

## **A Briefing Paper on the Parenting Workstream, NES Psychology: August 2024**

The Parenting Workstream within the Psychology Directorate at NHS Education for Scotland (NES) works in partnership with Community Planning Partnerships (CPPs), Health Boards and individual services across Scotland. The aim is to increase the availability of evidence-based early interventions for parents\*, as well as training practitioners across the children and families' workforce. The interventions include those targeting infant mental health and wellbeing and support for parents of preschool children, primary school, and high school aged children where there are concerns about their social, emotional, and behavioural development. The approaches all have a shared focus of improving the relationship between the parent and child, and support parents to provide a routine, predictable, attuned relationship and environment, thereby, improving mental wellbeing, building resilience and reducing the risk of future mental health difficulties. Training to increase knowledge and understanding of infant mental health as well as training in a universal approach to interacting with parents are also supported. This work reflects strategic national mental health and wellbeing priorities and centres around the importance of supporting strong relationships.

### **Training Offers**

By supporting mental health and wellbeing from pre-birth, we support children to have the greatest opportunity to grow up feeling loved, safe, and respected, in accordance with Scottish Government's commitments to the children and young people of Scotland. Our training offers begin with a preventative/early intervention focus on Infant Mental Health (IMH) and includes support through pregnancy, birth, and the early years.

We have a range of offers beginning with promoting Infant Mental Health, which are outlined in the Infant Mental Health Training Plan. This reflects resources available for practitioners from a universally, informed practice level through to skilled, enhanced and specialist practice types. The available training offers include an introductory Infant Mental Health Module, as well as the enhanced level Warwick University Infant Mental Health Online course. There are also a range of evidence-based parent-infant interventions including Video Interaction Guidance (VIG), Mellow Parenting, Circle of Security Parenting (COSP), Newborn Baby Observation (NBO), Parent Infant Interaction Observation Scale (PIIOS), Psychoanalytic Observation and Reflective Practice and Child Parent Psychotherapy (CPP).

Across childhood, our training offers include The Solihull Approach training. This brings together three core psychological constructs of containment, reciprocity and behaviour management with the aim of helping parents understand their child's behaviour in the context of their development

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<sup>1</sup> \*The term 'parent' is taken to describe all adults who have parenting responsibilities, while 'family' refers to biological, kinship, adoptive, foster families and others.

and the parent-child relationship. We offer foundation level training and a train the trainer, to allow practitioners to cascade the model throughout their service as part of the Solihull Approach cascade scheme to build sustainable capacity within the workforce.

Connecting with Parents' Motivations (CwPM) training is a collaborative, strengths-based, communication skills training designed to enable practitioners to facilitate access to the approaches contained within our range of parenting training offers and the Psychology of Parenting Programme (PoPP) group interventions. PoPP also offer a train the trainer for staff to cascade the training locally with the aim of increasing staff skills in engaging families into evidence-based parenting programmes.

PoPP offers sites across Scotland training in group interventions (Incredible Years and Triple P), for parents of children aged 3-12 years where there are elevated levels of concerns regarding a child's emotional health and wellbeing, and Teen Triple P, a universal intervention for parents of adolescents. In addition, sites are provided with resources for delivering groups, as well as implementation support and access to central database and data reports based on outcomes collected from families.

Since 2013 NES have trained over 200 MSc Applied Psychology for Children and Young People trainees in Incredible Years, Triple P, CwPM and Solihull Foundation Level training.

See table 1 below for all Parenting training numbers.

### **Self-directed online interventions**

In Spring 2020, in response to the impact that Covid-19 was having on families' ability to participate in face-to-face parenting support, the Scottish Government fund NES to provide access to **Solihull Approach Online**, a universal support for all families in Scotland. Solihull Approach Online has courses which are relevant for parents/carers and young people, from the antenatal period through to young adults aged 19 years. The courses can also be accessed by practitioners to increase their own learning, or to support parents to utilise them. Since spring of 2020 **over 21,000** people in Scotland have registered to undertake one of the courses.

In addition, the Scottish Government supported NES to provide families access to the Triple P Online programme. Triple P Online is a self-directed online intervention for parents, aimed at supporting parents to understand their child's behaviour, strengthen relationships and help build their child's social, emotional, and behavioural skills. Triple P Online is comprised of 8 modules, which parents work through independently. Parents receive additional PoPP Practitioner support, as research shows that parents who are supported through the intervention report greater improvements and complete more of the modules. Since spring of 2020, **over 360** parents have started this course.

**Table 1 - Parenting training numbers, from 2013 to August 2024:**

**Please note, not all training offers have been available since 2013**

Training offers	Number of staff provided with a training place	
	2013 to August 2024	April 2023 to March 2024
Solihull Approach Foundation Level Training	3,157	705
Solihull Approach Train the Trainer	216	40
Infant Mental Health Online (provided by Warwick University)	432	57
Video Interaction Guidance (VIG)	94	13
Mellow Parenting	3	-
Solihull Approach Parenting Group	8	-
Newborn Behavioural Observation (NBO) tool	15	15
Parent Infant Interaction Observation Scale (PIIOS)	3	3
Psychoanalytic Observation & Reflective Practice (PGDip)	15	10
Circle of Security Parenting	34	16
Child-Parent Psychotherapy	5	5
Incredible Years Preschool	671	23
Incredible Years School age	32	23
Group Triple P (3-12 year olds)	459	20
Group Teen Triple P (12 – 16 years old)	64	21
Connecting with Parents Motivations (CwPM)	2,517	265

## Psychology of Parenting Programme (PoPP) Outcomes

PoPP supported group outcome data, in the form of parent responses on the Strengths and Difficulties Questionnaire (SDQ), is routinely collected at the start and end of the groups. The outcomes continue to show encouraging improvements in social, emotional and behavioural development for children whose parents attended the groups. Independent analysis of outcomes has confirmed that this initiative is having meaningful positive impacts on the well-being of these children and their families. Almost 60% of children whose parents' scores had placed them in the clinical range at the start of groups moved out of this high-risk range when their parents finished attending a PoPP group. Each PoPP site is provided with individualised implementation support with the aim of improving outcomes and delivering groups with fidelity.

**Table 2 - Headline PoPP data**

	2013 to August 2024	to April 2023 to March 2024
Number of PoPP groups delivered	1,230	87
Number of families enrolled in groups	8,011	507
Number of parents/caregivers enrolled in groups	9,160	554
Number children for whom pre- and post-group SDQs have been gathered	4,425	314
Percentage of children achieving reliable change in SDQ scores (a change in 7 or more points on the SDQ)	53%	52%
Percentage of children moving out of clinical range at the start of groups who had moved out of this high-risk range when their parents finished attending a group	56%	49%

Note: 22 Community Planning Partnerships have adopted the PoPP model across Scotland.

**Table 3 - Triple P Online**

	May 2020 to August 2024	April 2023 to March 2024
Number of Triple P Online codes activated	367	51
Number of children for whom pre- and post SDQs have been gathered	130	3
% of children in the clinical range at the start of Triple P Online who had moved out of this high-risk range on completing the intervention	71%	50%

Note: Around 30 families may still be working through the programme.