



Gloucestershire Health and Care
NHS Foundation Trust

Parent Support Team – CAMHS Gloucestershire

“Embracing Neuro-affirming practice through the Parents Plus ADHD Programme”

Innovations in Practice 2024

Of all the potentially modifiable influences affecting children's development and mental health across the life course, none is more important than the quality of parenting and family life. (Sanders et al., 2021)

WHY CAMHS
GLOS NEEDED
THE PP - ADHD
PROGRAMME:

PARENT VOICE

During screening calls to parents – here are some of the examples of what they were telling us :

We don't want to attend a group that makes us feel like its all our fault.

My child is on the pathway for ADHD diagnosis – will this help?

I've done other programmes” and they don't fit us.

Will this course be right as my child is ADHD – the normal behavioural stuff doesn't work?

My boy won't let me play in the traditional way the courses advise.

CAMHS should be doing more to help!”

What we noticed
during delivery
of the PP-
Children's
Programme
groups
2019-2021

PARENT VOICE

Parents have access to knowledge about ADHD through social media, local support groups; awareness of the growing ND communities

Parents aware of brain differences and co-occurring conditions such as Autism, dyslexia, Sensory Processing differences

Knowledge of newer profiles such as demand Avoidance and Rejection Sensitivity,

Parents questioning the more traditional strategies for managing behaviour, i.e. Reward, Consequence Time out

The biggest change :

Parents were beginning to tell us they are themselves Neurodivergent

WHY CAMHS
GLOS NEEDED
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PROGRAMME

Commissioners

A Commissioning Options Appraisal in June 22 concluded:

“The recommendation would therefore be for the team to withdraw from providing the Parents Plus Children’s Programme (PPCP) . This would be replaced with an ADHD programme derived from the same provider, Parent’s Plus, but tailored to specific needs. The need for this programme is evidenced through the large proportion of those on the waiting list for PPCP as of May 2022 would already be better suited for the ADHD programme.” CCG

Why the PP-ADHD programmes lends itself to being Neuro affirming

The PP-ADHD programme, a programme in its own right, focusses on the differences, strengths and needs of being Neurodivergent – moving away from the idea that the child must be encouraged to change, taking a more holistic approach to the system around the child to be collaborative, cooperative and understanding of times when the child “Can't” not “Won't”.

The Parent Book and Solution Focussed facilitation encourages empathetic, calmer and realistic approaches with their child by using Parent Plus's fundamental message of “Pause, Tune in and Plan”

Parenting an ADHD Child – A neuro-affirming perspective.

ADHD CHILDRENS
PROGRAMME DVD -
PARENTS PLUS!

Increase in Group Provision

- PPCP : In 20/21 we provided 7 groups. Expecting ave. 7 per group. 83% attended more than 70% of sessions

Since provision of more targeted “ADHD” programme, referrals increased:

- ADHD programme : in 23/24 we provided 10 groups. Expecting Ave of 13 per group 71% attended more than 70% of sessions
- It is expected that 24/25 will see 15 ADHD groups delivered over 3 terms

Engagement rate is well within suggested by; **Armbruster and Kazdin 1994; Gomby 2000; Masi et al. 2003.** *Low family engagement and retention are significant problems for mental health prevention and intervention programs. Anywhere from 20 to 80% of families drop out prematurely, with many receiving less than half of the prescribed intervention.*

Feedback from Parents at Final Session

Probably the feeling of being around other Dads in a group, with similar issues and feeling less alone.

inspired by other parents' tips and techniques.

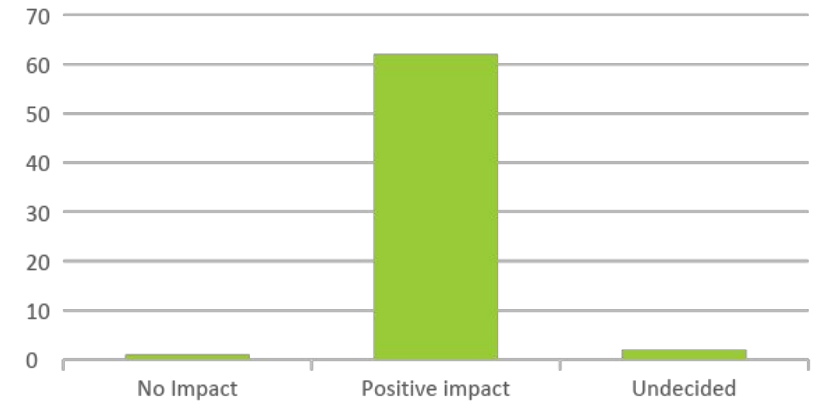
Talking about ADHD to child positive ways has been thought-provoking and useful.

I finally felt heard – my daughter is going to thrive and isn't going to have to be made to change to please others. The sessions and book have given me ways to always have her back.

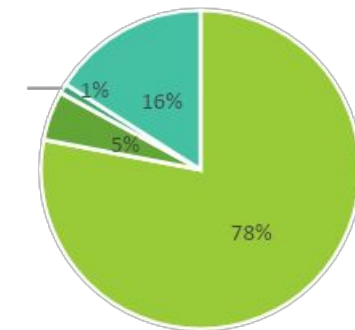
Understanding son better and how his brain works.

The most useful part of the course for me was learning to pause, tune into my children and to be a better parent .

What Impact has attending the course had on your family 65/94 end of course feedback forms ?



ROMS : Parent Goals 75% completed a goal form pre and post group



improved (3 or more) No change No improvement Slight improvement (1-2)