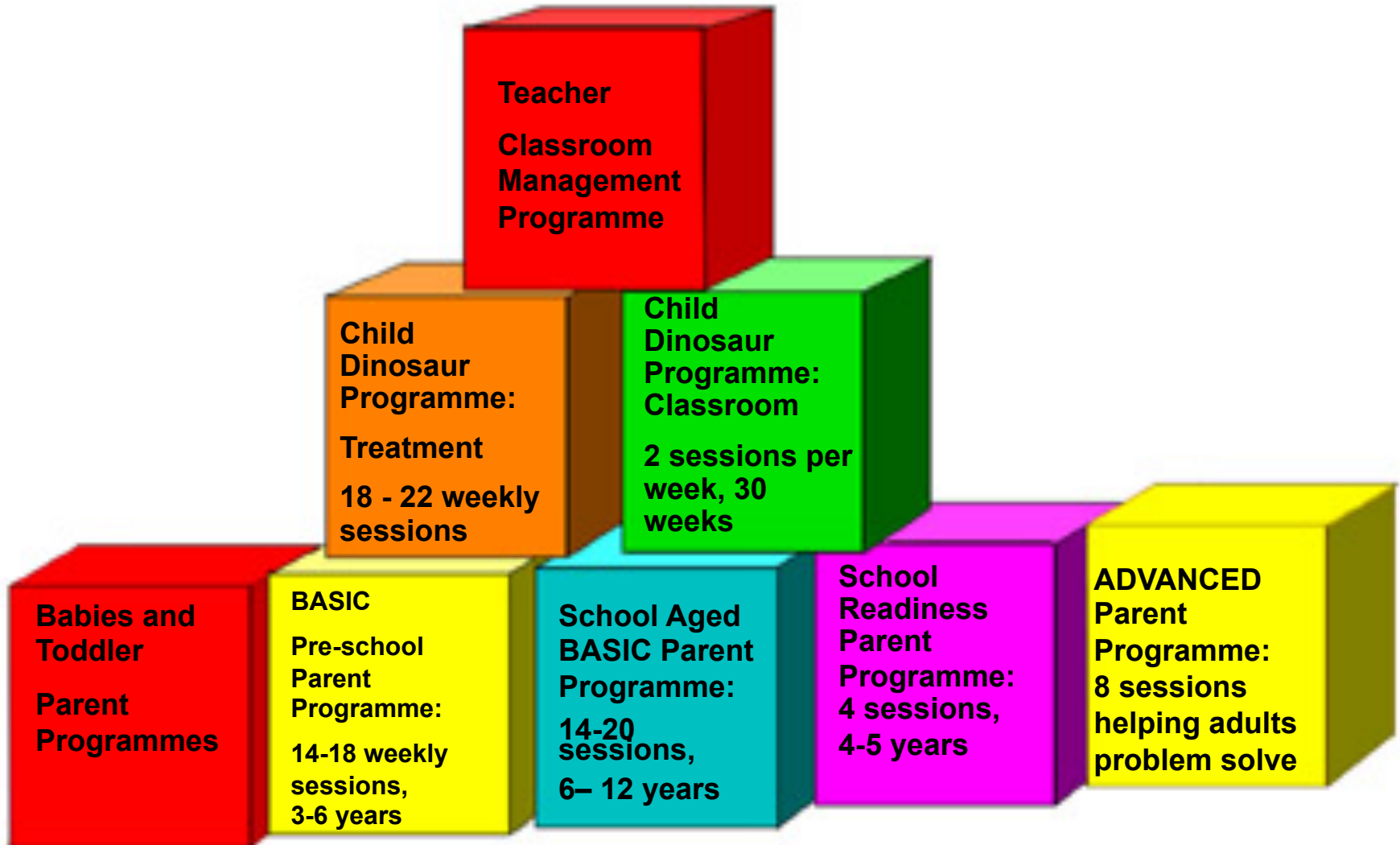
Category	Population	Programme	18-24 months	24-36 months	36-60 months
High-risk of developmental and/or attachment disorder	Children	Attachment-based interventions e.g. Play Therapy, Parent-Child Interaction Therapy, Parent-Child Relationship Training, etc.	Individualised play-based interventions	Individualised play-based interventions	Individualised play-based interventions
	Parents	Attachment-based interventions e.g. Parent-Child Relationship Training, etc.	Individualised play-based interventions	Individualised play-based interventions	Individualised play-based interventions
Medium risk	Children	Attachment-based interventions e.g. Play Therapy, Parent-Child Interaction Therapy, Parent-Child Relationship Training, etc.	Individualised play-based interventions	Individualised play-based interventions	Individualised play-based interventions
	Parents	Attachment-based interventions e.g. Parent-Child Relationship Training, etc.	Individualised play-based interventions	Individualised play-based interventions	Individualised play-based interventions
Low-risk	Children	Attachment-based interventions e.g. Play Therapy, Parent-Child Interaction Therapy, Parent-Child Relationship Training, etc.	Individualised play-based interventions	Individualised play-based interventions	Individualised play-based interventions
	Parents	Attachment-based interventions e.g. Parent-Child Relationship Training, etc.	Individualised play-based interventions	Individualised play-based interventions	Individualised play-based interventions

January 2



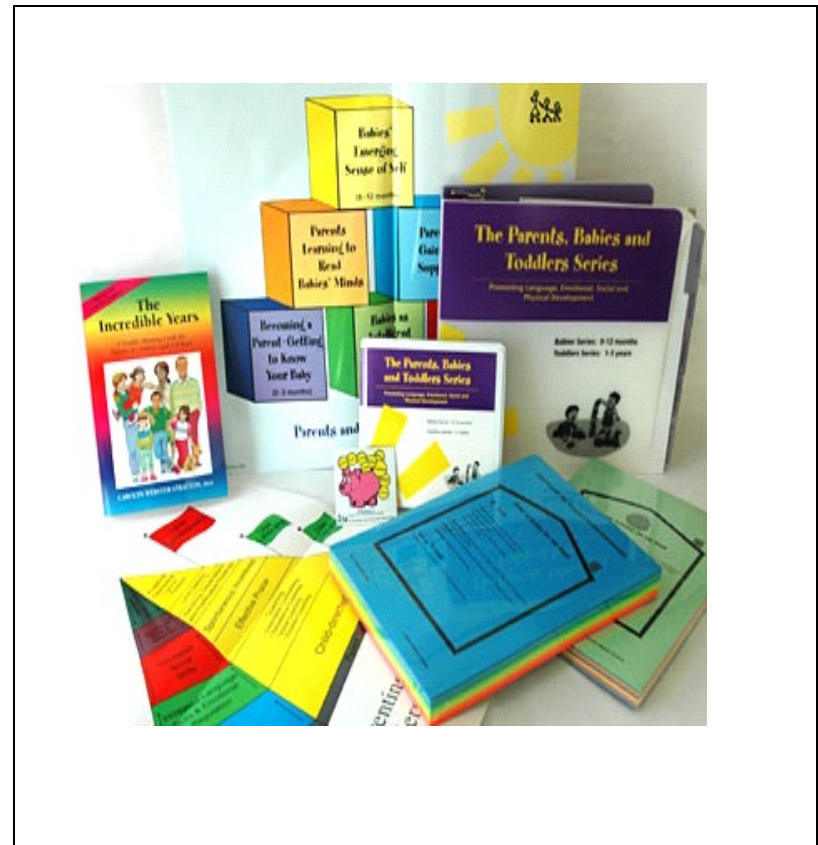
Note: An important note: The database is not intended to be a list of all programmes or to be a list of all programmes that are available in Scotland. It is a list of programmes that are available in Scotland and are of interest to the research community. It is not intended to be a list of all programmes that are available in Scotland and are of interest to the research community.

The Incredible Years Series of Programmes



www.incredibleyears.com

- Groups of up to 12 parents meet weekly for (14-18 wks)
- 2 group leaders engage collaboratively and in a non-judgemental and nurturing fashion with parents
- Video-clips of parent-child interactions guide group discussion to help parents derive principles of positive parenting
- in-session practice primes home activities
- Group support is fostered



The evidence base

- Multiple RCTs and prestigious awards
- Independent replications in various countries (including England and Wales) – in real life settings
- 2/3 of “diagnosable” children move out of clinical range after a 12 week parenting group
- Outcomes maintained up to at least 6 years after intervention
- High parent-satisfaction ratings
- AND..... health economists conclude they are cost effective!

Cost of doing nothing



by age 28 the costs to the public purse for children with conduct disorder in childhood were 10 times higher (£70,019) than for those with no behavioural problems (£7,423) (2001 figures)

THE LATEST RESEARCH SHOWS THAT
WE REALLY SHOULD DO SOMETHING
WITH ALL THIS RESEARCH



Psychology of Parenting Project (PoPP)



- to improve outcomes for children with significant levels of early-onset disruptive behaviour problems
- to increase workforce capacity around evidence-based parenting interventions for such children and their families

Practice scan in Scotland (2010)

Annual training events hosted since 2005

Number of practitioners trained = approx 200

Scotland-wide peer network

Few groups running -most in CAMHS and not being delivering with fidelity

Some lessons to be learned from “Implementation Science” ..

Only a combination of effective interventions and effective implementation produces good outcomes

Interventions that work are

- rarely simple
- inexpensive
- easy to implement

More lessons to be learned

- Organisational support is required at all levels
- The “train and hope” approach does not work
- Local stakeholder involvement is essential
- Fidelity is not a natural default position

How IY addresses implementation challenges

Standardised Intervention materials

Clinician manuals
Video vignettes designed to elicit group discussion and social learning theory principles
Book for parents
Home activity fridge notes

Standardised trainings (3 days)

Delivered only by accredited trainers who teach content and underlying theory and model collaborative therapy processes

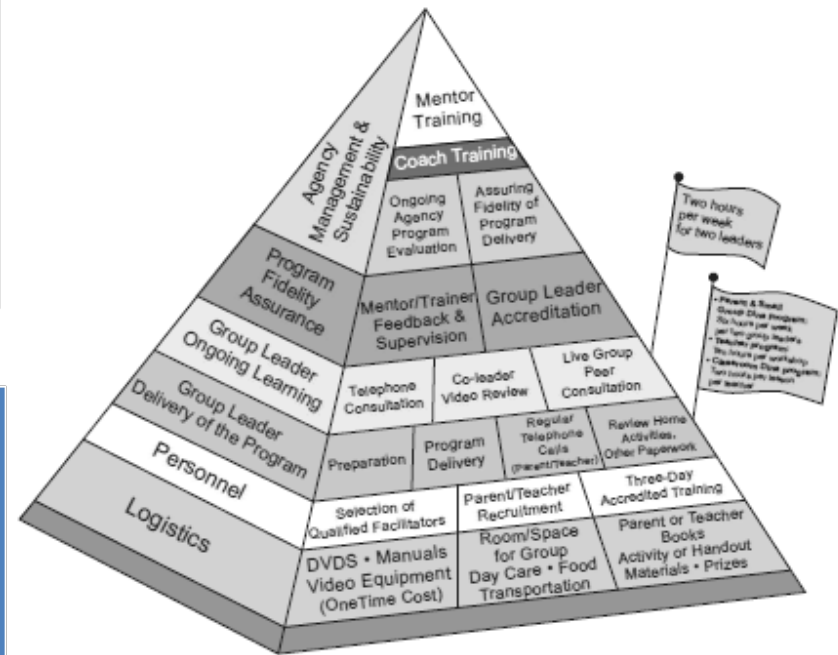
Post-training accreditation scheme

Competence in delivery of content and adherence to collaborative therapeutic process is assessed at each stage of accreditation through e.g.;

- video-tape review of adherence to model
- positive evaluations by parents
- Self-and peer evaluations
- Session process checklists

Supervisory structures

- Self-monitoring checklists
- Peer supervision
- Peer coaching by accredited group leaders
- Consultation days with accredited mentors and trainers



IY Implementation Pyramid:
Assuring Fidelity of Program Delivery

PoPP plan

- Scotland-wide 4 year roll-out focus on 3 and 4 year olds with elevated levels of behaviour problems
- Health-led initiative promoting interagency delivery aligned with local needs and GIRFEC
- A robust implementation plan designed to maximise fidelity and sustainability

PoPP implementation



High
fidelity

Continuous
learning and
accreditation

data-driven ,
“intelligent”
decision-making

Competency Drivers

Organization Drivers

Sustainable
evidence-based
parenting programmes

Leadership

- Standardised core training
- “On the job” supervision and coaching
- Video-based peer supervision
- Self-regulating practitioners

- Aligning evidence-based activity with strategic objectives
- Identifying local champions
- Systems that value and nurture staff development
- Supportive resource allocation systems
- Robust data management systems

Adaptive leadership, co-ordination and technical support

Progress to date

- Widespread support for the plan
- 2 Early Implementer sites
- Over 100 more staff trained
- Parent groups being delivered (with supervisory support)
 - Lothian
 - GG&C (Refrewshire)
 - Borders
 - Ayrshire
 - Fife
 - Forth valley

Fidelity: Doing what it says on the tin

- Manualised materials
- Standardised trainings
- Process checklists
- Supervision and on-going support
- Accreditation scheme
- Organisational support



A recipe for poor fidelity

***I didn't have potatoes, so I substituted rice.
Didn't have paprika, so I used another spice.
I didn't have tomato sauce, so I used tomato paste.
A whole can, not a half - I don't believe in waste.
My friend gave me the recipe - she said you couldn't beat it.
Something must be wrong with her, I couldn't even eat it!***

Wanted!!

Well-trained and committed staff
Who have adequate resources
Who are adequately supervised
And who have managerial support