



# Parenting Programmes Review

**December 2014**

**Centre for Effective Services**

*The Early Intervention Transformation Programme (EITP) is a Northern Ireland Executive/Atlantic Philanthropies Delivering Social Change Signature Programme, funded jointly by the Delivering Social Change fund, DoH, DE, DoJ, DfC, DfE and The Atlantic Philanthropies. EITP aims to improve outcomes for children and young people across Northern Ireland through embedding early intervention approaches.*

*This report was produced for the Early Intervention Transformation Programme and funded by Atlantic Philanthropies. This report is primarily intended to inform the decision making relating to the development of the Early Intervention Transformation Programme projects.*

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## Introduction

### Purpose of this report

The Early Intervention Transformation Programme (EITP) is a Northern Ireland Executive/Atlantic Philanthropies Delivering Social Change Signature Programme, funded jointly by the Delivering Social Change fund, DoH, DE, DoJ, DfC, DfE and The Atlantic Philanthropies. EITP aims to improve outcomes for children and young people across Northern Ireland through embedding early intervention approaches.

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The Centre for Effective Services (CES) was asked to provide independent support to the Public Health Agency (PHA) in developing a core suite of parenting support programmes that could be implemented across Northern Ireland as a priority for investment, and to assess the readiness of Northern Ireland to implement these programmes. This report was initially intended to inform the development of this piece of work following discussion with the Workstream 2 working group. It was not originally intended for general circulation.

The requirement was to develop a list of circa 10 recommended Parenting Programmes from the antenatal period to age 18. Our approach was to summarise the needs of children and families in Northern Ireland, provide an overview of current service provision of parenting support and compile preliminary information about the implementation of evidence based parenting programmes across the region. Given the scope of the exercise, it was not proposed to undertake a full audit of service provision and consequently there may be some errors and omissions.

A separate document has also been produced which provides useful information for commissioning on each programme. Each programme has a one page summary which describes information such as the level of evidence, delivery setting, programme description, client group, outcomes, implementation cost and cost effectiveness where available, name of programme developer, references and a link for further information. It is available upon request.

A discussion was held with the Workstream 2 working group on 31<sup>st</sup> October 2014 on the parenting programmes and how best to take this piece of work forward. Following this, work continued to develop a list of 'preferred' programmes or approaches and rate these using a RAG assessment of the degree to which Northern Ireland is ready to implement them.

## Needs in Northern Ireland

This section provides a brief overview of the needs of children and families in Northern Ireland, drawing on publically available data.

An overview of some of the key population statistics for Northern Ireland is given in **Figure 1**. Additional information is then provided on some of these indicators with respect to groups of parents who may need additional support or specific engagement strategies. Appendix 1 shows the number of children of each age band living in different areas. The number of children aged under 16 is projected to increase marginally over the next 15 years from 382,000 children in 2010 to a projected 396,000 children in 2025 (4% increase)<sup>1</sup>.

There is no 'one size fits all' when it comes to providing parenting support. There are also several groups of parents who may need support to be particularly tailored to their needs when raising a family. These include families where parents have separated, fathers, Black-minority-ethnic parents (BME), parents with mental health problems and young parents.

**Figure 1**

Population statistics for Northern Ireland <sup>2,3</sup>(references are from these sources unless otherwise cited)

| Pregnancy and birth             |   |  |  |
|---------------------------------|---|--|--|
| <b>Pregnancy</b>                | 15% of pregnant women report <b>smoking</b> at the booking-in visit (around 14 weeks gestation). In 2012/13 this affected 4024 women. Women from the most deprived areas are more likely to smoke at this stage (28.5%) compared to the least deprived (7.4%) <sup>4</sup> Smoking is more common amongst younger mums-to-be (37% of mums under 24 years of age smoke in early pregnancy) | In 2012/13, <b>alcohol use</b> was identified as a risk factor in 0.1% of pregnancies, most often in women from the most deprived areas. This affected 26 women.<br><br>Women who older than 40 are most likely to report drinking during pregnancy (0.3%). The second highest group are women who are younger than 24 (0.19%) | The number of women who use <b>drugs</b> during pregnancy is not routinely collated in NI.   |
| <b>Birth</b>                    | 25,000 <b>babies</b> usually born each year   | <b>Infant mortality</b> rate is 4.6 per 1000 live births   | 62.22 per 1000 live births are <b>low birth weight</b> (associated with multiple births, teen mums, use of drugs, alcohol and cigarettes)                        |
| <b>Breastfeeding</b>            | 45.5% of mums are breastfeeding on <b>discharge</b> from hospital.  | Young mums and those from low-socioeconomic groups <b>least likely</b> to breastfeed   | Less than 5% of mums will still be breastfeeding <b>12 months</b> after their baby is born   |
| <b>Parental characteristics</b> | 3.7% of births are to <b>teenage mums</b> , with highest rates in areas of deprivation  | Rate of 10.8 per 1000 of the <b>13-19 year old</b> female population is amongst the highest in Europe, but it has decreased here in recent years   | In 2012, 42.6% births were to <b>unmarried</b> parents (highest figure ever recorded) Over half (53%) of all births in 2013 were to <b>mums aged 30 or older</b> |

| Children and Young People's Physical and Emotional Health |  |   |   |
|---|--|---|---|
| <b>Immunization</b>                                       | Northern Ireland has uptake rates of over 98% for the <b>primary vaccines</b> by two years of age <sup>5</sup>   | Childhood immunisation uptake levels being achieved in Northern Ireland are well above the UK average   | In 2014, 96.2% of children have been given the <b>MMR</b> immunization  |
| <b>Dental health</b>                                      | 28.6% of <b>0-2 year olds</b> are registered with a dentist  | 73.6% of <b>3-5 year olds</b> are registered with a dentist   | Most children in NI will have <b>dental decay</b> by the time they start primary school. Our 12 year olds have double the rate of decay than the rest of the UK   |
| <b>Obesity</b>  | 1 in 4 girls in <b>Primary 1</b> are overweight or obese   | 1 in 6 boys in <b>Primary 1</b> are overweight or obese   | 8% of children aged <b>2-15 years</b> are officially obese  |
| <b>Sex</b>  | In 2013, 10% of pupils aged <b>11-17</b> have had sexual intercourse   | Most of these 11-17 year olds who have had sex did so for the <b>first time</b> before they turned 13   | Rates of sexually transmitted infections for those aged under 19 tend to fluctuate. In 2013, the rate of new episodes of STIs in those aged under 16 years was 24 per 100,000. For 16-19 year olds the rates of new STIs was 669 per 100,000 <sup>6</sup>                                       |
| <b>Substance use</b>                                      | 13% of 11-16 year olds have smoked <b>tobacco</b> . Most of these (62%) tried it first before age 13<br><br>38% of 11-16 year olds have drunk <b>alcohol</b> . Most of these tried it first before age 13. In 2013/14, 238 young people were admitted to hospital with alcohol related diagnoses | Age of <b>first drug use</b> amongst those presenting for treatment in NI are: <sup>7</sup><br>- 82% of <b>Cannabis</b> users start before they are 18<br>- 77% of <b>Solvent</b> users start before they are 16<br>- <b>32% of Ecstasy users</b> start before they are 16<br>- Users of <b>Opioid Analgesic</b> drugs tend to start later. Over half of clients (51%) with problem <b>Heroin</b> use start between 18 and 25 | Working with young people is not only about problem alcohol and drug use, but about <b>multiple needs</b> . These may include mental health issues, involvement with criminal justice system, social exclusion, education problems and difficulty accessing training or employment <sup>8</sup> |
| <b>Bullying</b>   | 17% of <b>11-16</b> year olds report being bullied in the previous year  | 13% of <b>10 year olds</b> have been bullied via text messages or the internet  |   |
| <b>Self harm</b>  | Deliberate self harm affects at least 1 in 15 young people in the UK   | The rate of self-harm in 0-17 year olds is 9 per 10,000   | In 2013/14, 389 young people (aged 0-17 years) were admitted to <b>hospital</b> due to self-harm. Highest rates in Belfast and Southern areas<br><br>782 young people under 18 presented to hospital with self  |

| Children and Young People's Physical and Emotional Health |  |   |   |
|---|--|---|---|
|   |  |   | harm <sup>9</sup>   |
| <b>Suicide</b>  | Suicide is a <b>leading cause</b> of non-disease related death in young people | In 2012, there were 16 registered <b>deaths</b> by suicide (14 males and 5 females) | <b>Risk factors</b> include depression, alcohol and drug misuse, personality disorder, hopelessness, low self-esteem, bereavement, relationship break-up and social isolation |

| Disability                 |  |   |   |
|----------------------------|--|---|---|
| <b>Rates of disability</b> | At 2014 there were 17,170 children aged 0-15 claiming <b>Disability Living Allowance (DLA)</b>                                     | 2.9% of children have a <b>Statement of Special Educational needs</b> which means they have a difficulty or disability which makes learning harder for them.<br>4% of post-primary school children have a Statement | Of those children referred to <b>Social Services</b> , 2% relate to a child with a disability   |
| <b>Autism</b>              | It is estimated that in NI, around 300 children will be identified with <b>Autistic Spectrum Disorder</b> every year <sup>10</sup> | 2% of children who are compulsory school age have a <b>diagnosis</b> of Autistic Spectrum Disorder.<br><br><b>Boys</b> are almost 5 times more likely to be affected by ASD than <b>girls</b> .                     | The estimated prevalence of autism has <b>increased by 67%</b> across all Health and Social Care Trusts since 2008/09, from 1.2% to 2% of the compulsory school age population. <sup>11</sup><br><br>Greatest increases in the numbers of children with ASD are amongst the <b>youngest</b> (5-8 year olds) and <b>oldest</b> (13-16 year old) children |

| Economic and Environmental wellbeing |  |  |  |
|--------------------------------------|--|--|--|
| <b>Housing</b>                       | 1.6% of children live in <b>overcrowded</b> accommodation                            | 686 families with dependent children are living in <b>temporary</b> accommodation (with 1202 children) | 5832 families with children presented to NIHE as <b>homeless</b> : 5113 of these families are <b>A1 statutory homeless</b> (with 8582 dependent children).<br><br>188 young people aged 16-18 were A1 Statutory homeless |
| <b>Poverty</b>                       | 26% of children are living in <b>Relative Low Income Poverty</b> after housing costs | 25% of children are living in <b>Absolute Low Income Poverty</b> after housing costs                   |  |
| <b>Benefits and</b>                  | 3.4% of children are   | 12.9% of children are  | 28% of families with   |

| Economic and Environmental wellbeing |  |                                    |  |
|--------------------------------------|--|------------------------------------|--|
| subsidies                            | dependents of claimants of <b>Job Seeker's allowance</b> | claimants of <b>Income support</b> | dependent children are headed by <b>lone parents</b> . 8.9% of these families are claiming Job Seekers Allowance and 53.4% are claiming Income Support |

| Enjoying, Learning and Achieving  |  |  |
|-----------------------------------|--|--|
| Pre-school                        | 92% of eligible children take up a nursery/reception, nursery school or PEAG place   |  |
| Key Stage 1 (age 7-8)             | 90.1% achieve Level 2 or above in <b>English</b> meaning they reach expected targets in talking and listening, reading and writing | 90.8% achieve Level 2 or above in <b>Maths</b> meaning they have reached targets in key processes such as number, measures, shape and space, and handling data |
| Key Stage 2 (age 9-11)            | 77.1% achieve Level 4 or above in <b>English</b>   | 72.2% achieve Level 4 of above in <b>Maths</b>   |
| Key Stage 3 (age 12-14)           | 72.2% achieve Level 5 or above in <b>English</b>   | 72.2% achieve Level 5 or above in <b>Maths</b>   |
| GCSE (age 16)                     | 78% of young people achieve 5 GCSEs (A*-C)   | 1.6% of young people leave school with <b>no GCSEs</b>   |
| School leaver destinations        | More than 3 out of 4 school leavers enter <b>Further and Higher Education (77.1%)</b>  | NI has highest rate of <b>NEETS</b> (aged 16-24) in the UK (14.6% of young people)   |
| School attendance                 | 4.8% of <b>primary school</b> pupils have less than 85% attendance. Worst rates are in Belfast ELB area                            | 10.8% of <b>post-primary</b> pupils have less than 85% attendance. Worst rates are in Belfast ELB area   |
| English as an Additional Language | 4.2% of <b>Primary schools</b> have English as an additional language. Highest rates are in Belfast and Southern ELB areas         | 1.7% of <b>Post-primary</b> schools have English as an additional language   |

| Making a positive contribution    |  |   |
|-----------------------------------|--|---|
| Participation in Youth Activities | 39% of young people aged <b>4-18</b> participate in Youth Activities   | The proportion of young people participating in youth activities has remained relatively consistent over the last few years |
| Offending behaviour               | In 2012, 7544 young people aged <b>10-17</b> came to the attention of the Police for offending behaviour                 | This was most often common assault, criminal damage, theft and motoring   |
| Non-offending behaviour           | In 2012, a further 14,250 young people aged <b>10-17</b> came to the attention of the police for non-offending behaviour | This was most often concern for safety, missing persons, possession of alcohol, anti-social behaviour and rowdy nuisance    |

| <b>Living in Safety and with Stability</b> |  |  |  |
|--|--|--|--|
| <b>Children in Need</b>                    | At March 2014, there were 25,998 children known to Social Services as <b>Children in Need</b>  | 17% of these were recorded as having a <b>disability</b> (about half of these had a learning disability)   | 5,993 <b>children aged 0-4</b> are Children in Need (4.8% of total population)   |
| <b>Referrals and Further Action</b>        | During 2013/14, 40,165 <b>referrals</b> were made to Children's services. This is an increase of 7% on the previous year   | A quarter had their <b>needs met</b> at time of referral;<br><br>71% were allocated for <b>further action</b> (assessment/service)   | 78% of those allocated for <b>Further Action</b> related to a carer who needed support to give appropriate care to the child; 20% related to child protection investigations; 2% related to a child with a disability          |
| <b>Child Protection Registrations</b>      | There are 4.4 children per 1000 aged 0-17 on the <b>Child Protection Register</b>  | During 2013/14 there were 386 <b>re-registrations</b> to the Child Protection Register (19.3% of children re-registered) which is an increase from the previous year (17.9%)   | At March 2014, there were 2,858 <b>Looked After Children</b> (an increase of 2% from previous year). These included:<br>75% in foster care;<br>13% placed with family<br>7% in residential care<br>5% in other placement types |
| <b>Length of time in care</b>              | 23% were in care for less than a year  | 9% had been in care for 10 years or longer   |  |
| <b>Domestic abuse offences</b>             | Domestic abuse offences (reported and recorded by PSNI) amount to a rate of 7 per 1000 of total population   | Domestic abuse offences have <b>increased</b> in all areas over the last two years   | Domestic violence often starts during <b>pregnancy</b>   |
| <b>Parental substance misuse</b>           | Around 40,000 children (9.2%) are thought to be effected by <b>parental substance misuse</b> . This is 1 in every 11 children.<br><br>1 in 3 young people live with a <b>binge drinking</b> parent <sup>12</sup><br><br>A third of clients (34%) getting <b>treatment</b> in NI for problem drug use have dependant children <sup>13</sup> | 70% of <b>Looked After Children</b> are there as a direct result of parental substance misuse.<br><br>40% of those on the <b>Child Protection Register</b> are there as a direct result of parental substance misuse | Families showing problems with truancy, antisocial behaviour and domestic violence often have issues with substance use as well.   |
| <b>Parental mental health issues</b>       | 1/3 of all adults with a mental health problem in the UK are parents. <sup>14</sup><br><br>Around 60,000 children in NI (13.9%) are living with a parent with mental health issues   | 10- 15 % of mothers experience <b>postnatal depression</b> in the year after child birth. <sup>15</sup>  | More mothers reported being treated for depression in Northern Ireland than anywhere else in the UK. <sup>16</sup>   |



| Living in Safety and with Stability |   |  |   |
|-------------------------------------|---|--|---|
| <b>Divorces</b>                     | In 2012 there were 2,444 divorces granted, affecting over 4,300 children/stepchildren | 2,540 children were aged under 18 at the time of the divorce                           | These figures only take account of married couples who divorce, not cohabiting couples. The actual figure of children affected by parental breakup will be higher |
| <b>Accidental child deaths</b>      | Accidents are another leading cause of non-disease related deaths in children         | In 2012, there were a provisionally estimated 22 child deaths resulting from accidents | In 2013/14, 3 children were killed in <b>road traffic</b> accidents. A further 935 children were seriously or slightly injured on the roads                       |

## Service delivery in Northern Ireland for parenting programmes

Parents in Northern Ireland are offered support in a variety of different ways when raising their children. Interventions can be broadly classified into three levels: “universal”, “targeted” and “specialist”. Universal is generic and available to all children, Targeted is used for the provision of services to specific subgroups of children who have been identified as being in need and who the services anticipate will respond to the intervention concerned. Specialist is reserved for children whose need has persisted despite earlier intervention and support, or who need specialist approaches to address their needs. In this section, an overview is given of parenting programmes currently being delivered in Northern Ireland, and broader forms of family support.

### Ways to support parents

There are many different types of services which provide support to parents. Parenting support refers to a range of information, support, education, training, counselling and other measures or services that focus on influencing how parents understand and carry out their parenting role.<sup>17</sup>

While there is great diversity in practice, parenting support tends to take three main forms:

- General information made available to parents (through brochures, manuals/books, advice services, the internet etc.)
- One-to-one advisory or coaching sessions, especially in relation to health and/or behaviour management (e.g. Family Nurse Partnership)
- Courses, programmes or training/education sessions for parents (which can be one-to-one or group based). These are often standardised and usually developed by professionals (academic and practitioner). Sometimes the providers are highly-trained professionals and many programmes require practitioners to undertake specific training in the delivery of the programme. A common finding from implementation research highlights that the skill of the practitioner in delivering a programme and how they engage with parents are critical components for success.

There is a huge variation between parenting programmes in their scope, methods of delivery, who they are designed for and the outcomes they try to achieve. Important sources of variation include:

- whether they are universal or targeted
- orientated to prevention or intervention
- the degree of intensity, i.e. how frequently and over how long a period of time the programme engages the parent
- who initiates it – parents, NGOs, government or other public authority
- whether the programme involves just one parent, both parents, the parent and child, takes a whole family approach, or the extended family
- who delivers the programme and how quality of implementation is governed
- source of funding and amount of funding
- conditions of access to the programme/ provision (e.g. compulsory or voluntary)
- whether the provision is home grown or ‘imported’ from elsewhere
- the age of the children targeted.

There is also a variation amongst parenting programmes in terms of whether they are parent **education** programmes or parent **training** programmes. ‘Parent education’ can be defined as a means of imparting knowledge to parents in order that they may be empowered to make informed decisions/choices with regard to their child’s learning and development. ‘Parent training’ involves more active engagement such as the sharing of information by practitioners, through explanation and demonstration of what parents can do to enhance the development/ learning of their child. It often includes a significant element of peer support and sharing of ideas, the use of coping

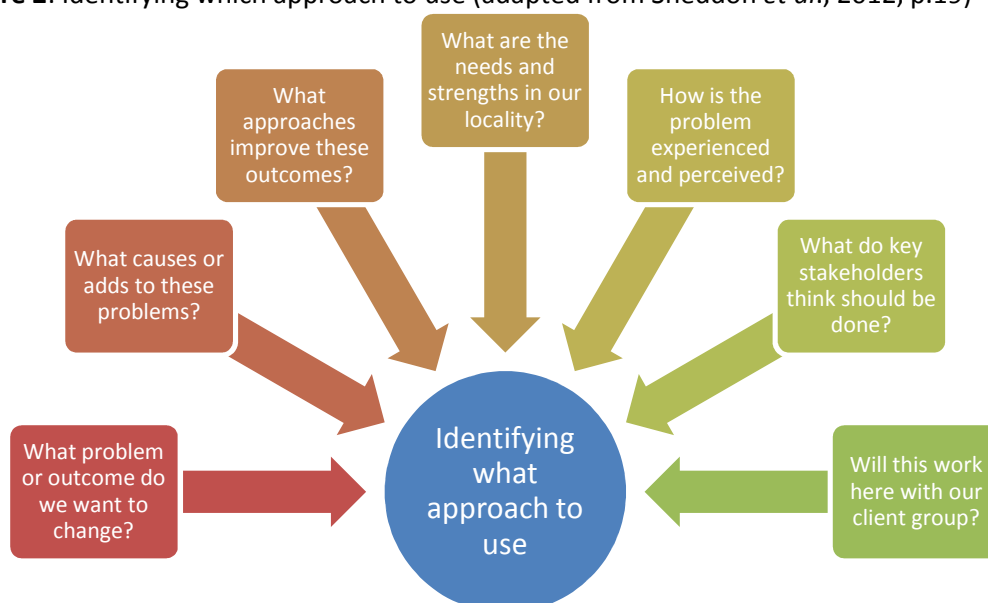
strategies and practising specific skills.<sup>18</sup> Parent training can be defined as a programme in which parents **actively acquire** parenting skills through mechanisms such as homework, modelling, or practising skills. This can be different from parent education programmes which may be more focused on information sharing and passive techniques<sup>19</sup>. Many of the service providers in Northern Ireland do not make this distinction in how they describe the parenting programmes which they deliver.

To illustrate this variation, let's take the example of programmes which help parents to support the language development of their children. Some of these programmes focus solely on speech and language development such as the Hanen programmes where practitioners make individualised videotapes of parent / child interactions and subsequently use this evidence to enable parents to modify their approach in supporting the child's language development. Other programmes have a broader focus and aim to influence several areas of child development. For example, Delta and Lifestart are parenting programmes that have a sequential and progressive language element incorporated into the overall programme. Likewise, the parenting programmes within the Sure Start initiative represent an example of how language development can be delivered within wider contexts of community-led provision.<sup>20</sup> A review commissioned by the Department of Education in 2006 examined language development programmes being used across Northern Ireland for children aged 0-36 months. It showed that most of the programmes identified (77%) had a broad focus and aimed to educate parents in all matters relating to child development.<sup>21</sup>

### Issues to consider when selecting parenting programmes to scale up

Successful scaling up of evidence based parenting programmes in community settings requires each programme must meet an identified need, using effective and efficient techniques suitable for that client group. It is also essential that there is appropriate community engagement. A key factor is the context provided by the community services, which will influence the selection and implementation process, and many argue for the importance of collaboration within and across organisations. **Figure 2** summarises some of the issues which should be considered when commissioning evidence based approaches.

**Figure 2:** Identifying which approach to use (adapted from Sneddon *et al.*, 2012, p.19)



Part of this involves understanding client strengths and needs, as well as trying to understand why these needs currently are not being met. There may be a number of reasons for poor outcomes, some of which are outlined below in **Table 2**.

**Table 2:** Potential issues and responses for poor outcomes

| Issue                 | Potential cause   | Potential response   |
|-----------------------|---|--|
| Service availability  | There may be a gap in service provision, with effective services not available to the family when they are required.  | Undertake a needs analysis for the client group and audit of current levels of service provision. This should examine strengths and needs of client group, levels of service provision and engagement, and connectivity between different services offered   |
| Families not engaging | There may be effective services available but, for a multitude of reasons, the family may not be able to engage with the help that is offered. Often families which will benefit most from parenting programmes have complex needs, and can find it hard to engage (initially and over time) with the support offered to them | Examine how parents are engaging with services currently. This should include looking at the reach of services (who engages and who does not engage from the target group), as well as patterns of engagement (how long do parents engage for). A parent engagement strategy should be developed for each service and capacity building may be required to support staff to actively engage families. This may involve outreach activities, providing additional support before the parent begins a programme, and effective joined up service provision. Develop an implementation plan and monitor progress. |
| Effectiveness         | There is a service available but it may be ineffective in improving outcomes because it not using appropriate methods based on best available evidence of what works.   | Examine the outcomes achieved for the service and whether the approaches used are based on best available evidence. Support the service to refine its approach and monitor progress, or consider decommissioning   |
| Implementation Gap    | There may be a service available which is based on best available evidence of what works, but it is ineffective because it is implemented poorly  | Examine the implementation of the service. This should include assessment against key drivers such as whether the approach is manualised, staff training, leadership, and resourcing. Support the service to develop an implementation plan and monitor progress.  |
| Evidence Gap          | There may be a service available but we may not know whether it improves outcomes or not – this may be because local evidence on effectiveness has never been collected and/or the approach's techniques have not been assessed against what is known to be most likely to improve outcomes.                                  | Examine the service's theory of change (possibly develop a logic model) and assess against best available evidence of what works. Undertake an outcomes evaluation and use the findings to develop the service further or decommission the service.  |

Once the need has been clearly identified and an assessment made of what approaches are likely to improve outcomes for the client group, then selection of suitable programmes can begin.

At this stage, questions which need to be answered include:

- Is this innovation fit for our purpose? (i.e. does it meet our identified need? Is there a good evidence base that it is likely to work with our client group?)
- Is the innovation ready to be implemented? (i.e. is it manualised? Is there a specification for the target population, age range, mode of delivery, staffing requirements? Does the provider support training requirements which suits our schedule, or can models such as cascade training be used? What is the actual cost of delivery? Has it been implemented outside of the original development site, and so on)?
- How does the innovation fit with existing service delivery mechanisms and available resources?
- Will there be sufficient implementation support available to scale this innovation up into the new delivery areas?

Not every service that is being used will have been evaluated. Some meta-analyses have been undertaken which examine the common components which tend to be found in effective parenting programmes. These can guide the selection of programmes which have not yet been rigorously evaluated. These components are more likely to be found in successful programmes, i.e. ones where there are greater differences found between parents who receive the programme and parents who did not. Some relate to programme content, whereas others describe how it needs to be delivered. **Table 3** shows the key components which are associated with success in supporting parenting skills and behaviours of parents with 0-7 year olds (e.g. increased use of effective discipline, and nurturing behaviour).<sup>22</sup> **Table 4** shows the key components which are associated with decreases in children's externalizing behaviour (e.g. aggressive behaviour) of parents with 0-7 year olds<sup>23</sup>.

**Table 3:** Key components of effective parenting programmes for parents of 0-7 year olds

| Content components   | Description  |
|--|--|
| Teaching parents emotional communication skills                          | Using relationship-building communication skills (e.g. active listening); helping children identify and appropriately express emotions   |
| Teaching parents positive parent-child interaction skills                | Learning the importance of positive, non-disciplinary interactions with children; using skills that promote positive parent-child interactions (e.g. demonstrating enthusiasm, following child's interests; offering appropriate recreational options); providing positive attention |
| <b>Programme Delivery components</b>                                     |  |
| Requiring parents to practice with their child during programme sessions | In-session practice of skills through rehearsal and role-playing situations such as: <ol style="list-style-type: none"> <li>a) Role playing with the parent trainer or a peer</li> <li>b) Practicing parenting skills with own child</li> </ol>                                      |

**Table 4:** Key components associated with parenting programmes which are effective at reducing child behaviour problems in 0-7 year olds

| Content components   | Description  |
|--|--|
| Teaching parents the correct use of time out                             | This component covers the correct application of time out, such as using it as an alternative to physical discipline, removing all forms of attention or reinforcement and using a designated location when possible. Parents are taught that time out reduces the need for other forms of discipline when used correctly and consistently |
| Teaching parents to respond consistently to their child                  | Parents are taught the importance of consistent responses to child behaviour and how to use consistent roles across settings. Ideally family members and other caregivers learn to apply the same rules and consequences when caring for the child   |
| Teaching parents positive parent-child interaction skills                | Learning the importance of positive, non-disciplinary interactions with children; using skills that promote positive parent-child interactions (e.g. demonstrating enthusiasm, following child's interests; offering appropriate recreational options); providing positive attention   |
| Programme delivery components  |  |
| Requiring parents to practice with their child during programme sessions | In-session practice of skills through rehearsal and role-playing situations such as: <ul style="list-style-type: none"> <li>a) Role playing with the parent trainer or a peer</li> <li>b) Practicing parenting skills with own child</li> </ul>  |

Evaluations of parenting interventions that ask 'Does it work?' are becoming increasingly common, but some studies now go further, by asking important questions such as 'For whom does the intervention work?' and 'By what mechanisms?' This is because, even for the most 'evidence-based' interventions, there is wide variation in outcomes among those who participate.<sup>24</sup> This is particularly true of parenting interventions. Parenting programmes, particularly those aimed at families with multiple difficulties, report relatively low participation and high drop-out rates. Research has shown that as many as half of all parents referred to behavioural parent training programmes may drop out prematurely. Consequently there is great diversity in approaches for different needs in different client groups

For this reason it is crucial that attention is paid from the start of the programme selection process as to whether the client group of parents will be likely to engage with that particular evidence-based programme. Consultation with key stakeholders including professionals and the families will provide useful insight into a programme's potential fit with needs and context.

**Recommendation: Defining and agreeing a statement of the outcomes which the PHA wish to improve through the use of nationally supported parenting programmes will be an important next step.**

**This should include a summary of the target client group and current level of need (both client need and gap in service provision).**

## Who delivers parenting programmes in Northern Ireland?

This section provides a brief overview of some of the delivery mechanisms currently being used in Northern Ireland to deliver parenting support and programmes. It was not possible in the time available to undertake an audit of parenting programmes in Northern Ireland, so this list is not exhaustive. A useful source of information was the [familysupportni.gov.uk](http://familysupportni.gov.uk) website which was developed to be a comprehensive database of family support and childcare services across Northern Ireland (further details are provided in Appendix 2). A summary of some of the providers of parenting programmes and support is then provided.

### Voluntary and Community agencies

Several voluntary and community agencies provide support to parents. This is a range of provision from informal support through to structured parenting programmes. Some examples of providers who deliver structured parenting programmes across multiple regions are listed below:

- Action for Children
- Ascertainment
- Barnardo's
- Bryson Charitable Group
- Care for the Family
- Early Years
- Extern
- Family Caring Trust
- Fostering network
- Home Start
- Lifestart
- Niacro
- Parenting Northern Ireland
- Save the Children.

Various religious organisations also run parenting programmes, as well as specialist organisations such as Parents Education as Autism Therapists (PEAT) who offer support to parents of children with special needs.

A search on Netmums (which is a website which provides information to parents) brought up a number of church groups hosting parenting support programmes in church halls etc., but it was not clear who the provider was, or whether these used an evidence-based or evidence-informed approach. Some of these may be 'one off' informational sessions on a particular topic rather than structured parenting programmes.

A list of Voluntary and community providers of family support is given in Appendix 3. This list was compiled from various sources. A search was undertaken of the [familysupportni.org](http://familysupportni.org) website. A search using the keyword 'parent' returned 85 results. A search using the category 'Family Support services' returned 375 results, but this broad category includes services which may be delivering parenting programmes, as well as more flexible and less structured parenting support. A search was also undertaken on the internet using various terms such as 'parent', 'parenting' and 'Northern Ireland' and websites of various organisations examined for details of parenting support provided. Support services listed on the Netmums website were also searched for each region, the UK Parenting Initiative was contacted for a list of member organisations for N. Ireland and the membership organisations of the Special Interest Group for Parenting facilitated by CES was also

checked. Some of the documents for the CYPSP Outcomes planning groups were also checked for some Trust areas, but unfortunately there was not enough time to check them all.

This strategy was as comprehensive as possible in the time available, but it is still possible that some providers will have been inadvertently omitted. Although it was possible to discover the names of organisations providing support, or sometimes the locations where the support would be provided, it was not straightforward to get information on exactly what type of support was being offered. It is challenging to discover who is delivering parenting programmes in Northern Ireland since there is no one definitive list available that provides information on the type of parenting programme being delivered, the provider and the area of delivery.

### **Focal points for service provision to parents**

In Northern Ireland there are several focal points for services aiming to support families. With respect to parents, these include:

- Sure Start (which supports parents of 0-4 year olds living in socially deprived areas),
- Family Support Hubs (providing early intervention family support services to vulnerable families and children/young persons aged up to 18 years)
- Family Centres (providing specialist social work assessment and intervention for families with complex needs who are already involved with social services)
- School based multidisciplinary teams funded under the DHSSPS Children and Young People's Package (these work in close partnership with schools to provide an accessible, preventative and early intervention service to mainstream primary schools and pre-school provisions).

Each of these is described briefly below. Parenting support and programmes are also delivered in locations such as women's centres, community centres, libraries, church halls and so on, as well as by various groups of professionals such as health visitors.

### ***Sure Start***

Sure Start services are provided through a holistic approach, bringing health, education and parenting support services together in a coordinated way. It is designed and delivered at a local level through a network of local statutory agencies and community-based voluntary organisations working in the fields of health, early education and family/parenting support. Sure Start services are currently available in at least the top 20 per cent ward areas of disadvantage in Northern Ireland, and the top 20% Super Output areas, as defined by the Northern Ireland Multiple Deprivation Measure 2010. There are currently 35 Sure Start Programmes. These support parents of 0-4 year olds. Currently plans are in progress to gradually extend services, over time and as budgets allow, to the top 25% most disadvantaged wards, commencing in this budget period (2011/2015)<sup>25</sup>.

In each local area, different programmes are set up according to the range of existing services and the particular needs of the community, though programmes must include a number of core services which are laid down by policy. The core services are:

- outreach and home visiting
- family support
- primary and community healthcare and advice
- good quality play, learning and childcare experiences for children, both group and home-based
- support for all children in the community, recognising their differing needs.



An audit undertaken in May 2014, showed the parenting programmes were currently being offered across various Sure Starts:

| Evidence-based Programmes                                   | Number of Sure Start delivering (out of 35) |
|---|---|
| Nurturing Programme – Family Links                          | 28  |
| Incredible Years – Webster Stratton                         | 20  |
| Solihull  | 8   |
| Peers Early Education Partnership (PEEP)                    | 8   |
| Developing Everyone’s Learning & Thinking Abilities (DELTA) | 5   |
| Mellow Parenting  | 3   |

### **Family Support Hubs**

Family support hubs provide early intervention family support services to vulnerable families and children/young persons aged up to 18 years.<sup>26</sup> A Family Support Hub is a multi-agency network of statutory, community and voluntary organizations that either provide early intervention services or work with families who need early intervention services. The network accepts referrals of families who need early intervention family support and uses their knowledge of local service providers and the Family Support Database to signpost families with specific needs to appropriate services. The specific purpose of Family Support Hubs is as follows:

- To improve access to early intervention family Support services by matching the needs of referred families to family support providers
- To improve coordination of early intervention family support services by creating a collaborative network of community, voluntary and statutory providers
- To improve awareness of early intervention family support services
- To assess the level of unmet need for early intervention family support services and inform the Trust Outcomes Group.

Hubs coordinate existing statutory/community and voluntary services. Some hubs have attached services, but this is separate from the hub function which is about coordination:

- All hubs have a lead organisation
- Most hubs do not have a physical presence
- Hubs are intended to be open access and all hubs are moving towards this position
- The importance of hubs has been recognised by Government and hubs are one of the ‘Signature projects’ being supported through the ‘Delivering Social Change Initiative.’

There are plans to develop 23 Family Support Hubs across Northern Ireland. When complete, all of Northern Ireland will be covered. There is currently a review of Family Support Hubs being undertaken across N. Ireland by SCIE which will be completed next year. No information is available from this review as yet.

### ***Family Centres***

A range of services are provided from Family Centres in Northern Ireland. Many are run directly by Trusts and provide specialist social work assessment and intervention for families with complex needs who are already involved with social services. They provide a balance of preventative, assessment and therapeutic work and aim to work collaboratively and in partnership with service users and other professionals. Some other centres are run by voluntary organisations or communities and they provide support to families to enhance their skills in parenting and promote the emotional well being of all individuals referred to the centre.

### ***School based multidisciplinary teams***

There are five multidisciplinary teams (ACE, ASCET, CIDS, MASTS and WEST) which are funded under the DHSSPS Children and Young People's Package. The teams aim to work in close partnership with schools in providing an accessible, preventative and early intervention service to mainstream primary schools and pre-school provisions. The ACE team, for example, in the Southern Health and Social Care Trust is comprised of Speech and Language Therapists, Occupational Therapists, Physiotherapists, Dieticians, Behaviour Therapists, Clinical Psychologists, Social Worker and assistants. The team works with schools in meeting the needs of children presenting with: social, emotional and behavioural needs; speech, language and communication needs; sensory, motor and perceptual needs. The ACE team works in partnership with schools using a tiered approach:

- Specialist – (referred) support for children whose needs have a high impact on accessing the curriculum. Involving relevant education staff and parents
- Targeted (non-referred) support for children whose needs have a moderate impact on accessing the curriculum. Involving relevant staff and parents, e.g. advice, support, consultation, whole class/small group intervention programmes
- Universal – all children, staff and parents, e.g. training, information, leaflets.

As well as offering training to teachers, the ACE team offers 4 parent training programmes directly to groups of parents:

- Development of Motor Skills (preschool to P4 – 2 hour workshop)
- From Timid to Tiger training (8 x 2 hour sessions to help preschool to P4 parents manage children's anxiety)
- Ready to learn (preschool to P2 parents – 6 x 1 hour sessions or 3x2 hour sessions for preschool to P2 parents to help parents support their children's social, emotional, physical and academic development)
- School bag safety (1 hour session for parents from P1 to P4).

We did not have time to contact each team individually to see whether the same parenting programmes are offered across all region, or what the evidence base for these programmes is.

### ***Library Services***

There are 96 public libraries in Northern Ireland. Libraries run a number of different activities aimed at children and their parents. These include:

- 'Rhythm and Rhyme' sessions for babies and toddlers accompanied by parents and carers. Each session lasts around 30 minutes and gives the adults and children time to have fun together. The session is led by a member of staff, and carers and children are invited to participate at whatever level they wish. Times and locations across Northern Ireland are available online.<sup>27</sup>

- ‘Storytime’ sessions are held in most libraries for young children in the 4-8 age group. These sessions introduce children to experiences beyond their own world in addition to improving concentration skills and extending vocabulary. Mums, dads, grandparents and carers bring the children and engage with the session. Times and locations across Northern Ireland are available online.<sup>28</sup>

### **Private providers**

There are number of private providers who run different programmes aimed at parents and their children (for example, Wee Wonders<sup>29</sup>, Jo Jingles,<sup>30</sup> and Nanny McC<sup>31</sup>). These sessions are usually paid for by parents directly and delivery can be in a variety of locations such as community centres, early years settings or sometimes in the home.

### **Parent telephone support lines**

There are parent help-lines such as Parenting Northern Ireland which provides information on other services to parents across Northern Ireland, and Gingerbread has a telephone support line for lone parents. These offer a useful point of contact for linking families with services.

### **Professional training on engaging parents**

Some community and voluntary organisations offer training to professionals on working with parents (such as Parenting NI, Barnardos, Action for Children, and AWARE Defeat Depression). This training has been offered to statutory, voluntary and community service practitioners. For example, Northern Trust Sure Start and Home Start staff have been trained by AWARE Defeat Depression in the parenting programme ‘Understanding depression in pregnancy/mood matters’.<sup>32</sup>

Solihull training offered has been across the Northern Ireland.<sup>33</sup> The **Solihull Approach** is an early intervention model of training and resources for practitioners working with families, babies, children and young people who may have experienced emotional or behavioural problems. Training is delivered in 2 blocks of 1 day sessions, with ongoing practice sessions across the first year. Several organisations across Northern Ireland have commissioned this training and are currently delivering to staff. Solihull training takes a cascade approach, and there are several ‘trained trainers’ across the region. It is also possible to seek accreditation through Birmingham City University although there is currently little take up on this from professionals in Northern Ireland.

Several Trusts have provided training in Motivational Interviewing to their staff.<sup>34</sup> Motivational Interviewing is a client-centred approach that elicits behavioural changes by assisting individuals to explore and resolve ambivalence.

### **Summary**

There are multiple service providers of parenting support and programmes in Northern Ireland. These include statutory, voluntary and community organisations and private providers. There is no one definitive list of parenting programmes that are currently implemented in Northern Ireland. It was often also difficult to gain information on how often various parenting programmes are run throughout the year.

Parenting programmes may be offered as ‘stand-alone’ programmes. Alternatively they are often offered as part of a range of service provision being offered to a particular family, particularly when working with families with complex needs. In this latter case, ongoing support to the families before they take part in the parenting course, booster sessions and connecting with other services appear to be useful strategies.

There is a need for professionals and parents to be able to source and engage with parenting support which meets the family's needs. A central list of parenting programmes and other forms of support which could be used by different professional groups and parents would be very helpful. The familysupportni.gov.uk website goes partially towards fulfilling this function in providing a useful list of service providers. There is potential to build on this to improve the search function so that information on supports available for specific issues could be refined. The development of the App and the searchable database offer potential for promoting information on parenting programmes and support being offered across the region.

Parent-facing sites such as Netmums and the Parenting Initiative provide information on some courses but it is not clear who is providing the programmes, or what the evidence base is for these. Nevertheless, they offer a useful way to advertise parenting programmes to potential participants.

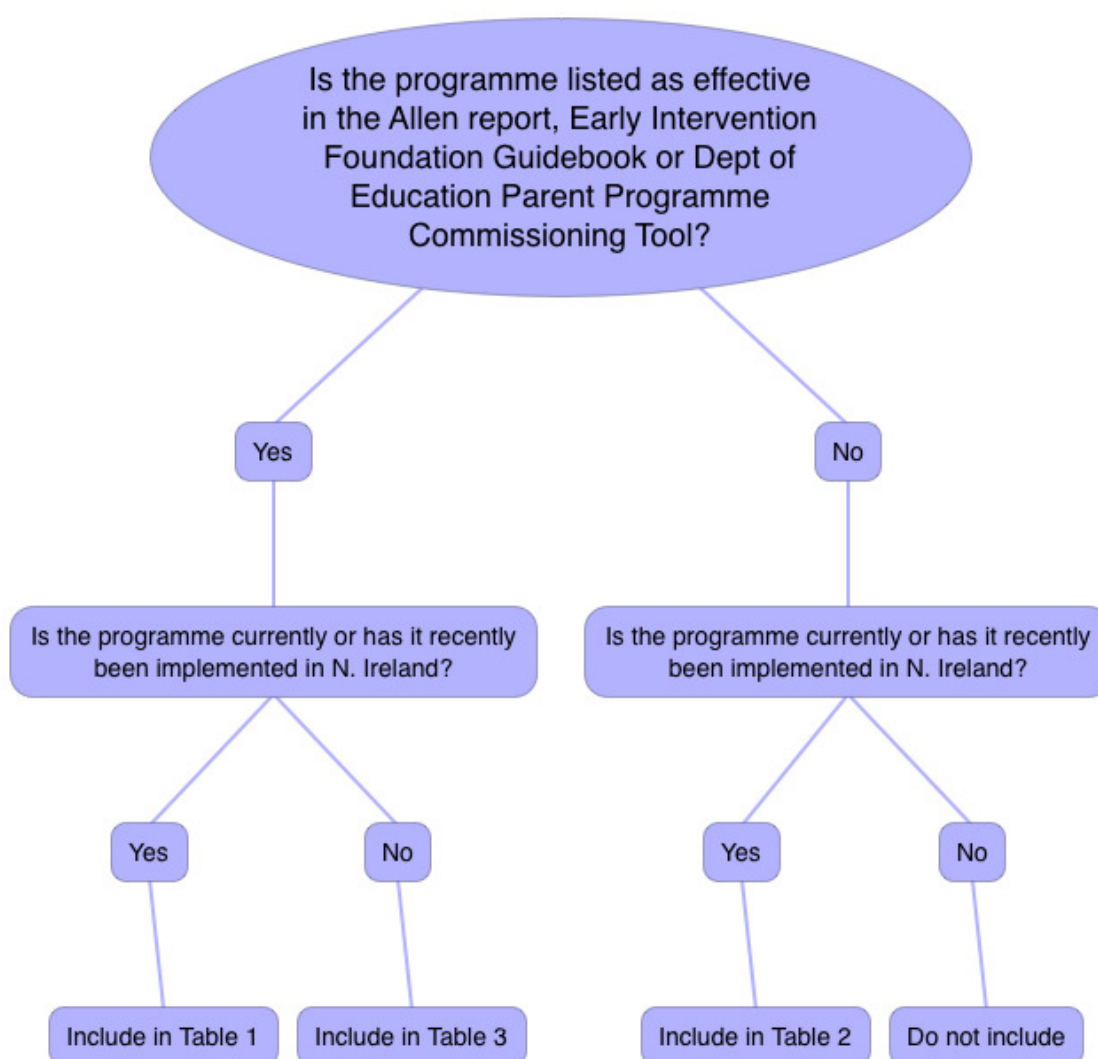
Sure Starts offer a collective focus for services to families with young children (0-4) living in socially disadvantaged areas. Family Support hubs also hold information on what services each member organisations provide for that region, but at the moment this does not appear to be centrally collated. These may potentially be a useful source of information for monitoring the provision of parenting support moving forward.

## Identifying effective parenting programmes

There are many databases of evidence based programmes available where the evidence base for the effectiveness of each programme has been rigorously examined. We used some of the most relevant of these databases to compile this list, alongside searches to determine whether each had been implemented in Northern Ireland. This searching consisted of online searching, some limited documentary analysis of Trust, CYPSP and Commissioning documentation such as Business plans and Annual reports, and interviews with a small number of key informants. Information from the previous audit of parenting programmes in Northern Ireland published by NCB in 2013 was also used. The decision making process for allocation of different programmes to various tables is provided in **Figure 3** and each of the databases described briefly below.

**Figure 3**

Decision making process for allocation of different programmes to various tables.



**Allen (2011)** identified the most effective 72 Early Intervention programmes from the evidence available at that time. The review team used rigorous standards of evidence, highlighting programmes on a scale, according to the strength of the evidence. It was noted at the time that this was not to be an exhaustive list, and the work would continue through the Early Intervention Foundation. Nineteen programmes were identified by Allen as Level 1 which is the most proven. Figure 3 shows how programmes were selected by the Allen team.

**The Early Intervention Foundation** has rated the evidence base for over 50 programmes. Their Programmes Library (<http://guidebook.eif.org.uk/the-programmes-library>) contains the details of 50 programmes that have been successfully implemented in the UK. Only effective programmes are included. They obtained details of these programmes from other clearinghouses that have rigorously reviewed thousands of interventions and assessed the strength their evidence against a set of internationally recognised standards. We searched this database for parenting programmes and then undertook further searches to determine which of these had been implemented in Northern Ireland.

**The Social Research Unit, Dartington**, has developed an online resource which provides cost-effectiveness information on a number of programmes, building on the work done by Steve Aos. This was checked for parenting programmes and we then undertook further searches to determine which of these had been implemented in Northern Ireland. The Social Research Unit is also currently undertaken an audit of evidence based programmes as part of its Children's Budget work commissioned by Atlantic Philanthropies and NICCY. At time of writing no information was available from this piece of work about which evidence based programmes are being implemented here. A report is due towards the end of 2014.

The Department of Education has produced a **Commissioning tool for Parenting Programmes** (<http://www.education.gov.uk/commissioning-toolkit>). This provides details of parenting programmes which have been rated using the Parenting Programme Evaluation Tool (PPET) against standards of best practice in four domains:

- The specificity of the programme's target population (Who is it for?)
- The programme's theories and activities (What does it do?)
- The programme's training and implementation support systems (Who delivers the programmes and how?)
- The strength of the programme's evaluation evidence (How we know the programme works?).

All programmes in this website receive a rating from 0 to 4 within each category, resulting in four ratings. A rating of 4 means that the programme meets all of the criteria in the category (in other words, the programme is strongly developed in this domain) and a rating of 0 if they do not meet any of the criteria. A rating of 4 is denoted by PPET\*\*\*\* in the Tables below.

Strong \*\*\*\*

Promising \*\*\*

Preliminary \*\*

Requires further development \*

0 rated

Four stars meet *all* criteria and show the strongest level of evidence. Successful parenting programmes need to score at least PPET rating of \*\* in all categories. Parenting programmes were extracted from this Commissioning tool, and we undertook further searches to determine which of these had been implemented in Northern Ireland.

This information is summarised below in a number of tables.

**Table 5** presents information on parenting programmes which are rated as evidence based (in either the Allen report, Early Intervention Foundation, the Department of Education commissioning tool or the Social Research Unit databases, and shown to be effective) and which are currently being delivered, or have recently been delivered in Northern Ireland. All of these programmes have been shown to be effective in evaluations outside of Northern Ireland. Areas of delivery and service providers are detailed where known.

**Table 6** provides details of parenting programmes which are currently being delivered in Northern Ireland for which the evidence base needs to be formally, independently rated. This Table comprises a wide variety of parental support, some of which is broader in focus and less structured than others. It was not feasible as part of this scoping exercise to obtain the full details of each service in order to make clearer distinctions between manualised parenting programmes, and broader parenting classes or family support. This Table includes a mixture of programmes and approaches which fall into the following categories. They may:

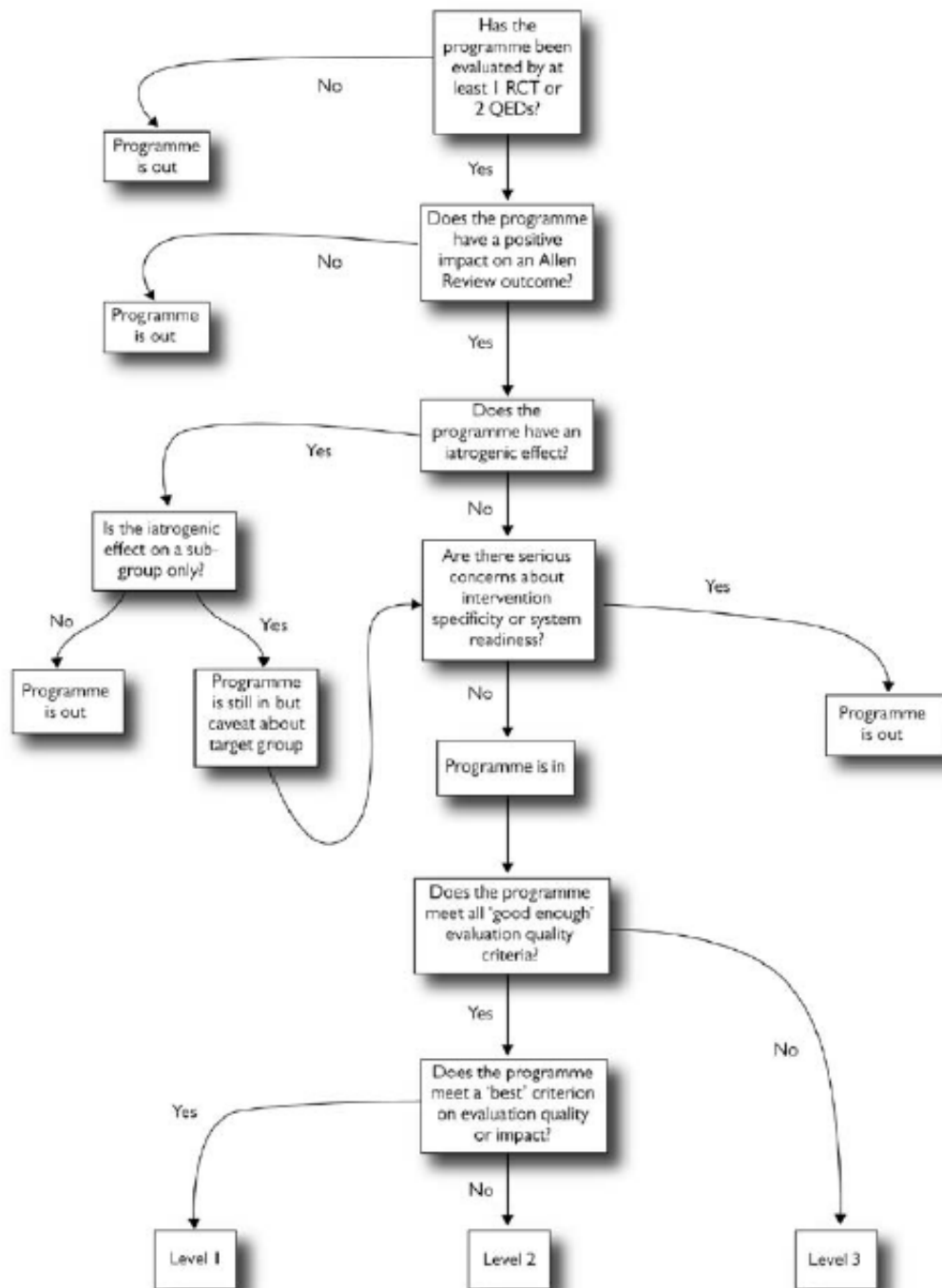
- have been rigorously evaluated using robust methodologies such as Randomised control trials (some of these would likely fit the criteria for effectiveness specified in the databases used in Table 5 if they were formally rated)
- be evidence-informed in that they are based on techniques which have been shown to be effective elsewhere, but not necessarily evaluated in Northern Ireland
- have ongoing evaluations which are still underway and have not yet produced their findings
- have no evaluation information available on how they impact on outcomes.

**Table 7** provides a list of Evidence based programmes whose delivery status in Northern Ireland needs clarification. These programmes have been shown to be effective in evaluations undertaken outside Northern Ireland. Online searches and key informant interviews suggest that these programmes are not currently being delivered in Northern Ireland. Given the time and resources available for the work, it was not possible to undertake more in-depth examination. As such it is possible that some of these are currently being delivered, or are being delivered under a different service name.

**Table 8** provides a 'ready-reckoner' of effective evidence based programmes (from Table 5) against outcome area and child age. **Table 9** provides a summary of other programmes which are currently being used in Northern Ireland (from Table 6) against outcome area and child age.

Further details on each of the programmes listed is provided in Appendices 2 to 5. This includes information on approach, whether it is universal or targeted, outcomes, Trust areas of delivery, service provider in Northern Ireland and evidence rating.

Figure 4  
How programmes were selected and allocated to levels in Allen (2011)





### **Evidence based programmes which are currently being delivered or have recently been delivered in Northern Ireland**

It has been possible to identify 11 independently rated parenting programmes which have a promising or strong evidence base for effectiveness, and which are currently or have been recently implemented in Northern Ireland (Table 5). Further details of each including a brief summary of approach, client group, outcomes, areas of delivery and provider are provided in Appendix 4.

**Although these programmes have been robustly evaluated as effective elsewhere, further information is needed on these programmes before a decision to support them nationally can be made.** No assessment of the quality of implementation has been made of each of these programmes or whether they are achieving the same improvements in outcomes as anticipated in Northern Ireland. If these programmes are being implemented effectively and achieving the outcomes anticipated, they may provide a useful portfolio of programmes for scaling up. The following criteria would need to be satisfied:

- The programme has been implemented with fidelity and achieved anticipated outcomes
- An appropriate implementation infrastructure exists or can be developed for scaling up the programme
- The programme meets an identified client need in each new area of delivery, fills a gap in existing service provision (or offers an improvement on what is currently offered) and is acceptable to clients and key stakeholders.

**It is recommended that the local evidence base for each of these programmes is fully examined and the quality of implementation assessed.**

**Table 5:** Effective programmes currently or recently implemented in Northern Ireland

| <b>Effective Universal Programme</b>           | <b>Effective Targeted Programme</b>      |
|--|--|
| <b>Group based</b>                             |  |
| Families and Schools Together (FAST) programme | Incredible Years                         |
| Family Links Nurturing Programme               | Mellow Parenting                         |
|  | Parents Plus for Children                |
|  | Strengthening Families                   |
| <b>Home visiting</b>                           |  |
|  | Family-nurse partnership (FNP)           |
| <b>Other</b>                                   |  |
| Triple P (one element previously implemented)  | Functional Family therapy                |
|  | Multi-systemic Therapy                   |
|  | Solihull Approach to Parenting Programme |

### Programmes currently being delivered in Northern Ireland with an unrated evidence base

There are many types of parental support being offered in Northern Ireland which have not been included in the Graham Allen review, the Department of Education commissioning list of parental programmes, or the databases compiled by the Early Intervention Foundation and the Social Research Unit. This is unsurprising since all of these sources of evidence highlight that they are not meant to be exhaustive lists, and should be added to and changed as more evidence becomes available. Some of these programmes such as Odyssey and the Growing Child have completed or are currently completing robust randomised control evaluations of their effectiveness and the results are promising. Programmes such as Eager and Able to Learn, and the Media Initiative: Respecting Individual Differences, have been shown as effective in changing parental attitudes and behaviours, in addition to including elements which are successful in changing practitioner behaviour in early years settings.

The other services currently operating in Northern Ireland range from structured programmes which have been manualised, through to broader family support approaches. These also vary with respect to whether they have been evaluated as delivered in Northern Ireland, or whether they are evidence informed. Some of these services are listed in the **Table 6** below.

It was not possible to review the evidence base for each of these in the timescale available to do this piece of work, but where evaluations have been identified these are referenced in the more detailed Table provided in **Appendix 5**. It is important to also stress that in the absence of a local evaluation it should not be assumed that an intervention is ineffective. This would require further investigation. Similarly it is possible that evaluations exist for these services which have not been included here, and further work could be undertaken to check this with each of the individual organisations. Further summary details are provided for each programme in **Appendix 5**.

**Table 6:** Parenting programmes currently being implemented in Northern Ireland which need to have their evidence base rated

| Universal Programme   | Targeted Programme                          |
|---|---|
| Group settings  |   |
| At Home in School Programme   | 5-15 Parenting Courses                      |
| Developing Everyone's Learning and Thinking Abilities Programme (DELTA) | Add Northern Ireland Parenting Programme    |
| Eager and Able to Learn (RCT showed promising effects)                  | Caring Dads Safer Children                  |
| Fathers in Families (formerly Flatpack for fathers)                     | Domestic Abuse, Recovering Together (DART)  |
| Family Health Initiative  | Family & Child Empowerment Services (FACES) |
| Handling Children's Behaviour/Handling Teenage Behaviour                | Family Buddy Programme                      |
| Health Promoting Homes programme (includes Cook it!)                    | Family SMILES                               |

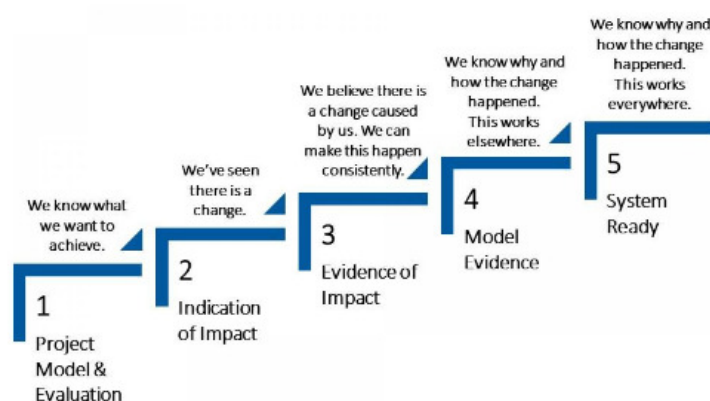
|  |   |
|--|---|
| Highscope tender   | Family Residential Programme element of DAISY   |
| Infant massage/ Baby Yoga  | Hanen 'You make a Difference' programme   |
| Media Initiative: Respecting Differences (RCT showed positive effects) | Odyssey (formerly Parenting Ur Teen) [RCT evaluation in Northern Ireland showed positive effects] |
| Parent Craft   | Make Way for Play   |
| Parent Support Group   | Parenting Apart   |
| Parenting Support and Skills Development Programme                     | Parenting Children's Challenging Behaviour (formerly Managing Children's Challenging Behaviour)   |
| Parents Health and Happiness   | Parenting Matters   |
| PEAL (Parents Early Years and Learning)                                | Parenting with Positive Mental Health (formerly Sink or Swim)                                     |
| Peers Early Education Partnership (PEEP) Learning Together Programme   | Parents Anger Management  |
| Personal development Programme for Parents                             | Preparing for Release Programme   |
| Positive Parenting Programmes  | Reading with Story Sacks  |
| Putting parents First  | Spirals group based programme   |
| Rhyme Time   | Time for Me   |
| Talking about Tough Issues (TATI)                                      |   |
| Time Out for Parents   |   |
| Time Out for Parents: the Early Years                                  |   |
| Time Out for Parents: the Teenage Years                                |   |
| Time Together Programme  |   |
| Home   |   |
| Growing Child Programme (initial RCT results are promising)            |   |

**It would be useful to assess the evidence base for these services which are already operating more thoroughly.** As noted above, some of these services already have undertaken evaluations and these could be examined using a similar evidence rating as applied by the Allen report, Early Intervention Foundation or Department of Education Parenting Programme Commissioning Tool.

Other areas in the UK provide useful models for how to support services to build and rate their evidence base, and how this information can be made accessible to service planners and potential users. For example, Project Oracle<sup>35</sup> is London's first children and youth evidence hub, funded by the Greater London Authority (GLA), the Mayor's Office for Police and Crime (MOPAC) and the Economic and Social Research Council (ESRC). Project Oracle is improving the chances for children and young people in the capital by promoting quality evidence of what works, supporting services to improve the delivery of youth programmes and informing the funding process. It provides a platform for public sector agencies, charities and private sector organisations to come together and benefit from evidence and evaluation.

The Project Oracle team does not assess the quality of projects as such, but rather the quality of the evidence of these projects' outcomes. They combine rigorous academic approaches to evaluation with considerations of what is practical for community-based organisations working with minimal resources to support project providers to improve their evidence.

This evidence is validated on the Project Oracle's Standards of Evidence and placed on the website, building an open, accessible repository of information on projects for children and young people across London. The Standards of Evidence are a framework that describes what constitutes good evidence. The Standards of Evidence framework consists of five levels which reflect how an organisation is currently gathering and using evidence, and then identify how it can improve over time. It is not a pass-fail test, but an exercise to help services improve their evidence gathering, which in turn can improve the services that they provide.



It may be useful to develop a similar repository to Project Oracle in Northern Ireland. This could be centrally housed, for example, alongside the information for services on the [familysupportni.gov.uk](http://familysupportni.gov.uk) database. Other initiatives currently underway in Northern Ireland (such as the Inspiring Impact investment by the Building Change trust and Big Lottery) may also provide useful complementary resources and sources of support to services aiming to improve their evidence base which would help with this endeavour.

### Effective Parenting Programmes not currently Implemented in Northern Ireland

There are a number of parenting programmes rated as effective in the Allen report, Early Intervention Foundation Guidebook and Department of Education Commissioning tool which do not appear to be currently implemented in Northern Ireland. An online scoping exercise was undertaken to examine whether these programmes were being delivered in Northern Ireland. Neither time nor resources permitted the opportunity to undertake a full audit of service delivery. Consequently it is possible that some of these are currently being delivered, or are being delivered under a different service name. The names of the programmes are listed in Table 7 below. Further summary details are provided for each programme in Appendix 6.

These programmes have been developed and previously evaluated in other contexts and jurisdictions. It may be possible that these are more effective than some of the current services being delivered in Northern Ireland, but more information is needed before this can be fully assessed. **Outcomes from existing services would need to be examined and an assessment of system readiness to implement the programme made. This would necessitate examining the fit with service delivery mechanisms, as well as client needs if a decision is taken to implement any of these programmes in Northern Ireland, the suggestion would be to do it first on a pilot area to examine implementation and levels of effectiveness, before making a decision to scale up regionally.**

**Table 7:** Effective Programmes not currently being implemented in Northern Ireland

| Universal Programmes                                | Targeted Programmes                              |
|---|--|
| Adolescent Transitions Programme                    | 5 Pillars of Parenting                           |
| Born to Move Active Learner                         | Brief Strategic Family Therapy                   |
| Bright Beginnings                                   | Bright Bodies                                    |
| CASASTART   | Community Mothers                                |
| Family Foundations                                  | Coping Power                                     |
| Guiding Good Choices                                | Dare to be You                                   |
| I Can Problem Solve                                 | Even Start                                       |
| Parents as First Teachers (PAFT)                    | First Steps to Success                           |
| Parents as Partners                                 | Healthy Families America                         |
| Parents as Teachers                                 | Healthy Families New York                        |
| Parents Plus - Adolescent                           | Helping the Noncompliant Child (HNC)             |
| Parents Plus – Early Years                          | Homebuilders                                     |
| Start Taking Alcohol Seriously (STARS) for Families | Keeping Foster and Kinship Parents (KEEP)        |
| Triple P (also Targeted)*                           | Mentalization based Treatment for Families (MBT- |

|   |  |
|---|--|
|   | F)   |
|   | Multi-dimensional Family Therapy (MDFT)                      |
|   | Multi-dimensional Treatment Foster Care (MTFC)               |
|   | Multi-systemic Therapy for Child Abuse and Neglect (MST-CAN) |
|   | New Beginnings   |
|   | Parent-Child Home Programme                                  |
|   | Parent-Child Interaction therapy (PCIT)                      |
|   | Parenting Wisely   |
|   | Schools and Families Educating Children (SAFE Children)      |
|   | Stop Now and Plan (SNAP)                                     |
|   | Triple P (also Universal)*                                   |
|   | Varying Maternal Involvement in a Weight Loss Programme      |
| <p>* Triple P is included in this Table because it is not currently being implemented in Northern Ireland. One component of Triple P was previously implemented in Northern Ireland by NSPCC. Action for Children currently supports the implementation of Triple P in England.</p> |  |

### **Other support offered to Parents**

There are many other broader forms of family support that are currently provided in Northern Ireland. Some of these involve targeting parents for broader therapeutic supports such as help with mental health issues, rather than programmes which specifically target parenting skills per se. Appendix 7 provides some illustrative examples of organisations which provide more flexible forms of support to families which are not programme based. Again given the limitations of the scoping exercise, this is not an exhaustive list, but is provided to give a flavour of the other types of parenting support that are currently being provided across Northern Ireland by multiple service providers. It highlights potentially useful service delivery mechanisms as well as the diversity of support currently being provided. The evidence base for many of these has not been assessed. Inclusion or non-inclusion in the list is not an indicator of quality or effectiveness.

### **Programmes which have a parenting element to complement the work being done directly with the child**

Similarly there are several programmes being implemented in Northern Ireland which focus directly on the child but also include elements of complementary work which are done with the carer.

**Table 8**

Evidence based programmes (which have been independently rated) which are currently being delivered or have recently been delivered in Northern Ireland (programmes previously listed in Table 5)

This table has been produced as a preliminary guide and it should be noted that programmes may contribute to more than one outcome area.

| Life Stage                   | Universal/<br>targeted   | Broad Outcome area   |   |   |  |
|------------------------------|--|--|---|---|--|
|                              |  | Learning   | Family functioning, Parenting skills,<br>parenting self-confidence  | Behaviour   | Substance use,<br>antisocial or risky<br>behaviour |
| Early Years<br>(0-3)         | Universal  | All parents:<br><ul style="list-style-type: none"> <li>Incredible Years</li> </ul>               | All parents:<br><ul style="list-style-type: none"> <li>Triple P</li> </ul>  | All parents:<br><ul style="list-style-type: none"> <li>Incredible Years</li> </ul>                          |  |
|                              | Targeted by<br>client group<br>or meeting<br>threshold for<br>need |  | Parents with mental health problems:<br><ul style="list-style-type: none"> <li>Mellow Parenting (mums)</li> </ul> Young pregnant mothers:<br><ul style="list-style-type: none"> <li>Family Nurse partnership</li> </ul> Separating/separated parents:<br><ul style="list-style-type: none"> <li>Triple P</li> </ul> Child Protection concerns:<br><ul style="list-style-type: none"> <li>Mellow Parenting (mums)</li> <li>Triple P</li> </ul> | Behaviour problems:<br><ul style="list-style-type: none"> <li>Incredible Years</li> <li>Triple P</li> </ul> |  |
| Primary<br>School (4-<br>11) | Universal  | All parents:<br><ul style="list-style-type: none"> <li>FAST</li> <li>Incredible Years</li> </ul> | All parents:<br><ul style="list-style-type: none"> <li>Family Links Nurturing Programme</li> <li>Triple P</li> </ul>  | All parents:<br><ul style="list-style-type: none"> <li>Incredible Years</li> </ul>                          |  |

| Broad Outcome area |  |  |   |  |  |
|--------------------|--|--|---|--|--|
|                    | Targeted by client group or meeting threshold for need |  | <p>Low/moderate need:</p> <ul style="list-style-type: none"> <li>Family Links Nurturing Programme</li> </ul> <p>Child Protection concerns:</p> <ul style="list-style-type: none"> <li>Triple P</li> </ul> <p>Separating / separated parents:</p> <ul style="list-style-type: none"> <li>Triple P</li> </ul> | <p>Social, emotional and behavioural difficulties:</p> <ul style="list-style-type: none"> <li>Incredible Years</li> <li>Parents Plus Children's Programme</li> <li>Solihull Parenting Programme</li> </ul> <p>Serious Physical or learning disability:</p> <ul style="list-style-type: none"> <li>Triple P Stepping Stones (NB this variant not yet rated separately)</li> </ul> |  |
|                    | Universal  |  | <p>All parents:</p> <ul style="list-style-type: none"> <li>Triple P</li> </ul>  | <p>All Parents:</p> <ul style="list-style-type: none"> <li>Incredible Years</li> </ul>   |  |
| Post-primary (12+) | Targeted   |  | <p>Children in need:</p> <ul style="list-style-type: none"> <li>Triple P</li> </ul> <p>Children in need/ juvenile offenders</p> <ul style="list-style-type: none"> <li>Multisystemic therapy</li> </ul>   | <p>Behaviour problems:</p> <ul style="list-style-type: none"> <li>Incredible Years</li> </ul>  | <p>Behavioural or emotional problems:</p> <ul style="list-style-type: none"> <li>Functional Family therapy</li> </ul> <p>Low risk families:</p> <ul style="list-style-type: none"> <li>Strengthening Families 10-14</li> </ul> |



**Table 9**

Programmes (whose evidence base still needs to be independently rated) which are currently being delivered or have recently been delivered in Northern Ireland (programmes previously listed in Table 6).

This table has been produced as a preliminary guide and it should be noted that programmes may contribute to more than one outcome area.

| Life Stage        | Universal/targeted                                     | Broad Outcome area  |  |   |  |
|-------------------|--|---|--|---|--|
|                   |  | Learning  | Family functioning and parenting skills  | Prosocial Behaviour or Behaviour problems   | Substance use, antisocial or risky behaviour |
| Early Years (0-3) | Universal  | All parents: <ul style="list-style-type: none"> <li>At Home in School programme</li> <li>Eager and Able to Learn</li> <li>Growing Child</li> <li>Peers Early Education Partnership (PEEP)</li> <li>Rhyme Time</li> </ul>  | All parents: <ul style="list-style-type: none"> <li>DELTA</li> <li>Family Health Initiative: Healthy Lifestyle</li> <li>Health Promoting Homes</li> <li>Highscope Tender</li> <li>Infant massage/ baby yoga</li> <li>Parents' Health and Happiness</li> <li>Time out for Parents</li> </ul>  | All parents: <ul style="list-style-type: none"> <li>Media Initiative: Respecting Differences</li> <li>Parenting Children's Challenging Behaviour</li> </ul> |  |
|                   | Targeted by client group or meeting threshold for need | Mothers: <ul style="list-style-type: none"> <li>Mum's the Word</li> </ul> Young parents: <ul style="list-style-type: none"> <li>Spirals</li> </ul> Foster carers: <ul style="list-style-type: none"> <li>Make Way for Play</li> <li>Reading with Story Sacks</li> </ul> Children with language delay: <ul style="list-style-type: none"> <li>Hanan You make a Difference</li> </ul> | Mental health: <ul style="list-style-type: none"> <li>Parenting with Positive Mental health</li> </ul> Parents in prison: <ul style="list-style-type: none"> <li>Parenting matters</li> </ul> Separated/separating parents: <ul style="list-style-type: none"> <li>Parenting Apart</li> </ul> Fathers: <ul style="list-style-type: none"> <li>Fathers in families (all fathers)</li> <li>Lads to Dads (1<sup>st</sup> time young fathers aged</li> </ul> | Anger issues: <ul style="list-style-type: none"> <li>Parents Anger Management</li> </ul>  |  |

| Broad Outcome area    |  |  |  |  |  |
|-----------------------|--|--|--|--|--|
|                       |  |  | 16-25) <ul style="list-style-type: none"> <li>Caring Dads Safer Children (fathers having family difficulties because of their abusive or violent behaviour)</li> </ul> Children in need: <ul style="list-style-type: none"> <li>PAINT</li> </ul>   |  |  |
| Primary School (4-11) | Universal  |  | All parents: <ul style="list-style-type: none"> <li>Family Health Initiative: Healthy Lifestyle</li> <li>Parental support and skills development programme</li> <li>Parents' Health and Happiness</li> <li>Positive Parenting Programme (may target mental health issues since delivered by NIAMH)</li> <li>Time together programme</li> </ul>   | All parents: <ul style="list-style-type: none"> <li>Parenting Children's Challenging Behaviour</li> </ul>  |  |
|                       | Targeted by client group or meeting threshold for need | Mothers: <ul style="list-style-type: none"> <li>Mum's the Word</li> </ul> Foster carers: <ul style="list-style-type: none"> <li>Make Way for Play</li> <li>Reading with Story Sacks</li> </ul> | Fathers: <ul style="list-style-type: none"> <li>Fathers in Families (all fathers)</li> <li>Lads to Dads (1<sup>st</sup> time young dads aged 16-25)</li> </ul> Domestic abuse <ul style="list-style-type: none"> <li>Caring Dads Safer Children (fathers having family difficulties because of their abusive or violent behaviour)</li> <li>Domestic Abuse, Recovering Together (DART) (mums and children who have experienced domestic abuse)</li> </ul> Parents of children with disabilities: <ul style="list-style-type: none"> <li>Time for Me</li> </ul> | Parent anger issues: <ul style="list-style-type: none"> <li>Parents Anger Management</li> </ul> Child is violent towards parent: <ul style="list-style-type: none"> <li>Parents walking on Eggshells</li> </ul> Child with ADHD: <ul style="list-style-type: none"> <li>ADD NI Parenting programmes</li> </ul> | Children at risk of antisocial behaviour/offending : <ul style="list-style-type: none"> <li>Child and parent Support (CAP)</li> </ul> Parents and youth with drug and alcohol misuse: <ul style="list-style-type: none"> <li>Family Residential DAISY</li> </ul> |

| Broad Outcome area |           |  |   |  |  |
|--------------------|-----------|--|---|--|--|
|                    |           |  | <p>Parents of overweight or obese 8-11 year olds:</p> <ul style="list-style-type: none"> <li>Family Health Initiative: Making a Difference</li> </ul> <p>Mental health:</p> <ul style="list-style-type: none"> <li>Parenting with positive mental health (parents with mild depression)</li> <li>Family SMILES (mental health issues)</li> </ul> <p>Parents in Prison:</p> <ul style="list-style-type: none"> <li>Parenting Matters</li> </ul> <p>Separated/ separating parents:</p> <ul style="list-style-type: none"> <li>Parenting Apart</li> </ul> <p>Hard to reach/ socially isolated:</p> <ul style="list-style-type: none"> <li>Personal development for parents</li> <li>5-15 Parenting Course (Lenadoon)</li> <li>Parent Group (New Lodge)</li> </ul> <p>BME families:</p> <ul style="list-style-type: none"> <li>Family Buddy Programme (Lorag)</li> </ul> <p>Hardiker 2-3 Risk of offending:</p> <ul style="list-style-type: none"> <li>FACES</li> </ul> |  |  |
|                    | Universal |  | <p>All parents:</p> <ul style="list-style-type: none"> <li>Parents' Health and Happiness</li> </ul>   | <p>All parents:</p> <ul style="list-style-type: none"> <li>Handling Children's Behaviour/teen behaviour</li> </ul> | <p>All parents:</p> <ul style="list-style-type: none"> <li>Talking about Tough Issues</li> </ul> |

| Broad Outcome area |          |  |  |   |  |
|--------------------|----------|--|--|---|--|
| Post-primary (12+) | Targeted | <p>Mothers:</p> <ul style="list-style-type: none"> <li>Mum's the Word</li> </ul> | <p>Parents of teenagers:</p> <ul style="list-style-type: none"> <li>Odyssey</li> <li>Time Out for Parents: Teenage years</li> </ul> <p>Fathers:</p> <ul style="list-style-type: none"> <li>Fathers in Families (all fathers)</li> <li>Lads to Dads (1<sup>st</sup> time young dads aged 16-25)</li> <li>Caring Dads Safer Children (fathers having family difficulties because of their abusive or violent behaviour)</li> </ul> <p>Mental health:</p> <ul style="list-style-type: none"> <li>Parenting with positive mental health (parents with mild depression)</li> <li>Family SMILES (mental health issues)</li> </ul> <p>Parents in Prison:</p> <ul style="list-style-type: none"> <li>Parenting Matters</li> </ul> <p>Separated/ separating parents:</p> <ul style="list-style-type: none"> <li>Parenting Apart</li> </ul> <p>Hard to reach/ socially isolated:</p> <ul style="list-style-type: none"> <li>5-15 Parenting Course (Lenadoon)</li> </ul> <p>Hardiker 2-3 risk of offending:</p> <ul style="list-style-type: none"> <li>FACES</li> </ul> | <p>Parent anger issues:</p> <ul style="list-style-type: none"> <li>Parents Anger Management</li> </ul> <p>Child is violent towards parent:</p> <ul style="list-style-type: none"> <li>Parents walking on Eggshells</li> </ul> | <p>Children at risk of antisocial behaviour/ offending :</p> <ul style="list-style-type: none"> <li>Child and parent Support (CAP)</li> </ul> <p>Looked After Children:</p> <ul style="list-style-type: none"> <li>Talking about Tough Issues</li> </ul> |

## Summary

There is great diversity in parenting support being provided in Northern Ireland. Many parenting programmes appear to be delivered in group settings and there is a range of provisions from universal to targeted approaches. Programmes currently being delivered here comprise both evidence based programmes which have robust evidence base developed elsewhere, in addition to evidence informed programmes which may be growing their local evidence base as well as programmes which have no local evidence as yet. It would be useful to examine the implementation of the evidence based programmes to see if they are being delivered with fidelity and achieving expected outcomes. It would also be useful to undertake a service audit and develop a repository of the evidence for each of the services in a similar fashion to Project Oracle. This would involve rating the evidence available for each service using agreed standards of evidence. It would provide valuable information for both professionals and parents seeking sources of support.

## Case Studies of Regional Portfolios of Evidence-based Programmes

In this section some case studies are provided of how other jurisdictions have approached the task of nationally supporting a small number of selected evidence based programmes. This includes the Parenting Early Intervention Programme (PEIP) and CANParent in England, and the Communities that Care project in America. Information is provided about the selection of the programmes in addition to how the regional approach was implemented.

### Parenting Early Intervention Programme (England)

Parenting Early Intervention Programme (PEIP) was a UK Government initiative of national support for evidence based parenting programmes targeted at children with, or at risk of, developing behavioural and emotional problems. This was implemented in all 152 local authorities throughout England (2008–11) and evaluated.<sup>36</sup>

PEIP builds on the previous Pathfinder project which was a pilot of three parenting programmes over 2 years in 18 local authorities. Pathfinder included support for the local authorities to build an organisational infrastructure, fund training of facilitators and run parenting groups. The evaluation of the Pathfinder indicated that the three programmes had all been implemented effectively. It also provided evidence for the process factors that were important in supporting successful implementation. On the basis of this evidence, the UK government decided to increase the scale and fund all English higher tier local authorities. The DCSF also decided to fund an evaluation of this national roll-out of evidence-based parenting programmes, in order to examine whether the effectiveness, demonstrated by the Pathfinder in 18 local authorities, would be maintained when the delivery was scaled up across all the regions.

The UK government subsequently funded all English local authorities to implement one or more of five evidence based programmes:

- Triple P
- Incredible Years
- Strengthening Families Strengthening Communities
- Families and Schools Together (FAST)
- Strengthening Families Programme (10–14).

Later in the process, three additional programmes were added to the list:

- Parent Power
- STOP
- Parents Plus.

Local authorities were free to select any one or more of the accredited parenting programmes to implement. Each local authority determined how to implement PEIP, including the infrastructure set up to manage and support the parenting courses they provided. Training of group facilitators was organised nationally by NAPP, with training places purchased from the accredited parenting

programme provider, but each local authority determined the selection of staff to be trained. As with the Pathfinder, the government required local authorities to target parents of 8–13 year old children exhibiting or at risk of developing behavioural difficulties.

Each programme was manualised and the facilitators leading the classes were trained in the administration of that specific programme by the parenting programme providers themselves. In some cases, local authorities trained facilitators in more than one programme in order to provide a range of parenting programmes for parents to access. Twenty local authorities implemented a single programme, 11 ran two programmes, 10 ran three programmes, and two ran four or more. Where a local authority ran multiple programmes, it was usual for one to predominate.

Each of these programmes was selected because the evidence suggested it would be effective in promoting positive behaviours and in preventing the development of behavioural, emotional and social difficulties in children aged 8-13 years of age. The Pathfinder project had shown that it could be successfully implemented and which factors influenced successful implementation. Two of the three programmes selected for the Pathfinder (Triple P and Incredible Years) had evidence from many randomized controlled trials (RCTs) including RCTs in England, for example. Strengthening Families Strengthening Communities (SFSC) did not have RCT evidence, but rather evidence from pre- to post-implementation studies. The Pathfinder implemented over two years in 18 local authorities demonstrated that these three programmes were all effective, although SFSC showed lower effects than the other two.

### **The CANparent Programme (England)**

The Department for Education (DfE) is currently trialling a new, early intervention, £5 million 'CANparent' parenting programme with 50,000 parents in four areas between 2012 and 2014, with a view to rolling out the programme nationally post-pilot. CANparent is a network of organisations who provide universal parenting classes and advice that is proven to be effective. The approach is universal - for all mums, dads and carers of children from birth to 18 years.

The Centre for Educational Development, Appraisal and Research (CEDAR) at the University of Warwick, is evaluating the trial, following on from their evaluation of the Parenting Early Intervention Programme (PEIP) research for the DfE in 2006-11. The trial aims to examine whether CANparent improves the quality of family life, removes any stigma associated with parenting classes and helps parents to feel it is normal to access this type of support to improve their parenting skills.

Organisations that belong to the CANparent network have previously proven that each of their classes makes a real and positive difference to parents and families. CANparent classes cover a variety of topics including:

- learning through play
- parents working together as a team
- communicating and staying calm
- managing sleep issues
- coping with difficult behaviour
- rules and routines
- stress
- understanding different stages of your child's development.

Courses are delivered mainly by voluntary and community sector organisations (VCSOs) that provide parenting help. Delivering through VCSOs aims to ensure that classes are tailored to the needs of parents and cultural and local circumstances.

The CANparent Trial first began in 2012 to parents of 0-5 year olds with 14 providers delivering parenting classes in Camden, Middlesbrough and High Peak. It has subsequently expanded to a new area (Bristol). Six providers are delivering classes as part of the current evaluation. These are: City Lit, Parent Gym, Parenting Matters, Save the Children, Solihull Approach and Triple P.

In three of the four regions (Camden, Middlesbrough and High Peak), universal parent vouchers are being used to try to remove the stigma of parenting classes. All mothers and fathers of 0-5s who live in these areas are eligible for a free voucher worth upto £100 each entitling them to access a CANparent parenting course. Vouchers are widely available, including through the Foundation Years workforce and branches of Boots in the trial areas, or can be downloaded by parents from the CANparent website (<http://www.canparent.org>). These buy parents up to 10 two-hour lessons; online classes can be used instead of or to supplement face-to-face delivery. These vouchers are then redeemed by the class providers. Providers receive £75 for every parent starting a course, and a further £25 for every parent completing the course. Fourteen providers in all (up to 10 in an area) are offering CANparent parenting classes differing in length, focus and delivery mode. Classes must be based on evidence about what works to improve parenting skills.

In the fourth trial area, Bristol, there are no vouchers. Instead, some light touch support is available, such as use of the CANparent brand and website, support from corporate and other organisations, and low/no cost marketing support. Nine providers were approved to operate under the CANparent Bristol brand offering parenting classes differing in length, focus and delivery mode. The Bristol trial encourages providers to operate different funding models, such as third party subsidy, or parents paying for classes.

The second interim evaluation report of CANParent is available.<sup>37</sup> The evidence so far supports the value of offering universal access to parenting classes: in the general population, they found that socio-economic status had no significant relationship to level of parenting need. CANparent classes attracted a representative group of parents in terms of parents' level of education; however, participants had higher than average levels of parenting stress.

Although the evaluators caution that it is too early to say which parenting class products will thrive in a competitive market, they highlight the following implications for future course design of parenting programmes:

- Face-to-face group classes attracted the most participants. Online classes have proven less popular
- Length of course was emerging as an important variable affecting parent choice (where short courses of up to 3 sessions are more popular), and also course satisfaction and efficacy (where courses of 3 or more sessions do better)
- Parents who attended classes of at least three sessions duration reported improved parent self-efficacy (their sense of being an effective parent) which is a key outcome. Shorter courses had no significant impact on measured parent outcomes, although parents still rated them highly)



- Most parents interviewed accepted the concept of paying for universal parenting classes, although the inability of some to pay underlines the need for subsidy
- Face-to-face and word of mouth marketing has proven most effective in achieving take-up but this requires up-front investment which has been challenging for providers as they made the transition to a market model
- The 'CANparent' brand was shown to be important in terms of promoting the concept of universal classes. The Department of Education had funded a campaign using the CANparent brand, and providers' marketing of their classes benefited from this
- Despite the challenges of learning to operate in a new market, 13 of the 14 original CANparent providers remained in the trial at the end of Year 1
- In the non-voucher trial area, four funding models have been adopted: market price per person; third party subsidised price per person; free at point of delivery (third party covering costs); and a franchise model where trained facilitators operate as self-employed course suppliers.

Further information about CANparent can be found at <http://www.canparent.org.uk/>.

### **Communities that Care (USA)**

Communities that Care is a consortia based commissioning approach used in America. It offers a supported way for local consortia to select from a portfolio of evidence based approaches, the services which are most likely to work in their particular area. The Communities That Care prevention operating system provides manuals, tools, training, and technical assistance. These help communities to use advances in prevention science to plan and implement community prevention services to reduce adolescent substance use, delinquency, and related health and behaviour problems.<sup>38</sup>

Hallfors *et al.* (2002) suggested that community coalitions could produce better outcomes if three criteria were met. The coalitions (a) should have clearly defined, focused, and measurable goals and outcomes, with corresponding high-quality data sources to facilitate monitoring; (b) should be encouraged to use evidence-based programs, with careful attention to monitoring of both the dose and quality of programs provided; (c) should evaluate the programs implemented through coalition efforts using outcome measures meaningful to the community.

Communities that Care include a number of structured activities, resources and supports for examining the risk and protective factors within a community and then matching these to the evidence based interventions which will be most appropriate to meet those needs. These relate to building strong consortia in addition to selecting the evidence based approaches most appropriate for implementation in a particular area.

A matrix has been produced of a small number of 'approved' interventions to reduce adolescent substance misuse and delinquency (see Table 8 below). This is organised into the following 'types' of

programmes to make it easier for consortia to select the most appropriate intervention for their needs:

- Parent training
- Organizational change in schools
- Classroom Organization, Management or Instructional Strategies
- Classroom Curricula for Social & Emotional Competence Promotion
- Multi-component Programs Based in Schools
- Community-Based Youth Programs
- Community Mobilization.

For parent training, this comprises 6 programmes. It should be noted, that the focus of Communities that Care is quite specific and limited to programmes which aim to improve trends in adolescent drug use and delinquency. There is a clearly defined need, outcome and age range for the client group. Even with this specificity, the matrix still contains more than 45 programmes and approaches because it is facilitating for choice in delivery mechanisms.

Table 8: Menu of Tested and Effective Preventive Interventions Offered to those participating in the Communities that Care Community Youth Development Study

| Name of Effective Programme (Grade 5)                            | Name of Effective Programme (Grades 6–9)                         |
|--|--|
| Parent Training  |  |
| Creating Lasting Connections                                     | Creating Lasting Connections                                     |
| Guiding Good Choices   | Guiding Good Choices   |
| Strengthening Families Program: For Parents and Youth Aged 10–14 | Strengthening Families Program: For Parents and Youth Aged 10–14 |
|  | Adolescent Transitions Program                                   |
|  | Family Matters   |
|  | Parents Who Care   |
| Organizational Change in Schools                                 |  |
| School Development Program                                       | The Programme Development Evaluation (PDE) Method                |
| School Transitional Environment Project                          | School Transitional Environment Project                          |
| Classroom Organization, Management or Instructional Strategies   |  |
|  | Bry's Behaviorally Based Prevention Program                      |
| Computer-Assisted Instruction                                    | Computer-Assisted Instruction: Cognitive Tutor Algebra           |
| Cooperative Learning Programs                                    | Cooperative Learning Programs                                    |
| Tutoring Programs  | Tutoring Programs: Valued Youth Program                          |
|  | Peer Assisted Learning Strategies                                |

| Classroom Curricula for Social & Emotional Competence Promotion           |  |
|---|--|
| Growing Healthy   | Growing Healthy  |
| Promoting Alternative Thinking Strategies (PATHS)                         | Responding in Peaceful and Positive Ways   |
| PeaceBuilders   | All Stars  |
| Know Your Body  | Know Your Body   |
| The Children of Divorce Intervention Program                              | Towards No Tobacco Use   |
| I Can Problem Solve   | Project Alert  |
| Olweus Bullying Prevention Program  | Olweus Bullying Prevention Program   |
| Social Decision Making & Problem Solving                                  | Life Skills Training (LST) Program   |
| Project Shout   | Project Shout  |
|   | STARS for Families   |
|   | Lion's Quest-Skills for Adolescence  |
| Multi-component Programs Based in Schools                                 |  |
| Midwestern Prevention Project/Project Star                                | Midwestern Prevention Project/Project Star                                       |
| Caring School Community (formerly Child Development Project)              | Project Northland  |
|   | Teen Outreach Program  |
| Community-Based Youth Programs  |  |
|   | Across Ages  |
| Big Brothers/Big Sisters  | Big Brothers/Big Sisters   |
| Participate and Learn Skills (PALS)                                       | Participate and Learn Skills (PALS)  |
|   | Stay SMART/SMART Leaders   |
| Community Mobilization  |  |
| Midwestern Prevention Project/Project Star                                | Midwestern Prevention Project/Project Star Project Northland                     |
| Community Policies/Environmental Strategies Community Policing Strategies | Community Policing Strategies  |
|   | Mandatory Sentencing Laws for Use of a Firearm During the Commission of a Felony |
|   | Regulation of Availability   |

|  |                              |
|--|------------------------------|
|  | Responsible Beverage Service |
|  | Taxation                     |

One advantage offered by this approach is that a master-list of evidence based programmes has been centrally developed and supported. Each regional consortium analyses the needs in their area and matches up their preferred delivery mechanism with a suitable programme. For example, if their schools are willing to deliver a programme as part of the normal curriculum, there is a selection of programmes which will satisfy that need, such as PATHs or Growing Healthy. Alternatively if when they have examined potential delivery mechanisms, it looks like programmes will be more effectively implemented directly with parents, there is a selection of different programmes which will meet that need, such as Creating Lasting Connections or Strengthening Families. Each region can build up their own portfolio of services based on their understanding of the need and delivery agents available to them, whilst maintaining regional quality in terms of the evidence base.

It may be possible to take a similar approach in Northern Ireland building on the work of the CYPSP Regional Outcomes groups or Locality Planning groups which have already been established. These groups have access to local needs information, as well as having an insight into what services are currently being delivered in each area and where there may be potential gaps in provision.<sup>39</sup>

### Summary

These case studies may be useful in showing how other regions have supported the rolling out of a national programme of support to particular client groups. In each, a key criterion has been the selection of evidence based programmes to meet a clearly identified need in a specific client group. Multiple programmes were offered within each region and the selection of which programmes to offer has been made following a careful assessment of needs within that area and current service provision. By offering a range of services to choose from, a degree of flexibility to meet the needs of different families was maintained, as well as supporting a fit with local service delivery characteristics. Capacity building and implementation support have been resourced as part of the funding package, and carefully monitored over time. Pilots have been used to test the approaches and learn important implementation lessons before scaling up regionally.

## Summary and Recommendations

There are several parenting programmes currently being delivered in Northern Ireland but details of specific programmes, their evidence base and who delivers them is not collated centrally.

Some of the programmes currently being delivered are evidence based, and have been shown to be effective in other contexts and/or in Northern Ireland. There appears to be little information available about whether these evidence based programmes are being implemented with fidelity here. The quality of the implementation in Northern Ireland should be assessed and an assessment made of whether they are achieving predicted outcomes. This is currently being done for Incredible Years, but not necessarily for the other programmes. **If these programmes are being implemented with high levels of fidelity, it may be possible to scale them up regionally, if it can be established that they satisfy an unmet need, there is an adequate implementation infrastructure and an appropriate fit with service delivery in each region.**

There are also a number of parenting programmes and other forms of parenting support currently being implemented for which the evidence base is not currently clear, or whose findings on their effectiveness have not been independently rated. These include programmes which have been evaluated using robust methods such as Randomised control trials and shown positive effects. Many of these providers have been operating these services for some time, may have built up trust within areas with professionals and families, and potentially have a skilled workforce to deliver the services. **The evidence base for these would need to be investigated further before a decision could be taken as to, firstly, whether these services are effective and, secondly, whether they are ready to be scaled up or implemented across a wider area.**

There are many parenting programmes which have been shown to be effective elsewhere but which do not appear to be currently implemented in Northern Ireland. These programmes have been developed and previously evaluated in other contexts and jurisdictions. It may be possible that these are more effective than some of the current services being delivered in Northern Ireland, but more information is needed before this can be fully assessed. **Outcomes from existing services would need to be examined and an assessment of system readiness to implement the programme made. This would necessitate examining the fit with service delivery mechanisms, as well as client needs. If a decision is taken to implement any of these programmes in Northern Ireland, the suggestion would be to do it first on a pilot area to examine implementation and levels of effectiveness, before making a decision to scale up regionally.**

**Key to all of this is the need to carefully examine client strengths and needs, and be specific about what outcomes one is trying to improve *before* the selection of any evidence based programme. In commissioning the programme, careful attention then needs to be paid to implementation. In particular, it is crucial to develop a strategy for actively engaging parents in any programme and examine how this programme fits with any other support offered to them.** Not all parents are 'programme ready' – many families with complex needs may need to be offered other forms of support either before, or concurrently with the offer of a parenting programme, if outcomes are to be effectively improved. Staff skills in engaging families are crucial in providing this type of 'wrap-around' support. It is important to engage with local stakeholders in the selection of programmes to be implemented in any given area both to increase levels of buy-in and engagement, but also to ensure the most successful approach is developed.

## APPENDICES

**Appendix 1**Demographic profiles of Trusts within Northern Ireland<sup>40</sup>

| Age range  | Belfast | South East | Northern | Southern | Western | NI        |
|--|---------|------------|----------|----------|---------|-----------|
| 0-4 years  | 23,646  | 23,053     | 30,646   | 28,274   | 21,054  | 126,673   |
| 5-9 years  | 19,919  | 22,387     | 30,227   | 26,041   | 19,671  | 118,245   |
| 10-14 years  | 18,883  | 21,310     | 29,069   | 24,038   | 19,937  | 113,237   |
| 15-17 years  | 12,902  | 13,841     | 18,682   | 15,242   | 13,193  | 73,860    |
| 0-17 Year Population                                 | 75,350  | 80,591     | 108,624  | 93,595   | 73,855  | 432,015   |
| Whole Population                                     | 349,618 | 350,788    | 466,724  | 365,712  | 296,883 | 1,829,725 |
| Child Population as a percentage of whole population | 21.6%   | 23.0%      | 23.3%    | 25.6%    | 24.9%   | 23.6%     |

## Appendix 2

### Northern Ireland Family Support website ([FamilySupportNI.gov.uk](http://FamilySupportNI.gov.uk))

The Health and Social Care Board for Northern Ireland developed the Northern Ireland Family Support website to be a comprehensive database of family support and childcare services across Northern Ireland. The site was developed in 2009 as one of the recommendations of the DHSSPS' Families Matter Strategy. 'Transforming Your Care', a review of health and social care in Northern Ireland also recognised the importance of the website as an information and signposting resource for families, communities and professionals. In 2013, a new childcare specific search was developed as one of the Key Actions of Bright Start, the Northern Ireland Executive's programme for affordable and integrated childcare.

This website enables the public, practitioners and service planners to access information on a wide range of organisations providing services to support families and young people at local levels in Northern Ireland. Families and young people can find the service they need and details on how to access it, irrespective of whether the service is provided by a statutory, private, community or voluntary organization. The website is also used by frontline staff to enable them to signpost families and young people to appropriate services. Details of more than 6500 organisations are available on the website. Regular quality assurance ensures that existing information is up to date and the team are constantly working to add to the family support information available.

Since the launch, [www.familySupportNI.gov.uk](http://www.familySupportNI.gov.uk) has exceeded expectations in terms of the number of users accessing the system and the number of services held on the system. At the launch, a reasonable estimate for the number of monthly visitors was 5,000. Since the launch the actual number of users has grown to up to 30,000 per month.

An App has also been developed for the website to make information about childcare and family services more readily available.

### Appendix 3

#### List of Voluntary and Community providers of Parenting Support in Northern Ireland

This list was compiled from a search of the familysupportni.gov.uk website using the search terms 'family support', 'parent', 'programme' or 'education support'. NB any omission of a provider from this list has not been deliberate and is not intended as any indication of the quality of service provided. Likewise, inclusion on the list is also not an indication of quality of service provided.

| Organisation   | Age Groups   | Town      | Website  | Search term                       |
|--|--|-----------|--|-----------------------------------|
| Action Cancer (Northern Ireland) - Belfast                             | 5-11 years;12-16 years;17-18 years;19-25 years;                    | Belfast   | <a href="http://www.actioncancer.org">www.actioncancer.org</a>             | Parent                            |
| Action on Disability (Belfast)   | 5-11 years;12-16 years;17-18 years;19-25 years;                    | Belfast   | <a href="http://www.actionondisability.org">www.actionondisability.org</a> | Family support                    |
| Adoption UK (Support Groups)   | 0-4 years;5-11 years;12-16 years;17-18 years;19-25 years;All Ages  | Belfast   | <a href="http://www.adoptionuk.org.uk">www.adoptionuk.org.uk</a>           | Family support                    |
| Alternatives Northern Ireland (Belfast)                                | 12-16 years;17-18 years;19-25 years;10-11 years;                   | Belfast   |  | Family support                    |
| ASCERT   | 12-16 Years;   | Lisburn   | <a href="http://www.ascert.biz">www.ascert.biz</a>                         | Family support                    |
| Ashton Community Trust - Training and Employment (Belfast)             | 17-18 Years;19-25 Years;   | Belfast   | <a href="http://www.ashtoncentre.com">www.ashtoncentre.com</a>             | Education support                 |
| Ashton Community Trust - Family First Programme (Belfast)              | All Ages;  | Belfast   | <a href="http://www.ashtoncentre.com">www.ashtoncentre.com</a>             | Family support                    |
| Ashton Community Trust - New Lodge Youth Centre                        | 12-16 Years;17-18 Years;5-11 Years;                                | Belfast   | <a href="http://www.ashtoncentre.com">www.ashtoncentre.com</a>             | Education support                 |
| Autism Northern Ireland (All of Northern Ireland) - Belfast            | All Ages;0-4 years;5-11 years;12-16 years;17-18 years;19-25 years; | Belfast   | <a href="http://www.autismni.org">www.autismni.org</a>                     | Parent                            |
| Avert Ltd (Derry)  | 12-16 Years;17-18 Years;19-25 Years;5-11 Years;                    | Derry     | <a href="mailto:info@averttraining.com">info@averttraining.com</a>         | Education support                 |
| Board of Social Witness (Belfast)                                      | All Ages;  | Belfast   |  | Family support                    |
| British Association for Adoption and Fostering (BAAF) (Belfast)        | 0-4 years;5-11 years;12-16 years;17-18 years;19-25 years           | Belfast   | <a href="http://www.baaf.org.uk">www.baaf.org.uk</a>                       | Family support                    |
| British Red Cross (Wheelchair Loan) - Portadown                        | All Ages;  | Portadown | <a href="http://www.redcross.org.uk">www.redcross.org.uk</a>               | Family support                    |
| Cancer Focus Northern Ireland (Belfast)                                | 0-21 years;  | Belfast   | <a href="http://www.cancerfocusni.org">www.cancerfocusni.org</a>           | Family support                    |
| Cancer Lifeline  |  | Belfast   | <a href="http://www.cancerlifeline.info">www.cancerlifeline.info</a>       | Family support                    |
| Cara-Friend - GLYNorthern Ireland (Gay Lesbian Youth Northern Ireland) | 12-16 Years;17-18 Years;19-25 Years;                               | Belfast   |  | Family support, Education Support |
| Care for the Family (Northern Ireland) - Belfast                       | 0-4 years;5-11 years;12-16 years;17-18 years;19-25 years;          | Belfast   | <a href="http://www.careforthefamily.co.uk">www.careforthefamily.co.uk</a> | Family support                    |
| Care in Crisis (Lurgan)  | 17-18 years;19-25 years;13-16 years;25+;                           | Craigavon | <a href="http://www.careincrisis.org.uk">www.careincrisis.org.uk</a>       | Family support                    |



|  |   |               |  |                                      |
|--|---|---------------|--|--------------------------------------|
| CLIC Sargent (Belfast)   | 0-4 years;5-11 years;12-16 years;17-18 years;19-25 years; | Belfast       | <a href="http://www.clicsargent.org.uk">www.clicsargent.org.uk</a>   | Family support                       |
| Diabetes Northern Ireland (Belfast)                              | 5-11 years;12-16 years;17-18 years                        | Belfast       | <a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a>   | Parent                               |
| Early Years - The Organisation For Young Children (Headquarters) | 0-4 years;5-11 years;                                     | Belfast       | <a href="http://www.early-years.org">www.early-years.org</a>   | Family support                       |
| Employers For Childcare Charitable Group                         | 0-4 Years;12-16 Years;5-11 Years;                         | Lisburn       | <a href="http://www.employersforchildcare.org">www.employersforchildcare.org</a>   | Programme                            |
| Families and Schools Together (Belfast)                          | 5-11 years  | Belfast       |  | Family support                       |
| Grace Womens Development Ltd (Belfast)                           | 0-4 years;12-16 years;17-18 years;19-25 years;            | Belfast       |  | Family support                       |
| Headway (Belfast)  | 19-25 years;  | Belfast       | <a href="http://www.headway.org.uk">www.headway.org.uk</a>   | Family support                       |
| Huntington's Disease Association Northern Ireland                | 12-16 Years;17-18 Years;19-25 Years;                      | Belfast       | <a href="http://www.hdani.org.uk">www.hdani.org.uk</a>   | Family support                       |
| HURT (Derry)   | All ages  | Derry         | <a href="http://www.hurt.org.uk">www.hurt.org.uk</a>   | Family support                       |
| Irish Street Community Association (Londonderry)                 | 5-11 years;12-16 years;17-18 years;19-25 years            | Londonderry   |  | Family support                       |
| La Leche League - Breastfeeding Information and Support          | 0-4 years;Mums and Babies                                 | Carrickfergus |  | Family support                       |
| Liberty Consortium - The Playtrail (Derry)                       | 0-4 years;5-11 years;12-16 years                          | Derry         | <a href="http://www.playtrail.com">www.playtrail.com</a>   | Family support                       |
| LIFE Northern Ireland/Pregnancy Matters (Belfast)                | 12-16 years;17-18 years;19-25 years;26-onwards;           | Belfast       | <a href="http://www.lifeni.org.uk">www.lifeni.org.uk</a><br>or<br><a href="http://www.pregmatters.org.uk">www.pregmatters.org.uk</a> | Family support                       |
| Love for Life (Waringstown)                                      | 5-11 years;12-16 years;17-18 years                        | Craigavon     | <a href="http://www.loveforlife.org.uk">www.loveforlife.org.uk</a>   | Family support                       |
| Maghera Parish Caring Association (MPCA)                         | All Ages  | Maghera       | <a href="http://www.magheraparish.co.uk">www.magheraparish.co.uk</a>   | Family support                       |
| Marie Curie Hospice (Belfast)                                    | 5-11 years;12-16 years;17-18 years;19-25 years            | Belfast       | <a href="http://www.mariecurie.org.uk">www.mariecurie.org.uk</a>   | Family support                       |
| Mencap Play Adviser (Newry)                                      | 0-4 years;5-11 years;12-16 years;                         | Newry         | <a href="http://www.mencap.org.uk">www.mencap.org.uk</a>   | Programme                            |
| Meningitis Now   | All Ages;   | Belfast       | Facebook Page<br><a href="http://meningitisnow.org/MTNorthernIrelandreland">meningitisnow.org/MTNorthernIrelandreland</a>            | Family support,<br>Education support |
| Multiple Sclerosis (MS) Society - Northern Ireland (Belfast)     | All Ages;   | Belfast       | <a href="http://www.mssociety.org.uk">www.mssociety.org.uk</a>   | Family support                       |
| National Autistic Society (NAS) Northern Ireland (Belfast)       | 0-4 years;5-11 years;12-16 years;17-18 years;19-25 years; | Belfast       | <a href="http://www.autism.org.uk">www.autism.org.uk</a>   | Parent                               |
| Northern Ireland AMH (Belfast)                                   | 5-11 Years; Statutory Referral - BHSC;                    | Belfast       | <a href="http://www.niamh.co.uk">www.niamh.co.uk</a>   | Parent                               |
| Northern Ireland Alternatives                                    | 12-16 Years;17-18 Years;19-25 Years;5-11 Years;           | Belfast       | <a href="http://www.alternativesrj.co.uk">www.alternativesrj.co.uk</a>   | Family support                       |

|   |  |   |   |                           |
|---|--|---|---|---------------------------|
| Northern Ireland Cancer Fund For Children (Belfast)                                     | 0-4 years;5-11 years;12-16 years;17-18 years;19-25 years;0-24 years only | Belfast, Derry, Newcastle   | <a href="http://www.nicfc.com">www.nicfc.com</a>  | Family support            |
| PIPS  | 12-16 Years;5-11 Years;  | Belfast   |   | Family support            |
| PRAXIS Care (Belfast)   | 5-11 years;12-16 years;17-18 years;19-25 years                           | Belfast   | <a href="http://www.praxiscare.org.uk">www.praxiscare.org.uk</a>  | Family support            |
| Public Initiative for the Prevention of Suicide and Self Harm (PIPS) - Newry and Mourne | 16 Years and Upwards ;   | Newry   | <a href="http://www.pipsnewryandmourne.org">www.pipsnewryandmourne.org</a>  | Family support            |
| Quaker Service  | All Ages;  | Belfast   | <a href="http://www.quakerservice.com">www.quakerservice.com</a>  | Family support            |
| RAFT (Restorative Action Following The Troubles Armagh)                                 | 18+ years  | Armagh  | <a href="http://www.raftprojectni.org">www.raftprojectni.org</a>  | Family support            |
| REACH Across  | 17-18 years;13-16 years;   | Derry   | <a href="http://www.reach-across.co.uk">www.reach-across.co.uk</a>  | Family support            |
| RNIB Northern Ireland   | 0-4 years;5-11 years;12-16 years;17-18 years;19-25 years;                | Belfast   | <a href="http://www.rnib.org.uk/northernireland">www.rnib.org.uk/northernireland</a>  | Family support            |
| Salvation Army (Belfast)  | 0-4 years;5-11 years;12-16 years;+ Adults                                | Belfast   |   | Family support            |
| Save the Children   | 0-36 months;   |   | <a href="http://www.savethechildren.org.uk">www.savethechildren.org.uk</a>  | Programme                 |
| Save the Children   | 0-4 Years;5-11 Years;  | Belfast   | <a href="http://www.familiesandschoolstogether.com">www.familiesandschoolstogether.com</a> / <a href="http://www.savethechildren.org.uk">www.savethechildren.org.uk</a> | Family support            |
| Sólás - Belfast   | All Ages;  | Belfast   | <a href="http://www.solasbt7.com">www.solasbt7.com</a>  | Parent, Education Support |
| Spirit of Enniskillen Trust (Belfast)   | 19-25 years;16-18 years  | Belfast   | <a href="http://www.soetrust.org">www.soetrust.org</a>  | Education support         |
| St Vincent De Paul (Northern Ireland) - Belfast   | All Ages   | Belfast   | <a href="http://www.svp-ni.org">www.svp-ni.org</a>  | Family support            |
| The Cedar Foundation (Ballymoney)   | 17-18 years;19-25 years  | Ballymoney  | <a href="http://www.cedar-foundation.org">www.cedar-foundation.org</a>  | Education support         |
| Vineyard Church Dungannon   | 0-4 years;5-11 years;12-16 years;17-18 years;19-25 years; All Ages       | Dungannon   | <a href="http://www.vineyarddungannon.co.uk">www.vineyarddungannon.co.uk</a>  | Family support            |
| West Belfast Parent Youth Support Group (Belfast)                                       | 12-16 years;17-18 years;19-25 years                                      | Belfast   |   | Family support, Parent    |
| Youthlife (Derry)   | 5-11 years;12-16 years;17-18 years;19-25 years;                          | Derry   | <a href="http://www.youthlife.org">www.youthlife.org</a>  | Family support, Parent    |
| Zero 8 Teen (Child Contact Centre Craigavon)  | 0-4 years;5-11 years;12-16 years;  | Craigavon   | <a href="http://www.zero8teen.co.uk">www.zero8teen.co.uk</a>  | Family support            |
| Accord Northern Ireland (Armagh)  | All ages   | Portadown, Ballymena, Belfast, Derry, Downpatrick , Enniskillen, Maghera, | <a href="http://www.accordni.com">www.accordni.com</a>  | Family support            |

|   |   |                       |  |                              |
|---|---|-----------------------|--|------------------------------|
|   |   | Newry,<br>Omagh       |  |                              |
| Action For Children<br>(Ballymote Family Project)<br>- Downpatrick                | All Ages;   | Downpatrick           | <a href="http://www.actionforchildren.org.uk">www.actionforchildren.org.uk</a>           | Programme,<br>Family Support |
| Action For Children<br>(Choices Family Support<br>Service) - Larne                | 0-4 years;5-11 years;12-16<br>years;17-18 years;19-25<br>years        | Larne                 | <a href="http://www.actionforchildren.org.uk">www.actionforchildren.org.uk</a>           | Family support               |
| Action For Children<br>(Family Support Strategy<br>Project)                       | 0-4 years;5-11 years;12-16<br>years;17-18 years;19-25<br>years;       | Enniskillen,<br>Derry | <a href="http://www.actionforchildren.org.uk">www.actionforchildren.org.uk</a>           | Family support               |
| Action For Children<br>(Headquarters) - Belfast                                   | 0-4 years;5-11 years;12-16<br>years;17-18 years;19-25<br>years        | Belfast               | <a href="http://www.actionforchildren.org.uk">www.actionforchildren.org.uk</a>           | Family support               |
| Action For Children<br>(Northern Ireland Regional<br>Fostering Service) - Belfast | 0-4 years;5-11 years;12-16<br>years;17-18 years                       | Belfast               | <a href="http://www.actionforchildren.org.uk">www.actionforchildren.org.uk</a>           | Family support               |
| Action For Children<br>(Strengthening Families<br>Project) - Enniskillen          | 0-4 years;5-11 years;12-16<br>years;17-18 years                       | Enniskillen           | <a href="http://www.actionforchildren.org.uk">www.actionforchildren.org.uk</a>           | Family support               |
| Autism Northern Ireland<br>(all regions)  | 0-4 years;5-11 years;12-16 years;17-18<br>years;19-25 years;All ages; |                       | <a href="http://www.autismni.org">www.autismni.org</a>                                   | Parent                       |
| Autism Northern Ireland<br>(Tor Bank Partnership<br>Group)                        | All Ages;0-4 years;5-11 years;12-16<br>years;17-18 years;19-25 years; |                       | <a href="http://www.autismni.org">www.autismni.org</a>                                   | Parent                       |
| Barnardo's Choices Family<br>Support  | 10-17 years;  | Magherafelt           | <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>                           | Parent                       |
| Barnardo's Family Group Conferencing (Armagh)                                     |   | Armagh                |  | Family support               |
| Barnardo's Forward<br>Steps (Belfast)   | 2-4 years;  | Belfast               | <a href="http://www.barnardos.org.uk/forwardsteps">www.barnardos.org.uk/forwardsteps</a> | Family support               |
| Barnardo's Home<br>Links Short Breaks<br>Service                                  | 0-18 years;   | Belfast               |  | Family support               |
| Barnardo's Jigsaw<br>(Magherafelt)  | 5-11 years;12-16 years;   | Magherafelt           | <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>                           | Education support            |
| Barnardo's Newry<br>Family Resource<br>Centre                                     | 0-4 years;5-11 years;12-16<br>years;17-18 years;19-25 years;          | Newry                 | <a href="http://www.barnardos.org.uk/nfrc">www.barnardos.org.uk/nfrc</a>                 | Family support               |
| Barnardo's<br>Newtownabbey<br>Family Connections                                  | 5-11 years;12-16 years;   | Newtownabbey          | <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>                           | Education support            |
| Barnardo's Northern<br>Ireland (Belfast)  | All Ages  | Belfast               | <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>                           | Programme,<br>Family support |
| Barnardo's Parent<br>and Infant Project<br>(PIP) - Lisburn                        | 0-3 years;  | Lisburn               | <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>                           | Family support,<br>Parent    |
| Barnardo's Parenting<br>Matters (Belfast)   | All Ages;   | Belfast               | <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>                           | Family support               |
| Barnardo's Play for<br>All (Belfast)  | 0-14 years;   | Belfast               | <a href="http://www.barnardos.org.uk/playforall">www.barnardos.org.uk/playforall</a>     | Family support               |
| Barnardo's Schools<br>Counselling -   | 12-16 years   | Magherafelt           | <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>                           | Education support            |

|   |   |   |  |                   |
|---|---|---|--|-------------------|
| Magherafelt   |   |   |  |                   |
| Barnardo's Schools Programme (Belfast)  | 5-11 years;12-16 years;3 to 17 yrs;                       | Belfast   | <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>                   | Education support |
| Barnardo's Simpson Family Resource Centre (Bangor)  | 0-4 years;5-11 years;Under 12 years;                      | Bangor  | <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>                   | Family support    |
| Barnardo's Strabane Family Centre   | 0-12 Years; Parents & Carers;                             | Strabane  | <a href="http://www.barnardos.org.uk">http://www.barnardos.org.uk</a>            | Family support    |
| Barnardo's Time 4 Me (Belfast)  | 5-11 years;12-16 years;                                   | Belfast   | <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>                   | Education support |
| Barnardo's Tuar Ceatha Services (Black, Minority Ethnic and Refugee Family Support Service) - Belfast | 0-4 years;5-11 years;12-16 years;                         | Belfast   | <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>                   | Parent            |
| Barnardo's Tullycarnet Family Project   | 12-16 Years;5-11 Years;                                   | Belfast   | <a href="http://www.barnardos.org.uk">http://www.barnardos.org.uk</a>            | Education support |
| Belfast Central Mission (BCM) - Dungannon   | 16-25 yrs;  | Dungannon   |  | Family support    |
| Belfast Central Mission (BCM) - Headquarters (Belfast)  | All Ages  | Belfast   | <a href="http://www.belfastcentralmission.org">www.belfastcentralmission.org</a> | Education support |
| Belfast Central Mission (BCM) - Newtownards   | 0-4 years;5-11 years;12-16 years;17-18 years;19-25 years; | Newtownards   | <a href="http://www.belfastcentralmission.org">www.belfastcentralmission.org</a> | Family support    |
| Bryson Charitable Group - Downpatrick Family Support  | 0-4 years;5-11 years;12-16 years;17-18 years;             | Downpatrick   | <a href="http://www.brysongroup.org">www.brysongroup.org</a>                     | Family support    |
| Bryson Charitable Group - Dunmurry Family Support   | 0-4 years;5-11 years;12-16 years;17-18 years;19-25 years; | Belfast   | <a href="http://www.brysongroup.org">www.brysongroup.org</a>                     | Family support    |
| Bryson Charitable Group - North Down and Ards Family Support (Newtownards)                            | 0-4 years;5-11 years;12-16 years;17-18 years;             | Newtownards   | <a href="http://www.brysongroup.org">www.brysongroup.org</a>                     | Family support    |
| Bryson Charitable Group (Belfast)   | 0-4 Years;12-16 Years;17-18 Years;19-25 Years;5-11 Years; | Belfast   | <a href="http://www.brysongroup.org">www.brysongroup.org</a>                     | Family support    |
| Bryson Future Skills (Belfast)  | 12-16 years;17-18 years;19-25 years; 25-59 years;         | Belfast   | <a href="http://www.brysongroup.org">www.brysongroup.org</a>                     | Education support |
| Cruse Bereavement Care - (Northern Area) Ballymoney   | 0-4 years;5-11 years;12-16 years;17-18 years;19-25 years; | Ballymoney, Foyle, North Down and Ards, Omagh and Fermanagh | <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>                           | Parent            |
| Cruse Bereavement Care (Young Cruse) - Belfast (Northern  | Children aged 4-18 years; adults;                         | Belfast   | <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>                           | Parent            |

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|--|---|---------------------------|--|---|
| Ireland)   |   |                           |  |   |
| Extern - Faces (Family and Child Empowerment Services) (Belfast) | 12-16 Years;17-18 Years;5-11 Years;             | Belfast                   | <a href="http://www.extern.org">www.extern.org</a>                               | Family support                            |
| Extern - Youth Support (Belfast)                                 | 12-16 Years;5-11 Years;                         | Belfast                   | <a href="http://www.extern.org">www.extern.org</a>                               | Family support                            |
| Extern (NHSCT, BHSCT and SEHSCT areas)                           | 5-11 years;12-16 years;17-18 years;19-25 years; | Newtownabbey              | <a href="http://www.extern.org">www.extern.org</a>                               | Family support                            |
| Extern (WHSCT area)  | 8-17 years;                                     | Derry                     |  | Family support                            |
| Family Care Society (Belfast)                                    |   | Belfast, Derry            | <a href="mailto:email@familycaresociety.org">email@familycaresociety.org</a>     | Family support                            |
| Family Focus   | 0-4 years;17-18 years;19-25 years               | Ballyclare                | <a href="http://www.ballyclarefamilyfocus.com">www.ballyclarefamilyfocus.com</a> | Family support, Parent, Education Support |
| Gingerbread Northern Ireland (Ballymena)                         | All Ages;                                       | Ballymena, Belfast, Derry | <a href="http://www.gingerbreadni.org">www.gingerbreadni.org</a>                 | Family support, Parent                    |
| Home-Start - Irvinestown   | Parents & Children 0-5 years                    | Irvinestown               |  | Programme                                 |
| Home-Start - Irvinestown   | Parents & Children 0-5 years                    | Irvinestown               |  | Family support                            |
| Home-Start Northern Ireland (Regional Office) - Belfast          | 0-5 years;6-18 years;Young Parents              | Belfast                   | <a href="http://www.home-start.org.uk">www.home-start.org.uk</a>                 | Family support                            |
| Home-Start (Antrim District)                                     | 0-4 years                                       | Antrim                    |  | Family support                            |
| Home-Start (Ards Comber and Peninsula Area)                      | Children 0-5 years; Parents Any Age             | Newtownards               |  | Family support                            |
| Home-Start (Ards Comber and Peninsula Area) - Newtownards        | All ages;                                       | Newtownards               |  | Family support                            |
| Home-Start (Armagh and Dungannon) - Moy                          |   | Dungannon                 |  | Family support                            |
| Home-Start (Armagh Outreach) - Moy                               |   | Dungannon                 |  | Family support                            |
| Home-Start (Ballymena)   | 0-5 years                                       | Ballymena                 |  | Programme, Family Support, Parent         |
| Home-Start (Ballynahinch)  | 0-18 years                                      | Ballynahinch              |  | Programme, Family Support                 |
| Home-Start (Banbridge)   | 0-4 years                                       | Banbridge                 |  | Family support                            |
| Home-Start (Bangor) - North Down                                 | 0-4 years;5-11 years                            | Bangor                    | <a href="http://www.home-start.org.uk">www.home-start.org.uk</a>                 | Family support                            |
| Home-Start (Carrickfergus)                                       | 0-5 years;                                      | Carrickfergus             | <a href="http://www.home-start.org.uk">www.home-start.org.uk</a>                 | Programme, Family Support                 |
| Home-Start (Causeway)  | 0-4 years;5-11 years                            | Coleraine                 |  | Family support                            |

|   |   |                     |  |                           |
|---|---|---------------------|--|---------------------------|
| Home-Start (Clogher Valley) - Augher                      | All ages  | Augher              |  | Family support            |
| Home-Start (Craigavon)                                    | 0-5 years;  | Lurgan              | <a href="http://www.home-start.org.uk">www.home-start.org.uk</a>             | Family support, Parent    |
| Home-Start (Down District) - Downpatrick                  | 0-4 years;5-11 years;12-16 years;                         | Downpatrick         |  | Programme, Family support |
| Home-Start (East and South Belfast)                       | Families with at least 1 child under 5 years;             | Belfast             |  | Family support            |
| Home-Start (Kilkeel)                                      |   | Kilkeel             |  | Programme, Family support |
| Home-Start (Lakeland and Irvinestown) - Enniskillen       | 0-5 years   | Enniskillen         | <a href="http://www.home-start.org.uk">www.home-start.org.uk</a>             | Family support            |
| Home-Start (Lisburn/Colin)                                | 0-4 years;5-11 years                                      | Lisburn             |  | Family support            |
| Home-Start (Newcastle)                                    | 0-4 years;5-11 years;12-16 years                          | Newcastle           |  | Programme, Family support |
| Home-Start (Newry and Mourne) - Newry                     |   | Newry               |  | Family support            |
| Home-Start (Newry Central) - Newry                        |   | Newry               |  | Family support            |
| Home-Start (North Belfast)                                | 0-5 years;  | Belfast             |  | Family support            |
| Home-Start (Omagh)  | 0-5 years;  | Omagh               | <a href="http://www.home-start.org.uk">www.home-start.org.uk</a>             | Programme, Family support |
| Lifestart (Strabane)                                      | 0-4 years;  | Strabane            |  | Family support            |
| Lifestart Foundation (Belfast)                            |   | Belfast             | <a href="http://www.lifestartfoundation.org">www.lifestartfoundation.org</a> | Family support, Programme |
| Lifestart Foundation Mid-Ards (Newtownards)               | 0-4 years   | Newtownards         | <a href="http://www.lifestartfoundation.org">www.lifestartfoundation.org</a> | Family support, Programme |
| Lifestart Foundation Outreach (Londonderry)               |   | Derry               | <a href="http://www.lifestartfoundation.org">www.lifestartfoundation.org</a> | Family support, Programme |
| Child & Parent Support (CAPS NIACRO - Belfast)            | 8-13 Years; 5-11 years;12-16 years                        | Belfast             | <a href="http://www.niacro.co.uk">www.niacro.co.uk</a>                       | Family support            |
| Child and Parent Support (CAPS NIACRO Southern)           | 8-13 years;   | Portadown           | <a href="http://www.niacro.co.uk">www.niacro.co.uk</a>                       | Family support, Parent    |
| NSPCC - Caring Dads Safer Children (Foyle Service Centre) | All Ages;(Programme for fathers)                          | Derry               | <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>                       | Family support            |
| NSPCC - Turn the Page Programme (Foyle Service Centre)    | 6-18 years;   | Derry               | <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>                       | Family support            |
| Parenting NI - Parenting Forum                            | 0-4 years;5-11 years;12-16 years;17-18 years;19-25 years; | Belfast             | <a href="http://www.parentingni.org">www.parentingni.org</a>                 | Family support            |
| Parenting NI - Parents Helpline (all regions )            | 0-4 years;5-11 years;12-16 years;17-18 years;19-25 years; |                     | <a href="http://www.parentingni.org">www.parentingni.org</a>                 | Family support            |
| Relate NI   | All Ages; 5-11 years;12-16 years;17-18 years;19-25        | Ballymena, Belfast, | <a href="http://www.relateni.org">www.relateni.org</a>                       | Family support            |

|   |   |  |  |                   |
|---|---|--|--|-------------------|
|   | years;25+ years;  | Coleraine,<br>Cookstown,<br>Irvinestown,<br>Londonderry<br>, Newry,<br>Portadown,<br>Craigavon |  |                   |
| 16+ Transition Service (Start360) - Belfast Area                          | 16-21 yrs;  | Belfast  | <a href="http://www.start360.org">www.start360.org</a>                           | Education support |
| DAISY EAST (Drugs and Alcohol Intervention Service For Youth) - Start 360 | 8-21 years;   | Belfast  | <a href="http://www.start360.org">www.start360.org</a>                           | Programme         |
| Probation (Start360) - Antrim, Ballymena and Coleraine                    | 16-25 yrs   |  | <a href="http://www.start360.org">www.start360.org</a>                           | Programme         |
| Start 360 (Omagh)   | 16 yrs +;   | Omagh  | <a href="http://www.start360.org">www.start360.org</a>                           | Programme         |
| Start360 (Armagh)   | Chill 8-18 years; Community Support All Ages;             | Armagh   |  | Programme         |
| Start360 (Derry)  | 12-16 years;17-18 years;12-21 years;                      | Derry  | <a href="http://www.start360.org">www.start360.org</a>                           | Parent            |
| Start360 (Maghaberry HMP)   | 16yrs +;  | Lisburn  | <a href="http://www.start360.org">www.start360.org</a>                           | Family support    |
| Ballybeen Womens Centre (Belfast)   | 0-4 years;12-16 years;17-18 years;                        | Belfast  | <a href="http://www.ballybeenwomenscentre.org">www.ballybeenwomenscentre.org</a> | Family support    |
| Chrysalis Women's Centre (Craigavon)                                      | 0-18 years  | Craigavon  |  | Family support    |
| Greenway Womens Centre (Belfast)  | All Ages;   | Belfast  | <a href="http://www.greenwaywomenscentre.org">www.greenwaywomenscentre.org</a>   | Family support    |
| Windsor Womens Centre (Belfast)   | All Ages;   | Belfast  | <a href="http://www.windsorwomenscentre.com">www.windsorwomenscentre.com</a>     | Family support    |
| Womens Centre - Beibhinn House (Derry)                                    | 0-4 years;17-18 years;19-25 years;25+                     | Derry  |  | Family support    |
| YMCA (Londonderry)  | 0-4 years;5-11 years;12-16 years;17-18 years;19-25 years; | Derry  |  | Family support    |
| YMCA (North Down)   | 0-4 years;5-11 years;12-16 years;                         | Bangor   | <a href="http://www.northdownymca.org">www.northdownymca.org</a>                 | Family support    |
| YMCA Families Together (North Down)                                       | All Ages  | Bangor   | <a href="http://www.northdownymca.org">www.northdownymca.org</a>                 | Family support    |
| YMCA Tenant Support Service (North Down)                                  | All Ages  | Bangor   | <a href="http://www.northdownymca.org">www.northdownymca.org</a>                 | Family support    |
| YMCA Youth Work (North Down)  | 0-4 years;5-11 years;12-16 years;17-18 years              | Bangor   | <a href="http://www.northdownymca.org">www.northdownymca.org</a>                 | Family support    |
| Base 2 (NIACRO Belfast)   | 12-16 years;17-18 years;19-25 years                       | Belfast  | <a href="http://www.niacro.co.uk">www.niacro.co.uk</a>                           | Family support    |
| Mid-Ulster Women's Aid - Cookstown  |   | Cookstown  | <a href="http://www.midulsterwomensaid.org.uk">www.midulsterwomensaid.org.uk</a> | Family support    |

|   |  |           |  |                |
|---|--|-----------|--|----------------|
| Women's Aid - Antrim, Ballymena, Carrickfergus, Larne, Newtownabbey | All Ages;  | Ballymena | <a href="http://www.womensaidni.org">www.womensaidni.org</a>           | Family support |
| Women's Aid - Foyle (Derry)   | All Ages;0-4 years;5-11 years;12-16 years;17-18 years;19-25 years; | Derry     | <a href="http://www.foylewomensaidni.com">www.foylewomensaidni.com</a> | Family support |
| Women's Aid Federation Northern Ireland                             | All Ages;  | Belfast   | <a href="http://www.womensaidni.org">www.womensaidni.org</a>           | Family support |
| Lenadoon Womens Group   | 0-4 Years;12-16 Years;17-18 Years;5-11 Years;                      | Belfast   |  | Family support |
| Newtownards Road Womens Group Ltd (Belfast)                         | 0-4 years;5-11 years;12-16 years;17-18 years;                      | Belfast   |  | Family support |



## Appendix 4

### Evidence based programmes which are currently being delivered or have recently been delivered in Northern Ireland

| Programme   | Summary   | Age  | Targeting   | Targeted outcomes   | Trust areas of delivery                   | Providers (if known)  | Evidence base                  |
|---|---|--|---|---|---|---|--------------------------------|
| <b>Families and Schools Together (FAST) Programme</b> | Builds stronger bonds between parents, schools and communities to make sure children get the support they need to do their best at school.  | 5 programme age ranges: <ul style="list-style-type: none"> <li>Baby FAST – 0-3</li> <li>Pre-k FAST – 3-6</li> <li>Kid FAST – K-6</li> <li>Middle school FAST – 6<sup>th</sup> – 8<sup>th</sup> grade</li> <li>Teen FAST – high school youth</li> </ul> | Universal programme open to all parents but in NI mostly targeted in primary schools with high levels of pupils in receipt of free school meals | Children’s skills in reading, writing and maths, behaviour and a positive attitude to school and learning.<br>Helping parents get more involved in their child’s education and support learning at home.<br>Encouraging stronger bonds between parents and their child, their child’s school, other parents and the wider community | All 5 Trust areas                         | Save the Children<br><br>Bryson Charitable Group  | EIF effective<br><br>PPET **** |
| <b>Family Links Nurturing Programme (FLNP)</b>        | Family Links is a universal, 10-week group-based parenting programme, focusing on family relationships and providing experiential learning through guided discussion, role play and homework. | 0-18 (most suitable for children aged 4-11)  | Universal Targeted prevention (low/moderate levels of need)   | Improved child behaviour, Improved parent wellbeing.<br><br>To help parents and carers understand their own emotional needs.<br>To help parents learn positive parenting practices.   | Northern, Western, Southern <sup>41</sup> | 28 Sure Starts <sup>42</sup><br>Big Lottery funded a project run by Family Focus in the Coleraine area. | PPET **                        |
| <b>Family nurse</b>                                   | Nurse-led voluntary home  | Conception to age  | Mothers and   | Mothers more likely to:   | Western,                                  | Nurse-led   | Allen Level 1                  |

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| <b>partnership (FNP)<sup>43</sup></b>               | visiting programme for first time young mums, aged 19 or under (and dads). A specially trained family nurse visits the young mum regularly, from early in pregnancy until the child is two.                                    | 2  | (fathers/partners) in need 19 and under and less than 28 weeks pregnant with first baby | <p>Stop or reduce smoking in pregnancy</p> <p>Initiate breast-feeding</p> <p>Cope better with pregnancy, labour and parenthood</p> <p>Have increased confidence and aspirations for the future</p> <p>Return to education and taking up paid employment</p> <p>Be very positive about their parenting capacity</p> | Southern and Belfast with plans to roll out to the 2 remaining Trusts   |  | <p>EIF effective</p> <p>PPET ****</p>                       |
| <b>Functional Family therapy (FFT)<sup>44</sup></b> | FFT is a family-based short-term treatment strategy that aims to help troubled youth and their families to overcome delinquency, substance abuse, and violence.  | Secondary school years (11-18)   | Children in need  | <p>Decreased arrests</p> <p>Increased employment rates</p> <p>Reduced recidivism</p> <p>Improved child behaviour</p> <p>Improved parental supervision</p> <p>Improved family communication</p>   | Northern <sup>45</sup><br>Newtownabbey, Antrim and Magherafelt, Ballymena, Cookstown, Coleraine and Carrickfergus Larne <sup>46</sup> | Action for Children  | <p>Allen Level 1,</p> <p>EIF effective</p> <p>PPET ****</p> |
| <b>Incredible Years<sup>47</sup></b>                | The Incredible Years is a series of interlocking, evidence-based programs for parents, children, and teachers. These aims to strengthen parenting competencies and foster parent involvement in children's school experiences, | The parenting programs are grouped according to age: <a href="#">babies</a> (0-12 months), <a href="#">toddlers</a> (1-3 years), | All children<br>Also children in need   | Reduction in anti-social behaviour and aggression; increased praising behaviour and positive affirmation by parents and teachers; Positive change in emotional and behavioural difficulties;   | Across all Trust areas <sup>49</sup>  | Multiple providers including in 20 Sure Starts <sup>50</sup> , Barnardo's and Action for | <p>Allen Level 1</p> <p>EIF effective</p> <p>PPET ****</p>  |

|                         |  |  |   |   |  |   |   |
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|                         | to promote children’s academic, social and emotional skills and reduce conduct problems  | <a href="#">preschoolers</a> (3-6 years), and <a href="#">school age</a> (6-12 years).   |   | Increase in pro-social behaviours and problem solving; improved social competence; improved positive family communication; improved positive family communication; Improved parent interaction with teachers and classroom; Improved school readiness and engagement in school activities <sup>48</sup> |  | Children. NCB currently doing audit of provision in NI which should identify other providers                            |   |
| <b>Mellow parenting</b> | <b>Mellow Parenting</b> <sup>1</sup> are attachment-based early intervention programmes. Parents learn strategies for managing their moods and emotions and interacting positively with their child. | Children under 5<br><br>There are 3 evidence based programmes: Going Mellow (parents of children 2 to 5 years) Mellow Babies (parents of babies up to 18 months) and Mellow Bumps (antenatal programme). There are also 2 newer programmes: Dad Matters (antenatal | Targetted at mothers who are having difficulty caring for their child because of mental health difficulties and/or child protection concerns. | Improved parent-child interaction; Increased positive parenting skills; Accelerated improvement in maternal wellbeing for mothers experiencing postnatal depression (Mellow Babies); Improved Child Behaviour <sup>51</sup>   | Southern, South Eastern <sup>52</sup> -<br><br>South Eastern staff trained in Mellow Bumps, babies, Parenting and Dads) <sup>53</sup><br><br>Southern staff trained in Mellow Babies and Parenting <sup>54</sup> | Mellow Parenting in 3 Sure Starts <sup>55</sup><br><br>Mellow Babies & Mellow Parenting in Southern Trust <sup>56</sup> | EIF effective<br><br>PPET **<br><br>Has also been evaluated in Northern Ireland |

<sup>1</sup> EIF guidebook

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|  |   | programme for dads to be) and Mellow Dads (dads of children 0-18 months and 2-5 years).   |   |  |  |        |  |
| <b>Multi-systemic therapy (MST)</b> <sup>57</sup>            | Multisystemic Therapy (MST) is an intensive family- and community-based treatment programme that focuses on addressing all environmental systems that impact chronic and violent juvenile offenders, their homes and families, schools and teachers, neighbourhoods and friends     | Secondary school years  | Children in need  | Reduced days spent in out of home placements<br>Improved family relations<br>Improved family functioning     | Referrals across all Trust areas <sup>58</sup> | Extern | Allen Level 1<br><br>EIF effective<br><br>PPET ****  |
| <b>Parents Plus – the Children’s Programme</b> <sup>59</sup> | Parents Plus Programmes are evidence- based parenting courses designed to support and empower parents to manage and solve discipline problems, to create satisfying and enjoyable family relationships and to help children and young people grow up and reach their full potential | There are several variants:<br>The Early years programme for parents of children aged 1 to 6; The Children’s Programme for parents of children aged 6 to 11; and the Adolescents Programme for parents of young people aged 11 to 16.<br><br>There is also a Parenting When Separated | Parents of children with a child between the ages of 6 and 11 who have concerns about their child’s behaviour | Improvements in child behaviour.<br>Increased satisfaction in the parental role.<br>Reduced parental stress. | Western <sup>61</sup>                          |        | EIF rated the 6-11 year old version as effective<br><br>PPET rated Children’s version as ***<br><br>PPET also rated Early Years version as *** and Adolescent Programme as *** |

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|  |  | Programme <sup>60</sup>   |   |   |  |   |                |
| <p><b>Solihull Approach to Parenting Programme</b></p> | <p>Early intervention model of training and resources for practitioners working with families, babies, children and young people who may have experienced emotional or behavioural problems.</p> | <p>0-18<br/>The Solihull Approach has a number of specific resource packs:</p> <ul style="list-style-type: none"> <li>• Solihull Resource Pack: The First Five Years</li> <li>• Solihull Resource Pack: the School Years</li> <li>• Solihull Resource Pack: For Workers Involved with fostering and adoption</li> <li>• Early Years Foundation Stage: Solihull Approach Trainers Pack</li> </ul> <p>The Solihull Approach to Parenting Programme Group is for parents of children aged 4-11</p> | <p>Children and families affected by behavioural and emotional difficulties</p> | <p>Parental anxiety reduction<br/>Improved child behaviour</p> <p>Solihull approach leads to better engagement of professionals with families and increased job satisfaction [check these results – info is from Western Trust area doc on interventions)</p> | <p>All Trust areas<sup>62</sup><br/><sup>63 64</sup></p> | <p>8 Sure Starts<sup>65</sup>,<br/>Action for Children</p> <p>In the Western Trust area, training in the Solihull Approach was provided to staff from Social Services Training team, Family Centres, Health Visitors, Family Intervention Services and CAMHS<sup>66</sup></p> <p>The HSC Clinical Education Centre coordinate</p> | <p>PPET **</p> |

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|  |   |  |  |  |  | s delivery of Solihull Programme training to all health visitors and school nurses in all 5 Trust areas <sup>67</sup> |   |
| <b>Strengthening Families<sup>68</sup></b> | <p>Strengthening Families Programme is a 14 week family skills training programme that emphasises the important roles that families play in the prevention and reduction of risk taking behaviour. It involves the whole family. There are parental sessions, children's sessions and family practice sessions.</p> | <p>In the original American 14 week programme, there are 3 different versions for high risk families of different ages:<br/>         Children aged 3-5 (SFP3-5)<br/>         Children aged 6-11 (SFP6-11)<br/>         Children aged 12-16 (SFP12-16)</p> <p>There is also a shorter 7-session version for low-risk families with pre- and early teens (SFP10-14).</p> <p>In 2011 a new 10-session Home-Use DVD version (SFP 7-17) and group</p> | <p>Programme generally targets high risk families but also highly effective in general population. Specifically designed for families where parents are substance misusers, parents considered at risk of maltreating,, parents in prisons or on probation for drug-</p> | <p>Parent training sessions improve parenting skills, parenting efficacy, parental confidence, monitoring and supervision and parent-child involvement, and decreases negative child behaviour, overt and covert aggression and conduct disorders</p> <p>The Children's Skills training component improves children's grades and social competencies</p> <p>The Family Skills training Component improves family attachment/bonding, strengths and resilience.</p> <p>The full Strengthening Families Programme (all three components) reduces alcohol and drug use or the likelihood of</p> | <p>Not clear which variant is being delivered in each of the following areas:</p> <p>Belfast, Northern, South Eastern, Western<sup>69</sup></p> <p>Enniskillen (Action for Children)</p> <p>Lisburn (ASCERT)</p> <p>Derry (Derry Healthy Cities)</p> | <p>Barnardos</p> <p>Action for Children</p> <p>ASCERT</p> <p>Derry Healthy Cities</p>                                 | <p>EIF rated SPF 10-14 as effective</p> <p>PPET ***</p> |

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|   |  | <p>curriculum was developed with pilot results similar to other SFP versions</p> <p>A universal free DVD programme for children aged 10-16 has also been developed and is available free at <a href="http://www.strengtheninfamiliesprogram.org">www.strengtheninfamiliesprogram.org</a>. This variant has not yet been evaluated</p> | related offences                              | <p>initiation of substance use by parents and older children</p> <p>Booster sessions improve outcomes</p>  |  |  |  |
| <p><b>Triple P<sup>70</sup> - Levels 1-5 (Triple P is not currently being implemented in Northern Ireland, but one element was previously implemented by NSPCC)</b></p> | <p>The system increases parenting skills and parenting confidence, by engaging, encouraging and empowering families to address common child and adolescent social, emotional and behavioural problems. The Triple P system uses a multi-level framework that tailors information, advice and professional support to the needs of individual families.</p> | <p>Conception to School<br/>Also Primary School<br/>Also Secondary school</p>   | <p>All children<br/>Also children in need</p> | <p>Increase parental confidence and efficacy</p> <p>Increase the use of positive parenting practices</p> <p>Reduce the prevalence of early onset behavioural and emotional problems</p> <p>Decrease parents' use of coercive, harmful or ineffective parenting practices</p> <p>Decrease parents emotional distress (e.g. stress, depression, anger)</p> |  |  | <p>Allen Level 3 EIF</p> <p>PPET ratings vary between ** and **** depending on variant</p> |

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|  |  |  |  | <p>Decrease parental conflict over raising children</p> <p>Increase the capacity and confidence of service providers to deliver evidence-based parenting interventions</p> <p>Promote interagency collaboration</p> |  |  |  |
|--|--|--|--|---|--|--|--|



## Appendix 5

### Parental support currently being delivered in Northern Ireland for which the evidence base needs to be rated\*

\* This table includes programmes and approaches which have undertaken local evaluations but not yet been rated by the sources used for **Appendix 4**, or they may be evidence-informed, their evaluations may still be underway or there may be no evaluation information publically available

| Programme                                       | Summary   | Age  | Targeting  | Targeted outcomes  | Trust areas of delivery | Providers (if known)   | Evidence base   |
|---|---|--|--|--|-------------------------|------------------------|-----------------|
| <b>5-15 Parenting Courses<sup>71</sup></b>      | 10 week parenting courses   | Outreach targeted at hard to reach/vulnerable families with school aged children to reduce isolation and to build resilience | School aged children   |  | Belfast HSC Trust       | Lenadoon Women's Group |                 |
| <b>ADD NI Parenting programmes<sup>72</sup></b> | 10 week programme specifically designed to meet complex needs of families with children with ADHD | Parents of children aged 5-11  | Children with ADHD whose parents are experiencing difficulties | Programme aims to provide support to parents who are experiencing difficulties in parenting children with diagnosis of ADHD, where there are high levels of parenting stress and poor communication or poor parental mental health | Belfast Outcomes group  | ADD NI                 |                 |
| <b>At Home in</b>                               | A home-school   |  |  |  | Piloted in              | Lifestart              | Currently being |

|  |  |  |  |  |   |  |  |
|--|--|--|--|--|---|--|--|
| <b>School programme</b>  | transitions programme  |  |  |  | Derry and Donegal                                       |  | piloted  |
| <b>Caring Dads Safer Children</b>  | Group work comprising 17 sessions aiming to help who are having  | All ages   | Fathers who are having difficulties in their family because of their abusive or violent behaviour        | Aims to help dads stop their abuse, recognise the impact their behaviour has on their children and improve their parenting   | Belfast, Foyle  | NSPCC  |  |
| <b>Child and Parent Support (CAP) - Early Intervention for Prevention of Offending Programme</b> | An intensive support service involving work with both parent and child. Parental component includes support and skills based group parenting programme | 8-13 years   | Families whose children (aged 8-13 years) are at risk of engaging in anti-social or offending behaviour. |  | Belfast and Southern Health and Social Care Trust areas | NIACRO   |  |
| <b>Developing Everyone's Learning and Thinking Abilities Programme (DELTA)</b>                   | DELTA aims to promote development of children and their parent's self-esteem in order to enhance the parent/carer and child relationship               | The DELTA Programmes are divided into 5 age ranges:<br>3 week Ante Natal course<br>6 week Baby Years course<br>6 week Early Years course<br>Information and guidance for Primary and Post Primary Years<br>Also a 6 week | Universal  | Parents felt the programme improved children's communication, their relationships with their children, and child performance at school, as well as enhancing their children's ability to learn through play more | Southern, Western <sup>73</sup>                         | 5 Sure Starts (not sure in which area) <sup>74</sup> | Some local evaluation undertaken by CENI <sup>75</sup> and more recently a RCT of the DELTA Early Years programme by QUB in the Southern Education and Library Board area <sup>76 77</sup> |

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|   |   | Babysitting course  |  | independently. It was seen to improve communication with teenagers, and to lead to better understanding of what happens in school   |                 |             |   |
| <b>Domestic Abuse Recovering Together</b>   | Children and their mothers talk together about domestic abuse, learn to communicate and rebuild their relationship. Weekly 2 hour group sessions                | Children aged 7-11  | Targeted at families where there has been domestic abuse | Mothers learn more about how domestic abuse happens, how it affects children and improve their strategies as a parent. Children understand more about domestic abuse, how they're feeling and how to keep themselves safe | Belfast, Foyle  | NSPCC       |   |
| <b>Eager and Able to Learn<sup>78</sup></b> | The Eager and Able to Learn Programme aims to impact on two year old children's eagerness and ability to learn by supporting their physical, social, emotional, | 2 year old children | Universal  | Children's social and emotional development was positively affected by the programme, with while their cognitive development was negatively affected. The strongest negative effect was on emergent                       | All Trust areas | Early Years | A randomised controlled trial and a qualitative evaluation was undertaken in 54 settings including Sure Start and full Day Care settings in Northern Ireland and showed |

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|  | language and cognitive development in group settings and in partnership with parents at home                   |  |  | literacy activities, called functional pre-academics. Positive effects shown on parent and professionals' engagement with children and use of play                                    |  |                      | promising results                    |
| <b>Family &amp; Child Empowerment Services (FACES)</b> | FACES is a multi-agency initiative providing intensive support to families at risk                             | To support parents to manage their children's behaviour  | Hardiker 2 and 3. Children and young people 8-13 who are at risk of entering care or coming to attention of justice agencies through anti-social or offending behaviours | Project aims to empower and strengthen families to enable change, positive family functioning and to minimise the long term impact on their children's health & emotional well being. | South & Eastern Belfast area               | Extern <sup>79</sup> |                                      |
| <b>Family Buddy programme<sup>80</sup></b>             | Bespoke parenting programme for BME and majority established families. 7 weeks group sessions and residential. | Outreach targeted at hard to reach/vulnerable families with school aged children to reduce isolation | School aged children   |   | South Belfast                              | Lorag                |                                      |
| <b>Family Health Initiative</b>                        | The programme focuses on 3 key areas: health eating, physical exercise and                                     | Healthy Lifestyle is a preventative programme for families with children under 5                     | Early years  | Programmes aim to empower families to understand importance of balanced diet,   | Southern HSCT Trust area and Northern area | Early Years          | Local evaluation has been undertaken |

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|  | emotional wellbeing.  | Making a Difference is an intervention for families with a child aged 8-11 who is overweight or obese | Primary school                | exercise, physical and emotional consequences linked to obesity and build parental skills and confidence to model healthy lifestyle choices for children |                   |                   |  |
| <b>Family Residential Programme as additional component linked to the DAISY service (Drug and Alcohol Intervention Service for Youth)<sup>81</sup></b> | One and two night residential programmes which incorporate elements of the Strengthening Family programme | Families who are marginalised as a result of parent and youth alcohol and drug misuse                 | 8-21 years                    |  | Belfast HSC Trust | Opportunity Youth |  |
| <b>Fathers in Families (formerly Flatpack Guide for Fathers)</b>   | This programme emphasizes the role fathers play in the lives of their children through 6 group sessions   | Fathers of all children   | Universal                     | Increased understanding of father role.<br>Increased interaction with child.<br>Improved parenting skills.<br>Increased confidence<br>Support network.   | All Trusts        | Parenting NI      |  |
| <b>Family Smiles</b>   | Works with children and   | 8-14  | Families with parental mental | Aims to help children build self-  | Belfast           | NSPCC             |  |

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|  | parents to help them cope with parental mental health issues. 8 weekly group sessions for children and 6 one to one sessions with parents |     | health issues  | esteem, resilience and life skills. Parents should understand better what impact their illness is having on the child and improve parenting skills to provide safe, secure and supportive family environment |  |   |  |
| <b>Growing Child Programme</b>   | Home based structured child-centred programme of information and practical activity for parents by family visitors.                       | 0-5 | All Children<br><br>Also fully referred service for children in need | Interim results from the RCT showed positive effects in parenting behaviour and promising effects on child outcomes. Final report due Dec 2014.  | Universal in Belfast, Western, South Eastern <sup>82</sup> .<br><br>Targeted in Western Trust using Lifestart Foundation staff and Trust staff to deliver service to vulnerable families referred by social work teams | Lifestart   | RCT of Universal programme due results in Dec 2014. Interim results reported positive effects across parent and child variables. Referred families' pilot will also be evaluated 2015-17 |
| <b>Handling Children's Behaviour/handling teenage behaviour<sup>83</sup></b> | The parenting programme aims to enable parents/carers to take control of their  |     |  |  | All Trust apart from Southern  | Developed by Future for Families and delivered by Action for Children <sup>84</sup> |  |

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|   | <p>children's behaviour and improve confidence &amp; self-esteem. It can be delivered in groups or individually</p>   |  |   |   |   | <p>Has also been delivered by Health visitors</p>   |   |
| <p><b>Hanen 'You make a difference programme)</b></p> | <p>Range of family-focused programs for parents. <i>It Takes Two to Talk</i> is a 6-8 session programme delivered in small group settings using everyday activities parents are already doing with their child to help him or her learn language.</p> | <p>Parents of young children (birth to 5 years of age)</p> | <p>Children have been identified as having a language delay</p> | <p>Aims to improve child's communication and interaction skills.</p> <p>Greater understanding of language at one year</p> <p>More advanced speech and vocabulary development and understanding of language in the second and third year of life</p> <p>Larger receptive vocabulary (understanding of words) at age 12</p> | <p>Western Trust area<sup>85</sup></p> <p>Private provider (Children's Speech Therapy NI) provides Hanen and Eklund at clinics in Belfast &amp; Greater Belfast Area</p> <p>North Down &amp; Ards</p> <p>Lisburn &amp; Hillsborough</p> <p>Armagh</p> <p>Portadown, Lurgan &amp; Craigavon</p> <p>Banbridge</p> | <p>Not sure of provider in Western Trust area</p> <p>Private provider has regional coverage</p> | <p>Research evaluations cited on Hanen website<sup>87</sup></p> |

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|   |  |                |  |  | <p>Newry &amp; Mourne<br/>Dromore &amp; Moira<br/>Dungannon</p> <p>They also provide professional training in Ekland and Hanen<sup>86</sup></p> |   |  |
| <p><b>Health Promoting Homes programme (includes Cook it!)<sup>88</sup></b></p> | <p>Aims to prevent weight gain and obesity</p> | <p>Under 4</p> |  | <p>Decrease in dental caries<br/>Decrease in obesity rates<br/>Increase in breastfeeding maintenance rates<br/>Increase in physical activity levels<br/>Improvements in awareness of healthy eating habits<br/>Enhanced lifestyle skills<br/>Encourage a more positive attitude to breastfeeding<br/>Increase in dental registrations<br/>Decrease in home accidents</p> | <p>Western Trust</p>  | <p>Western Investing for Health Partnership</p> <ul style="list-style-type: none"> <li>• The Public Health Agency</li> <li>• Strabane/Barnardos Sure Start</li> <li>• LAST Surestart Omagh</li> <li>• Oak Healthy Living Centre</li> <li>• Bogside Brandywell Health Forum</li> <li>• Dry Arch Centre<sup>89</sup></li> </ul> | <p>Evaluation carried out by CENI in 2005<sup>90</sup></p> |



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| <b>Highscope Tender Care and Early Learning</b> | Training for early years professionals on working with young children in Day care, Creche and SureStart settings. Element that involves caregivers and parents working together as a team | Early years professionals working with children under 3 years | Universal  |  | All Trust areas   | Early Years  |  |
| <b>Infant massage/ baby yoga<sup>91</sup></b>   | Supports bonding between parents and infants  | Parents of babies and infants                                 | Universal but thought to be particularly beneficial for fathers, children with special needs and older children and in times of stress | Potential benefits for child and parent. Western Trust highlights potential to reduce abuse, aggression, and violence, postnatal depression and improve mother/baby relationships. <sup>92</sup> | Western Trust <sup>93</sup><br>Southern Trust <sup>94</sup> | In Western Trust, Health visitors and Sure Start practitioners have been trained in infant massage <sup>95</sup> | Previous evaluations have identified key components for effective infant massage/ baby yoga programmes |
| <b>Lads to Dads<sup>96</sup></b>                | 12 week programme aiming to help fathers improve parenting which includes an element of peer support  | Young first fathers with children of any age                  | Targeted at young first time fathers (aged 16 to 25)   | Self-esteem, anger-management and sex-education, access, social exclusion and being a good father.   | Northern area, Belfast Trust <sup>97</sup>                  | Opportunity Youth  |  |

|  |  |                                       |               |   |                                   |                                |  |
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| <b>Make Way for Play</b>                                     | 5 session programme aimed at foster carers to explore the wider elements of play with a focus on creativity, games, cooking, storytelling and play for children's development.   | Foster carers of children aged 3 to 8 | Foster carers |   | South Eastern Trust <sup>98</sup> | Possibly the Fostering Network | Part of the Fostering Network's 'Fostering the Future'   |
| <b>Media Initiative: Respecting Differences<sup>99</sup></b> | Pre-school programme for 3-4 year old children that seeks to increase awareness of diversity and difference issues among young children, early childhood practitioners and parents and to promote more positive attitudes and behaviours towards those who are | 3-4 year olds                         | Universal     | Clear evidence that the Media Initiative for Children achieved positive effects regarding children's attitudes and awareness in relation to their: <ul style="list-style-type: none"> <li>• socio-emotional development</li> <li>• cultural awareness</li> <li>• inclusive behaviour</li> </ul> | All Trusts                        | Early Years                    | A cluster randomised controlled trial and in-depth qualitative case studies undertaken locally showed positive results |

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|   | different  |                            |                  |  |                                |   |                                      |
| <b>Mum's the Word</b>                                     | 2 keynote speakers provide 2-3 hr seminar on encouragement, Inspiration and support for all mums                         | All mothers                | Universal        | Discover your child's 'Love Language'<br>Choose your battles<br>Dispel the myth of the 'Supermum'<br>Set healthy boundaries for yourself and your child<br>Give your child roots and wings | UK and Belfast Churches.       | 2 keynote speakers                          |                                      |
| <b>Odyssey (formerly Parenting Ur Teen)</b>               | Odyssey, Parenting Your Teen is a group-based programme  | Parents of teenagers 11-19 | Universal        | Parents' relationship with their teenagers was improved, that parents became more effective, communication and family cohesion improved, and parent-teen stress was reduced                | All Trust areas <sup>100</sup> | Parenting NI                                | RCT done in NI with positive results |
| <b>Parents and Infants Nurturing Together (P.A.I.N.T)</b> | Deliver 2 x 10 week Nurturing Programmes & PEEP Programme working with parents/carers living in a Hidden Harm situation. | 0-4                        | Children in need | Positive discipline<br>Rules, rewards and penalties<br>Personal power, self-esteem and choices & consequences<br>Coping with feelings<br>Nurturing ourselves                               | Surestart Edinballymore        | Early Years Practitioners and Child Minders |                                      |

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|   |  |  |  | Ages and stages of child development<br>Helping children stay safe<br>Behaviours to ignore, problem solving and negotiating   |                           |  |  |
| <b>Parent craft<sup>101</sup></b>         | Programmes to support during pregnancy and prepare for birth   | Pregnancy  | Pregnant Mothers 30-32 weeks for single birth. 24 weeks for twins. | Programmes cover health in pregnancy, including a healthy diet, exercises, preparation for the labour, caring for the baby, including feeding, maternal health after birth, "refresher classes" for those who've already had a baby emotions and feelings during pregnancy, birth and after | All Trusts <sup>102</sup> | Midwives                                       |  |
| <b>Parent Support group<sup>103</sup></b> | 12 weekly group sessions covering mental health, stress management, nutrition and exercise, drugs and alcohol, puberty guide for parents of disabled | Outreach targeted at hard to reach/vulnerable families with school aged children to reduce isolation and to build resilience | School aged children   |   | North Belfast             | New Lodge Duncairn Community Health Patnership |  |

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|   | children, welfare rights and advocacy session   |                                 |   |   |            |              |  |
| <b>Parenting Apart<sup>104</sup></b>  | 'Parenting Apart' is a six week programme. It aims to provide practical advice and guidance for separated or separating parents on what children need to know, and what parents can do to meet their needs. | Parents of children of all ages | The programme is targeted at parents who have been married or unmarried, separating or divorcing. | Increased understanding of the child's needs<br>Reduced stress levels<br>Improved the parent/child relationship<br>Less behavioural problems<br>Improved communication skills<br>Increased knowledge of available support | All Trusts | Parenting NI |  |
| <b>Parenting Children's Challenging Behaviours (formerly Managing Children's Challenging Behaviour)<sup>105</sup></b> | Aims to help parents understand their role in managing behaviour. It comprises 6 sessions delivered in groups.  | Parents of children aged 2-8.   | Universal   | Reduction in behavioural problem<br>Improvement in parent/child communication<br>Authoritative parenting<br>Improved the parent/child relationship<br>Reduced stress levels<br>Increased knowledge of                     | All Trusts | Parenting NI |  |

|  |   |                           |  | available support   |  |              |  |
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| <b>Parenting Matters</b> <sup>106</sup>                                  | Aims to help parents cope with the practical and emotive issues of being a parent in prison and prepare for release. Five distinct programmes in Prisons; Staying in Touch, Being a Parent in Prison, Preparing for Release, Partners Together, and Talking to Your Child About Tough Issues. | 0-18?                     | Targeted at male and female parents in prison. | Barnardo's evaluation suggests Project addresses parenting issues and helps with resettlement process for prisoners. <sup>107</sup> | All three prison establishments in Northern Ireland. | Barnardo's   |  |
| <b>Parenting Support and Skills Development programme</b> <sup>108</sup> | Content includes language support, parenting skills, developing a healthy lifestyle, confidence and self-esteem building strategies, self   | Parents of 5-11 year olds | 5-11   |   | South Belfast  | An Droichead |  |

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|   | value, community engagement, employment and personal development   |  |  |   |            |              |  |
| <b>Parenting with Positive mental health (formerly Sink or Swim)<sup>109</sup></b>                  | 6 group sessions which aim to provide support and information to parents who are suffering from mild depression so that they are able to meet their child's needs. | Parents of children of all ages  | Parents suffering from mild depression                   | More positive mental health<br>Improvement in parent/child communication<br>Increased coping ability<br>Improvement in the parent/child relationship<br>Reduced stress levels<br>Increased knowledge of available support | All Trusts | Parenting NI |  |
| <b>Parents Anger Management (formerly Parent's Anger Management Programme (PAMP))<sup>110</sup></b> | This group based programme gives parents an opportunity to understand their anger, identify the triggers to their anger and develop skills to manage their anger.  | To help parents manage their anger effectively and reduce the impact of mismanaged anger on their child. | Parents who feel their anger in displaced on their child | Increased ability to manage anger<br>Improved the parent/child relationship<br>Less behavioural problems<br>Improved communication skills<br>Reduced stress levels<br>Increased knowledge of                              | All Trusts | Parenting NI |  |

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|   |   |                             |   | available support  |            |              |  |
| <b>Parents Health and Happiness<sup>111</sup></b> | This group based parenting skills training programme will provide parents with practical tips and skills to use in their everyday family routine to improve how they manage stress, build self esteem and resilience and become more assertive. | 0-18 years                  | Universal                                     | Stress management<br>Assertiveness skills<br>Increased self esteem<br>Understanding of how to develop resilience<br>Improved relationships<br>Improved communication   | All Trusts | Parenting NI |  |
| <b>Parents Walking on Eggshells</b>               | Programme uses the principles of Non Violent Resistance to help parents experiencing child to parent violence overcome their sense of helplessness, develop a support network, stop destructive behaviours inside the home                      | Parents of children 8-16yrs | Parents experiencing child to parent violence | Reduction/ceasing of violent incidents<br>Improvement in parent/child communication<br>Increased coping ability<br>Improvement in the parent/child relationship<br>Reduced stress levels<br>Increased knowledge of available support | All Trusts | Parenting NI |  |



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|   | and improve relationships between family members.  |   |                      |   |                        |   |   |
| <b>Peers Early Education Partnership (PEEP) Learning together Programme</b> | Helps parents and carers create the best start by using everyday learning opportunities – e.g. listening, talking, playing, singing, and sharing books together. Structured - can be used flexibly in the home, in universal or targeted groups, drop-in sessions or child health clinics, schools or nurseries. | There is a <i>Learning Together</i> folder for each of the five age levels - babies to four-year-olds. The nine themes in each folder combine information and ideas for things to do at home. | Universal            | Enhanced child development<br>Better interactions between parent and child<br>Increased child's self esteem<br>Improved parental socioeconomic status<br>Making contact with isolated families<br>Promotion of infant mental health | Western <sup>112</sup> | 8 Sure Starts (Not sure if these are all Western area) <sup>113</sup> | Five independent research studies in England show positive results <sup>114</sup> |
| <b>Personal Development Programme for Parents<sup>115</sup></b>             | Focuses on building parental skills and confidence and effective, positive communication with children   | Outreach targeted at hard to reach/vulnerable families with school aged children to reduce isolation and to build resilience  | School aged children | Aims to improve parental skills, managing challenging behaviour, promoting health habits, healthy eating, and stress management.  | North Belfast          | Ashton Community Trust  |   |

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| <b>Positive Parenting Programmes</b>                 | 6 week programme for parents to provide information knowledge and skills around parenting. There are also two, interactive themed workshops for children                     | Parents of children aged 5-11 | Universal     |  | Belfast HSC Trust   | Northern Ireland Association for Mental Health (NIAMH) |  |
| <b>Preparing for release Programme<sup>116</sup></b> | Barnardo's to complete   | Prisoners being released      |               |  |                     | Barnardo's <sup>117</sup>                              |  |
| <b>Reading with Story sacks<sup>118</sup></b>        | The 'Reading with Story Sacks Programme' focuses on the use of story sacks to encourage paired reading with young foster children aged 3 - 6 years old. There are 3 sessions | Children aged 3-6 years       | Foster carers |  | South Eastern Trust | Fostering Network                                      |  |
| <b>Rhyme time<sup>119</sup></b>                      | The Rhyme Challenge consists of resources for early years professionals to use with  | Early Years                   | Universal     | Rhyme time aims to Help children develop early language skills Support children and families to enjoy learning |                     | Bookstart. Arts Council had funded Rhyme Time          |  |

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|   | children and families  |   |  | together Contribute towards all aspects of the Early Years Foundation Stage.  |   |              |   |
| <b>Spirals group based programme</b>            | Group-based programme derived from the Growing Child and designed for young parents  | 0-5? Young parents  |  |   |   | Lifestart    | Based on the Growing Child programme which is currently being evaluated by RCT with initial promising results |
| <b>Talking about Tough issues<sup>120</sup></b> | Three/four session workshop for parents of children aged 10 -14. Aims to support parents through the transition from childhood into adolescence. Looks at issues of drugs and alcohol, sexual health and relationships and emotional health and wellbeing. | Parents of children aged 10 to 14 years                       |  | It aims to: <ul style="list-style-type: none"> <li>• Explore risk and build specific protective factors that are significant in reducing the risk of developing problems with alcohol, drugs and other risk taking behaviours</li> <li>• Sexual and mental health are addressed specifically with 'Looked After Children' in mind.</li> </ul> | Western Trust, South Eastern trust (training offered to foster carers <sup>121</sup> )<br><br>Also delivered as a universal service throughout NI | Lisburn YMCA |   |
| <b>Time for me<sup>122</sup></b>                | 6 week group sessions  | Aims to support and relieve some of the stress experienced by |  |   | South Belfast   | Solas        |   |

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|  |  | families with children with disabilities, behavioural issues and complex needs |           |   |  |                                    |  |
| <b>Time Out for Parents</b>                                  | This programme aims to increase parental confidence and skills. It comprises 5 group sessions for parents of young children with a further optional 3 sessions | Parents of young children  | Universal | Programme aims to build strong relationships using good parenting principles to nurture children from an early age                        | Website lists next session as being Coleraine. May be offered at other locations | Care for the Family <sup>123</sup> |  |
| <b>Time out for Parents: the Early Years</b>                 | Group programme comprising 6 sessions to help parents in the early years   | Parents of children in early years   | Universal | Aims to help parents build healthy relationships with their babies, toddlers and pre schoolers and develop learning through fun and play. | Website lists next session as Belfast  | Care for the Family <sup>124</sup> |  |
| <b>Time Out for Parents: the teenage years<sup>125</sup></b> | Programme delivered in groups in 7 sessions to help parents of teenagers stay connected with their child through   | Parents of teenagers   | Universal | Aims to improve parents' ability to Meet child's emotional needs and improve communication skills   | Next session is in Belfast   | Care for the Family <sup>126</sup> |  |

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|   | understanding their world and developing good communication skills.  |                   |                       |  |                        |                      |  |
| <b>Time Together Programme</b> <sup>127</sup> | 6 week programme which aims to help families to strengthen their interpersonal relationships   |                   | Child aged 5-10 years |  | East and North Belfast | New Life Counselling |  |
| <b>The ToyBox Traveller's Project</b>         | Weekly home visits by project worker trained in HighScope. Aims to reduce inequalities felt by travelling community and enhance both parent and child development. | Traveller parents | 0-4                   | Aims to enhance the social, emotional, physical, language and cognitive development of children. Maximise participation of Traveller children in "The Programme for Two Year Olds" and in at least one year's pre-school/nursery provision, and to close the gap in enrolment levels between Travellers and settled children. Encourage Traveller families to engage in local community groups<br>Strengthen the capacity of Traveller parents to support their children's | Western Trust          |                      |  |

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|  |  |  |  | wellbeing and eagerness to learn. Strengthen effective partnerships working between parents, Traveller support groups, NGOs and health education professionals. |  |  |  |
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## Appendix 6

### Evidence based programmes whose delivery status in Northern Ireland needs clarification\*

An online scoping exercise was undertaken to examine whether these programmes were being delivered in Northern Ireland. This table contains evidence based programmes rated as effective in the Allen report, by the Early Intervention Foundation, by the Social Research Unit, or by the Department of Education Parental Commissioning Tool. It was not possible to undertake a full audit of service delivery. Consequently it is possible that some of these are currently being delivered in Northern Ireland, or are being delivered under a different service name.

| Programme  | Summary   | Age                            | Targeting                                | Targeted outcomes  | Evidence base |
|--|---|--------------------------------|--|--|---------------|
| <b>5 Pillars of parenting</b> <sup>128</sup>         | 8 weekly group parenting classes for Muslim parents to improve child outcomes. Provided in community setting  | 4-11                           | Targeted prevention. Muslim parents 4-11 | Short-term goals:<br>In the short term, it is expected that parents will experience:<br>Improvements in parenting behaviour<br>Greater parenting satisfaction<br>Improved parental adjustment.<br>Long-term goals:<br>In the long-term, it is expected that:<br>The child's behaviour will improve<br>The child will do better at school<br>The parent will experience less stress | EIF           |
| <b>Adolescent transitions Program</b> <sup>129</sup> | 12 parent focused meetings, 4 individual family meetings aimed at increasing parenting skills towards children at risk of substance abuse and delinquency. 3 monthly booster sessions following completion. | Secondary school years (11-18) | All children                             | Prevent further development of substance abuse and antisocial behaviour in young people by increasing family communication and parenting skills.   | Allen Level 3 |
| <b>Born to move – active learner</b> <sup>130</sup>  | Home visiting programme to promote early child development. Physical  | 0-5                            | All children                             | Positive child development<br>Enhance physical health<br>Children's cognitive and physical development   | EIF           |

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|  | development followed up by health visitor with information provided on importance of early movement.   |  |                                      |   |               |
| <b>Brief Strategic family therapy<sup>131</sup></b><br>[Possibly some connection with Springwell but may not have been implement in NI yet] <sup>132</sup> | 12-16 sessions over 3 months for families with children at risk of neglect, abuse or substance misuse.   | Conception to school<br>Also Primary School<br>Also Secondary school | Children in need                     | More engagement in therapy,<br>Reduction in conduct problems, r<br>Reduction in socialized aggression,<br>Reduction in substance use<br>Better family functioning   | Allen Level 3 |
| <b>Bright Beginnings<sup>133</sup></b>   |  | Conception to School   | All children                         |   | Allen Level 2 |
| <b>Bright Bodies<sup>134</sup></b>   | Weight and related health problems tackled in obese children through exercise and nutrition-based behaviour management classes.                            | Primary School years<br>Also Secondary School                        | Children in need                     | Improved body mass index<br>Reduced body fat<br>Improved glucose and body fat levels<br>Improved body mass index (12 month follow-up)<br>Reduced body fat (12 month follow-up)<br>Improved glucose and body fat levels (12 month follow-up).<br>Improved insulin sensitivity<br>Improved glucose tolerance                      | Allen Level 3 |
| <b>CASASTART<sup>135</sup></b>   | 2 year programme for at risk delinquents and their families. Case practitioners also work closely with other surrounding groups and service organizations. | 11-13  | High risk youths and their families. | Prevent and reduce drug and alcohol use<br>Promote good school attendance and academic performance<br>Lower the incidence of disruptive behaviour at school<br>Reduce drug-related crime and violence<br>Reduce delinquent behaviour among high-risk youth<br>Increase opportunities to gain skills and achieve positive goals. |               |



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| <b>Community mothers</b> <sup>136</sup>  | At home parenting support for first 2 years given monthly by local mother.  | Conception to school                                    | Children in need | Create support network to connect to the community<br>Improve parent's knowledge on healthcare, nutrition and child development.<br>Additional services of breastfeeding and toddler support groups   | Allen Level 3 |
| <b>Coping Power</b>                      |   | Primary School years<br>Also Secondary school           | Children in need |   | Allen Level 3 |
| <b>Dare to be You</b> <sup>137</sup>     | 10-12 week 2 hour sessions with parents of children at risk of substance abuse and delinquency. Aims to improve parenting skills and communication. | Conception to school                                    | Children in need | Improve parents' self-esteem.<br>Increase parents' realization that consequences are brought about by their actions.<br>Enhance decision-making skills through effective reasoning.<br>Increase communication skills between parents and children, particularly to improve children's self-esteem, decision making, and problem-solving skills.<br>Learn effective stress management.<br>Learn the speed at which children should develop in order to decrease unrealistic expectations.<br>Strengthen peer support and reduce isolation. | Allen Level 3 |
| <b>Even Start</b> <sup>138</sup>         | Aimed at improving academic achievement of young people and their parents.<br>Conducted in schools and community.<br>Programme lasts 2-4 years.     | Conception to school<br>Also Primary School             | Children in need | Help children to reach their full potential as learners (early childhood education)<br>Provide literacy training for parents (adult education)<br>Help parents to become full partners in education of their children (parenting education)   | Allen Level 3 |
| <b>Family Foundations</b> <sup>139</sup> | Group, community based parenting programme for improving co-parenting. Delivered  | Expectant mothers and fathers living together expecting |                  | Reduced parental competition<br>Reduced negative couple communication<br>Increased parental warmth<br>Increased child self-soothing<br>Improved co-parenting  | EIF           |

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|  | by a pair of male and female practitioners through five weekly sessions during last trimester of pregnancy.   | their first child<br>Universal:<br>Selected Prevention.<br>Need is low/moderate |                  | Reduced parental stress<br>Improved child social competence for boys and girls<br>Reduced externalising, internalising, hyperactivity and aggression   |               |
| <b>First Step to Success</b> <sup>140</sup>                | Behavioural coach used to increase positive behaviour role modelling of parents with children at risk of delinquency.   | Primary School years  | Children in need | Increase parental encouragement<br>Create understanding of prosocial behaviour   | Allen Level 3 |
| <b>Guiding Good Choices</b> <sup>141</sup>                 | Parenting programme aimed to prevent underage drinking and substance abuse. 5 week 2hr sessions.  | Primary school years<br>Secondary School  | All children     | Developing healthy beliefs and clear standards<br>Anger management<br>How to say no to drugs<br>How to strengthen family bonds   | Allen Level 3 |
| <b>Healthy Families America</b> <sup>142</sup>             | Home visiting programme model designed to work with overburdened families who are at-risk for adverse childhood experiences, including child maltreatment. 3-5 years. | Conception to school  | Children in need | Reduced child maltreatment;<br>Increased utilization of prenatal care and decreased pre-term, low weight babies;<br>Improved parent-child interaction and school readiness;<br>Decreased dependency on welfare, or TANF (Temporary Assistance to Needy Families) and other social services;<br>Increased access to primary care medical services; and<br>Increased immunization rates. | Allen Level 3 |
| <b>Healthy Families New York</b> <sup>143</sup>            |   | Conception to school  | Children in need |  | Allen Level 3 |
| <b>Helping the Noncompliant Child (HNC)</b> <sup>144</sup> | Parent and child attend between 5 and 12 sessions to learn how to manage  | Parents r of child aged 3 to 8 presenting                                       |                  | Parent: More effective parenting skills, more positive attitudes towards their child, enhanced parental self-efficacy, reduced stress and depression, more cooperative and pleasant behaviour, less  | EIF           |

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|   | unwanted child behaviour   | with serious behaviour problems including ADHD       |                         | noncompliant, oppositional and aggressive behaviour.<br>Child: reduced risk of engaging in antisocial behaviour, developing a conduct problem, misusing drugs or alcohol, maltreatment from the parents or others.   |               |
| <b>Homebuilders</b> <sup>145</sup>                              | Intensive, in-home crisis intervention, counselling, and life-skills education for families who have children at imminent risk of placement in care. Therapists available 24/7. 4 weeks intense service 40-50 hrs. | Primary School years<br>Also Secondary school        | Children in need        | Help clients meet the basic needs of food, clothing, and shelter.<br>Therapists teach families basic skills such as using public transportation systems, budgeting, and where necessary, dealing with the social services system. They also educate families in areas more commonly associated with counselling, such as child development, parenting skills, anger management, other mood management skills, communications, and assertiveness. | Allen Level 3 |
| <b>I Can Problem Solve</b> <sup>146</sup>                       | School and home based programme aimed at increasing children's problem solving skills. 3-5 20min sessions weekly   | Conception to School<br>Also Primary School          | All children            | Problem solving vocabulary<br>Listening skills<br>Identifying needs of self and others   | Allen Level 3 |
| <b>Keeping Foster and Kinship Parents (KEEP)</b> <sup>147</sup> | Group based programme for foster and kinship carers for children to learn skills for dealing with challenging behaviour and emotional problems. 16 weeks.  | Foster and kinship carers responsible for child 5-12 | Targeted - Edge of care | Better discipline methods<br>Reduced stress<br>Foster children's behaviour will improve.<br>The child will experience increased placement stability.<br>Improved communication between the child's school and the foster carers, meaning increased educational stability<br>Savings for the local authority, since fewer foster care placements should substantially reduce local authority costs  | EIF           |

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|  |  |  |  | The foster carers will experience greater satisfaction in their role.   |                      |
| <b>Mentalization-based Treatment for Families (MBT-F)</b> <sup>148</sup> | Parent and child attend 6-10 weekly sessions with practitioner to increase understanding of others mental states and how this impacts on interactions to improve relationships.  | 7-18   | Where there are concerns about the child's psychological wellbeing | Improved child behaviour<br>Improved child mental health & wellbeing<br>In the short term, family members are expected to experience a greater sense of closeness, trust and improved problem solving skills.<br>In the longer term, children should develop improved social and emotional skills.  | EIF                  |
| <b>Multi-dimensional Family therapy (MDFT)</b> <sup>149</sup>            | Family therapy sessions aimed to create family change in families with children with substance abuse or behavioural problems. 1-3 sessions weekly for 4-6 months.  | 13-18 who have behaviour or substance misuse problems                |  | Prevent substance misuse<br>Enhanced school achievement<br>Improved child mental health & wellbeing<br>Prevent violent and antisocial behaviour<br>In the short term, family functioning improves and the adolescent's problematic behaviour (including substance misuse) stops.<br>In the longer term, the adolescent does better in school and is less likely to have ongoing problems with substances and the criminal justice system. | EIF                  |
| <b>Multi-dimensional Treatment Foster Care (MTFC)</b> <sup>150</sup>     | Children with behavioural/emotional problems are placed in "Treatment Foster Care Family" for 1 year to receive role modelling of positive behaviour. Therapy also given to biological parents and child individually. | Conception to school<br>Also Primary School<br>Also Secondary school | Children in need (10-17 at risk of going into care)                | Prevent violent and antisocial behaviour<br>Improved placement stability<br>Prevent teen pregnancy  | Allen Level 1<br>EIF |
| <b>Multisystemic Therapy for Child Abuse and</b>                         | This is a variant of Multisystemic therapy. MST-CAN works with   | Families with a child aged 6-17                                      | Targeted, high, specialist:  | In a five-year clinical trial, MST-CAN was proven to be more effective than enhanced outpatient treatment. Across 16 months, youth who received   | EIF                  |

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| <p><b>Neglect (MST-CAN)<sup>151</sup> – Extern holds licence for MST but not sure if they deliver this variant in Northern Ireland<sup>152</sup></b></p> | <p>families to keep children at home with increased safety. The focus is providing treatment to the whole family with special attention given to parents to overcome some of the challenges they face to parenting</p> |   | <p>families with a recent report of physical abuse or neglect of child aged 6-17</p> | <p>MST-CAN showed:</p> <ul style="list-style-type: none"> <li>Significantly greater reductions in internalizing problem such as anxiety and dissociation, total behavior problems, and PTSD symptoms</li> <li>Significantly fewer out-of-home placements</li> <li>Significantly fewer changes in placement</li> </ul> <p>Parents evidenced:</p> <ul style="list-style-type: none"> <li>Significantly greater reductions in psychological distress</li> <li>Significantly greater reductions in parenting problems such as neglectful parenting, minor and severe assault of the child, and psychological aggression</li> <li>Significantly less decreases in non-violent discipline</li> <li>Significantly greater increases in natural social support</li> <li>Significantly greater treatment satisfaction<sup>153</sup></li> </ul> |            |
| <p><b>New Beginnings<sup>154</sup></b></p>   | <p>Group based programme for mothers and infants experiencing difficulties with their relationship. 2 hr sessions for 6 weeks giving opportunity to share and learn from experiences with therapist.</p>               | <p>0-1</p>                              | <p>Targeted: Mothers having difficulties in relationship with child.</p>             | <p>In the short term, mothers learn strategies for understanding their infant's needs and responding to them sensitively. Mothers and infants also experience greater harmony and the infant develops appropriate self-regulatory skills. In the longer term, the infant experiences greater attachment security and improved social, emotional and intellectual development.</p>   | <p>EIF</p> |
| <p><b>New Forest Parenting Programme</b></p>   | <p>4 sessions with parent and 4 sessions with child in home to learn</p>   | <p>Children with moderate to severe</p> | <p>Children in need</p>  | <p>In the short term, the parent/child relationship improves. Children are better able to regulate their own behaviour and parents experience less stress.</p>  | <p>EIF</p> |

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| <b>(NFPP)<sup>155</sup></b>   | strategies for dealing with children's behaviour and attention.   | symptoms of ADHD aged 3-11                  |                            | In the longer term, children can concentrate for longer periods and their behaviour improves. Ultimately, children are expected to do better in school.   |               |
| <b>Parent-Child Home Programme<sup>156</sup></b>  | Home visitor twice weekly to family to build school readiness via demonstration of how to use books and school toys. Programme runs from conception to school with 23-46 visits per year  | Conception to school                        | Children in need           | Academic success<br>Strengthening parent-child verbal interaction<br>Increased reading and play activities in the home  | Allen Level 1 |
| <b>Parent-Child Interaction Therapy (PCIT)<sup>157</sup></b>  | 12- 20 sessions providing support for children with conduct disorder  | Conception to school<br>Also Primary School | Children in need           | Establish a nurturing and secure relationship with child<br>Increase child's prosocial behavior and decrease negative behaviour.  | Allen Level 2 |
| <b>Parenting Wisely<sup>158</sup><br/>[Possibly evaluated in Ireland in 2002]<sup>159</sup></b>                   | Parents and children provided with CD ROM programme with demonstrations of positive parenting which can be watched at home or in groups. Also given workbooks to practice skills. Programme is ongoing with the option of booster sessions. | Secondary school years                      | Children in need           | Mental health promotion<br>Substance abuse prevention   | Allen Level 3 |
| <b>Parents as First Teachers (PAFT)<sup>160</sup><br/>[Parenting UK lists as UK wide programme]<sup>161</sup></b> | In home parenting programme whereby practitioner models positive parenting behaviour which is then practiced by the   | 0-3   | Universal:<br>low/moderate | Positive early child development<br>In the short term, parents will have increased access to community resources and feel less isolated.<br>In the longer term, parents will be better able to support their children's development.<br>Ultimately, children will have improved physical, | EIF           |

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|   | parent. A weekly, fortnightly or monthly visit until the child is 3.  |   |                         | emotional and intellectual development.   |               |
| <b>Parents as Partners</b> <sup>162</sup>                 | Group parenting programme aimed as improving father's relationship with the child and the mother. Conducted by male and female co-practitioner in community setting for 16 weeks. | 0-11  | All children            | Improved parenting<br>Improved child behaviour<br>In the short term, fathers' are expected to become more involved with their children and family life, resulting in greater parenting and co parenting satisfaction.<br>In the longer term, increased father involvement and family harmony should positively impact children's behaviour and mental wellbeing | EIF           |
| <b>Parents as Teachers</b> <sup>163</sup>                 |   | Conception to School  | All children            |   | Allen Level 3 |
| <b>Parents Plus – Adolescent Programme</b> <sup>164</sup> | Home, school or community based programme aimed at improving parent's skills with teenagers with emotional and behavioural problems or as a preventative method.                  | 10-17   | Universal and targeted. | Improved parenting<br>Improved child behaviour<br>Prevent violent and antisocial behaviour<br>Short term improvements in children's behaviour and reduced parenting stress.<br>In the longer term, children will be less likely to engage in antisocial behaviour, have an improved sense of self and perform better in school                                  | EIF rated     |
| <b>Parents Plus – Early Years (PPEY)</b> <sup>165</sup>   | Home, school or community based programme aimed at improving parent's skills with children with emotional and behavioural problems or as a preventative method.                   | 0-6 children whose parents are concerned about their behaviour, learning or emotional development |                         | Improved parenting<br>Improved child behaviour<br>Prevent violent and antisocial behaviour<br>Short term improvements in children's behaviour and reduced parenting stress.<br>In the longer term, children will be less likely to engage in antisocial behaviour, have an improved sense of self and perform better in school.                                 | EIF           |
| <b>Schools and Families Educating</b>                     | Programme includes a 20 week multiple-family group approach   | Primary School years  | Children in need:       | The programme seeks to help children have a successful first year and assist families to manage educational and child development. Focus is on  | Allen Level 2 |

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| <b>Children (SAFE Children)<sup>166</sup></b>                            | aiming to increase parent's knowledge and skills on parenting, engaging with school and managing neighbourhood problems; child tutoring twice weekly to ensure a successful first year in school.   |                                |                  | tackling issues to prevent Substance abuse, behavioural problems, physical health issues and cognitive delay and school problems.   |               |
| <b>Start Taking Alcohol Seriously (STARS) for families<sup>167</sup></b> | STARS aims to motivate youth to postpone alcohol use until adulthood. It comprises a healthcare consultation, postcards for parents and take home lessons for parents   | Secondary school years (11-14) | All children     | Prevention of alcohol use among middle school and junior high school youth<br>Decreases in substance use, reductions in negative attitudes/behaviours, increases in positive attitudes/behaviours.  | Allen Level 1 |
| <b>Stop Now and Plan (SNAP)<sup>168</sup></b>                            | 13 week group programme with concurrent Parenting Group that teaches parents effective child management strategies. One-on-one family counselling. Individual counselling for those who require extra support. School advocacy and teacher support to assist boys | Primary School years           | Children in need | Parent anger management and skill building<br>SNAP Boys: self-control, problem-solving and emotion-regulation skills.<br>SNAP Girls: self-control, problem-solving and emotion-regulation skills, social learning, cognitive behavioural, ecological, feminist and attachment theories, strengthen mother-daughter relationships at the critical pre-teen stage, and to address challenges of physical development, harassment and healthy relationships. | Allen Level 3 |



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|  | who are struggling behaviourally and/or not performing at their age-appropriate grade level at school  |                        |                  |   |               |
| <b>Triple P – Stepping Stones</b>  | 3 seminar sessions for parents of children diagnosed with a serious physical or learning disability, such as Down’s Syndrome or Autistic Spectrum Disorder. Helps parents understand and adapt to their child’s needs. | 0-12 years             | Children in need | Parents learn positive strategies for managing their child’s behaviour and helping their child become more independent. Children become more independent and learn how to better manage their own behaviour. Children become more independent of their parents and the parents experience less stress and greater family harmony. | 7 RCTs        |
| <b>Varying maternal involvement in a Weight Loss Program<sup>169</sup></b> | Behavioural weight loss programme developed for obese adolescents with varying levels of maternal engagement with the program. 16 week programme with 45-60min sessions per week on behavioural modification.          | Secondary school years | Children in need | Behaviour modification<br>Nutrition education<br>Exercise instruction<br>Social support   | Allen Level 3 |

## Appendix 7

### Other examples of working with families

This table includes information about elements offered as part of broader forms of family support in Northern Ireland. Some of these involve targeting parents for broader therapeutic supports such as help with mental health issues, rather than programmes which specifically target parenting skills per se. It also includes some examples of organisations which provide more flexible forms of support to families which are not programme based, or examples of where the primary work is done with the child but an element of parental participation is required. Again given the limitations of the scoping exercise, this is not an exhaustive list, but is provided to give a flavour of the other types of parenting support that are currently being provided across Northern Ireland by multiple service providers. It highlights potentially useful service delivery mechanisms as well as the diversity of support currently being provided. The evidence base for many of these has not been assessed.

| Programme                       | Summary   | Age  | Targeting  | Targeted outcomes  | Trust areas of delivery (if known)  | Providers (if known)  |
|---------------------------------|---|--|--|--|---|-----------------------|
| <b>Bookstart</b> <sup>170</sup> | Bookstart is a home-based intervention which encourages parents and carers to share books with children from a very early age | Bookstart baby packs<br><br>Bookstart treasure packs for children in preschool | Universal  | Aims to develop parental support of children's learning and interest in books  | All areas   | Booktrust             |
| <b>Family Links</b>             | One to one ongoing support for adults, children and young people.   | Family members who have any relative in prison                                 | Everyone who has a family member in prison in Northern Ireland | One-to-one ongoing support; Telephone support; Home visits; Information on other agencies that can offer help, and how to access them; Advice on benefits, housing, debt, transport to prisons; Links to visitors' centres and prison visit staff. | Offered to families of all people in prison in Northern Ireland (broader than just parents) | Niacro <sup>171</sup> |

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| <b>Family support service</b>                     | Home visiting service offering practical help and emotional support to families under stress. Work with families from Tier 2, 3 and 4<br><br>Family support school clusters | 0-17       | One element of the Family support service has a primary focus on Roma community. Referred to service by Social Worker from the Family & Child Care team. | Empower and strengthen children, young people and parents/carers to enable change, positive family functioning and to minimise the long term impact on their health & emotional well being.   | Belfast Health & Social Care Trust, South Eastern Health & Social Care Trust   | Bryson Charitable Group <sup>172</sup>        |
| <b>Helpline and advice service</b> <sup>173</sup> |   |            |  |   | Parenting Northern Ireland have universal service.<br><br>Gingerbread Northern Ireland have service for lone parents | Parenting Northern Ireland<br><br>Gingerbread |
| <b>Home-Start</b>                                 | Provides informal support to families with a young child  | Birth to 5 | Universal  | Volunteers visit the family's home for a couple of hours every week. They tailor-make their support to the needs of the parents and children. Volunteers will keep visiting until the youngest child turns five or starts school, or until the parents feel they can stand on their own two feet. They also run family groups and | All Trust areas – 23 projects <sup>174</sup>   | Home-Start                                    |

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|  |  |   |   | social events for families   |  |  |
| <b>Letterbox club</b>                          | There are two versions of the Letterbox club that have been implemented in Northern Ireland. The Letterbox Club is launching a new pilot to work with children aged 5-7 years (Letterbox Orange), designed to improve interest and understanding of reading and writing from an early age. | Letterbox Club is for 7-13 year olds<br><br>Letterbox Orange is for 5 to 7 year old children<br><br>Each child receives Books and age appropriate resources each month delivered to their current home address including activities for the parent to do. | Universal but also shown to be effective with foster children | Recent evaluation by QUB found that just over a third of children who receive packs increased a key stage maths level after improving their mental arithmetic and ability to solve numeracy problems. It also showed that the 348 fostered children in the study made an average gain of 2.9 points on their reading accuracy scores and 3.9 points for reading comprehension <sup>175</sup> |  |  |
| <b>Mood Matters in Pregnancy<sup>176</sup></b> | This programme aims to help parents  | Pregnant women  | Universal   | The programme is designed to raise awareness of the importance of mental health in parents and guardians before, during and after birth. It  |  | Aware Defeat Depression<br><br>Aware has also provided training to professionals in the Northern Trust on Mood |

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|  | maintain good mental health which in turn will benefit the development of the child.      |  |      | highlights how their mental health can help develop good mental health of the child, and the importance of this to the child from the ages of 0-5. |   | matters/depression in pregnancy <sup>177</sup> |
| <b>Time 4 Parents: Build your child's resilience</b> | Part of integrated package of Family Support services to children aged 5-11 and families. |  | 5-11 | This element focuses on helping parents grasp how much their outlook can impact on building strength and resilience for their children             | 2 primary schools in Waterworks and Newlodge wards in Belfast Trust | Barnardo's                                     |

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