

NHS
**Bath and North East Somerset
Clinical Commissioning Group**

**FAMILY
LINKS**
The Centre for Emotional Health



Welcome to
the Family Links
Talking Teens
Parent Group

**An introduction to the Talking
Teens Parenting Course.**

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Connecting Families Keyworkers.

**Bath & North East
Somerset Council**

Who are Connecting Families?

- Early Help Service, funded by the Strengthening Families Programme.
- As a service we provide intensive whole family support via Keyworker to support families to make positive changes, Family Mediation Worker, Employment and benefits advisor, Afghanistan resettlement programme, Talking Teens Parenting Programme and Teenage workshop facilitators.

Criteria and Referral process:

- To be eligible for our help and support, at least two of the following must apply to you:

Families affected by anti-social behaviour and crime

Poor school attendance and engagement with education

Children who are at risk and need additional help

Worklessness and families at risk of financial exclusion

Domestic violence and abuse

Families with a range of health issues

Families who do not meet the above criteria will be discussed at the **Early Help Allocation Panel**, which meets every two weeks to ensure that the child or young person receives timely support from the most appropriate service; including the Talking Teens Parenting Course.

What is the Talking Teens Parenting Programme and Teenage Workshop?

- In March 2017 four Connecting Families Keyworkers attended the Family Links Parenting Programme training, which accredited us to be able to deliver the Talking Teens Parenting Programme.
- The Talking Teens Parent Group is devised of four 2-hour sessions, which we ourselves included an introductory week 0.

Week 0:
Parents Group:

Welcome to the groups, meet the facilitators, Fun quiz with a prize!

Week 1:
Parents Group:

Being a parent of a teenager, Responding to difficult feelings.

Week 2:
Parents Group:

Research on adolescent development, Parenting styles, Praise and criticism.

Week 3:
Parents Group:

Talking and listening, Responses to challenge and Communication strategies.

Week 4:
Parents Group:

Rules and Boundaries, Choosing how to respond and Problem solving approach.

How the Violence Reduction Unit funding was used:

- Extended the course with an additional three sessions -

Week 5: Both Groups:

_Guest speaker on Sexual Health.
1 to 1 'advice clinics' with facilitators.

Week 6:

Both Groups:

Guest speakers on Mental Health and Drugs and alcohol misuse.

Week 7:

Both Groups:

Final session, 'Recap strategies & tools' and graduation

We also developed a Teenage Workshop that runs adjacent to the Parenting Course - The purpose of these sessions are to give teenagers the knowledge about how their brains develop during the adolescent years, to increase their own understanding of their feelings and behaviours, and they link this learning with key strategies for maintaining and improving relationships.

Key aims of the Teenage Workshop:

Exploring the importance of parents for teenagers.

Developing teenagers understanding of adolescent development and the influence of brain development on behaviour.

Developing teenage understanding of the importance of listening, verbal and non-verbal communication with parents/carers.

Promoting positive approaches to boundary setting and problem solving.

Providing an opportunity for teenagers to share their own experiences with others.

Face to Face delivery:

We hire out a multi purpose building, allowing us sole use of the building where we can separate into with three rooms: Parents, Teens and Childrens Group; as well as a café type area for refreshments.

We will break for 15 minutes – we provide a hot meal, this entices teenagers to attend and also we have received a lot of positive feedback stating for some this is the only time of the week their teens will sit and eat with them.

We use flip charts to open up group discussions, smaller discussions in pairs and small groups, post it notes for anonymised responses, hand outs of course content as well as role play by facilitators.

On the first session, we have a previous attendee parent and teenager attend to discuss this experience of the group.

Facilitators from all three groups will come together to debrief and discuss any noted concerns or positives for each family.

Virtual Delivery:

Supporting families to navigate Zoom and its features, as well as an introduction to the course.

We covered the importance of safeguarding and confidentiality.

We were mindful of timings, as attendees may have been at work/busy in the day.

We made several adaptations to the delivery of the programme.

One to ones were offered in breakout rooms.

Feedback gathered from parents, was largely positive.

Feedback gathered from teenagers.

How we measured distanced travelled:

Life with your Teenager

Initials: (This will only be used to match the questionnaires you complete at the start and end of the group)

Please tick to rate the extent that you agree with the following statements.

STATEMENTS	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I feel I am important to my teenager.					
2. I am aware of what my teenager needs from me.					
3. I have knowledge of teenager development and how this may affect my teenager's behaviour.					
4. I am able to stay calm when responding to my teenager					
5. I find it difficult to communicate effectively with my teenager.					
6. I have strategies to manage conflict/ disagreement with my teenager.					
7. I have a positive relationship with my teenager					
8. Overall, I feel we have a happy family environment.					

Thank you for completing this questionnaire.

Each parent and teenager is given a relationship questionnaire to complete at the beginning of the first session and end of the last session.

This enables the attendees to identify the progress within their relationships, as well as any areas for further improvement.

Each family is offered a 1:1 session with facilitators at the end of the course, and this gives them an opportunity to reflect on their pre and post questionnaires – and review any strategies that could support with areas of improvements or celebrate successes.

Previous course feedback – parents.

“I have noticed that my teen is using I Statements back to me – she must have learnt this in the Teenagers group”

“my child loves me regardless”

“The breakout room is useful and nice to listen to other people’s difficulties and talk to them about it.”

“I find it always good, to go home not feeling so alone on this journey”

“It made me think of why they display this behaviour, like what are they feeling to display this behaviour”.

“You taught me a lot about myself, and the way I speak to the children... “It has made me stop before I respond”
”

“Things can change”

Previous course outcomes and feedback – Teens

“enjoyed meeting new people making new friends and have found they are talking more with parents more at home”.

“it’s a very relaxed atmosphere that’s encourages group discussion and interaction”

One young person who suffers anxiety and did not want to attend said “she was really pleased she went, and it helped me meet other young people and not feel judged”

Previous course feedback – Childrens Group.

Out of 10, all children scored 9 or above, (with 10 being really good).

They would have liked the sessions to have been slightly longer.

Of the activities they liked going out on walks, going outdoors to play sports and going to the park. They also enjoyed the crafting activities.



Any Questions?