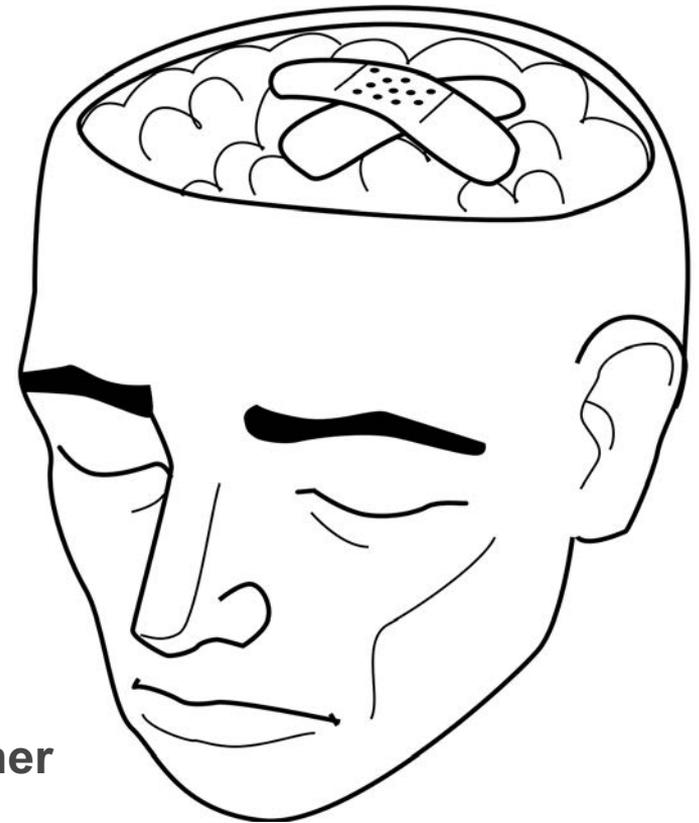


Enhancing the self-regulatory capacities of vulnerable parents through the combination of parent training and trauma-informed life skills coaching



Sabine Baker, Matthew Sanders & Karen Turner

Parenting and Family Support Centre

The University of Queensland

Email: Sabine.Baker@uq.edu.au

Disclosure Statement



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- Clinicians from SLHD that will deliver the intervention

Outline



- Parent training and trauma-informed life skills coaching: Why do we need it?
- Development of Family Life Skills Triple P
- Pilot Feasibility trial

Dealing with adversity



The single most important factor that influences a child's ability to overcome adversity and continue their normal development is having the support of at least one stable and committed relationship with a parent, caregiver or other adult.

What happens if the parent has also been negatively affected by adversity?

Adverse Childhood Experiences (ACEs)



- Potentially traumatic events that occur in childhood or adolescence
- Includes various forms of physical and emotional abuse, neglect, and household dysfunction
- Impact brain development and the nervous, endocrine and immune system
- At least 5 of the 10 leading causes of death are associated with ACEs

Adverse Childhood Experiences (ACEs)



Key findings of original* ACEs data:

- ACEs are common, even among a middle-class population: 2/3 report experiencing one ACE, 1 in 6 adults have experienced 4 or more ACEs
- Dose-Response relationship: the more ACEs experienced, the greater the chance of poor outcomes later in life

Impact of ACEs on life course outcomes



Types of ACEs

Abuse

- Physical
- Emotional
- Sexual

Neglect

- Physical
- Emotional

Household dysfunction

- Mental illness
- Incarcerated relative
- Mother treated violently
- Substance abuse
- Divorce

A person with 4 or more is:

12.2 times as likely to attempt suicide

10.3 times as likely to use injection drugs

7.4 times as likely to be an alcoholic

2.4 times as likely to have a stroke

2.2 times as likely to have heart disease

1.9 times as likely to have cancer

1.6 times as likely to have diabetes

How do ACEs impact health outcomes?



Impact of Stress



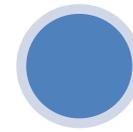
**Positive
Stress**

Brief
increases in
heart rate,
mild
elevations in
stress
hormones



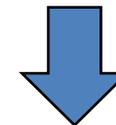
**Tolerable
Stress**

Serious,
temporary
stress
response,
buffered by
supportive
relationships



**Toxic
Stress**

Prolonged
activation of
stress
response
systems in
the absence
of protective
relationships



Damaging effect on learning, behaviour
and health across the life span

Self-regulation



- Capacity to self-regulate cognitions, emotions and actions is a crucial skill that impacts on almost every part of peoples' lives
- SR capacity is more likely to be diminished when parents experience multiple forms of adversity, including ACEs, or living in environments of “toxic” stress
- Diminished SR influences parenting practices, the parent-child relationship, couple conflict, parent and child wellbeing, and the parent’s overall ability to cope with life challenges



- Is it possible to teach parents self-regulation skills?
- Are parents able to apply self-regulatory skills learned during the parenting program to broader life skills and therefore benefit in areas beyond parenting?

Triple P's self-regulatory approach



Parental self-regulation

Self-management

Self-efficacy

Personal agency

Problem solving

Self-sufficiency

Minimally sufficient intervention

Reduced need for support

Why combine Positive Parenting and Family Life Skills Training?



- High levels of stress, relationship conflict and poor parental mental and physical health can negatively impact parenting
- Parents with multiple concurrent problems participate less often in parenting programs and are at greater risk of dropping out
- Parenting programs provide a context to address parental adjustment problems (past and present)
- Enhancing parental self-regulation skills may positively impact parenting and general life skills

Family Life Skills Triple P (FLSTP)



- Integrated Parenting and Family Life Skills intervention that aims to
 - minimise effects of adversity/ intergenerational transmission of ACEs
 - Increase competent parenting
 - Improve parental adjustment and partner relationships

Family Life Skills Triple P

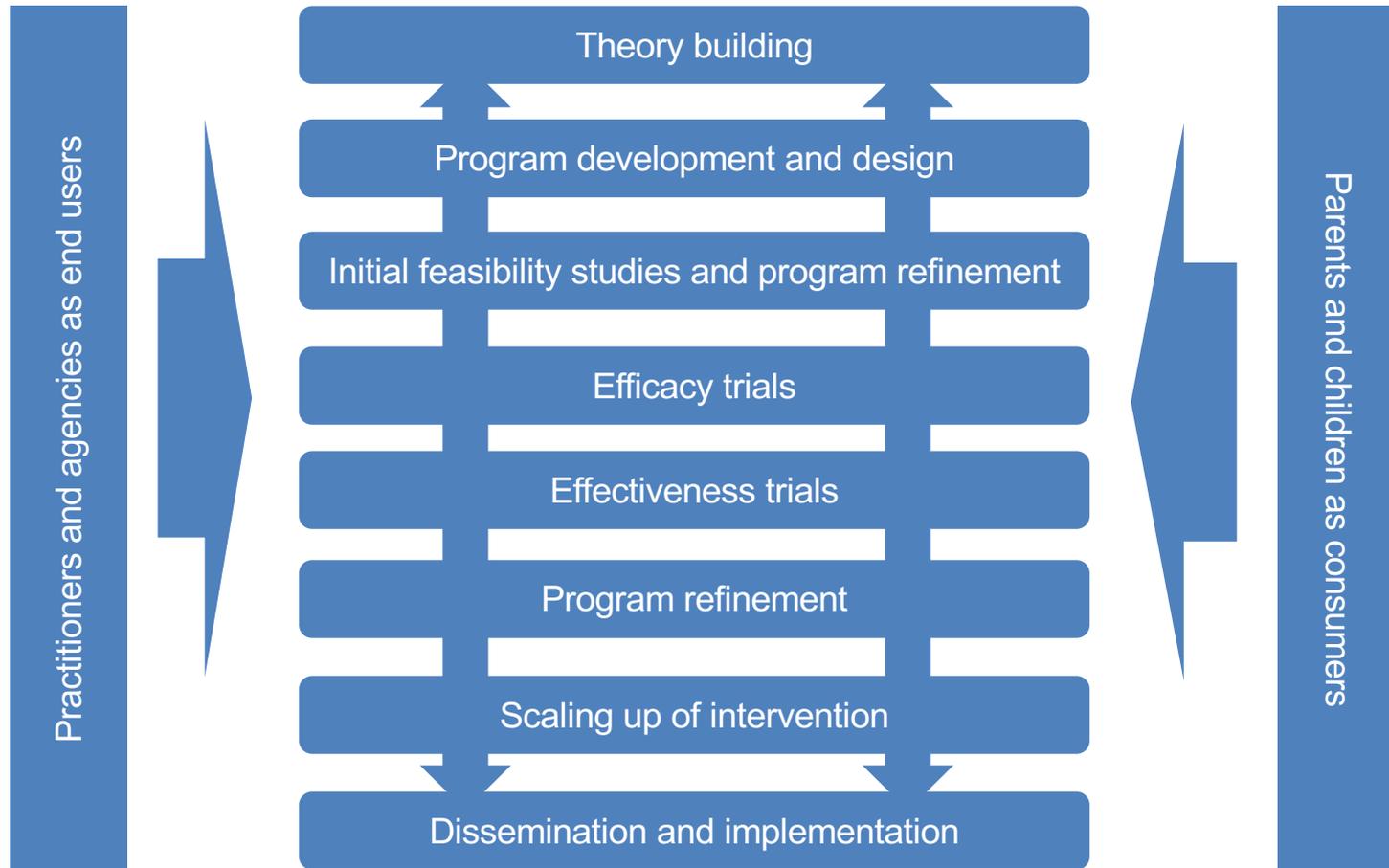


- 10 session Level 5 group program
- program for parents who would benefit from:
 - strategies to cope with emotions
 - relationship/ partner support strategies
 - self care strategies
 - life skills coaching

Intervention development



Iterative quality assurance process to guide research and development



FLSTP development

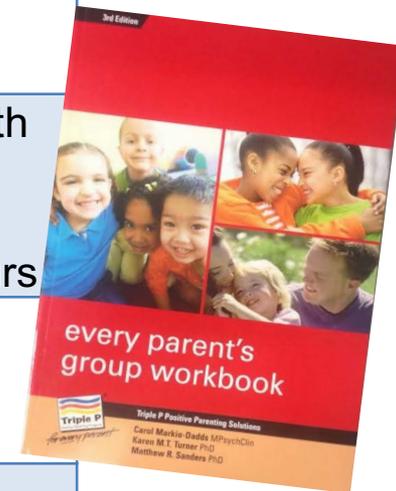


- Sydney Local Health District identified need and provided funding
- Collaborative effort of researchers, program developers and clinicians to develop draft program
- Practitioners from SLHD attended 3-day workshop to be trained in and provide feedback on session content
- Input sought from international experts

Overview of session content FLSTP



Session	Content
1. Positive parenting	<ul style="list-style-type: none">• What is positive parenting?• Why do children behave the way they do?• Goals for change• Keeping track
2. Helping children develop	<ul style="list-style-type: none">• Developing good relationships with children• Encouraging good behaviour• Teaching new skills and behaviours
3. Managing misbehaviour	<ul style="list-style-type: none">• Managing misbehaviour• Developing parenting routines• Finalising behaviour chart
4. Planning ahead	<ul style="list-style-type: none">• Family survival tips• High-risk situations• Planned activities• Mid way assessment



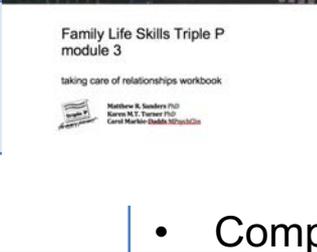
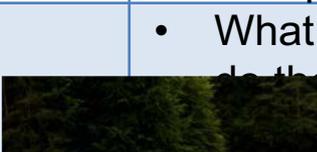
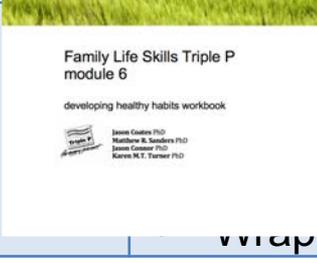
Overview of session content FLSTP



Session	Content
5. Coping with Emotions	<ul style="list-style-type: none">• How emotions affect parenting• Recognising and dealing with unpleasant emotions
6. Taking care of relationships	<ul style="list-style-type: none">• Importance of relationships• Effective communication skills• Improving relationship happiness
7. Taking care of yourself	<ul style="list-style-type: none">• Why focus on taking care of yourself?• Compassion and mindfulness
8. Dealing with the past	<ul style="list-style-type: none">• What are negative life events and how do they affect us?• Dealing with difficult memories
9. Developing healthy habits	<ul style="list-style-type: none">• Addictive behaviours• Recognising, understanding and changing unhelpful habits
10. Looking to the future	<ul style="list-style-type: none">• Progress review/ phasing out• 10-point action plan for a healthy lifestyle• Making lifestyle changes• Wrap up and final assessment

Overview of session content FLSTP



<p>5. Coping with emotions</p>		<p>6. Taking care of relationships</p>
<p>6. Taking care of relationships</p>	<p>Family Life Skills Triple P module 3 taking care of relationships workbook</p> 	<p>7. Taking care of yourself</p>
<p>7. Taking care of yourself</p>	<p>Family Life Skills Triple P module 4 taking care of yourself workbook</p> 	<p>8. Dealing with the past</p>
<p>8. Dealing with the past</p>	<p>Family Life Skills Triple P module 5 workbook dealing with the past</p> 	<p>9. Developing healthy habits</p>
<p>9. Developing healthy habits</p>	<p>Family Life Skills Triple P module 6 developing healthy habits workbook</p> 	<p>10. Looking to the future</p>
		<p>10. Looking to the future</p>

- Emotions affect our thoughts, feelings and actions
- What are negative life events and how do they affect us?
- What are the benefits of taking care of relationships?
- What are the benefits of taking care of yourself?
- What are negative life events and how do they affect us?
- What are the benefits of dealing with difficult emotions?
- What are the benefits of developing healthy habits?
- What are the benefits of looking to the future?

Pilot Feasibility trial



- RCT with 60 parents of 3-9 year-old children
- FLSTP vs. Care-as-Usual
- Outcomes assessed at pre, mid, post and 3-months follow-up
- Delivered in Sydney Local Health District community health centers

Participant eligibility



- Parent report of concern regarding child emotions and/or behaviour and parenting, AND
- Presence of at least three social disadvantage factors (e.g. unemployment, financial stress, housing insecurity, elevated relationship conflict, refugee or recent (<5 years) immigrant status; OR a score ≥ 4 on the ACE scale

Outcome measures



- Child behaviour
- Parenting (coercive parenting, child abuse risk, compassionate parenting)
- Parent Self-regulation (SR, ER, parenting SR, Parenting self-efficacy)
- Parent and family functioning (emotional distress, mental wellbeing, household disorganization)
- Individual goal achievement

Outlook



- RCT planned to be completed end of 2020
- Findings will inform further intervention refinement as necessary
- Provide proof of concept and feasibility for future larger trials of the intervention

...watch this space!



Thank you!

Email: Sabine.Baker@uq.edu.au