

Using the Incredible Years Programs: Implementation Examples

Children and Parents' Service Early Intervention Manchester England

Location and type (city and state, rural or urban):

Manchester, England (Urban)

Type of agency (i.e. counseling center, county mental health, state agency):

The Children and Parents Service (CAPS) is a multi-agency city-wide early intervention service led by Child and Adolescent Mental Health Services (CAMHS) with key partners in Early Years (Manchester City Council) and Family Welfare Association (voluntary sector). CAPS is jointly commissioned through CAMHS, Sure Start, Extended Schools and the Department for Children, Schools and Families.

Size of staff and types of background (total):

- 11 clinical psychologists (CAMHS)
- 7 family support workers (EY & FWA)
- 6 senior group leaders/ co-ordinators (FWA & EY)
- 2.2 mental health practitioners (CAMHS)
- 4 assistant psychologists (CAMHS)
- 1 Parents' Forum worker (FWA)
- 1 parent volunteer co-ordinator (FWA)
- 4 administrative staff (CAMHS)

Within the team there is an IY Accredited Parent Group Trainer and an IY Accredited Parent Group Mentor. Both provide 3 day accredited parent group workshops for the team and for other staff within Manchester who may co-deliver groups. They also provide regular videotape supervision to the team and to all other staff trained in the city.

All other team members delivering groups are either Accredited Parent Group Leaders or are working towards this. The experienced Accredited Group Leaders are also working towards becoming Accredited Peer Coaches which will enable them to support and give supervision to new group leaders.

Having an Accredited Trainer and Mentor, and several Peers Coaches, is crucial for the sustainability of CAPS. With the infrastructure of other services constantly changing and priorities shifting for individual service managers it's necessary to be able to train new staff from other agencies regularly. For treatment fidelity and to maintain high quality of groups it's important to provide regular videotape supervision and support to group leaders. In addition staff retention in the CAPS team is high with high levels of job satisfaction and good opportunities for continuing professional development through the accreditation process.

Number of staff and type of background using IY programs:

All of the above excluding administrative staff.

IY programs delivering (parent, child, teacher):

All parent programmes (have piloted teacher and would like to identify funding to expand).

Treatment or Prevention?

Both treatment and prevention with emphasis on early intervention/prevention.

How many group leaders for each?

2-3 (often training someone in the process).

When did you start?

1998

Type of population served, and in what setting? (Head Start? Preschool? Etc)

Early intervention groups have universal access for parents through Sure Start Children's Centres (pre-school) and primary schools (school-age). An assertive outreach approach is adopted to engage families and Manchester is a city with high levels of need and deprivation. As such our universal provision routinely engages populations with parental depression scores and child behaviour problem scores within clinical ranges. On average 55%-65% of parents attending groups fall into clinical ranges for depression on the Beck Depression Inventory and their children fall into clinical ranges for problem behaviour on the Eyberg Child Behaviour Inventory.

The majority of groups are run in community settings and many staff have now been trained from other services to co-deliver groups with the team. A number of bilingual workers from other organisations have enabled the delivery of groups to parents who do not have English as a first language.

Some targeted groups also take place for referred families within CAMHS, in residential settings and for children who are looked after.

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