

Edinburgh Teen Triple P

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Newsletter

Edinburgh Teen Triple P Groups

Teen Triple P is a parenting programme which can help parents and carers cope positively with some of the common issues associated with raising a teenager. The group and telephone or individual consultation sessions give parents an opportunity to explore ways they can build a stronger relationship with their teenager, reduce conflict in the family, manage problem behaviours and help their teen stay safe.

Teen Triple P groups help parents make small changes in the way they handle things which can then make a big difference to the whole family.

Teen Triple P is suitable for parents, step parents and carers of pre teen and teenagers aged approximately 11-16 years. The programme is suitable for parents experiencing difficulties or who just want to be better prepared for this stage in their child's

development. Groups are now running in each area of the city, in community venues, mornings, afternoons and evenings.

An extensive report on the implementation of Teen Triple P in Edinburgh was completed by Kate Davidson from the Young Person's Service in January 2014. A number of recommendations were made within the report.

The Parent and Carer Support Team now hold responsibility for Teen Triple P community groups and an Improvement Plan has been devised to address the report recommendations.

Jillian Hart, one of the Development Officers in the team has been allocated time within her role to co-ordinate the delivery of the groups across the city and support improvements.

New Facilitators



Restructuring of services and the loss of the Early Intervention team contributed to a considerable loss of facilitators who were available to deliver Teen Triple P groups in 2014. Fortunately, funding was made available to train new facilitators to ensure sustainability. Seventeen professionals successfully completed the training and accreditation to join the experienced multi agency team of facilitators who still deliver across Edinburgh. Service managers from Family Solutions, CAHMS, The Young Person Service, Social Work, Community Learning and Development and the Kinship Care Team made a commitment to release staff to train and then deliver at least two Teen Triple P groups per year. Their wide range of experience will be of real benefit to parents attending groups.

Small changes can make a big difference

Evaluation of Teen Triple P Groups Jan 2014- Jan 2015

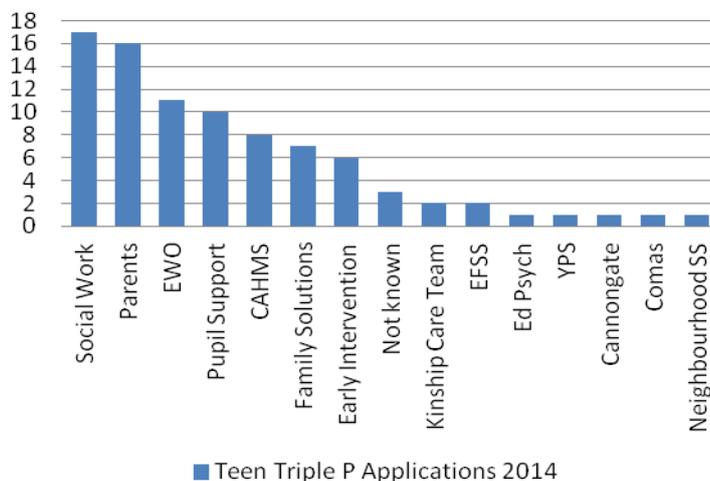
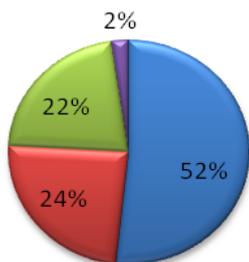
9 Teen Triple P groups ran across Edinburgh in 2014 despite the loss of 7 facilitators.

A total of 87 applications were received.

Teen Triple P Applications 2014

Teenager's age

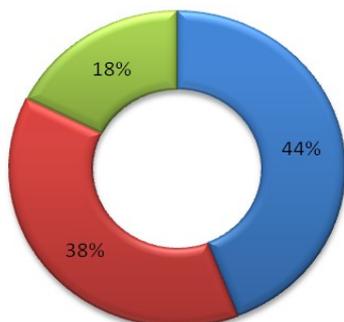
■ 13-14 yrs ■ 15 yrs +
■ 12yrs or under ■ Not known



78% (68) of applicants went on to engage with the programme, 56% of these parents attended 4 or more sessions, 37% attended the 4 core sessions where the main parenting strategies are covered.

Session attendance

■ 3 or less ■ 4 to 6 ■ 7 or more



STRENGTHS & DIFFICULTIES QUESTIONNAIRES (SDQ)

65% (33) of parents who completed an initial questionnaire scored **HIGH** before starting the programme and 16% (8) scored **BORDERLINE**

26 parents completed pre and post questionnaires
73% (19) parents' scores indicated an improvement after completing the programme

26% (5) moved from **HIGH-NORMAL**

21% (4) moved from **HIGH-BORDERLINE**

16% (3) moved from **BORDERLINE-NORMAL**

PARENTING CONFLICT QUESTIONNAIRE

26 parents completed pre and post questionnaires
77% (20) parents scores indicated a reduction in conflict
55% (11) moved from **HIGH-NORMAL**

CLIENT SATISFACTION QUESTIONNAIRES

100% (19) of parents who completed client satisfaction questionnaires rated the Teen Triple P service as **GOOD** or higher- 68% rated it **EXCELLENT**

63% of parents said they **DEFINITELY** received the help they wanted from the programme

95% of parents said the programme helped them to deal more effectively with their child's behaviour

100% of parents reported an improvement in their child's behaviour since attending the programme -

32% reported a **SLIGHT IMPROVEMENT**,

58% reported an **IMPROVEMENT**,

10% said their child's behaviour had **GREATLY IMPROVED**

Teen Triple P Developments 2014-2015

Increase availability of groups

We have set a target to run a minimum of 16 groups in 2015. With 5 groups currently running and another 7 planned we are well on our way to meeting our target.

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Groups for kinship carers

In 2014 we received 7 applications from kinship carers. Kinship carers who were asked, said they would prefer to attend a group with other kinship carers. The Kinship Support team aims to run two groups specifically for Kinship Carers in 2015.

Groups for dads

We received 17 applications for dads, step dads or male carers last year. Many more dads say they are willing but unable to attend due to work patterns or childcare issues. We are delighted to be able to offer an evening dads' group in Drumbrae Library Hub in Summer 2015.

Increase attendance and engagement

Groups are advertised well in advance and awareness is raised in each area by the Parent and Carer Support Development Officers and facilitators. All parents receive a call or text before the introduction and first session. Facilitators are encouraged to meet as many parents as possible before each group starts either during 'meet and greet' sessions at the venue or during home visits.

Increase support to parents who may require it

We are keen that the Teen Triple P programme is not a standalone intervention. Discussions take place with the parents and professionals involved with the family to identify if additional or alternative support may be required before, during or after the group and how this can be addressed. If it is felt to be appropriate, a key professional involved with

the family is encouraged to accompany and support the parent throughout the programme.

An extended group is being trialled in North West Edinburgh, this will give the facilitators additional time to get to know the parents and discuss their individual circumstances in relation to the programme.

Additional support is being provided through extra one to one sessions, phone calls and texts.

Many parents have indicated they are very concerned about their teenagers emotional wellbeing and mental health. A parent information and support session has been organised with support from CAHMS and The Junction. The session will run on 21st May. 6.30-8.30pm at The Junction, Leith.

Increase awareness of programmes to parents/ carers and professionals

Information has been updated on the council web page and all groups are now listed on www.joininedinburgh.org. Information is also listed on the Parenting Across Scotland website. We are keen to encourage parents to seek support early, before family relationships break down. There has been an increase in applications directly from parents.

Support to facilitators

Existing facilitators were invited to attend a Clinical Supervision session with a Teen Triple P trainer in October 2014. Peer support sessions for new facilitators are being offered and pre and post group meetings are now held. Experienced facilitators have supported many new facilitators to deliver their first groups.

Improve evaluation of groups

In response to concerns by both parents and facilitators the number of pre and post questionnaires has been reduced to three. There is a target to increase the number of final questionnaires which are completed.

What's next.....

Raise awareness on school websites New parent friendly flyers and posters

Posters displayed in all libraries and community centres

Flyers distributed during S1 transition Staff awareness sessions

Trial use of Family Solution volunteers to support parents attending groups

Teen Triple P Forum for facilitators and managers

Online application form Follow up evaluation test of change

Capture parent's stories Support parents with EAL to attend



Teen Triple P– A Professional and Parent’s Experience

All names have been changed to protect confidentiality and the parent has given full agreement for this feedback to be published.

Lauren is a single mum with three children, Nicola (age 10 ¾), Tim (age 8) and Kevin (age 6). In the past Lauren has suffered from depression and poor mental health. In July 2013 she made arrangements for her youngest son Kevin to be looked after permanently by family friends. Around this time she also admitted to struggling to look after Tim who moved to stay with his father full-time. Although Lauren continued to look after Nicola, in February 2014, she admitted that she was still struggling to cope and Nicola moved into foster care on a voluntary basis. Lauren had very low self confidence, often displayed poor engagement with professionals and she had a history of 'giving up' and moving on when things got difficult. Compulsory measures were put in place for all three children to safeguard their well being and Lauren was offered support for her mental health.

A Professional’s Teen Triple P Story

Mark Howlett, Practice Team Social Worker, Children and Families, shares his experience of supporting Lauren to attend a Teen Triple P group-

As things slowly started to stabilise, approaches were made by myself to look at an appropriate parenting course which would benefit Lauren and help with Nicola’s planned transition back home.

Although Nicola was just under 11 years old consideration was given to the Teen Triple P course because I already had positive experience of it and because Nicola had displayed a range of behaviours that clearly fitted those of her teen peer group.

I felt Lauren was a very appropriate referral – it was clear that she had the cognitive abilities to understand and make sense of the course material. Lauren’s mental health was at its best and relatively stable. Although some discussion took place initially around offering the course to Lauren on a one to one basis, a decision was made to offer Lauren a place on a Teen Triple P group with the proviso that I attended with her. This was done to: encourage and support Lauren’s engagement given previous concerns about the lack of it; to help Lauren with understanding the programme and solidify her learning and to help make the learning more appropriate for Lauren given Nicola’s young age.

Accompanying Lauren every week was certainly pivotal to the success and it strengthened my overall relationship with her. I think it also showed her that I had belief in her ability to manage and also confidence in her abilities. The timing of the course really helped- Lauren and Nicola had

already started having trial overnights by the time the course started and this gave Lauren a good opportunity to practice the tools she was learning. It also gave her a sense that things were progressing, but it did not leave her feeling overwhelmed.

Mark felt other factors also contributed to the success such as-

-ensuring Lauren had done all the required homework tasks each week and that Lauren understood each of the concepts and could relate them to her own circumstances with Nicola (everything was related back to Nicola!)

-attending a group outwith Lauren’s own area and joint working with the Foster Carer to make sure she was aware of progress being made by Lauren

-the overall goal of Nicola returning home (very powerful 'carrot' for Lauren)

-very engaging and very approachable facilitators and the sharing of experiences by one of the facilitators in particular

-the relationship between Lauren and Nicola was very strong and Nicola was involved wherever possible to get her views on her mum’s progress

Lauren completed the course and clearly seemed to gain a great deal from attending the sessions. We both felt it was a huge success and contributed significantly to Nicola returning home full time in July 2014– it showed Lauren’s overall commitment and motivation to having Nicola return home, but also gave us clear practical evidence of where there had been improvements.

Mark Howlett has recently trained as a Teen Triple P facilitator.

“We both felt it was a huge success and contributed significantly to Nicola returning home full time in July “

A Parent's Teen Triple P Story

Tell us about the difficulties you experienced with your child before attending a Teen Triple P group

"How many do I list?? Basically I think it was mainly her stubborn attitude – Nicola wanted to do what she wanted to do. There was a lot of testing out she would throw things at me, that was Nicola's favourite trick and she knew how to push my buttons."

Why did you decide to go to a Teen Triple P group?

"Because I felt I needed to get different tools to deal with Nicola's behaviour and my Social Worker felt this would help. He did force me a little to go but it was good that he did."

What did you like about going to the sessions?

"It was good to be reminded than even although they [our children] are getting older they're still like toddlers in a way.... I loved the praise bit, that was something that I was starting to lose; it made me realise that our children thrive on praise."

What changes happened as a result of you attending?

"Well obviously I got Nicola back with me full time – I think that was a major part of attending the group.... I think I gained in confidence and I took on a more positive approach.... I also adjusted the consequences that I used after being on the course – learned to make them more appropriate to what Nicola had done and use ones that were easier for me to put in place."

Were there any positive changes in your relationship?

"This is difficult as I'm having problems with Nicola again at the moment, but yes at the time last year it had a very positive change and affect on our relationship.... I think I learned to praise more and she responded well to this.... I adjusted the consequences and she also responded well to this.... Nicola learned that there were consequences for actions, as did I – it was all about both of us, not just how Nicola was behaving."

Were there any other benefits?

"Feeling like I was more in control as oppose to her being in control – that was the main benefit for me".

"It's like what you said about teaching me tools for my tool box ... well I think I need to make sure these tools stay sharp, that's my responsibility"

What would you tell a parent who wasn't sure about attending a Teen Triple P course?

"They should go – definitely, they might surprise themselves!! (I) didn't think it would help me but it did, in more ways than I can imagine..... It's also important to stick with it; it took me a few weeks to feel like I was getting somewhere."

Lauren feels that she wouldn't have attended if she had had to go on her own. Although she acknowledged the support of the other people on the group she didn't feel that this in itself made a huge difference. "I wasn't there to make friends but it was nice that they were all nice people."

Although other workers left after the first or second sessions, Lauren did not feel stigmatised or singled out by having her worker attend with her. She actually stated "I'd have been really annoyed if you (Mark) had stopped coming after the first couple of sessions – it would have looked like you didn't see it as being important or that you weren't bothered if I completed it or not." Lauren felt that other parents were actually jealous that she had a worker who stayed for all the sessions.

Lauren also felt strongly that there should be people included on the course who have gone through it already (either as facilitator or as people doing the course again) – "I think the fact that one of our facilitators was able to speak about having had the same difficulties with her own kids really helped me.... I think there should always be someone on the course who has been there and who has already been through it."

Although there was an obvious time commitment in terms of Mark supporting Lauren through this course the results have been very impressive. Lauren is continuing to manage to look after Nicola and recently resumed the care of her youngest child, which is a massive indication that things are going well. Lauren feels she would not have managed this without her Teen Triple P knowledge, and she continues to regularly refer to her course book and the material she was taught on the course. "It's like what you (Mark) said about teaching me tools for my tool box.... well I think I need to make sure these tools stay sharp, that's my responsibility."

Edinburgh Teen Triple P Groups Spring/ Summer 2015

NORTH WEST

Royston Wardieburn Community Centre, 19th Nov
2014-18th March 2015

NORTH EAST

Leith Community Centre, 21st Jan –25th March 2015
Leith Academy, 29th April– 24th June 2015

EAST

Castleview Primary Community Wing, 22nd Jan-26th
March 2015

Summer 2015, venue, date and times, tbc

WEST

Rannoch Community Centre, 27th Jan– 31st March
South Queensferry, 29th April– 24th June 2015

SOUTH

Summer 2015, venue , dates and times tbc

SOUTH WEST

Gate 55, 6th March– 13th April 2015
Oxgangs Neighbourhood Centre, May 2015

KINSHIP CARERS

Southbridge Resource Centre, 4th March–
22nd April 2015

DADS/ STEP DADS/ MALE CARERS

Summer 2015, Drumbrae Library, 6.30-8.30pm



Quotes from Edinburgh parents who have attended Teen Triple P groups

"I have found the programme very helpful and supportive, the atmosphere was very relaxed and friendly. "

"Really enjoyed this course, it helped me a lot."

"It is reassuring to know that we are not alone, to have a better insight into what motivates our daughter, and to be able to refer to the workbook for tips and strategies."

"Really made me think, we have a better relationship."

"Excellent content with varied strategies which makes the program flexible and manageable for all"

"I feel stronger and more confident as a parent and a person."

Find details of Teen
Triple P Groups on
www.joininedinburgh.org

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Family and Community Support, Children and Families

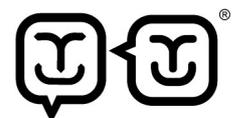
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THE CITY OF EDINBURGH COUNCIL

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Small changes can make a big difference