



Canadian Mental
Health Association
British Columbia
Mental health for all

Confident Parents Thriving Kids

2015—A Year in Review



BE MIND FULL

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918



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OVERVIEW

In 2015, the Canadian Mental Health Association (CMHA) BC launched the Confident Parents: Thriving Kids program. Building on CMHA BC's leadership in providing evidence-based and accessible programs to parents across BC, the program provides a unique opportunity to tailor content to BC parents. This program meets an important service delivery need within the broader context of child and youth mental health.

Confident Parents: Thriving Kids is primed for system-wide delivery of programming with a strong evidence base and potential for a full community transfer. With continued telephone-based delivery by CMHA BC, and with the potential for a seamless and linked collaborative service delivery model with the Ministry of Children and Family Development, the Ministry of Health, and others who serve mental health needs of families and children, there is significant potential to continue to scale the program to reach more families, with particular attention being paid to developing culturally safe adaptations for diverse populations across BC, including Indigenous and immigrant families.

The Children's Health Policy Centre's Fall 2015 edition of the Children's Mental Health Research Quarterly focused on promoting positive behaviour in children. In particular, the quarterly highlighted the effectiveness of the Parent Management Training—Oregon Model (PMTO) which underpins the Confident Parents: Thriving Kids program. Visit www.childhealthpolicy.ca to read more.

Investing in this kind of evidence-based parent training program is key in the effort to mitigate health care system, education system, and criminal justice system costs. Young people's behavioural difficulties can worsen without early intervention. CMHA BC has the opportunity to be an upstream resource and a vehicle to address early disruptive behaviours and mitigate negative impact on family functioning and future functioning of the children who are experiencing early difficulties.

SPENDING SMARTER

Research on Return on Investment in mental health promotion and mental illness prevention shows evidence that reducing conduct disorders in children and adolescents and parenting programs are among the interventions showing the strongest return on investment.

The 2011 study by the Canadian Policy Network at the University of Western Ontario found the prevention of conduct disorders in children shows a lifetime return of \$239,000 per case.

"The program has been excellent. The topics are taught in small chunks which allows me time to practice and learn how to use them with my children. It's not overwhelming. The coaching session is supportive and understanding."

—program participant

A CLOSER LOOK AT THE CONFIDENT PARENTS PROGRAM AND PMTO

The Confident Parents: Thriving Kids program is grounded in the Parent Management Training—Oregon Model. The program comprises five dimensions:

1. Encouragement of positive behaviour
2. Systematic, mild consequences for negative behaviour
3. Monitoring of children's activities, peers etc.
4. Problem-solving to prevent problems and address day-to-day family living issues
5. Positive involvement in children's interests, activities and social development

Supporting components of this model include giving good directions, observing and recording behaviour, identifying and regulating emotions, fostering communication through cooperation, and promoting school success.

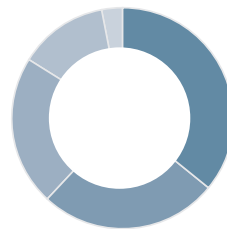
The program teaches parents key positive parenting practices. Parents are provided with an accompanying manual and supporting materials including a video offering, reward tokens, and an incentive chart, which they work through with their practitioner. The intervention is designed to work incrementally, assisting parents in developing and practicing each skill before learning new strategies. To this end, parents are assigned home practice assignments after each session to increase their competency in each skill.

HOW IS THE PROGRAM DELIVERED?

Confident Parents: Thriving Kids is delivered free of charge to parents and/or caregivers via telephone in the comfort and privacy of their own homes at times convenient to them without lengthy waits. The program offers flexibility to accommodate the reality of busy work and school schedules for most families. Confident Parents: Thriving Kids staff work day, evening and weekend hours to accommodate families' needs.



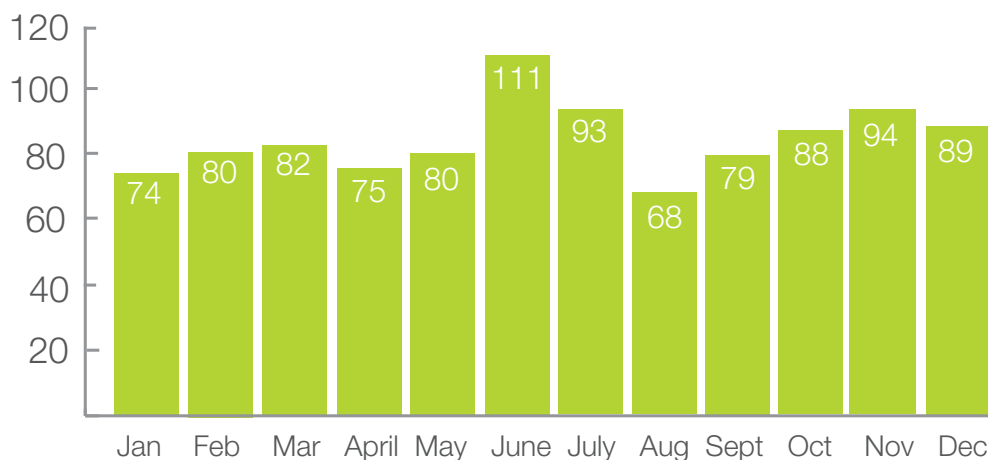
1013 clients referred by 420 physicians. 148 of these physicians referred multiple participants to the program.



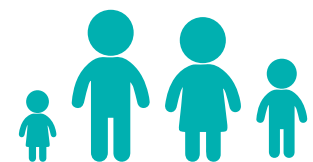
Program Referrals by Region

- Fraser Health 36%
- Vancouver Island 26%
- Interior 22%
- Vancouver Coastal 13%
- Northern 3%

Confident Parents referrals per month



**Waiting list at January 15, 2016:
130 families**



44% Brief

56% Full

Doctors who have referred ten or more participants from January–December 2015

- | | |
|---|---|
| 52 Physician from Interior, Penticton | 17 Pediatrician from Fraser, Abbotsford |
| 47 Pediatrician from Interior, Cranbrook | 15 Physician from Interior, Kelowna |
| 25 Physician from Fraser, Surrey | 15 Pediatrician from Fraser, Surrey |
| 22 Psychiatrist from Van. Coastal, Vancouver | 14 Physician from Island, Nanaimo |
| 21 Physician from Island, Victoria | 13 Pediatrician from Van. Coastal, Vancouver |
| 20 Pediatrician from Island, Duncan | 12 Pediatrician from Fraser, Surrey |
| 20 Pediatrician from Fraser, Surrey | 12 Pediatrician from Island, Mill Bay |
| 20 Pediatrician from Fraser, White Rock | 12 Physician from Island, Nanaimo |
| 19 Pediatrician from Interior, Cranbrook | 11 Pediatrician from Fraser, Abbotsford |
| 18 Pediatrician from Fraser, Maple Ridge | 10 Physician from North, Prince George |
| 18 Pediatrician from Fraser, Mission | 10 Pediatrician from Fraser, New Westminster |
| 18 Pediatrician from Interior, Penticton | 10 Pediatrician from Fraser, Surrey |

Some of the materials sent to program participants



Parents share the biggest improvements in child's behaviour since starting the program:

"Less outrage and more cooperation. It seems that there is less effort for him to comply."

"He is much calmer and he is easier to deal with. He is much more cooperative and eager to work on his chore charts and his Kids Bucks."

"I would argue that it is my behaviour that is changing with learning better ways to approach a situation."

"[Giving good directions]—it has taken some time and some very hard times but I do see it working."

"The biggest improvement is that all three of my boys are less argumentative."

"Listening to direction—less tantrums and talk back. I'm a lot more calm in dealing with issues in our house."

"His attitude and being more helpful around the house."

"Quicker/calmer responses to requests."

"My daughter has enjoyed getting rewards for things. She quickly picks things up in exchange for tokens, and wakes up on time now."





"Listening to instructions. The stand and wait strategy has been very helpful, as well as the time-out script. My child will still push to the last point before time out, but will generally do what he is asked now."

"The biggest improvement is the behaviour, by learning alternatives for discipline and rewards it reduces stress which makes for a happier environment. They are encouraged more to do good. As simple as it sounds ... should be common sense and I thought we were doing that but it's great to get another route."

"I have seen him calm down a bit more and starting to listen a lot more ... I also have to say the house is lot more calmer for all of us, and my son and I do stuff like library and go to the park, play games, read books, draw, color, and sing." "Quicker/calmer responses to requests."

ADVISORY COUNCIL

Core to the values of CMHA is the importance of including the voice of participants in shaping the work that we do. To this end, in January 2016 a Confident Parents: Thriving Kids Advisory Council was launched. The Council provides a meaningful opportunity for caregivers who have completed the program to share their experiences with a goal to improving the service provided to BC families.

REFERRAL TOWNS AND CITIES

Northern

Dawson Creek
Fort Nelson
Hazelton
Masset
Prince George
Prince Rupert
Quesnel
Terrace
Valemount
Vanderhoof

Fraser

Abbotsford
Agassiz
Burnaby
Chilliwack
Coquitlam
Delta
Fort Langley
Hope
Langley
Maple Ridge
Mission
New Westminster
Port Coquitlam
Surrey
White Rock

Vancouver Coastal

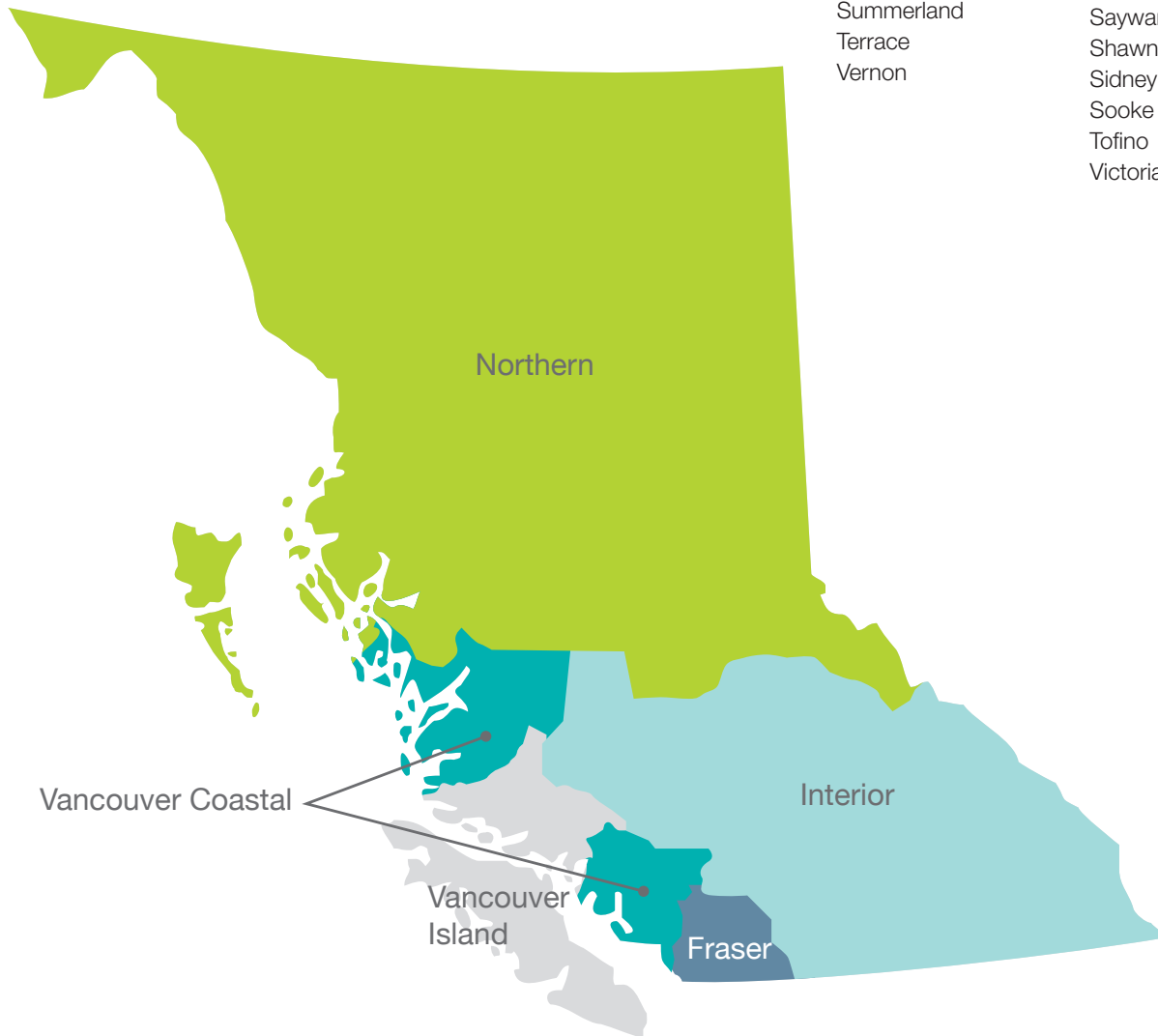
Bella Bella
Bowen Island
North Vancouver
Powell River
Richmond
Sechelt
Squamish
Vancouver
West Vancouver

Interior

Castlegar
Christina Lake
Cranbrook
Enderby
Fernie
Golden
Invermere
Kelowna
Kimberly
Lake County
Lillooet
Nakusp
Nelson
Penticton
Revelstoke
Salmon Arm
Sparwood
Summerland
Terrace
Vernon

Vancouver Island

Campbell River
Chemainus
Comox
Courtenay
Duncan
Gabriola Island
Galiano Island
Ladysmith
Lantzville
Mill Bay
Nanaimo
North Saanich
Parksville
Port Alberni
Port McNeill
Saanichton
Sayward
Shawnigan Lake
Sidney
Sooke
Tofino
Victoria



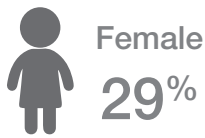
WHAT TYPES OF CHILDHOOD PROBLEMS DOES THE PROGRAM ADDRESS?

Confident Parents: Thriving Kids provides preventive and clinical interventions for families of youngsters with behavioural problems in the externalizing spectrum such as aggression, antisocial behaviour, conduct problems, conduct disorder, oppositional defiance, delinquency, and substance use. An empirically supported treatment program is proven to promote healthy child development and reduce moderate behavioural problems. Through structured sessions with trained practitioners, parents and primary caregivers are empowered to become the primary treatment agents for the child.

The Confident Parents: Thriving Kids program is built on the foundation of the social interaction learning model, or the “merging of social interaction, social learning and behavioural perspectives (Forgatch & Patterson, 2010).”

Anti-social behaviours can develop through negative reinforcement from parents and peer groups. The Confident Parents program is aimed at helping parents develop positive parenting practices to curb anti-social behaviours as opposed to coercive parenting practices which can exasperate the issue.

Gender of target child



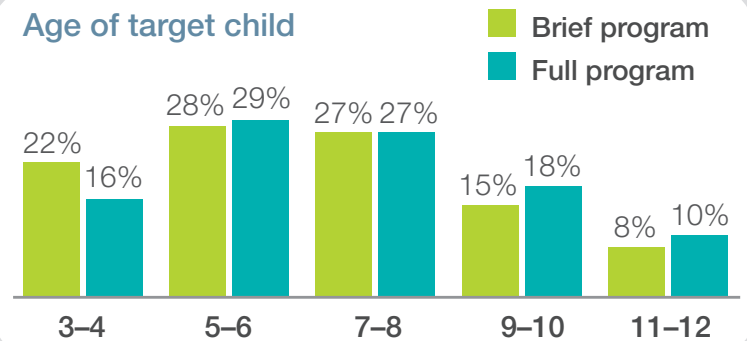
Brief program: 27%

Full program: 31%

73%

69%

Age of target child



“Short wait and no cost is extremely helpful in helping parents access service.”

—Child Psychiatrist from Vancouver

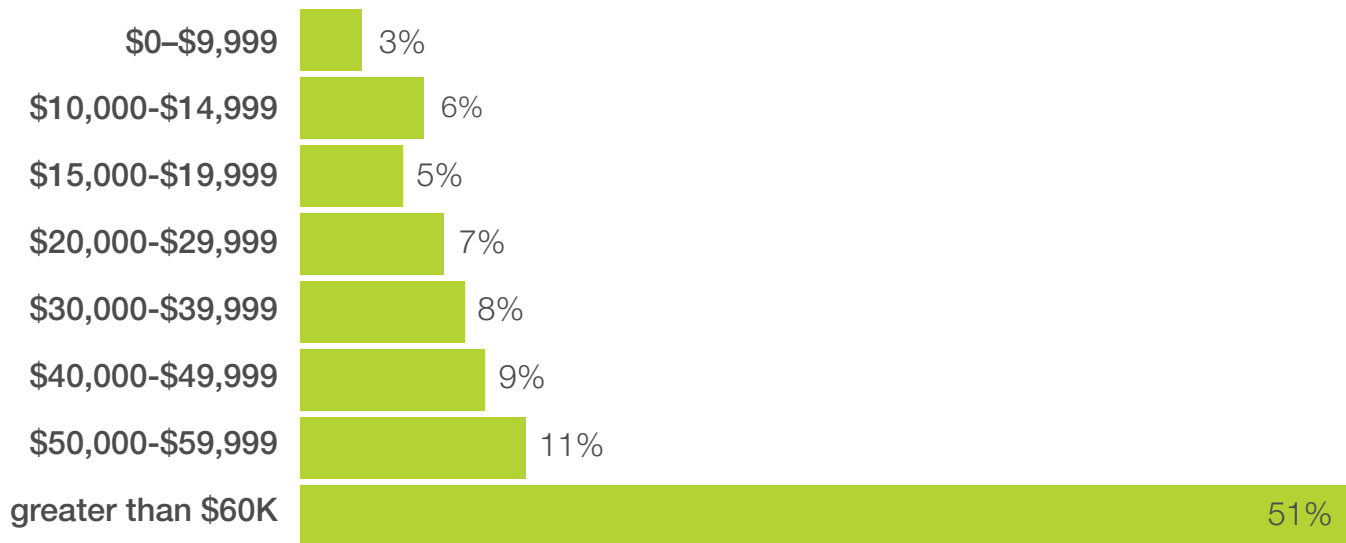


Self-reported ethnicity

- Caucasian 55.6%
- Not reported 26.9%
- Indigenous Peoples 5.9%
- South Asian 2.8%
- Asian 2.2%
- European 1.7%
- Central American 1.5%
- Middle Eastern 1.1%
- East Indian 1%
- African 0.6%
- Russian 0.2%



Household income level



“I have seen lots of great improvements in my child’s behaviour.”

—program participant

OUTLINE OF INTERVENTIONS

BRIEF OFFERING

This brief offering is designed for parents with children exhibiting mild presenting behaviours and who have the ability to quickly grasp and apply new concepts, as indicated by their family impact and functioning scores in the intake interview. The brief intervention covers the five core parenting practices, and provides parents with role-play support and home practice assignments.

ENHANCED BRIEF OFFERING

For parents who have completed the brief intervention and have still not seen a significant improvement in their child's behaviour or are experiencing specific problem areas, they are eligible to participate in one of three enhancement modules designed to supplement the content learned in the brief intervention.

Enhancement modules are available for three key topics: school success, dealing with siblings, and emotional regulation. Parents will continue with the

same coach after the brief intervention and move into the enhancement module that is most relevant to their context.

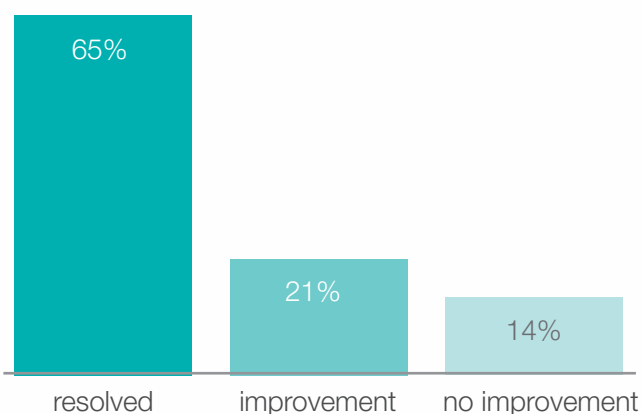
FULL OFFERING

The full Intervention is designed for parents with children exhibiting more moderate presenting behaviours or who self-report significant concerns in terms of family impact and functioning. These parents require a more robust offering to address the comprehensive nature of the issues they are experiencing. The full intervention also covers all the five core parenting practices, but delves into greater depth in each one, and allows for more time for the parent to develop competency in learning and applying the skills. Further, the supplementary content from each of the enhancement modules is also covered. In the 2015 fiscal year, only the full intervention was offered to parents as the program launched. However, the brief intervention and enhancement modules were launched in summer 2015.

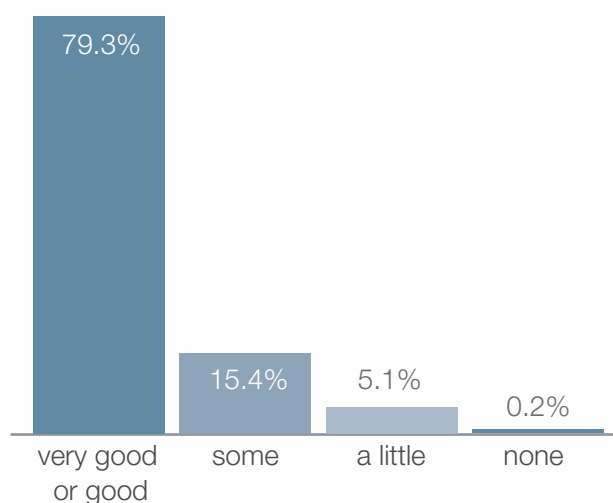


OUTCOMES

Brief Child and Family Phone Interview pre and post measurements (Active Child)



Parent satisfaction (improvement)



UBC RESEARCH PARTNERSHIP

To further measure the impact of the Confident Parents: Thriving Kids program, CMHA BC has partnered with researchers at the University of British Columbia to evaluate the effectiveness of phone-delivered PMTO in reducing disruptive behaviours among children aged 3–12. The research questions include:

Upon completion of phone-delivered PMTO, do parents report:

1. increased positive parenting practices (Incredible Years Parenting Scale)
2. decreased disruptive child behaviors from baseline (Eyberg Child Behavior Inventory)?

Are significant differences observed between parents in the 6-week vs. 14-week intervention?

How do changes in positive parenting practices and changes in disruptive child behaviors achieved in phone-delivered PMTO compare to published means achieved in face-to-face administrations of PMTO?

What factors demonstrate a statistical relationship to symptom improvement and/or behavior reduction?

Do parents report that telephone delivery improves their access to mental health intervention?

“[The program] gives opportunity for reflection. Gives someone to talk to about frustrating things. Gives parents a “script” for being consistent with things like time out. It’s one thing to say “just be consistent”—everyone says that, but the program gives you a way to be consistent. Makes you think about little important details like how you will present new actives or rules.”

—program participant

“Families who may have been more hesitant about accessing mental health services are more likely to [attend telephone based sessions], which often means fewer visits at the office. It is a good compliment to medications.”

—Pediatrician from Abbotsford

A BRIEF HISTORY

The Oregon Social Learning Center (OSLC) has been developing and testing theory-based interventions since the 1970s. The goal has been to treat, reverse or prevent conduct problems in both children and youth. As their research of the Parent Management Training Oregon (PMTO) model gained international respect, OSLC established a network of affiliated organizations to enable other service providers and governments to implement the model.

In 1999, the Norwegian government approached OSLC with a request to develop the first nationwide implementation. OSLC deployed staff to train a set of specialists in Norway with the goal of establishing an empirically supported treatment program to serve families in every municipality through the nation. Both the national child welfare and child mental health systems were involved in this massive undertaking. In 2001, they founded Implementation Sciences International Incorporated (ISII), a non-profit corporation, to spearhead this initiative. ISII's goal is to provide professional training in the PMTO model and associated methods. Since then, ISII has trained mental health professionals worldwide in a number of implementations across the globe, including Iceland, the Netherlands, Uganda and Denmark, as well as a number of state-wide implementations such as Michigan and Kansas, as well as community system implementations in New York City, Minnesota, and Utah. Further, their work has served in the development of a prevention program for parents in Mexico City. Beyond the original scope of the program,

pilot projects have also tested service provision for parents who have lost custody of their children for maltreatment, mothers in shelters because of domestic violence or homelessness as well as adaptations for immigrant parents.

The PMTO model is unique in that it provides full community transfer from the purveyor (ISII) to the community site. This offers the community site opportunities to scale the program at a system-wide level without cumbersome licensing fees or cost structures. The approach includes thorough training of a progenitor generation of practitioners and then selecting key leaders from this group in order to begin establishing an infrastructure for long-term program growth. This approach has a robust evidence base to back its efficacy. Looking at the Norwegian implementation, ISII originally trained and certified 29 therapists. Research was conducted ten years after their certification and demonstrated that 92% were still certified and practicing PMTO. Further, more than 400 certified PMTO therapists have been trained independently of ISII and were actively providing the program for parents (Forgatch & DeGarmo, 2011).¹

1. The History of ISII and PMTO (2011), www.isii.net/2011SITEFILES/history.html



PMTO

Implementation Sciences
International, Inc.

“Circumvents long waitlists for mental health services and alternative programs such as Triple P. Much greater flexibility for busy families or split household parents.”

—Physician from Nanaimo

“[The program] is wonderful! Direct access for parents, convenient to be done at home and no meetings out, [no] need for a babysitter.”

—Pediatrician from Duncan

HOW YOU CAN HELP!

LEARN

Learn more about the work we do in CMHA BC's monthly e-news, Mind Matters. Sign up for free at www.cmha.bc.ca

JOIN

ARE YOU A CURRENT OR PAST PARTICIPANT OF CONFIDENT PARENTS: THRIVING KIDS, WHO HAS COMPLETED A MINIMUM OF 6 SESSIONS?

Do you have an interest in sharing your perspectives and experiences to help our program grow? For more information, please contact Program Manager, Tara Wolff at tara.wolff@cmha.bc.ca or toll-free at 855-871-8445 ext. 309.

DONATE

Your contribution to CMHA BC's Dr. Jean Moore Fund for Child and Youth Mental Health supports programs like Confident Parents: Thriving Kids. The fund honours Dr. Jean Moore, a lifetime volunteer, advocate and educator. Dr. Jean Moore has served on numerous boards and committees for CMHA in Alberta and BC, and her volunteer activity has spanned the local branch, provincial and national levels of CMHA. CMHA BC is truly fortunate to benefit from the wisdom, commitment and dedication of one of the most outstanding volunteers in Canada. In recognition of Dr. Moore's passion for improving child and youth mental health, donations to the this endowment fund will help enhance, through innovation, the lives of children and youth living with or at risk for mental illness.



DONATE TODAY AT WWW.CMHA.BC.CA/DONATE

About mental illness in children and youth

Many mental illnesses—between 50% and about 70%—show up before the age of 18

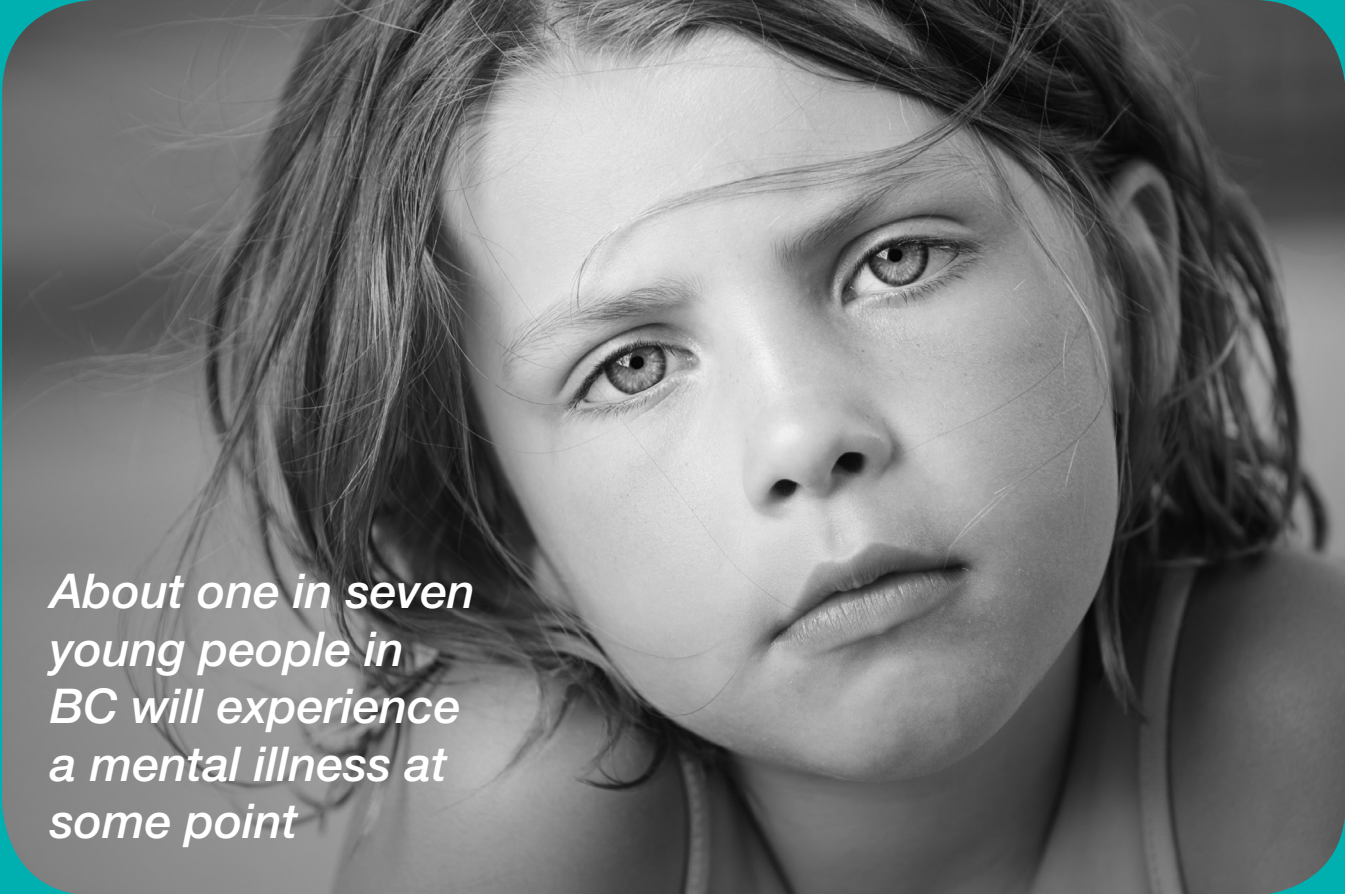
About 6% of kids experience an anxiety disorder at some point

Attention-deficit/hyperactivity disorder (ADHD) affects just under 5% of BC children at any given time

Conduct disorder affects about 3% of BC children

About 3.5% of young people in BC experience depression

Only one in four kids and teens in Canada who need mental health treatment get it



About one in seven young people in BC will experience a mental illness at some point

source: Heretohelp (2014) "Mental Illnesses in Children and Youth."
www.heretohelp.bc.ca/factsheet/mental-illnesses-in-children-and-youth



Canadian Mental
Health Association
British Columbia
Mental health for all

ABOUT CMHA BC

The Canadian Mental Health Association (CMHA), BC Division exists to promote the mental health of British Columbians and support the resilience and recovery of people experiencing mental illness.

We're part of one of the oldest voluntary organizations in Canada. Together with 14 CMHA branches throughout BC, we help over 100,000 people each year.

Together, CMHA shares a national vision of "mentally healthy people in a healthy society."

Confident Parents Thriving Kids

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