Transformational Parenting: Hope, Trust and Change Open the Doors

Crispin Day
South London and Maudsley NHS Foundation Trust,
King’s College, London, Institute of Psychiatry

Merton Safeguarding Conference: No Wrong Door
March 21st, 2018
Transformational parenting

• Briefly summarise child outcomes & role of parenting & early adversity
• Focus on two parenting approaches designed to increase engagement and improve child and family outcomes
  – Empowering Parents Empowering Communities (EPEC)
  – Helping Families Programme (HFP)
• Open doors by increasing families’ hope, trust & transformational achieve change
1 in 10 children & young people
Multiply by 3
50% behavioural problems
10 times economic cost
Immediate harm to children’s development, wellbeing, learning, achievement, family function and peer relationships

Long term risk to adult mental health, employment, economic independence, family welfare & crime
Ecological model of child development

- Chronic & persistent exposure
- Family mental health
- Substance misuse
- Neglect & abuse
- Family violence
- Social & economic insecurity

- Low levels of family resilience
- Parenting & care-giving key vector affecting child outcomes
The Good News .... But

Parenting programmes are an effective intervention (NICE, 2013)

- Families often do not get the help they need
- Families often don’t get the help early enough to make a difference & reduce impact
- Scale of need far out weighs the service capacity available
- Complex referral pathways and stigma
No Wrong Door: *Different types of doors*
As well as entrances........
Empowering Parents
Empowering Communities

Innovative
Evidence-based
Effective
Efficient
Popular
Low cost
Award-winning
International

South London and Maudsley
NHS Foundation Trust
Empowering parents, empowering communities: *Three group programmes*

- **Being A Parent (2-11yrs)**
- **Living with Teenagers (11-16yrs)**
- **Our Baby & Us (0-1yr)**

- Manualised programmes co-produced by parents & parenting practitioners
- Eight 2hr sessions for between 8-12 parents
- Community location, children centres, schools, NGOs
- Universal access & on-site crèche
- Additional specialist programmes for families living in homeless accommodation, CAMHS, children with ADHD, Children with ASD, parents with serious mental health difficulties
Empowering parents, empowering communities: *Hope, trust & change*

- Recruits, trains & supports local parents to lead parenting groups in their communities
  - Parent group leaders come from the communities in which EPEC is offered
  - Parent group leaders have been EPEC group participants
- Parent completion rates 75-100%
- Increase reach to socially disadvantaged, excluded and marginalised families and communities
- Increase scale of support
  - 4-6 EPEC groups for cost of 1 profession-led group
So far we have

Trained

More than 300 parent group leaders in UK and Australia

EPEC adapted into French African, Spanish, Arabic, Chin Burmese, Hindi, Vietnamese & Japanese
So far EPEC has....

Gone on to run over 300+ courses including more than 3000+ parents with 4500+ children in UK and Australia.

New expansion programme to set up 16 new EPEC sites in England.
EPEC Opens doors
Who comes to EPEC?

- Approx 75% of parents attending *Being a Parent* courses in London boroughs are from Black and Minority Ethnic backgrounds.
- A similar proportion of EPEC facilitators are from Black and Minority Ethnic backgrounds.
- Approx 66% of parents attending groups come from the lowest 20% of the population based on disposable income,
- Only approx 10% are owner occupiers,
- Approx 75% are unwaged,
- 40% are lone parents
- 50% of participant parents have English as a second language.
But does EPEC make a difference?

‘Established programme, consistently effective’
(Early Intervention Foundation, 2016)

‘Approved use as an evidence based programme’
(Australian Institute of Family Studies, 2015)

Very efficient because of the high attendance and low drop-out

Very high level of attendance, 75-90% complete course

**Seven** outcome evaluations with excellent outcomes

- EPEC Randomised control trial (n=116, *Day et al.*, 2012a)
- EPEC Quasi-experimental, uncontrolled trial (n=73, *Day et al.*, 2012b)
- EPEC Feasibility pilot of Living with Teenagers (n=41, *Michelson et al.*, 2014)
- EPEC BaP Pilot Homeless Families (n=15, *Bradley*, 2016)
- EPEC Quasi-experimental, uncontrolled trial, routine practice (n=109, *Charalambides*, 2015)
- EPEC Pilot trials of Baby & Us (n=78, *Fernandez Cubillas*, 2017)
Results from EPEC RCT: Concerns About My Child (CAMC, Day et al., 2011)

Parents’ achieve their parenting goals

Effect size = 0.85

Michelson, D., Ben-Zion, et al. (2014). *Archives of Disease in Childhood*
EPEC Routine Care Goal Attainment Scale: *Individual Parent Change (n=774)*

Mean change = 31.2
### EPEC course feedback: How effective are the parent group leaders?

<table>
<thead>
<tr>
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<th>70+ EPEC courses [n=793(%)]</th>
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<tbody>
<tr>
<td></td>
<td>Not at all</td>
</tr>
<tr>
<td><strong>Competent EPEC parent group leaders</strong></td>
<td>1 (0.1)</td>
</tr>
<tr>
<td><strong>Satisfaction with EPEC programme and group leaders</strong></td>
<td>1 (0.1)</td>
</tr>
<tr>
<td><strong>Appropriate programme content covered by EPEC group leaders</strong></td>
<td>0 (0.0)</td>
</tr>
<tr>
<td><strong>EPEC group leaders related effectively to parent participants</strong></td>
<td>2 (0.2)</td>
</tr>
<tr>
<td><strong>EPEC group leaders motivated participant parents</strong></td>
<td>1 (0.1)</td>
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What do parents say about EPEC

“Communicate better with my child, really be in touch with them, no longer ignoring them, but really pay attention.”

“I have tried to improve on listening more and not dismissing the feelings of my child.”

“They definitely know their stuff and have so much to offer other mums.”

“Do not scream and shout at your kids. Do not label them. A lot of descriptive praise and understanding their feelings.”

“Giving rewards and stick to what you say when making clear boundaries.”

“This is a really great course, very practical and easy to use with your children.”

“M…… and P…… have been absolutely fantastic at delivering the course, empathising with our situations and making us feel really comfortable with sharing our experiences and comments.”

South London and Maudsley NHS Foundation Trust
EPEC Opens Doors: Hope, Trust & Transformational Change

- EPEC is a popular, cost-effective, peer led parenting intervention
- Community and service partnerships
- Robust research base with strong evidence of effective outcomes
- Successful, widespread implementation
Families with complex psychosocial difficulties: *Risk and effective support*

- Multi-stressed families less likely to attend, participate & gain benefit from existing efficacious group-based parenting interventions (NICE 2013, Nock & Ferrier, 2005)
  - Parental mental health difficulties
  - Family adversity
  - Significant social & economic hardship
  - Educational exclusion/CiN/CP

- Multi-stressed families often feel alienated, judged & hopeless

- Practitioners often feel frustrated & uncertain

- Support becomes crisis focussed rather than change focussed
“It felt like I’m, a lot of the time even now still I feel like I’m hitting my head up against a brick wall because I just don’t know what else to do.”

“They were trying to say, ‘oh it’s down to your parenting, you were this, you were that, oh well you got, you know personality disorder, you got ADHD you know, blah di blah, oh it’s you that has given it to him’… I felt like they were blaming me.”

“Part of the problem of accessing support for (my daughter) is that, you know, well Mum is hysterical and prone to exaggerate and, you know, catastrophising and all of that...”
HELPING FAMILIES PROGRAMME

An innovative parenting intervention developed for families living in complex social circumstances whose children experience severe and persistent conduct problems.
Family & life circumstances: eg CiN/CP, school exclusion, parental mental health

Parent personal difficulties + Harsh, uninvolved & inconsistent parenting + My child/ren = Child & family difficulties
Managing parent difficulties + Loving, safe, warm involved & consistent parenting + My child/ren = Better child & family outcomes

Improved family & life circumstances
Helping Families Programme
Five domains

• Develop and maintain warm and purposeful relationships with their children
• Successfully manage the practical and emotional impact of crises and daily hassles
• Manage stressful emotions that impact on child and other interpersonal relationships
• Minimise harm from parental use of alcohol and drugs
• Build and maintain social support that reinforces resilience and buffers against risk
Helping Families Programme

Manual & process

- Manualised intervention programme
  - 20 weeks – home & community based

- Ecological assessment & shared understanding
  - Family risk and protective factors
  - Child & family strengths & difficulties
  - Parent engagement & participation
  - Agreed priorities
Helping Families Programme
Manual & process

- Structured, flexible helping process underpinned by open and explicit partnership (Day, Ellis & Harris, 2015)
  - Parents’ lived experience of HFP & practitioner
  - Future-orientated focussed small number of key goals
  - Clear implementation plan using specific agreed strategies
  - In-session skills development & practice
  - Regular progress & process monitoring
  - Quick wins to generate change form beginning
  - Firefighting to manage crises **while** improving family difficulties
Parenting Strategies

• Enjoying being a parent with my child
  • Consistency
  • Emotional warmth & interaction
  • Understanding my children’s needs
  • Clear, positive communication & interaction
  • Strengthening positive behaviour
• Keeping going when the going gets tough
  • Reducing disruptive behaviour

Parenting Groundwork

• Me as a parent
• Fire-fighting - coping with daily hassles & crises
• Being in the moment - mindfulness
• Chilling out - relaxation
• Finding space, making time – activity scheduling
• A brighter view – managing unhelpful thinking
• Being heard, being valued - assertiveness
• Keeping a clear head – substance misuse
• Me and my family & friends – family orientated social support
Impact and outcomes: Southwark pilot study

- Initial feasibility pilot with parents of school excluded children aged 5-11yrs with ODD/CD (n=15) (Day et al., 2010)
- 87% lone parents; child mean age 9.2yrs (SD=2.0)
- Parents attendance at sessions, no DNAs
- 90% parents reported a strong partnership relationship with practitioner
- 80% of parents reported improvements in:
  - Child behaviour problems
  - Parenting goals eg Manage my mood so that I canparent my children more consistently
- 70% of teachers reported improvement in child behaviour
- Shift from crisis social care service use to preventive educational support (Stevens et al., 2014)
Impact & outcomes

Ealing Social Care

Status at Time 1
- Child Protection: 13 (46%)
- Child in Need: 15 (54%)

Status at Time 2
- Child Protection Plans: 6 (22%)
- Child in Need: 18 (64%)

Child Protection Plans reduced from 46% to 22%

Families closed to social care: 14%

Improvements in children behaviour, peer problems and total difficulties (Measure SDQ)

Improvement in school attendance

85% retention of families in the HFP
Parents with significant personal and interpersonal difficulties whose children have emotional/behavioural difficulties

Completed mixed methods pilot randomised control trial
- LBs Southwark, Lambeth, Croydon & Lewisham (SLAM)
- LBs Brent, Harrow, Hillingdon, Kensington & Chelsea, Westminster & Milton Keynes

HFP Vs Usual care plus parenting session

Recruitment of 44 parents across social care, adult MH and CAMHS

Completed qualitative findings

Undertaking quantitative analysis

Latest research: Parental personality disorder
Qualitative findings:

Key theme - Family context & history

- Diff life circumstances
- Past exp of services
- Hopes & fears
- Positive life events

Just X’s behaviour, just the stress.........
the depression was quite hard on me at the
time ...... I was at a point where I was
actually slitting my wrists. I wanted to die ......
I didn’t see a point in living so it was very
hard for me to parent X as well as keep
myself at a certain point”

“...You get stuck in a rut where you sort
of like, think ........ you start believing
that things aren’t going to be any
different and even if it is going make
that difference, you just sit there and
you, the way you view things and how
you think, that all these things are
when they’re offered to you, it’s like,
same old, same old…”

I was getting counselling…and the lady was
really, really judgemental…I used to miss my
session because I’d just had a baby… and
sometimes I can’t make mine. And she would
always tell me, at one point she told me that I
need to stop having kids now and start focussing
on my child yeah. So to me that was wrong …
Qualitative findings:  
**Key themes - Experience of HFP**

- **Personal, lived experience**
  - Therapeutic bond, partnership and qualities (above & beyond);
- **Impact and change**
  - Emotional impact (hope, calm, confidence)
  - Changes in parenting behaviour (reduced smacking, greater repertoire of skills)
  - Greater parenting awareness & reflective function
  - Improved self-care

"I wasn’t understanding his needs [yeah] as much. I just thought, oh, you know, he’s just putting it on, or, you know [yeah, yeah]… But he wasn’t. So, it’s helped me understand his needs.

“I’m still managing to calm her down a lot quicker than what I would and it wouldn’t go on as long.”

“I can see that it has worked and see the changes……I know I can do it so there’s no reason to stop.”

“If I’m calmer and settled then obviously he’s gonna bit a bit more calm and settled…..Maybe he doesn’t know how to actually say, well Mum I feel upset or Mum I feel tired.”

“They were like there for me all the time, you know they understand what I was going through at that point in time so that was what I respect about them both yeah.”
Transformational parenting: *Hope, Trust & Change*

- Significant challenge for families & children
- Service disinvestment & demand
- EPEC provides successful, popular & very cost-effective use of resources to reach many excluded parents
- HFP is highly effective at engaging parents with complex psychosocial difficulties & achieving change