

Seaford Community Network Forum



One of eight Locality Networks supporting community resilience across East Sussex

Children and young people's mental health

- Welcome and introductions
- Children and young people's mental health
- Break
- Mental health discussion
- Market place!
- Network Update
- Outcomes & Network planning
- Evaluation & close

Your facilitators

- Min Stone – ESCC Locality Link Worker, Seaford
- Lee Shepherd, 3VA Community Development Officer, Lewes District

Children and young people's mental health

**Introduction and scene setting 'what's
currently in place?'**

**Rachael Toner
Locality Link Worker Co-Ordinator
East Sussex County Council**

Seaford Community Network Forum

Children and young people's mental health

Introducing 'Triple P'

Samantha Mills & Ann Marie Cox



Introduction to Triple P



Small Changes, Big Differences!



How is the project funded?

- The project is funded Public Health and ESCC

How will it be delivered ?

- Through a partnerships approach
- Community Delivery
- Working with Schools



What is Triple P?



The Triple P – Positive Parenting Program[®] works by giving parents the skills to raise confident, healthy children and teenagers, and to build stronger family relationships.

It also helps parents manage misbehaviour and prevent problems occurring in the first place.



Five Core Principles of Triple P

1. Having a safe, interesting environment
2. Having a positive learning environment
3. Using assertive discipline
4. Having realistic expectations
5. Taking care of yourself as a parent



Triple P gives **simple and practical** strategies to suit family's individual values, beliefs and needs.

It is not **'one size-fits all'**.

It offers increasing levels of support to meet parents' different needs.



What are the advantages of Triple P?

Takes the guesswork out of parenting



Triple P is one of the most effective evidence-based parenting programs in the world, backed up by more than 30 years of ongoing research.

Triple P is currently used in 25 countries and has been shown to work across cultures, socio-economic groups and in many different kinds of family structures.

Flexible Delivery



Having a flexible program helps ensure that Triple P can reach the maximum number of parents within a specific community. It also prevents over-servicing.

There are versions of the program that will appeal to the personal preferences or needs of a wide range of families.



For every parent

Triple P's core programs cover two age ranges:

- For parents of children up to 12 years
- Teen Triple P for parents of teenagers, 12 –16.

Within these programs are specific elements targeting the developmental periods of infancy, toddlerhood, pre-school, primary school and adolescence.



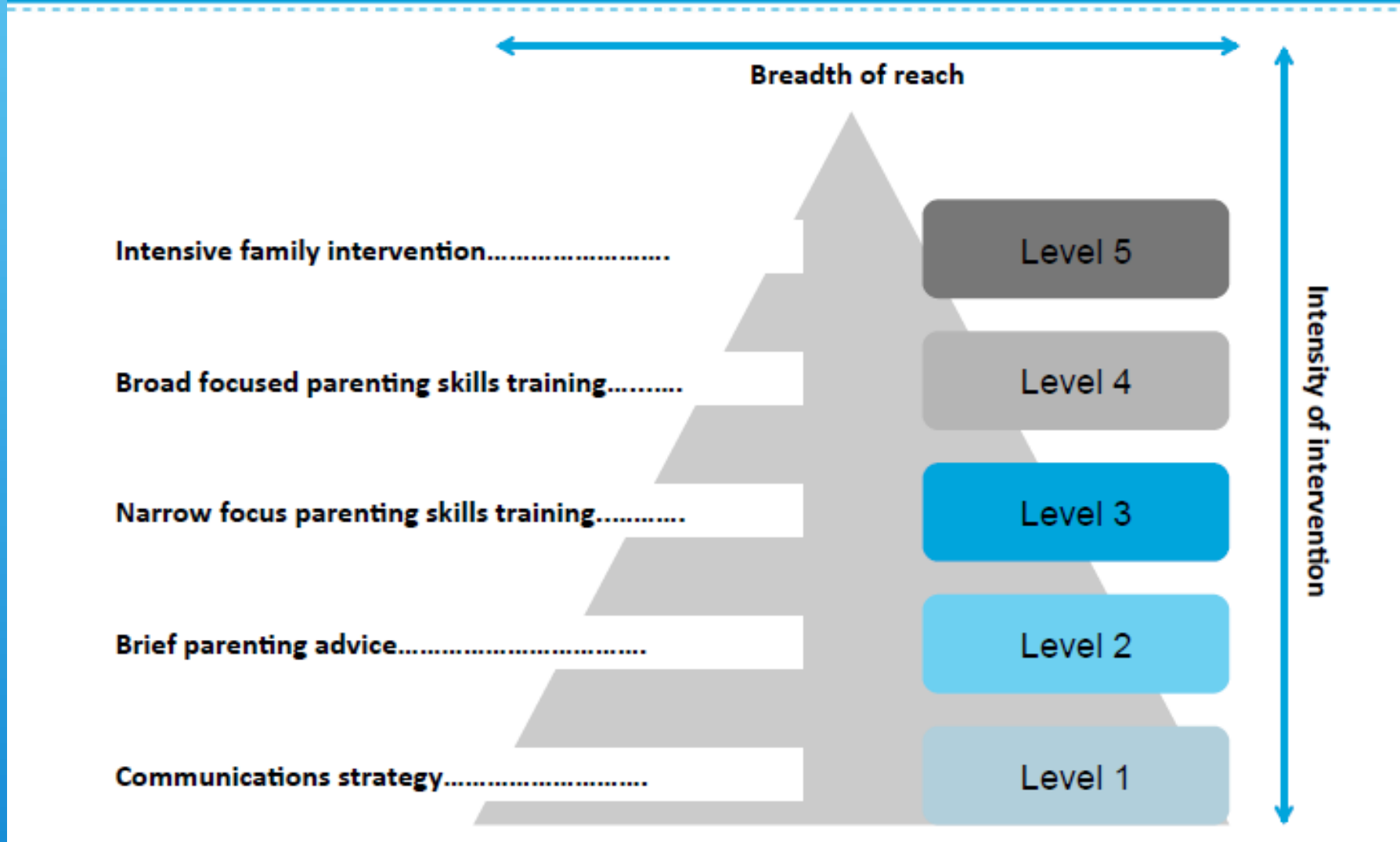
How the levels work

Triple P's **distinctive multi-level system** is the only one of its kind. It offers a suite of programs of increasing intensity, each catering to a different level of family need.

The system ranges from "**light-touch**" parenting help to **highly-targeted intensive interventions...**



Multi-level model of Triple P



- **Public seminars** - provide general tips on everyday parenting issues
- **One-off discussion groups** addressing the most common parenting problems
- **Brief and short-term** primary care consultations for specific problems
- **Group or online courses** for a comprehensive understanding of Triple P strategies
- **A one-on-one personal support** program for tackling serious behaviour problems
- **Two high intensity programs** that deal with complex family and/or mental health issues, including the risk of child maltreatment.





Triple P also has a number of specialist programs:

- Stepping Stones - for parents of a child with a disability
- Family Transitions - for divorced or separating parents
- TPOL – An online parenting intervention



Eastbourne, Wealden, Lewes & Havens Parenting Team





West Parenting Team P is now working with children aged **12 -16** in the following levels:

- **One-off Seminars – Level 2**
- **Discussion Groups – Level 3**
- **Group Triple P – Level 4**



There are three session themes at 1 ½ hours , each can stand alone.

- **Raising Responsible teenagers**
- **Raising Competent teenagers**
- **Getting teenagers connected**
- **Positive Parenting**
- **Raising Confident and Competent Children**
- **Raising Resilient Children**

Discussion Groups



These are a series of 2 hour one off discussion groups on commonly encountered problems.

They are most likely to benefit when there are concerns around relatively discreet, mild to moderate behavioural issues.



Discussion Groups:

- Dealing with disobedience
- Managing fighting and aggression
- Development good bedtime routines
- Hassle free shopping with children
- Getting Teenager to cooperate
- Coping with teenagers
- Building teenagers survival skills
- Reducing family conflict

Group Triple P



The group is for those who want to promote their child's development or who may have concerns about their child's behavioural problems.

17 strategies to prevent and manage misbehaviour:

- * Spend time with your child
- * Talk with you child
- * Show affection
- * Praise your child
- * Give your child attention
- * Have interesting activities
- * Set a good example
- * Use incidental teaching
- * Use ask-say-do
- * Use behaviour charts
- * Set clear ground rules
- * Use directed discussion
- * Use planned ignoring
- * Give clear, calm instructions
- * Logical consequences
- * Use quiet time
- * Use time out



Consists of **five group sessions** which focus on:

- **Identifying the behavioural problem/s**
- **Setting specific goals**
- **Using strategies to promote child development**
- **Managing behaviour**
- **Planning for high risk situations**



Followed by:

- Three telephone consultations to review the use of the parenting strategies
- A final session to review progress and explore ways of maintaining changes and planning for the future.

Triple P On-Line (TPOL)

- Online programme that works on a range of web-enabled devices
- Contains eight themed modules, approximately one hour long each, containing 17 parenting tools and strategies
- Information is shared through short videos, narrative, activities and worksheets

How do I Get it?



Either:

1. Phone the Triple P Team on 01424 725800
2. Email us at: triplepteam@eastsussex.gov.uk
3. Facebook: www.facebook.com/ParentingEastSussex

Seaford Community Network Forum

Children and young people's mental health

**Judy Renihan
The House**

Children and young people's mental health

Mental health task & finish group update (Rachael Toner)

- Does the vision statement sound ok? What is missing? Is it aspirational enough?
- What activity would you expect to see under this vision?
- Who / which organisations would you like to see being involved?

Seaford Community Network Forum



The market place!

Your opportunity to promote your organisation and share information about what you are doing in Seaford



Network Update

- **Feed back to Locality Planning & Delivery Group**
- **Communications Project**
- **Intergenerational on-going projects;**
 - ❖ **Children's centre community garden**, next meeting date 10th September 10am at Seaford Children's Centre.
 - ❖ **Life stories**
 - ❖ **Befriending**, next meeting date Thursday 23rd August 2018 10.00 am to 11.30 am, upstairs at Seaford Town Council
- **2018-19 meeting dates**

2018-19 Meeting dates

- **Thursday 5th July, 10-1 The Clinton Centre 'Mental Health'**
- **Tuesday 3rd October, 10-1 The Clinton Centre 'Transport'**
- **Wednesday 16th January, 10-1 St James' Trust**
- **Wednesday 27th March, 10-1 Seaford Baptist Church**

It's your network!...

- What's emerged from this session?
- How should we prioritise themes you would like to cover in future meetings?

Evaluation...

**so please tell us
what you think!**

And finally...just a thought...

If I eat something scary before I go to bed...



...will I dream of cheese?!

**We hope you enjoyed the Forum
and with thanks to all who made this event possible**