



Researching and rolling out the IY parent programme in Birmingham

**presentation for the IY mentor meeting
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The beginnings



- ❧ Brighter Futures was launched following a trip to the USA organised by Dartington Social Research Unit to show UK service providers some of the Blueprint programmes
- ❧ Birmingham decided to launch Brighter Futures with Dartington doing the research with three RCTs
- ❧ They selected 3 Blueprints, IY for 3-4 year olds, TripleP for 4-9 Year olds and PATHS school based intervention



About Birmingham



- ❧ Birmingham is a unitary authority, largest of 150 local authorities in England.
- ❧ Child population of 260,000
- ❧ Majority of children from minority ethnic groups
- ❧ Annual budget of £1.3 billion



Financial support



- ❧ Informed by work of Washington State Institute for Public Policy
- ❧ Calculated that £42 million investment including evidence-based programmes and substantial expenditure on staff development and IT systems would produce economic return of £101 million over 15 year period



About Brighter Futures



- ❧ Birmingham City Council worked with Dartington Social Research Unit to develop children's services plan specifying outcomes they wanted to achieve
- ❧ “common language” methods ensured strategy backed by strong logic and best evidence on well-being of local children
- ❧ Process resulted in “Brighter Futures” strategy, prioritising 6 outcomes including behaviour and emotional well-being



Survey of Need



- ❧ Strategy rooted in high quality epidemiological survey on 5000 children living in Birmingham
- ❧ School based survey of 7 to 18-year-old children and household survey of parents of 0 to 6-year-old children
- ❧ Suggested that 15% of 3 to 4-year-old children in the city would fall into high need category

The plan – three evidence-based programmes

- ❧ Incredible Years
- ❧ Promoting Alternative Thinking Strategies (PATHS)
- ❧ Triple-P
- ❧ Already part of trial of Olds Nurse-Family Partnership programme



Why was IY included



- ❧ It is an evidence-based programme
- ❧ The trial built on the previous Sure Start trial in Wales showing it worked in UK with this population
- ❧ Offered to parents of 3 to 4-year-old children showing symptoms of Conduct Disorder
- ❧ 12-week version of programme delivered in Children's Centres

how we became involved

Dartington approached Bangor University team to oversee training and delivery (Judy, Sue and Bridget)

We insisted on all the fidelity measures we had used in the Welsh Sure Start trial

Weekly supervision, all sessions recorded, all handouts, stickers, books etc. supplied from Bangor (Dilys!!)

IY sample was recruited cause for concern on SDQ through children's centres

The sample

- ☞ Parents of 161 children aged 3-4 years through referral from other agencies, self-referral, or screening served by Children's Centres
- ☞ Children at risk of social, emotional, and behavioural disorder (above threshold parent SDQ)
- ☞ 101 males and 60 females (Mean = 44 months)
- ☞ 50% relied on benefits as main source of income
- ☞ Randomised on 2:1 ratio (110 intervention: 51 wait-list control)
- ☞ Baseline collected for 161, follow-up for 147



Measures

☞ Strengths & Difficulties Questionnaire

☞ Eyberg Child Behaviour Inventory

☞ Arnold-O'Leary Parenting Scale



How it was supported



- ❧ No leaders had delivered any groups before the trial began
- ❧ All were trained by Judy in 2008
- ❧ Asked to deliver trial group before first research group. This did not quite work for all however every research group had at least one leader who had delivered trial group
- ❧ Four supervisions were funded during the trial group period – leaders expected to videotape their sessions



How it was supported



- ❧ Weekly supervision provided during first research group period
- ❧ Throughout the rest of the trial, Birmingham funded 6 supervisions per term
- ❧ Following completion of trial, Birmingham continued to fund supervisions until today (4 per term)
- ❧ Within next term, supervision will finish however we will continue in the short term to provide training and support the Peer Coaches

Results

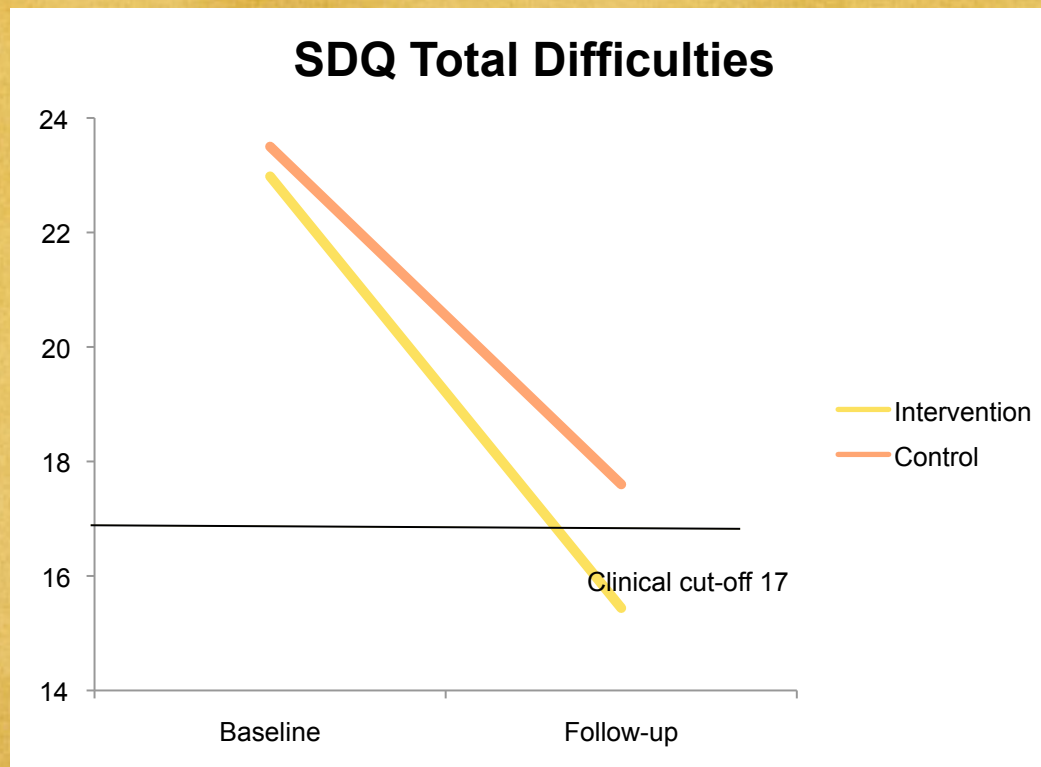
Measure	Control (n=51)		Intervention (n=110)		Estimated mean difference	Effect size
	Baseline M (SD)	Follow-up M (SD)	Baseline M (SD)	Follow-up M (SD)		
SDQ total difficulties	23.50 (4.5)	17.60 (7.3)	22.98 (4.4)	15.44 (6.0)	2.23*	0.50
SDQ conduct problems	6.53 (2.1)	4.43 (2.7)	6.29 (2.0)	3.62 (2.1)	0.78*	0.39
SDQ peer problems	4.47 (1.9)	3.39 (2.1)	4.23 (1.8)	2.69 (1.8)	0.71*	0.39
ECBI intensity	143.86 (38.5)	134.35 (42.3)	142.70 (42.3)	123.10 (34.8)	13.48*	0.37
APS total	3.58 (0.8)	3.32 (0.8)	3.49 (0.6)	3.01 (0.8)	0.29**	0.43
APS verbosity	4.15 (0.9)	4.01 (1.0)	4.26 (0.9)	3.68 (1.0)	0.42**	0.47
APS over-reactivity	2.90 (1.0)	2.71 (1.1)	2.78 (0.8)	2.36 (0.8)	0.31*	0.36

* $p < .05$

** $p < .01$

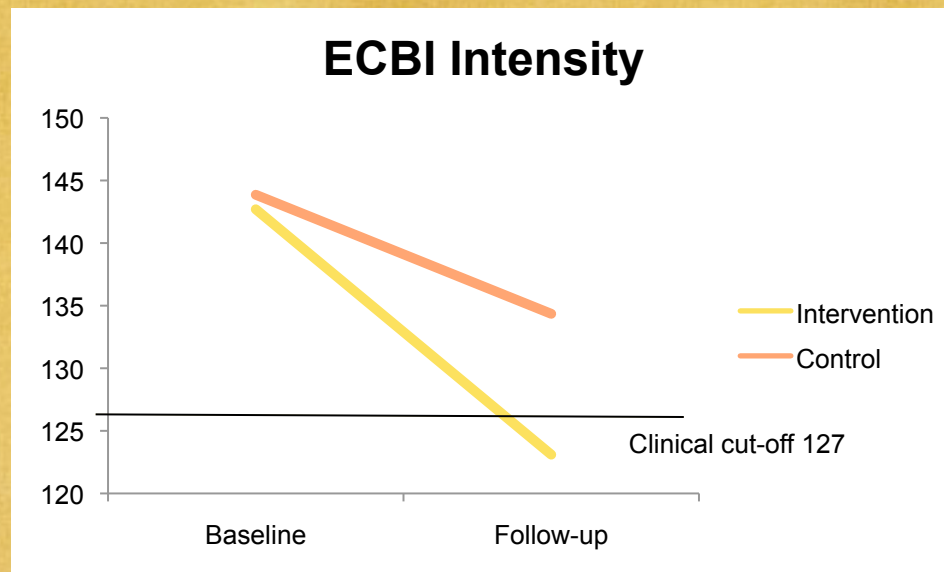
Main results – Child behaviour

- Significant reductions in child behaviour problems using the SDQ Total difficulties score



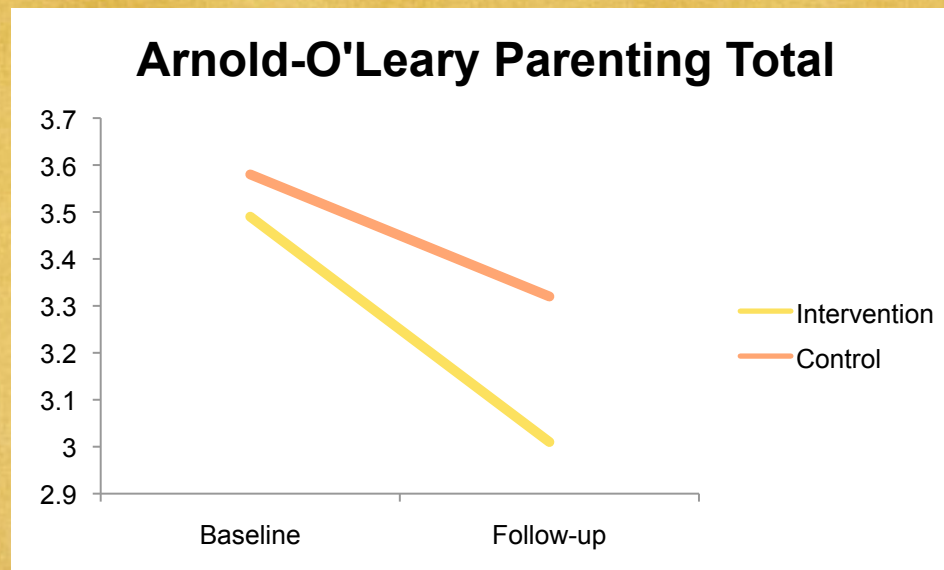
Main results – Child behaviour

Significant reductions in child behaviour problems using the ECBI Intensity score



Main results - Parenting

- Significant reduction in reported negative parenting using the Arnold-O'Leary Total score





Cost effectiveness



- ❧ Cost effectiveness analysis undertaken by CHEME team at Bangor University
- ❧ Confirmed that Brighter Futures IY parent programme provided benefits on range of child and parental competence measures
- ❧ Running costs of current (2013) £6480 per group or £540 per parent for group of 12 and £648 per parent for group of 10



results from the three trials


- The IY trial worked
- The other two programmes (TripleP and PATHS) did not work
- Birmingham implemented a City wide strategy for the IY programme and ensured continued delivery despite significant cuts in public expenditure

Current situation in Birmingham

- ❧ An IY administrator for the City
- ❧ We still provide training and some supervision, 15 new staff trained this year
- ❧ 12 certified leaders, 5 people have started peer coach training, mentor plans to bring programme in-house
- ❧ A 16 area locality model, either 2 or 3 groups per locality per year dependent upon level of need
- ❧ Currently 20 groups running the 14 week basic programme (30 for the year)

Lessons learned

- Success was achieved because of the willingness of Birmingham City Council to implement the programme with fidelity, including training, centralised resource provision and high level supervision.
- This was achieved in a series of meetings between Judy, Dartington and the Birmingham management team and our unwillingness to take part if fidelity was not prioritised
- All three trials were delivered independent of programme originators. Of the three only IY worked and has ongoing Brighter Futures funding



Thank you for listening