# Children’s Mental Health: Parents as part of the solution

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# Overview of session

- Why parenting?
- What is the Triple P System
- Introducing Fear-Less Triple P
- Introducing Fear-Less Triple P Online
- Why a public health approach to parenting and family support

# Why is parenting important?

# Evidence-based parenting programs concurrently address multiple problems

# Case for evidence-based parenting support

NICE National Institute for Health and Care Excellence

- Evidence-based parenting programmes are recommended by NICE:
  - As recommended treatment for **conduct disorder** in children under eleven and first-line treatment for **ADHD** in children under five
  - For parents of children aged under 12 years with a **Learning disability and behaviour that challenges**
  - As early help for families showing possible signs of **Child Abuse and Neglect**

# What is the Triple P system?

- Flexible system of 25+ interlocking parenting and family support programmes
- Specific programmes that further address challenges around parental conflict
- Birth to age 16, and a children with additional needs (Stepping Stones Triple P)
- Blended universal and targeted approach
- Combines prevention, early intervention and targeted delivery
- Multi-disciplinary focus
- Can scale to a public health model of parent education and support
- Evidence-based: 175+ RCTs, 300+ evaluations
- Self-regulatory framework

# Parent-led approaches for supporting children with anxiety management challenges.

# The problem (2)

- Many children with anxiety disorders receive no treatment, evidence-based or otherwise
- Child-focused CBT is regarded as the gold standard treatment - yet more than 40% of participants do not demonstrate significant improvement
- The role of parental factors in the maintenance of child anxiety highlights the importance of working with parents e.g. parental modelling of anxious behaviours and cognitions
- A parent-focused intervention can provide capacity for treatment to be:-
  - briefer
  - reduce financial burden
  - minimise stigma for the child
  - extend reach to address parent factors related to child anxiety

# What is Fear-Less Triple P?

- *Fear-Less Triple P* is a brief parent-focused intervention for parents of children aged from 6 to 14 years with moderate to high levels of anxiety that negatively impact on everyday functioning.
    - Six weekly group or 1:1 sessions (2 hours)
    - 1-day intensive group workshop
    - Self-directed online programme (Fear-Less Triple P Online)
- Growing evidence from Randomised Controlled Trials that support the efficacy reducing rates of:
    - clinically diagnosed anxiety among children,
    - reducing sibling anxiety symptoms,
    - and improving family functioning,
    - with clinical improvements further enhanced over time.

# Fear-Less Triple P

## WHO IS IT FOR?

- Parents of children with **moderate to high levels of anxiety** that causes significant distress or impacts on their everyday functioning
- Parents interested in coaching their children to become **more emotionally resilient** and better able to express and manage uncomfortable or difficult emotions

## EXPECTED OUTCOMES…

- To help parents develop a **toolbox of strategies** for helping children manage their anxiety more effectively
- To help parents become the best **role models** they can be for children learning to manage their anxiety
- To help parents review **how they currently respond to their child's anxiety** and to learn about different ways they can respond in the future

# Fear-Less Triple

## HOW FEAR-LESS TRIPLE P CAN HELP

### MY CONFIDENCE RATINGS

My confidence in understanding my child's anxiety

My confidence in knowing what to do when my child is anxious

My confidence in my child's ability to cope with their anxiety

# Fear-Less Triple P Evidence Base

- Two randomised controlled trials demonstrate the effectiveness of Level 4 Fear-Less Triple P in improving **child and parent outcomes**, including:
  - Reduction in **number of children with a clinical diagnosis of anxiety,** with further improvements over a 12-month period[1,2]
  - Reduction in **sibling anxiety** symptoms[2]
  - Improved **family functioning** for children with a clinical diagnosis of anxiety[2]
  - Improved **parental confidence** in ability to manage their child's anxiety[3]
  - Improved **parental awareness** in modelling anxiety management strategies for their children[3]
  - Improved **parental understanding** of the importance of their child's autonomy in anxiety management[3]

# Digital approaches parent self-directed approaches to supporting families

# Why did Triple P put its programmes online?

- **In 2012, parents asked for it…**
  Of 9 formats offered to parents, online was the 2nd preferred option (after TV).

Metzler, C. W., Sanders, M. R., Rusby, J. C. & Crowley, R. N. (2012). Using consumer preference information to increase the reach and impact of media-based parenting interventions in a public health approach to parenting support. *Behavior Therapy, 43*, 257-270.

- **In 2020, parents voted with their feet…**
  2.9x increase in registrations for Triple P Online during the pandemic.

# Triple P Online's evidence base

- **Evidence-base**
  - Randomised controlled trials:
    - Brisbane, Australia (Sanders, Baker & Turner, 2012)
    - New Zealand (Franke, Keown & Sanders, 2016)
    - New York City, USA (Ehrensaft, Knous-Westfall & Alonso, 2016)
    - Australia (Hinton, Sheffield, Sanders & Sofronoff, 2017)
    - Australia (Day & Sanders, 2017)
    - United Kingdom (Jones, 2017)
- **Results**
  - Largest effect sizes of all Triple P delivery formats for child social, emotional and behavioural outcomes, and the parental relationship
  - Effective in reducing inattentive behaviour difficulties in preschoolers with ADHD symptoms
  - Effective treatment for children with conduct disorders
  - Comparable effectiveness to Triple P's in-person interventions
  - Effective treatment for parents of children 12 and under with autism, when augmented with structured telephone support from a Stepping Stones Triple P trained practitioner

**RESULTS FROM SANDERS, BAKER & TURNER, 2012**

**RATED 3+ BY EIF FOR EVIDENCE, AND RANKED 1 FOR COST.**

# Fear-Less Triple P Online

- Content mirrors face-to-face *Level 4 Fear-Less Triple P* & delivery method mirrors *Triple P Online* both have strong foundational evidence
- Non-inferiority study evidences comparability of *Triple P Online* and face-to face delivery[4]
- RCTs and service-based evaluations of Fear-Less Triple P Online are planned and will continue to inform the programme

**** VISIT OUR STAND FOR A FREE TRIPLE P ONLINE CODE ****

# Shifting prevalence rates through a public health approach to parenting and family support

# 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”*

# Going to scale and getting results

- **Longford and Westmeath, Ireland:**
  - Over 4,500 families attended Triple P between February 2010 and May 2013.
  - Independent evaluation found Triple P led to population-wide change, including reducing cases of children with clinically-elevated emotional and behaviour problems by **37.5%**
- **Queensland, Australia:**
  - Over 240,000 parents and carers families have accessed Triple P in 3-year period
  - Nearly 40,000 of these families accessed **Triple P Online,** with an over-representation of:
    - Single parents
    - Parents in receipt of highest level of state benefits
    - Parents speaking English as a second language
    - Fathers

# Replicating this in the UK….
# Joining the dots through Family Hubs

thetimes.co.uk

Times Education Commission: Structured support for parents should ...

A successful education starts long before that first arrival at the school gates. The Times Education Commission report, published today, has ...

https://www.thetimes.co.uk/article/times-education-commission-structured-support-for-parents-should-be-the-norm-gl9390mxr

# In conclusion

- Parenting programmes offer a golden thread that can deliver impact and outcomes across a range of services: from mental health support in schools, family hubs, supporting families, reducing parental conflict, NDP
- Important to consider parents in our service design and the power of working with parents across a range of issues in neurodevelopmental, behavioural, social, emotion and anxiety management isues
- A brief parent-focused intervention for parents of children aged from 6 to 14 years with moderate / high levels of anxiety can achieve powerful outcomes, and impacts on the wider family
- Making parenting programmes the norm for families will go a long way to alleviating many of the pressures on the current system, address stigma and has demonstrated powerful ripple effects across the community and the ability to shift prevalence rates of mental health
- Digital and remote delivery of evidence-based parenting programmes can scale cost-effectively and have demonstrated reach into more traditionally “hard-to-reach” groups

# Further information

- General information
  - www.triplep.uk.net
  - www.triplep-parenting.uk.net
  - www.pfsc.uq.edu.au/research/evidence/
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