

TALKING TO TEENAGERS - A RISK AND PROTECTIVE FOCUSSED APPROACH



South Eastern Health
and Social Care Trust

ymca[▽]
lisburn



Public Health
Agency

TATI is:

- A universal, early intervention programme aimed at parenting education
- A complement to more targeted programmes that are more parenting training in nature
- It uses a risk and protective focussed approach to achieve its aim which is :-

To help parents prepare for adolescence and build confidence in their ability to influence their child's behaviour



The Social Development Model of Parenting

Catalano and Hawkins, 1996

- Identifies key risk factors that increase the likelihood of young people developing problems across a range of risky behaviour
- Points to the existence of protective factors which reduce the likelihood of the development and maintenance of problematic behaviour

Research shows that when risk factors are reduced and protective factors enhanced children are less likely to develop problems with risk taking behaviour



The Social Interactional Model of Parenting

Dishion and McMahon, 1998

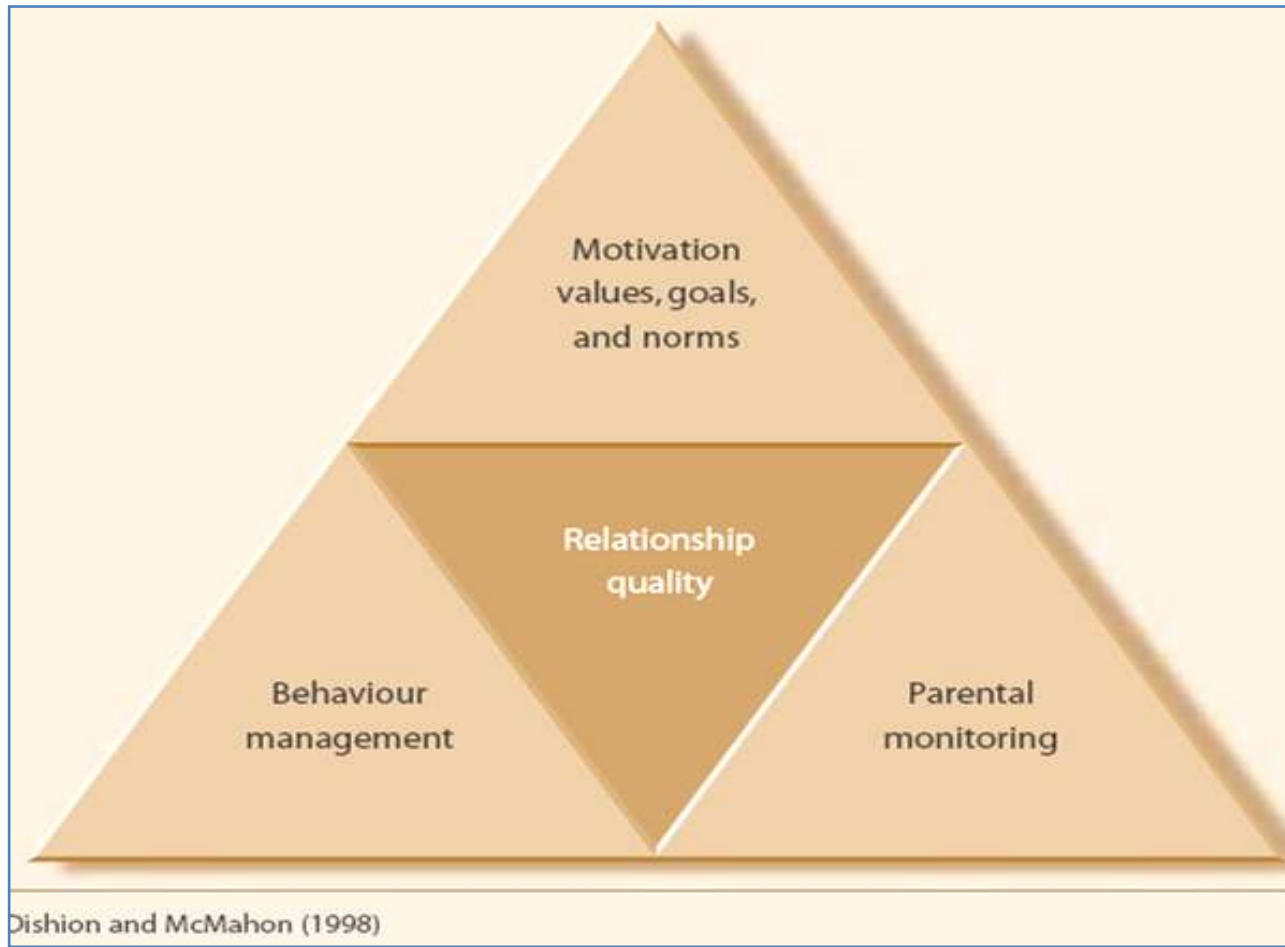
This model suggests that the parent child relationship is at the centre of the model

It highlights the role of parental monitoring and parents' management of adolescent behaviour. These are inter related with:-

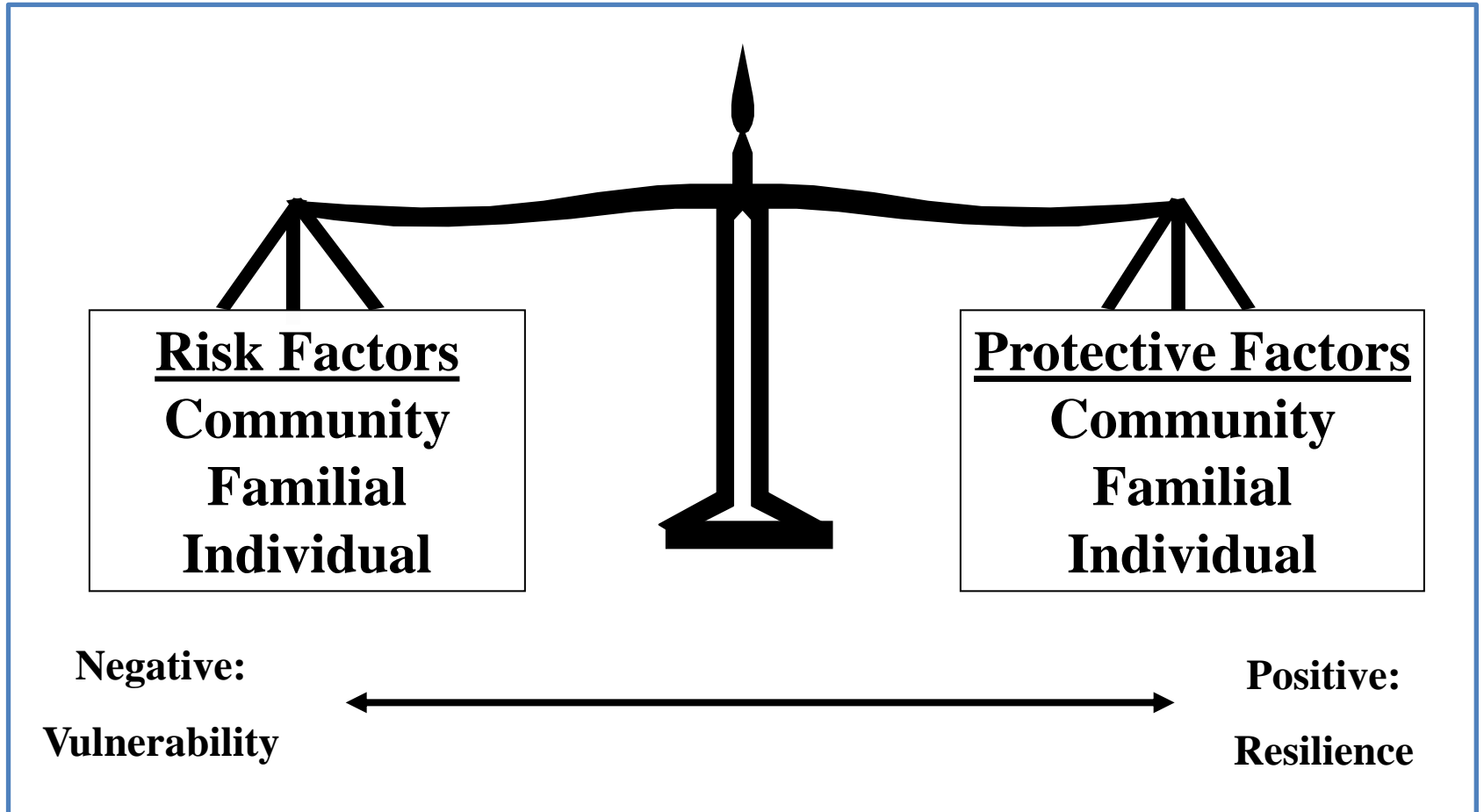
- Parent adolescent relationship quality
- Parental motivation, goals, values and beliefs



Models of Parental Influence: The Social Interactional Model of Parenting



Risk and Protective Factors



PROTECTIVE FACTORS

It is an important task for parents to enhance and maximise the protective factors in and around a child and not only work to reduce the risks

Key message:

Bonding is at the heart of effective prevention

Young people **who are not** connected do care less about rules and values

Young people **who are** connected do not want to risk losing that relationship by breaking rules



THE DELIVERY APPROACH

- The programme regards families as equal partners and experts in their own situation
- They are encouraged to reflect on their own issues and examine what works for them
- Facilitators highlight the resources they see in the child and family, they do not only focus on the problems
- All families and situations are unique. Facilitators are responsive and flexible



THE DELIVERY MODEL

- Coordinated roll out of facilitator training and parent work shop delivery across the SET
- Development of 'partnership' approach with other agencies delivering programmes / services to parents
- Local capacity building through training and development and shared learning opportunities
- Establishment of a set of standards to ensure a professional and effective service



OUTCOMES

“Not only did the programme increase the knowledge, skills and confidence of parents, it has helped them prepare for and manage the potential and real challenges faced during the transitional period as children move from childhood to adolescence.”

(McMinn, K ,CENI 2014)

Improvements were noted in:

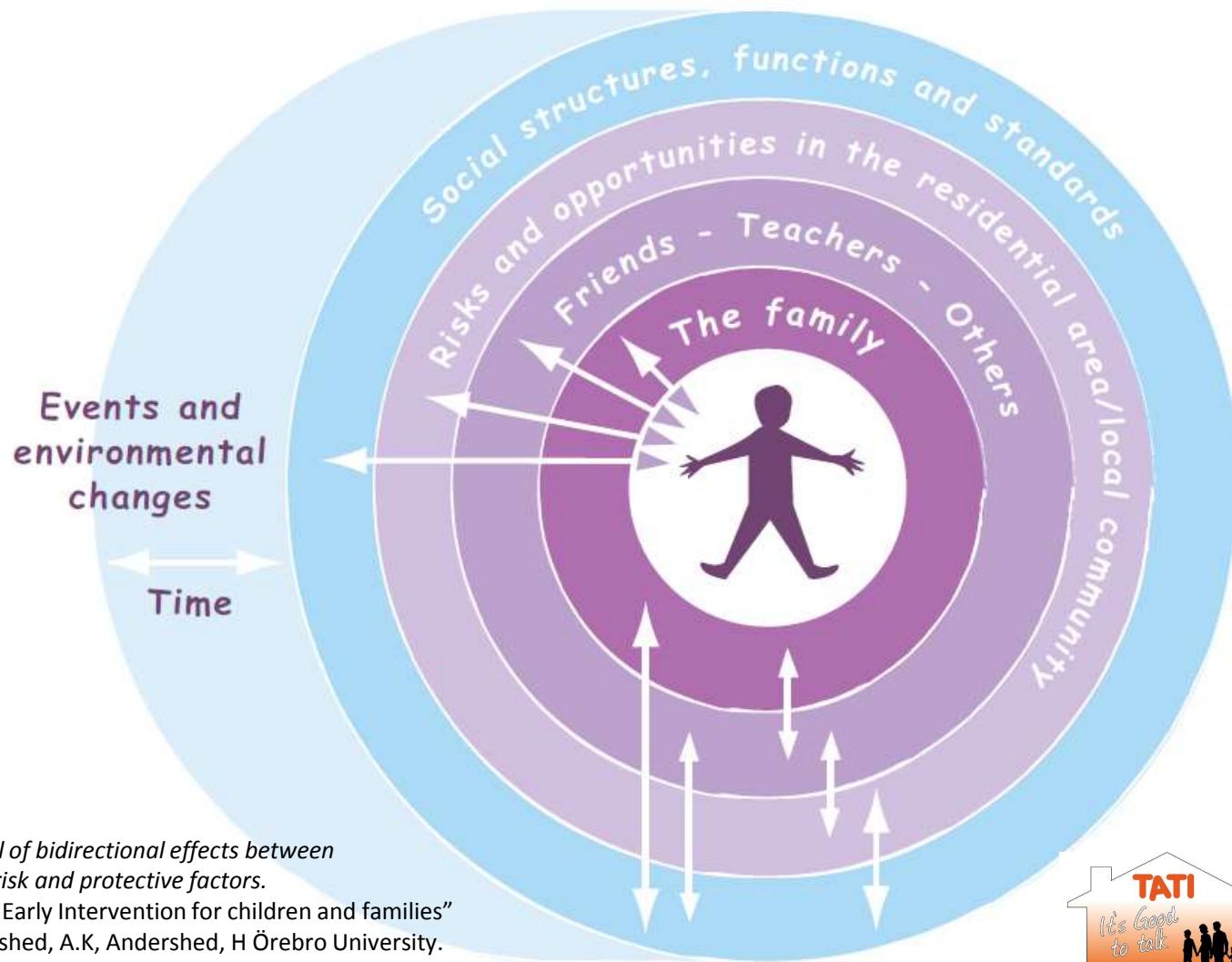
- Confidence
- Decision making abilities
- Capacity to build successful relationships with their children

Knowledge, understanding and skills were developed across a number of issues including:

- Drug and alcohol misuse
- Risk and Protective Factors
- Communication
- Conflict management
- Family rules



THE COMPLEXITIES OF A RISK AND PROTECTIVE FOCUSSED APPROACH



An ecological model of bidirectional effects between levels or layers of risk and protective factors.

*." Nordic children—Early Intervention for children and families"
Marklund, K, Andershed, A.K, Andershed, H Örebro University.*



THE CHALLENGES IN MOVING FORWARD

Societal:

- Engaging families in the concept of early intervention
- ‘normalising’ parenting initiatives

Strategic:

- Embedding and coordinating early intervention approaches
- Creating opportunities for **real** collaborative practice
- The role and positioning of universal services
- Balance between evidence informed and evidence based practice

Operational:

- A clear ‘menu’ of tiered services which are accessible, available, proven to be effective and have clear referral pathways
- Working partnerships
- Shared learning, accountability and success



TENTATIVE FIRST STEPS

Irish Bishops Initiative:

- Utilising an early intervention approach
- Providing an accessible, non stigmatising, universal support
- Collaboration operating at both a strategic and operational level



**“It’s easier to build strong children
than
to repair broken men.”**

Fredrick Douglass

