



THE
MINISTRY OF
PARENTING



STOP Programme Group Evaluation Report

Dates: April -July 2016, September-November 2016, January-March 2017, April-June 2017

Area : South Essex , Wickford

Group leader: Lesley Bentley

Co Leader: Debbi Barnes and Diana Day

Introduction

This report includes data from parents who attended a STOP parenting groups delivered in South Essex by the Ministry of Parenting CIC for the FIF early help project.

The STOP Parent Programme is a 10 week programme for parents of children/adolescents aged 11-16 years old.

The programme sets out to support parents and to help them support their core relationship with their child/adolescent, both in the short term and the long term. This is done by offering parents aid and teaching them to better understand their adolescent child by encouraging them to improve their listening, praise and encouragement skills, giving them information and teaching about practical ways to cope with their child/adolescents behaviour, practical ways to deal with confrontational situations, reassurance about their role, a realistic understanding of what should be expected of a parent or carer and a better understanding about peer influences on young people.

The Programme follows a ten week outline of:

- Week 1 Making the change
- Week 2 Miss the hook
- Week 3 Listening
- Week 4 Praise and Encouragement
- Week 5 Problem solving
- Week 6 Setting the limits
- Week 7 Drugs, what do you need to know?
- Week 8 Sexual Health and Relationships
- Week 8 Living as a parent
- Week 9 Putting it all together
- Week 10 Programme review

Outcome measures

At the start and end of the group programme the parents completed in full a Strength and Difficulties (parent) questionnaire on their young person.

The Strengths and Difficulty Questionnaire (SDQ); is a brief child mental health questionnaire for children and adolescents ages 2 through to 17 years old and developed by the UK child psychiatrist Robert N Goodman. SDQ ask about 25 attributes, some positive and others negative. These 25 items are divided between five scales: emotional symptoms, conduct problems, hyperactivity/inattention, peer relationship problems, and pro-social behaviour. The same self-completion questionnaire is given to the parent and the young person, although the wording is slightly different as it is in the first person. The total difficulty score of the SDQ (range 0-40) is a fully dimensional measure, with each one-point increase in the total difficulty score corresponding to an increase in the risk of mental health disorder.

Score meaning

0-15; low need

16-18; some need

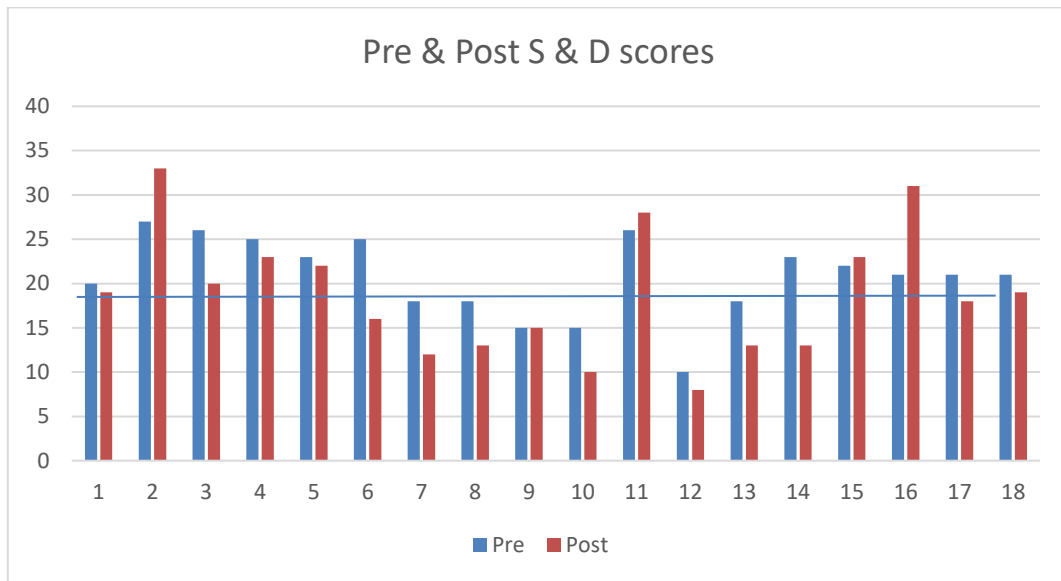
19 – *clinical need level

20 plus; high need

*** A decrease is a positive result**

Table A shows the pre and post outcomes from 18 parents who completed in full the S & D questionnaire

Table A



Pre group scores show;

- 12 in clinical range, which was interesting as we were expecting lower levels as an early intervention targeted course.
- 3 broader line clinical range
- 3 under clinical range

Post group scores show

- 13 decreased
- 4 increased, this indicated that the child had additional needs i.e. ADHD.
- 1 remained the same
- 3 came out of clinical range and 3 reduced to broader line clinical range

	Pre	Post
Clinical (very High)	12	7
Broader line (high)	3	3
Not in clinical range	3	8

Parents Satisfaction

Parents were asked a range of questions on their satisfaction of the group course.

24 parents completed the questionnaire

Question 1: How did you hear about the group?

- Answers given:
- School (direct)
 - GP
 - Flyer from CSS
 - Ministry of Parenting
 - A leaflet from school
 - CAMHS
 - School email
 - Health-Centre Poster
 - A colleague
 - Internet
 - Wife
 - Through mental health counselling
 - Children's Trust

Question 2: Did you find the introduction evening useful? (unanswered: 5)

Number of those who answered 'YES'	Number of those who answered 'NO'
18	1

Question 3: Would you have attended the group without come to the introduction evening first? (unanswered: 3)

Number of those who answered 'YES'	Number of those who answered 'NO'
18	2

Question 4: Was the time of the session okay? (unanswered: 0)

Number of those who answered 'YES'	Number of those who answered 'NO'
24	

Question 5: Was the number of sessions okay? (unanswered: 0)

Number of those who answered 'YES'	Number of those who answered 'NO'
24	

Question 6: What, for you, was most useful about the group?

- Answers given:
- Learning about teenagers
 - Strategies and chance for discussion
 - Meeting others with similar issues
 - Learning strategies
 - Not taking the bait
 - The weekly build up to the use of another strategy
 - Meeting other people in the same situation
 - Shared experiences
 - Shared experiences and strategies
 - Helping me understand my kids
 - Understanding and helping
 - Learning not to take the rope

- Learning new strategies
- Learning about the child's brain and not picking up the rope
- Coping strategies
- Knowing you weren't alone and different ideas and strategies
- Sharing with the group
- Knowing other people had the same problems
- Knowing I was not alone
- Conversations with other parents that makes me feel 'normal'
- Ideas, support
- Understanding behaviour, techniques to cope
- Learning techniques, hearing others have similar problems, being able to talk/get things off my chest
- Interactions and learning from others

Question 7: What, for you, was the least useful?

- Answers given:
- Not sure?
 - Nothing
 - Drugs talk
 - I have no complaints

Question 8: Did the group meet your expectations? (unanswered: 1)

Number of those who answered 'YES'

Number of those who answered 'NO'

23

0

Question 9: Are there any other topics/issues that would have been useful to look at?

- Answers given:
- No
 - Self-harm
 - Sex in teenagers
 - Safe internet- how to set up/what to do

Question 10: How has the group changed you as a parent?

- Answers given:
- Yes
 - More patient
 - I'm calmer
 - I'm more considered in my responses
 - Coping better, new strategies, better understanding, listening more, enjoying my son
 - I am calmer and happier
 - Made me look at situation different
 - Made me realise I am capable of dealing with situations with the correct tools
 - I have learnt a lot about me also
 - Improved relations
 - I am more calmer
 - It's made me feel more confident
 - More thoughtful
 - Learning not to expect so much
 - I understand my parenting style
 - I am more patient and understanding

- I think I am a little calmer, do not take the bait so much and understand more
- More about to challenge
- I react less to problems and try to respond more in a calmer way
- Increased fuse
- More understanding of situations

Question 11: Has the group made any difference to your teenager's behaviour? If yes, please describe or explain the change (unanswered: 0)

Number of those who answered 'YES'

20

Number of those who answered 'NO'

4

Explained answers given:

- Calmer behaviour and compromises
- Less tantrums
- Much easier to reason with
- He is more respectful and less aggressive
- He is aware that I am trying to resolve situations as they arise in a more informed manner
- Recognises that I am trying and appreciates it is hard
- (*child's name*) is calmer because I am
- Calmer
- My daughter is a lot happier in herself, not so angry
- There has been less conflict within the family
- He has less melt-downs that get out of control
- The behaviour is not better but we react less and diffuse the situation and handle it better
- Majority of the time I no longer react to things she says which in turn makes her not react
- Mainly through understanding situations and not escalating
- Calmer and more helpful
- He loses his temper less because we approach situations and conversations differently
- We still have problems but I think I am dealing with things better on a whole

Question 12: Has the group made any difference to your relations with your teenager? If yes, please describe or explain the change (unanswered: 0)

Number of those who answered 'YES'

23

Number of those who answered 'NO'

1

Explained answers given:

- We talk more and better behaviour to both
- Less arguing
- Talk more, better more open relationship
- Improved communication
- The way we are together
- We have more 1:1 time
- I feel more in control and less wishy washy meaning (*child's name*) knows where she stands
- Yes, we have happier times
- Enjoy spending time with him, less angry at him and more trust
- Helped with strategies and empathy
- Feel closer

- Less conflict, really enjoying our hour together
- More honest with each other
- Not responding straight away with answers to things to situations as they arise
- Again, up and down but I think I am coping better and my teenager is calming down quicker
- We have more conversations at a normal noise level rather than shouting
- Get on better
- Less arguments
- Spending more time talking rather than shouting

Question 13: What was the best moment in the group?

- Answers given:
- Everything
 - Learning structure for consequences
 - There were lots of good ones
 - Laughing about things
 - So many
 - Making a new friend
 - "I want to like my son"
 - All of it
 - Role-play
 - Last session as recapped (good factor)
 - Watching Leslie and Debbi's role-play 😊
 - I enjoyed all the sessions
 - The role-play and group activities
 - Realising there are parents with even worse behaved children
 - Learning to use empathy more
 - Review of week on how others done
 - Knowing I'm not alone
 - Knowing I am not the only one
 - Influences- making me realise it wasn't just because I was a bad parent
 - Being able to talk

Question 14: did you feel supported by the group leaders? (unanswered: 0)

Number of those who answered 'Not Supported':	Number of those who answered 'Unsure':	Number of those who answered 'Supported':	Number of those who answered 'Very Supported':
		1	23

Question 15: Any other comments about the groups and/or the group leaders

- Comments given:
- *Helpful and friendly*
 - *Very informative and non-judgemental*
 - *Keep up the amazing classes they work and thoroughly enjoyed them, will be useful tools to keep forever*
 - *The course was made interesting and enjoyable by the enthusiasm of Debbie, Lesley and Diana, I looked forward to Wed mornings, really really pleased we came, we have both taken away so much*
 - *Lesley and Debbi were very helpful and supportive*

- *It has been a fantastic course, I have learned so much, Lesley and Debbi made it easy to understand and have been very very supportive, I will miss coming, I'm not good in a big group but it was so relaxed and easy going I felt more confident in speaking out*
- *Met fantastic people and learnt a lot about my teenager and myself, week 10 was fantastic as seen how everyone has grown and look more relaxed, fantastic leaders xx 😊*
- *Fantastic guidance support, very informative thank you*
- *I am going to miss everyone, thank you very much for helping me and my family xx*
- *Kept the group vibrant, involved all members whilst keeping control, if only more parents were trained in the hardest job in the world*
- *The group has been supportive, it is good to realise that other parents have similar difficulties*
- *The convivial and light-hearted and supportive atmosphere made this a pleasurable experience which I looked forward to*
- *Really lovely group and leaders, have learned a lot from listening to others, a very positive experience, so glad I took part in this course*
- *Excellent support and thoughtful week text message sent, will miss it*
- *Very supportive group- easy going approachable leaders*
- *Very helpful with ideas, helpful and informative*
- *Very supportive and understanding, excellent opportunity to allow me to improve my relationship with my child*
- *Lesley and Diana very caring and give good examples/stories to relate to*
- *Lesley and Diana are perfect- the right balance, I would recommend*