Parenting and conduct disorder

How evidence-based parenting programmes are a logical answer to improve young people's mental health and wellbeing.

Matt Buttery

Triple P
Positive Parenting Program

Conduct disorder as future predictor of problems

- 850,000 children and young people have some form of clinically diagnosable mental health disorder
- Over half of these children have conduct problems
- Conduct disorder is regarded as the single most powerful predictor of mental health problems in adulthood
- Parenting interventions such as Triple P have the greatest evidence of being able to address conduct problems

Challenges for local authorities nationally

- Only half of local authorities have a clear strategy for improving disadvantaged children's outcomes.
- Parenting support on child development is very limited in most local authorities and often not based on strong evidence.
- Social Mobility Commission:

  Every local authority should develop an integrated strategy for improving disadvantaged children's outcomes and ensure ***"all parenting support programmes are evidence based and experimenting with ways to offer effective advice to more parents"***

- Triple Ps multi-level population approach making the programme available free to anyone who wants access is highlighted

Source: The Social Mobility Commission's 2017 *State of the Nation* Report, released this week.

NICE Guidance

- Triple P is one of only two evidence-based programmes recommended by NICE:
  - 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)

National Institute for Health and Clinical Excellence. (2008). *Attention deficit hyperactivity disorder. Diagnosis and management of ADHD in children, young people and adults. NICE clinical guideline 72*. Retrieved from: guidance.nice.org.uk/cg72

Department for Education advice

- Suggests **school staff and counsellors refer families** to evidence-based parenting programs such as Triple P, one of only two programmes recommended 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

Department for Education

Mental health and behaviour in schools

Departmental advice for school staff

March 2016

What is Triple P?

- Flexible system of parenting and family support programmes
- 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

Outcomes from studies involving Triple P

- Improved child behaviour
- Improved child emotional wellbeing
- Reduced hyperactivity
- Improved attendance
- Fewer child academic problem behaviours
- Greater parental confidence and use of positive parenting
- Less parental stress, depression, and anger
- Less adult couple conflict over parenting
- Improved parental engagement
- Increased parental satisfaction with their child's academic achievement

Triple P outcomes have been seen across parents from diverse cultural and socio-economic backgrounds, parents with intellectual disabilities and with mental health conditions.

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.

Meet Deborah

https://www.youtube.com/watch?v=koWlzJgTRbE

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 CAHMS services are notorious.

How to use Triple P Online

- The level of need in the community with around 500,000 children with conduct problems is placing enormous strain on services, beyond just mental health
- A prevention approach that can go to scale cost effectively can reduce prevalence rates in the community
- Triple P Online offers a way to reach parents with an immediate offer
- We need to think of solutions that seek to reach tens of thousands of parents, or even hundreds of thousands, cost-effectively in a way that fits with how they want to receive information

Using Triple P Online

- 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”

Going to scale and getting results

http://mapp.ie

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 135,000 families have accessed Triple P in 2-year period
  - Nearly 30,000 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

In conclusion

- NICE & DfE recommend **evidence-based** parenting programmes
- Positive effects on a range of outcomes
- Schools are ideal places to deliver parenting as they are where parents often seek help first
- Taking a population health approach to providing parenting support helps **address stigma**
- **Triple P Online** provides an opportunity to **scale** cost-effectively

Let’s think about the value of doing something, rather than just focusing on the cost of doing nothing.

Further information

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